English students present at West Chester

Sarajane Sein
STAFF WRITER

Six students presented at the English Association for Pennsylvania State Universities Undergraduate (EAPSU) Conference, which was hosted this year at West Chester University.

The organization of EAPSU has been around since 1980 and its mission is to provide a platform for "the best in many disciplines within 'English:' writing and literature, pedagogy and film, creative and critical," according to their website. Though the member colleges of EAPSU are Pennsylvania’s fourteen state universities, there were other attendees as well, including a group of students from Cedar Crest, along with English professors Dr. Robert Wilson and Dr. LuAnn Fletcher.

The students who presented were Jennifer Najarian, Theresa Fort and Jessica Monro, who presented in the segment “Re-visioning Worlds in the Contemporary American Novel,” and Natasha Jones, Elizabeth Statham and Veronica O’Neill, who presented during “Interpretations of Shakespeare.”

“In my paper, ‘Ambiguous Feminism,’ I read The Crying of Lot 49 by Thomas Pynchon and ‘The Lady of Shalott’ by Alfred Lord Tennyson from the perspective of feminist theory. I connected the works through their shared imagery of women encapsulated in towers weaving/embroidering ‘tapestry’ and the symbolic use of mirrors,” explained Monro.

Jones, Statham and O’Neill each did their papers on different aspects of William Shakespeare’s play Henry IV.

“The paper that I presented was comparing the histories of England and Wales and how they influenced the writings of Shakespeare’s Henry IV. I think that it went well with the others in my panel and blended in well with the theme of the conference,” Statham said.

O’Neill’s paper focused on “family expectations in the Renaissance compared to the family structure” that was represented in the play. “I was nervous, but it worked out. They’re all undergrads, you have to remind yourself [that] they’re all at the same level,” Natasha Jones said regarding her paper about Henry IV. She was proud of her paper on politics between Scotland and England in the play. “Henry IV was not supposed to be king, but he continued | page 4

Griswold retires after over 30 years at CCC

Sarajane Sein
STAFF WRITER

Students are waving farewell to a beloved Chemistry professor at the end of this semester. Dr. John Griswold will be retiring after thirty-four years at Cedar Crest. Griswold began teaching Chemistry at Cedar Crest in January 1974, and there are few other professors who have had such a long history with the college. He has taught Organic Chemistry I and II, as well as Advanced Organic Chemistry.

Griswold, recalling when he joined Cedar Crest’s faculty, said that “there aren’t too many of us remaining from that era” and the time has gone quickly. When asked about teaching at Cedar Crest, he said that the “learning atmosphere is better than most places I’ve ever been” and that the college is a “mutually supportive family.” He pointed out that he had attended a small college himself, and that small colleges create a better atmosphere for learning, and that it is also better for students because it is not an intimidating environment.

About retiring, Griswold said, that it would be a “sharp change” as he is “used to teaching courses for three decades now.” The adjustment will be a bit difficult, he continued, but he wants to do things on his own time that are not possible with the plentiful schedule of a professor and that this was “the right time to do it.” Though he will miss the students and teaching courses, he admits that he “won’t miss getting up for the 8 a.m. lab.”

“He’s been my mentor and my champion and I will miss him,” said Dr. Pam Kistler, Chair of Chemical and Physical Sciences. continued | page 3

Forensic prof receives peer and achievement awards

Khyla Brandt
ATHLETICS EDITOR- ELECT

The Forensic studies at Cedar Crest have been an ever growing course of study over the past few years. Many students studying in that field would agree that the professors are one of a kind. Dr. Lawrence Quinno is among the forensic professors.

Quinno, the director of both the undergraduate and graduate forensic science programs, was awarded the Mary Cowan Award for the year 2010. The Mary Cowan Award is distributed at the Criminalistics Section Meeting of the American Academy for Forensic Sciences. “When there is a worthy recipient, the Mary E. Cowan Award is given annually to an individual that has accomplished or performed a special service or history of service for the Criminalistics Section, the AAFS, or the study of forensic science. The Criminalistics Section is the largest section of the AAFS with more than 2500 members,” as stated on mcall.com.

Quinno was very proud to have received this award. “It means a great deal because this was given to me by my peers. It was certainly a surprise and I am deeply honored to have won.” He has been a member of the American Academy of Forensic Sciences since 1992, as any forensic science practitioner or educator

continued | page 4
Students present research at Liquor Control Board conference

Leann Pettit | Senior Editor

“Marketing the results of the core study at an all-women’s collegiate setting” was presented at Project Blueprint, a state-wide conference sponsored by the Pennsylvania Liquor Control Board.

Denise O’Neill, acting Dean of Student Affairs, wrote the grant and submitted it for approval. O’Neill found there was literature missing when looking at research conducted on alcohol use at all-women’s campuses.

In a National Institute on Alcohol Abuse and Alcoholism report showed higher rates of alcohol use on college campuses when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athletes, high residential campus or when there were men, scholarship athlete
Dr. Micah Sadigh to speak at “Riding the Wave of Change” for the Literacy Council

Leann Pettit

Dr. Micah Sadigh continued | page 1 is eligible for membership.

Sadigh was nominated through a Nomination Committee and then selected among the group by an Awards Committee. Many other people must’ve seen his worthiness, as they have chosen him to receive this lifetime achievement award.

Dr. Marianne Staretz, Associate Professor of Chemical and Physical Sciences agrees with the committee’s selection, as she states, “There is nobody more deserving of this award than Dr. Sadigh. Having worked with Dr. Sadigh, it is clear that he conducted his research with a great deal of respect for his colleagues and students. He is a true mentor to all who have had the pleasure of working with him.”

Dr. Sadigh is a renowned forensic scientist who has made significant contributions to the field of forensic science. He has published over 50 papers in peer-reviewed journals and has given numerous presentations at national and international conferences. He is also the author of several books on forensic science, including one on DNA testing.

Sadigh is currently working on a new project that involves developing new methods for identifying traces of DNA at crime scenes. His work has been recognized by numerous awards, including the prestigious National Science Foundation CAREER Award.

Sadigh is a true mentor to all who have had the pleasure of working with him. His dedication to science and his commitment to educating the next generation of scientists is truly inspiring.

Variety of work and displays at conference

Anna Dold-Fisher

The sixth annual Health and Wellness Conference took place at Cedar Crest College on Thursday, April 28 from 11 a.m. until 3 p.m. The Thompson College Center (TCC) was filled with posters, workshops and a variety of interactive displays with the purpose of education visiters on various aspects of health and wellness. The turnout was great.

Students, faculty, and members of the community all took part. The inside of the TCC saw more visiters while those on the outer terrace were a bit forgotten. One of the more popular tables was the bone density scan that was brought in by Lehlig Valley Diagnostic Imaging.

A small machine that uses ultrasound on a person’s heel is all that is needed for a diagnosis. The technician stressed that females keep building bones until they are 30, and it is important to supplement with calcium so that bones can be as strong as possible by that time.

Healthy U had a body fat analysis machine. Visitors could get their body fat % and BMI just by standing on what looked like a weight scale. Coordinated Health was performing balance testing. They pointed out how much more difficult it is to stand on one leg when your eyes are closed. People can work on balance while they are in line at the grocery store, or standing around at work. Working on balance can increase core strength, improve strength and range of motion in joints, and is especially good for injury rehabilitation.

Nursing students offered blood pressure screening, in addition to 2 hours of presentations in the 1867 room. Health Network Laboratory provided glucose and cholesterol screenings. On the terrace the Student Dietetic Association (SDA) worked hard to educate visiters about whole grains.

“There is such a variety of whole grains that most people aren’t even aware of. The benefits of eating grains in their natural state as opposed to refined grains are numerous. Reduced effect on blood sugar, increased fiber, and increased vitamins and minerals are just some to name a few” according to Tony Pizza, Junior Nutrition major. The SDA gave out samples of quinoa, millet, and wheat berries, each with a recipe attached.

Elizabeth Salah, Senior Political Science major stated, “I was surprised at the number of people who attended. I thought it was lovely to hear Provost Pullman playing the piano. And I was excited that we had good attendance at the presentation of ‘What I Think’ and we got some very good feedback and inspiration to really market our plan regarding the ‘think, learn, and do’ strategy developed by the marketing practicum students.”

It was hoppin’ there were tons of people there, and it was fun to walk around and see everyone’s projects and have support for my own” according to Thersia Ault, Senior Communications major who designed a poster based on research she had done on the difference in newspaper media coverage between men’s and women’s athletics. Overall the conference was a success and enjoyed by all.

Dr. Micah Sadigh to speak at “Riding the Wave of Change” for the Literacy Council

Leann Pettit

Rena Wallace

Dr. Micah Sadigh to speak at “Riding the Wave of Change” for the Literacy Council

On May 8 Dr. Micah Sadigh, Associate Professor of Psychology, will be speaking at “Riding the Wave of Change” from 9 a.m. to 10 a.m. The event will be held at the Center Room in the Schuykill County Foc in Pottsville, Pa.

Sadigh was invited to speak at the event about a year ago. He is expected to lecture about the hidden side of change. “With change,” he said, “it is possible to experience anxiety.” Anxiety can also manifest in many different ways, and people should learn how to manage those levels of anxiety.

Anxiety pushes people out of their comfort zone and it can either be good or bad. Some individuals look forward to change which can therefore lead to good anxiety. This healthy form of anxiety can promote creativity and helps to control it. On the other hand, bad anxiety can cripple a person. For instance, moving away from change can be exciting however for some, it can be a frustrating experience.

Sadigh is not going to teach his audience how to cure anxiety but he wants to help them see the affects of it. Furthermore, they can learn techniques to lesson the anxiety that occurs with change.

People should learn not to fear change. They also shouldn’t allow themselves to become a victim of past experiences. “In my life, I’ve come to realize the best way to look at the past is to look at it as a teacher. It is not there to taunt us,” says Sadigh.

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Discourse or distraction: Odegaard presents paper on non-majors in art

Gabrielle Augustine

STUDY BREAK EDITOR-ELECT

Art is not just creating pieces of work for other people to admire. Jill Odegaard, the Chair of the Art Department, proves there is a whole lot more to art.

For the last three years, since becoming the head of the department, she has worked on her paper “Majors and Non-Majors: Discourse or Distraction.” Odegaard felt it was important for art majors to be given the opportunity to complete the major requirements, as well as their liberal arts requirements.

“It focused on supporting ‘art majors and non-majors [that] come together in the studio setting and share experiences…’ and do the art because they love to. “On the flip side of this is the non-major who decides to take an art course to get an ‘easy A’ and has no intention of engaging in the studio process, thus creating a distraction.”

After finally proposing the paper last spring, Odegaard spent much of this last year working on the presentation, which she gave in Portland, Oregon at the beginning of April 2009 for the Twelfth Biennial National Conference for Foundations in Art: Theory and Education (F.A.T.E.).

While out west, Odegaard also co-chaired the panel “Balancing Act: Brainstorming Ideas for Foundations’ Program” for F.A.T.E. These panels address various issues, as Odegaard said, “within the parameters of teaching studio and art history classes.”

“The conference serves as a networking opportunity as well as a time to reflect and share insights from the point of view of faculty member and educator.” Being a full-time professor does not allow a lot of time to work with art. Instead, it’s teaching others how to do the techniques properly, so Odegaard suggested that the conference (which is highly focused on curriculums) can also give artists the opportunity to present not just their papers, but their art too. “There is no way we can be valuable teachers without being immersed in the profession of… creating work ourselves.”

But it wasn’t all inside work at the conference. Having lived in Portland before accepting the job at Cedar Crest College in 2000, Odegaard loved the opportunity to see the city again. Although she only stayed two days, she saw what sights she could. F.A.T.E. also provided opportunities in the evenings for the participants to take part in, such as a “gallery crawl through downtown Portland.”

She learned that it is a small world when she met the two artists, Helen Hiebert and Diane Jacobs, who were a part of the “For the Love of Food” exhibit on Cedar Crest’s campus in the TCC building.

Odegaard loves her work at Cedar Crest College and when asked which her favorite class to teach was, she couldn’t decide. It ended up being her Papermaking and Women Artists classes. She feels connected to the papermaking because it is her focus as an artist but she is always learning more about the artists. “Each class has its own special thing I enjoy.”

Jill Odegaard, Chair of the Art Department, presented her paper “majors and Non-Majors: Discourse or Distractions” at the National Conference for Foundations in Art: Theory and Education.

Graduate student, Janine Kishbaugh presents work on detection of male DNA post-coital

Liz Skoczyk

MANAGING EDITOR

On Thursday, April 23, 2009, Janine Kishbaugh, Quality Control Manager of the Forensic Science Program gave a presentation entitled “Detection of Male DNA at Extended Post-Coital Intervals with Y Chromosome STRs.”

According to the abstract portion of Kishbaugh’s report, “Y-STRs are important in the analysis of sexual assault cases that are not suitable for autosomal STR genotyping. Kishbaugh considers her research a success.”

“Basically the point of the research is to extend the time that rape kits are collected. Right now because of limitations in detection of semen in the vaginal cavity if a victim doesn’t report they rape they within the first 72 hours the hospital (for example) will not collect a rape kit,” Kishbaugh said.

Through her research, Kishbaugh was able to determine that “even though a casework analyst can’t prove that semen is present three days, they can still process the sample for the presence of DNA and obtain a profile out to 8 days.”

Thirteen couples participated in Kishbaugh’s study to determine how long after intercourse, in intervals of 4, 6, and 8 days, that alleles can be detected. An allele is an alternative form of a gene (one member of a pair) that is located at a specific position on a specific chromosome.

Female participants were asked to collect 4 swabs at each time interval. A total of 146 swabs were submitted from the 13 couples. Kishbaugh’s report reads.

From this point, results were categorized in order to determine whether or not a profile or partial profile could be made. “A total of 65% of vaginal samples yielded partial profiles and 26% of samples yielded full or full partial profiles,” said the report.

Kishbaugh found that the detection of the male component can possibly go beyond eight days, however hospital rape kits are currently only set through three days.

Kishbaugh considers her results at the six day mark to be “pretty significant” and her results through the eight day time period to be “pretty good considering it is over a week after the event took place.”

The results seem to have correlation with birth control methods and the time of the menstrual cycle that the intervals occurs,” Kishbaugh said, meaning that there can be a bit of a variance, depending on the time of the month for that particular woman, and the birth control methods that she regularly uses.

Based on her findings, Kishbaugh has suggested several future projects that can be done to further extend her research.

ENGLISH STUDENTS

continued | page 1

shoved other people out of the way to be king,” she explained. She added that the conference had many interesting presentations including a student who did a paper comparing communion to Sylvia Plath’s, The Bell Jar. O’Neill also enjoyed seeing presentations from those at other visiting universities and “being able to walk around and sit and watch whoever presentation kind of caught your fancy,” she said.

Jones, Statham and O’Neill all had related projects, and they also made a website as part of their presentation.

“Going to the EAPSI Conference was so nice to be able to listen to the ideas that were presented from students all over the state. So many of my peers presented on unique topics that I never would have thought to investigate. I learned that there are artists all over the world that were very diverse and that is what made it a wonderful experience.”

“The day was a blend of scholarly camaraderie and intellectual stimulation. I was really grateful to Dr. Wilson for the opportunity to participate. It was a challenge and I had fun!” Monro agreed.
Students rally to Take Back the Night

Take Back the Night (TBTN), held on Wednesday, April 22 at Cedar Crest College, began with Ellis and a coffeehouse in the Bistro, followed by a march and rally on campus.

TBTN is a day when groups bring awareness to sexual violence and help bring a stop to the violence. It also gives those affected a place to break their silence.

TBTN began in 1877 in London, England by women protesting the fear and violence they experienced walking the streets of London at night.

Morgan Metzger, the resident director at Centenary College, was the speaker for the evening. Metzger was a high school student who was raped by her boyfriend. She dropped out of high school and didn’t speak about the rape until she was in college.

After Metzger spoke, the mic was open to anyone who wanted to break their silence. The women who spoke during this time were very strong and the entirety of those gathered offered support to those opening up and sharing their stories.

Victoria Klaus, freshman, reads the poem “I Got Flowers Today” during the Take Back the Night march and rally on Thursday, April 23.
Visiting writer, local professor takes Cedar Crest to California

Diego Andrade  
STAFF WRITER

This past Monday was one of those days that really shine, literally. The sun was out and beaming strongly; warm air and vibrant scents of the grass capitated the campus—it felt like summer.

On Monday evening, a group of students and faculty sought relief from the heat in the air-conditioned halls of Harmon Hall; graced with the presence of refreshing voice in writing.

Amra Brooks, the last of the spring semesters Visiting Writing Series guests appeared at the Harmon Hall of Peace on Monday, April 27.

The reading was sponsored by the Humanities Department and the Cultural Programs Committee and as expected, copies of her published novella were available for purchase with the chance to have the copy signed by the author.

Brooks opened the reading with an excerpt from her current fiction project, “The Scariest Movie Ever Made,” a story that delves into mother and daughter relationships highlighted by a shifting point of view between the two.

Brooks said she was inspired to begin constructing the piece “by thinking about childhood and where fear begins for us.” Brooks began with a passage from the daughter Gerty’s perspective, before finally describing Spielberg’s horror classic Poltergeist in a refreshing poetically voice.

California, the main attraction so to speak, was read from next. Brooks prepared the audience for the non-linear time changes in her novella highlighting the sectional chronology as “specifically the way memory functions for me.”

Brooks wanted to convey this feeling that our memories are in no particular order in her narrative: People, locations, thoughts are all a melting pot.

Within each section, the language and reasoning of the narrator shifts with her age; the punk rock girl with her punk rock attitude, the little girl worried her mother might yell at her - ever changing ambitions, some childishly unrealistic.

During these moments when you remind yourself the narrator is indeed the same person, just older or younger, the sense of fiction lifts you begin to connect with story on a very personal level.

Brook closed the reading with select poems from a collection titled The Pinking Sky. The imagery and pace in Brooks’ fiction is reminiscent of her poetry, the language of her chosen is almost distant from the reader, but still comfort—strange, but inspiring combination.

“Color and details are where the optimism is for me… I want a balance between inside and outside.”

Amra Brooks read from her newest work California, along with her collection of poetry and her current fiction project on April 27. Brooks is a professor of English at Muhlenberg College.

Leanne Pettit  Senior Editor
Activities share joys of Earth Day

Jackie Tuttle, junior, helps out at the face painting booth at the Earth Day events.

Attendees could get their cheeks, faces or arm painted with many different patterns.

Dr. Andre Walther, assistant professor of Biological Sciences, helps his daughter create during the activities at the Earth Day event at Cedar Crest College.

Samantha D’Arrigo, junior, reads to children on the grass in front of the Tompkins College Center in honor of Earth Day.

Senior artwork destroyed: Students look for help

After working on their senior project pieces for a year, the worst news that three senior art students could receive happened on Sunday, April 26.

The damage to three out of the five senior art student’s projects were damaged after 6 p.m. on April 25. The exhibit was installed on Saturday. That evening there was a dance concert in Samuels Theatre.

Brian Wiggins, Gallery Coordinator, received an e-mail on Sunday at 5 p.m. from a work-study student notifying him of the damage done.

“It was after I came to the campus Sunday evening that I discovered the other damage: Broken ceramic pieces, paint smeared on the wall and dirt kicked around the floor from one of the installations,” said Wiggins.

There were three projects damaged – Emily Engler’s ceramic pieces, Clarissa Leverich’s silhouette boxes and Jessica Jacobs’ oil painting. Leverich’s pieces were placed on a shelf designed to hold bronze statues. The shelf was knocked off the wall and onto the floor – only one piece was salvageable, the others were completely destroyed.

Engler’s pieces were broken. She said, “My piece was broken in a few places, it is very fragile and can break with the slightest touch.”

Jacob’s oil painting was touched while it was still wet and the paint was smudged onto the wall below the painting.

The video from Saturday night was not helpful in knowing who damaged the pieces. However, Jill Odegaard, associate professor of Art, said that they could see little girls doing cartwheels through the gallery on Saturday night.

However, this is not the first time that pieces have been damaged in the TCC Gallery. Wiggins said, “I’ve worked as gallery coordinator at CCC for approximately three years and each year work has been damaged and work from the college collection has disappeared. Art work that was stolen has also been returned in that time.”

At the end of the Senior Exhibition, the TCC Gallery will be closing and all exhibitions will be moved to the Lachaise Gallery adjoining Harmon Hall of Peace.

However, this will not completely alleviate the problem but it will remove the artwork from a high traffic area. “It’s going to be nice to have an actual gallery space at the disposal of the college, the community and the art department,” said Wiggins.

The Lachaise Gallery will include a gallery monitor while the gallery is opening. The gallery monitors will be work-study students who will be able to answer questions about the art in the gallery.

The new gallery will also not be open as often as the TCC Gallery. The department is looking at keeping the Lachaise Gallery open from 10 a.m. until 4 p.m. and can be kept open for special events when requested in advance. However, there will not be larger events held in the Lachaise Gallery.

On Wednesday, April 29, Wiggins spoke one-on-one with the students about the damage. “We’ll have a long talk about it in specific and in general how these small instances speak volumes about a society and culture. I’ll give them historical examples about famous art objects that have been intentionally attacked as well as ones that have been destroyed by accident or acts of nature,” said Wiggins.

Odegaard stressed that the community needs to respect and be conscientious about others work throughout campus and think twice before doing a potentially damaging act.
Swine virus goes global

Elizabeth Saleb
STAFF WRITER

It began in Mexico with the illness of a five-year-old boy who has since recovered. The swine flu has killed 149 in Mexico, 29 of which are confirmed as the result of the swine flu and another 1600 people are believed to be infected. Further, the swine flu has infected 64 people in the United States with more than half in New York, as of April 28. In New York, several children from a Catholic school in Queens, who had been in Mexico during spring break, are infected. A nearby school for autistic children has been closed for precaution when two autistic children fell ill; swine flu has not been confirmed.

Reports suggest that none of the confirmed cases has been serious; only one person was hospitalized as of April 27; however, the Centers for Disease Control and Prevention (CDC) reported on April 28, that there were now a "number of hospitalizations."

Acting Director of the CDC, Dr. Richard Besser, speculates that the disease will cause more serious illness. The CDC is preparing for a "number of hospitalizations." Level six is defined as a full pandemic. Several other regions in the world have had confirmed cases of the virus as well. The virus has been found in Canada, Spain, Scotland, Israel, and Austria.

Illness is not the only consequence of the swine flu; the stock market has seen some changes as well. The New York Times reports that investment in drug companies rose significantly. Investments in pork companies, airlines, and travel companies declined and the Mexican peso saw a downturn.

Vaccine maker, Novavax, saw its stocks increase 79.6 percent on Monday. Similarly, the New York Times reports, that GlaxoSmithKline and Roche Holding, American traded shares of European companies, closed higher as well. The swine flu has is causing distress to American pork sellers. Several countries have imposed bans on all or some pork products coming from the U.S. Those countries include China, Ukraine, Kazakhstan, Philippines, Thailand, United Arab Emirates and Ecuador, South Korea, and Russia. The U.S. has argued that these bans are inappropriate and unnecessary. They assert that the swine flu is a human, not animal epidemic.

Yahoo News reports that, Agriculture Secretary Tom Vilsack said that the U.S. wants to "send a message to all our trading partners: We are open for business. It is perfectly safe to consume pork products from America."

The misconception that pork products are infected and cause illness to a consumer is primarily based on the term "swine flu." According to Yahoo News, the U.S. is unsuccessfully attempting to formulate a new name. Israel and Muslim countries have suggested the "Mexican flu." Scientists have suggested using the term "H1N1 flu." Yahoo News notes that the name given to the 1918 pandemic - "Spanish flu" - is still debated today and that scientists have found naming flu’s in the past to be problematic.

Ten students present psychology research

Hauna Colista
NEWS EDITOR-ELECT

Senior Psychology students have been diligently working on their senior projects for an entire year and on Wednesday, April 15 and Friday, April 17, the ten senior psychology majors presented their research and findings to a group of students and Psychology professors. The group of students were split into two days and the presentations lasted approximately fifteen minutes each. The students sourced previous studies in their topics and then created and performed their own studies. The group of students also went to the LVAIC Undergraduate Psychology Research conference to present their research with other Psychology students in the Lehigh Valley. "We’re very proud," commented Dr. Diane Moyer, associate professor of Psychology.

The senior psychology students had varied topics which gave them relevant and important topics to present their research with other Psychology students in the Lehigh Valley. "We’re very proud," commented Dr. Diane Moyer, associate professor of Psychology. The senior psychology students had varied topics which gave them relevant and important topics to present their research with other Psychology students in the Lehigh Valley. "We’re very proud," commented Dr. Diane Moyer, associate professor of Psychology.

The Effects of Animals on Physical and Physiological Well-being was the title of Cara Goss' presentation.ceredcrest.edu/crestiad

Cara Goss gave a similar presentation to McGee but with a twist. Rather than looking at race and gender and tattoos Goss looks strictly at attractiveness of the defendant and how it affects the juror’s decisions on felony and misdemeanor trials. While her hypothesis was not exactly as she had anticipated the results were still very interesting.

Goss’s project along with Luck’s, Bower’s, and McGee’s were not alone in having interesting results. All of the presenters (Breanna Afferbach, Melanie Lantz, Danielle Schmidgall, Kristen Potuznik, Larissa Barbara, Annette Green) had important and interesting information to share.

All of the senior presentations had relevant and important topics which captivated its audience.

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Community College of Philadelphia
www.ccp.edu
Pieing professors raises funds for ASB

Jesenia Holguin (left), junior, split a pie with juniors MacKenzie Lee and Dah-ve Bell at Alternative Spring Break’s Pie in the Face fundraiser on Thursday, April 23.

Leann Pettit
SENIOR EDITOR

Over the summer break Cedar Crest College will be updating the technology that secures residence halls.

The Corby system that has been in place is an old, out-dated system that it is getting harder and harder to find parts for when they need to be replaced or repaired. The new system will save the College money by not supporting an outdated and independent system.

Chief Mark Vitalos and Julie Hobert, Assistant Director of Information Technology, both said that the new system will work the same way as the Corby system, but make things easier for students.

The installation will take place in June. The plan is to work on one building per day. Steinbright will be the first residence hall to move to the new system and done before the girls from Dorney Park move into the residence hall. Butz Hall is the second on the list, with the intention for the building to be completed before freshman come for the overnight visit.

Students living in Moore over the summer will be switched over to the new system when it is in place and will receive notification when it is ready for use and told when and where to turn in their Corby tabs.

Resides the residence halls and Fitness Center that are already on the Corby system, there will be nine interior academic doors that will have the new security system – most of which will be laboratories in Miller Building and Pool Science Center. There will also be an exterior door to the Miller Building attached to the new system. Which of the exterior doors in Miller Building has not been decided upon yet.

Buildings that are already on the Corby system will have the magnetic strip read in the same location on the outside of the doors.

All doors will be on the new system by June 30.

Hobert stressed that there will be no disruption to the students who will be on campus over the summer and the new system will make it easier for students. The new system will also provide better security in the residence halls.

Summer at Scranton

Summer I begins June 3 • Summer II begins July 6

• Two Convenient Sessions
• Four-Week Terms
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Students from other colleges and universities welcome!

Register Today!

For a complete list of courses and meeting times, visit www.scranton.edu/summer
Sarajane Sein

I remember where I was on May 11, 2004. I was a sophomore at Academy Park High School in Sharon Hill, Pa., keeping up only slightly with news of the war raging in Iraq.

I had just woken up and was getting ready for school when I opened my home page to check my e-mail. The lead story was that a 26-year-old American engineer working in Iraq had been abducted by a terrorist group and killed.

That American was Nicholas “Nick” Berg, a native of West Chester, Pa., only an hour from my house.

As the news began to blow up on every outlet at 1st I tried to read the grisly story, but soon began to come intrigued by Nick’s background.

While many of the national news outlets were simply focusing on the horrifying details, local news was delving into Nick’s unique life.

As the fifth anniversary of his death approaches, I feel it is appropriate to proceed in the latter tradition.

He attended Henderson High School in West Chester and was a member of the Science Olympiad, Italian Honor Society, and the marching band, as well as a participant in the Boys’ Speaking Contest (Henderson High School yearbook).

He taught a Summer Science class to younger students, called Bergology (Nick Berg Memorial Site). After graduation, Fox News reporters, he had attended four different colleges – Cornell University, Drexel University, the University of Pennsylvania, and the University of Oklahoma.

He started a company called Prometheus Methods Tower Service (Prometheus, in Greek mythology, was the one who gave humans fire), from which he travelled around the world repairing communications towers.

It was under this company he travelled to Iraq. Before his trip, he had travelled to Kenya to demonstrate his Bowel Block method of tower building, according to the Philadelphia Inquirer.

Laurie Nagle

Recently, George Mitchell, U.S. special envoy to the Middle East, met with Israeli Prime Minister Benjamin Netanyahu to discuss the peace process, which Lieberman has said aims to “a dead end.”

Mitchell and the Obama administration continue to advocate and insist on a two-state solution, a term that Lieberman, and Israeli Prime Minister. Benjamin Netanyahu have been reluctant to use.

They are pushing for two economic states rather than two completely separate states. Though they advocate for financial peace, Lieberman and Netanyahu have said they are committed to the “roadmap,” which would ultimately create a separate Palestinian state.

Many in the Arab world concluded, prior to the 2009 Israeli elections, that the people of Israel have moved to the right and that election of the far right party would mean that its main goal is to eliminate Israel. Consequently, Hamas and Hezbollah; groups that preach Muslim extremism, are victims of Jewish hatred, leading to further polarization.

“The Israeli right that is crawling to power will reveal the weakness and double standards of the international community. It will also push us Palestinians to stand by Hamas,” said Basim Abu Samyazah, to the Palestinian Daily News.

by alienating Arabs, Israel strengthens the positions of terrorist groups such as Hamas and Hezbollah. The ever increasing support they get from Arabs legitimizes their control, especially in the case of Hamas, which has come to power through elections.

The Jerusalem Post reports, “Lieberman said that he expected the international community to not only rally behind Israel’s security concerns but also to affirm its commitment to Israel’s Jewish character.”

Israel fears Hamas, who has often claimed that its main goal is to eliminate Israel. Consequently, Israeli attempts to strengthen security, making it stronger by “affirming its Jewish character,” alienating Arabs who then turn to terrorism.

This cycle needs to be broken and it might start with both Palestinians and perhaps, more importantly, Israelis moving back towards a civic understanding of citizenship.

Sarajane Sein

I feel that we can all keep his dream alive by trying to be the memory of someone who no one seemed to have a bad thing to say about.

Nick’s friends are keeping his memory alive with their second annual Berg-A-Palooza, a concert that will be held in West Chester on May 9.

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Recently, The Crestiad staff has noticed an increased interest as to why we run advertisements from other colleges and universities, so we thought that we’d sit down and try to answer this question.

In order to print a weekly newspaper for the Cedar Crest community, it costs money. Since The Crestiad is not an SGA club, we do not receive SGA funding. The Communi- ty Opportunity (EEO) Laws prohibit discrimination based on race, color, religion, sex or national origin. They protect men and women from being denied equal pay in the same work and establishment, age discrimination and the protection of Americans with Disabilities.

An article by Ms. Magazine from winter 2007 quoted research done by Shelley Correll, an associate professor of sociology at Cor- nell University, found that “mothers are 44 percent less likely to be hired than non-mothers with similar resumes.” The research goes on to say that mothers are more likely to be rated as less competent and less committed to their jobs, judged by harsher standards and seen as less suited for management positions. Only 22 states and Puerto Rico bar employers from asking mater- nal or familial questions. “Cur- rently, under Pennsylvania law, it’s not illegal for employers to ask whether or not you have children if you ask that question of all appli- cants,” Michael Hardiman, chief counsel for The Pennsylvania Human Relations Commission told ABC News in April of 2008.

As long as em- ployers can prove that they ask these questions of all applica- tions are they not against the law. However, there is some home for women nationwide. The Pregnancy Discrimi- nation Act protects women against dis- crimination based on pregnancy, childbirth or related medical conditions as unlawful sex discrimination. There has been a bill in the Pa. Legislature repeatedly in the past, but each time it gets shot down. However, Pa. House Bill 308 was recently passed. This new bill.

Breaking through the glass ceiling, hitting the maternal wall
Leann Pettit
Senior Editor

When interviewing for a ca-
reer, you may have heard “Are you married?” especially in Pa., where employers can legally ask a range of maternal and familial questions during an inter-
view and discriminate accordingly. The Federal Equal Employ-
ment Opportunity (EEO) Laws pro-
hibit discrimination based on race, color, religion, sex or national ori-
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eral identity or expression."

However, House Bill 280, which would protect citizens from discrimination based on familial status and marital status, has been in and out of the house for more than 15 years that we can’t advertise with other schools — not that they’d ever try to do that.

According to Student Press Law Center, the people making the advertising decisions is the publisher. If Cedar Crest administr-
estors were to begin telling The Crestiad what can and cannot be published in any kind of advertisement, they then would become the publisher of the paper. Since all of the decision making of this publication falls on the editorial staff and staff writers, we are legally considered to be the publisher, with all liability falling on us.

Basically, say that The Crestiad decided to run a story that turned out to untrue. Instead of the administration taking the back-
lash for the article, the responsibility and consequences would fall on the current edi-
torial staff.

Finally, we know that our Crestiad read-
ers know and love Cedar Crest College; they wouldn’t be here’s Pa.’s only weekly.”

However, discriminating against women based on marital or familial status is illegal by EEO or by the Pa. Human Rela-
tions Commission.

Discriminating against women regardless of their marital status is wrong. Peppard, at Cedar Crest College, has added that on April 22 relayed a story about a girl who went into an interview wearing her engagement ring. When asked when the wedding was, she thought the interviewer was being friendly. However, the company decided not to hire her based on the wedding date.

Women are denied jobs for various reasons related to marital and familial status in Pa. Women with children who are unmarried require health insurance benefits that cost companies money. Typically, women are on their husbands policies, insurance, costing the woman’s company nothing.

The House is currently consid-
ering House Bill 280 again.
LIFESTYLES EDITOR-ELECT
Elizabeth Kern

April 30, 2009 www.cedarcrest.edu/crestiad

OPINIONS

would truly make you happy.

yourself rather than looking for validation
times you simply have to do something for
knowledge your efforts, then it is their loss.
please someone else and they won't even ac-
pointlessness of it. If you always aim to

The Real Housewives from where?!?!

Jersey does this happen, people.

another Italian family. Yes, only in

the sisters. Interestingly enough
to introduce siblings.

my Big Fat Fabulous

My Big Fat Fabulous

She brings in a new

typecast of a Real Housewife.

in the same manner that they always have.

of this sometimes helps when I get stressed

individuals down with them. Reminding myself
who they are feel the need to drag other individ-
cious time. Remind yourself that it is their

The main point is not to let them have

The last housewife, Danielle


The trouble with internalizing

Cristie Ackerman

STAFF WRITER

Lately, I have been thinking about some-
thing. I have realized that if it is an issue for
other people, must be thinking about it too.

Have you ever found yourself worrying
way too much about what someone else
thinks of you? Or even worse, have you ever
get it to the point where it almost becomes
an obsession?

Have you ever gotten the feeling that no
matter what you do it will never be enough
for someone else? I am almost embarrassed
to admit that this has happened to me more
times than I would like to acknowledge.

While I have been doing this far too often
this semester, I am beginning to see the
pointlessness of it. If you always aim to
please someone else and they won't even ac-
knowledge your efforts, then it is their loss.

I am also beginning to realize that some-
times you simply have to do something for
yourself rather than looking for validation
from other individuals.

Too often, it can be an empty feeling to
appease others and not think about what
would truly make you happy.

But, while it can be toxic to obsess about
what others think of you, does one stop
doing this? I have been contemplating these
questions for quite some time. And so far,
I have found a couple of techniques to help
myself cope with these difficult individuals.

One major technique that has worked for
me is looking at a picture of the person who
has “wronged” me. As odd as this sounds,
this puts everything into perspective.

Once when I looked at a picture of an in-
dividual last semester. “Cristie, this person
doesn't even like them self. “Why are you so
concerned about what she thinks of you any-
way?”

Often individuals who are insecure with
what they feel the need to drag other indi-
viduals down with them. Reminding myself
of this sometimes helps when I get stressed
out by an argument with another individual.

The third but probably most conde-
sending technique sometimes works for me.

If I grow extremely upset with someone who
insists on being rude to me, I will try to imag-
inate where they will be ten years from now.
For example, if a professor is extremely
hard on their students, an individual can
make themselves feel better by remembering
a few important things.

For example, if you are a senior, you can
remind yourself, I will graduate in a month
away, they have nothing left. In the mean-
time, look at their picture and remind your-
self that they are only one person.
Remember that the most important thing
is that you are able to look at yourself in the
mirror at the end of the day and like what you
see. In the end, that is all that matters.

As far as all of those difficult personali-
ties out there, there is a lovely thing called
karma. You might not get to see it, and you
aren't necessarily supposed to.

The main point is not to let them have
the power over you. If you take the power
away, they have nothing left. In the mean-
time, look at their picture and remind your-
self that they are only one person.
Live your life for yourself and not for
your professors, roommates, or a mentor that
you are working too hard to please.

Focus on the opinions of loved ones
and friends who really matter. And remember
this very wise phrase that I repeat to myself
like a mantra. “No one can make you feel inferior
without your consent.”
Wendy and Lucy shows the duality of life

Reichardt brought the story, Director Kelly Wendry and Lucy
the mind as comfort. Sometimes
for a reason?,” can’t help but cross
and the thought of, “could this be
sometimes culminates in a bad day
evaluate and reflect on what good
happens in our bad days. We must
downer, because real life is hap-
though the film can come off as a
Young Wendy is on a road trip
accompanied by her dog, Lucy. So
by Jon Raymond, to the
Tompkins College
Room.

There are many other songs
and surprise performances that will
be featured for the audience. Some
professors have instrumental
and vocal acts prepared, so everyone
should come to find out if their fa-
vorite professor is musically tal-
ented.

Selections from the Phantom of the Opera will also be featured. These songs include “Music of the Night” and the title song. There will be a James Bond medley and the scenes, and stage managers also must be acknowl-
edged when people consider the
success of the show. There are 16
chorus members, 11 Madrigal
singers, and 21 ensemble individu-
als, making the cast 48 members.
There are also 55 instrumentalists
in the cast. This makes the cast
over 100 members.

This Friday, May 1, at noon
there will be an abbreviated con-
tact concert. This concert will feature high-
lights that will appear in the show.

The entire concert will be on
Sunday May 3, at 2 p.m. in
Samuels Theatre. If the sound of
the Flute Ensemble is any indica-
tion of what the entire concert will be like, it should be a must see.
Bring your family and enjoy the
talent of the Cedar Crest Perform-
ing Arts department.

Catch Music in Motion

Music in Motion is the theme
of this year’s Chorus Concert. At
this entertaining and lively event,
perfusionists move from one spot
to another during different breaks
of the concert, so no one becomes
bored by the lack of activity. But,
Dorethoa Hemery, Musical Direc-
tor, emphasizes that this is not a
dance concert to ensure that the
main attraction is the music.

In addition to the percussion-
ists, freshman Young-Eun Choi
will sing and play the background
music for the show on the key-
board. There are four main acts in
this show, including the Madrigal
Singers, the Women’s Chorus, the
Instrumental Ensemble and a Flute
Ensemble. Young will perform on
the second year for the show, so the acts have a chance to perfect their performances
even more than last year.

There are many other songs
and surprise performances that will
can come out of the bad. This is the
kind of thinking the film requires.

How this story unravelles is in-
teresting, moving from the moment-
um of the thought, “what is she
going to do?”, however, quicker ed-
ting, also done by Reichardt,
would have improved the flow of the
film.

The style of the story in the film
was like that of Carie Away and
The Pianist, where it centers
around one character that is alone
with little interaction with other
characters. The lack of action that
happens in Wendy falls heavily on
Williams to carry the interest
which she manages, but would
have improved by not holding so
long on scenes that key action was
not occurring.

What was stood out was some
of the cinematography done by
Sam Levy and Greg Schmatt. They
created really great pictures with
what was around and organically
in the scenes. A surprise in the film is
the appearance of Will Patton who
has been in Armageddon, Gone in
Sixty Seconds, and Remember the
Titans, has a bit part in the film as
the mechanic.

Reichardt has done another
film called Old Joy which has been
nominated and won numerous times
at various awarding institu-
tions. Wendy and Lucy has 2 awards
from the Dallas-Fort Worth
Films Critics Association, the Ran-
sell-Smuth Award and Best Picture
at the Toronto Film Critics Associa-
tion Awards.

CCC events you won’t want to miss:

Thursday, April 30
The Sparks Project
presents: ASTERIK. Time: 8 p.m.
in the Little Thea-
tre. The show runs
through Saturday at the same time.

Friday, May 1
Music in Motion (the brief show) Time: 12 p.m.
in the Samuels Theatre.

Senior Exhibition Re-
ception Time: 6:30 p.m.
in the Tompkins College Center Gallery.

Saturday, May 2
Intercollegiate 1-Act
Festival Time: 10 a.m. in the
Samuels Theatre. FREE Admission
and FOOD!

Sunday, May 3
Music in Motion Time: 2 p.m. in the
Samuels Theatre.
A Celebration of Writ-
ing & Literature Time: 3:30 p.m. in the 1867
Room.

Genre: Drama
Ratings: Rated for language
Duration: 80 Minutes

Wendy and Lucy is coming to the
19th Street Theater located at
527 N 19 Street in Allentown. Call
610-433-8903 for show times.
Learn How to Break a Terrorist

Elizabeth Saleb, STAFF WRITER

After the Abu Ghraib scandal, the U.S. military changed some of its interrogation tactics. In Iraq, the military brought in new faces of interrogators who used the approach of talking and being “nice” to detainees in order to get information from them in the most efficient way.

In Matthew Alexander’s book, How to Break a Terrorist: The U.S. Interrogators Who Used Brute, Not Brutality, to Take Down the Deadliest Man in Iraq, Alexander gives an account of this process and the challenges he faced with his colleagues who preferred using force. Alexander, a former criminal investiga- tor in the US, was sent to Iraq in 2006, as an interrogator, to use this new approach for getting information. His mission was to assist in finding Abu Musab al-Zarqawi. This book is not an account of a war story but rather of mind games, and this psychological thriller is also a fast paced read. If you have ever wondered what goes on in these interrogations, what happens behind the closed doors, this book allows you some access behind the scenes. Talking to detainees and being “nice” to them was the counter approach to the “force on force” approach. The old methods called for interrogators to dominate the prisoners, demean them and their religion.

The new method, described by Alexander, permits the interrogator to get to know his detainee better than he knows himself. The “gator” then manipulates the prisoner. Misleading him, flattering him, and role-playing. At one point, in the book Alexander’s partner Bobby, is telling the detainee a joke, which prompts laughter from Bobby, the detainee, and the interpreter. Alexander, however, having lived long enough in Iraq does not get the joke, and they explain it to him. Alexander points out “The best interrogators are outstanding actors. They can trick their reaction and biases into some remote corner of their minds and allow a doppelganger to emerge. Sometimes I must have a wife or children, so I can swap stories with prisoners, though I have neither.”

Every few pages some sentences are literally blocked out. How to Break a Terrorist was held up by the Defense Department for review. Alexander sued in court to get the sentences are literally blocked out. After the Abu Ghraib scandal, the U.S. military changed some of its interrogation tactics. In Iraq, the military brought in new faces of interrogators who used the approach of talking and being “nice” to detainees in order to get information from them in the most efficient way.

Learn How to Break a Terrorist

The Senior Art Exhibition opened Monday April 27 and the Reception Gallery will be held this Friday May 1 from 6:30 to 7:30 p.m. at the Tompkins College Center Gallery. The artist reception is a great way to experience the pieces in an environment of conversation and celebrate the seniors’ hard work.

The Senior Art Exhibition is coming to the Tompkins College Center Gallery. The exhibition features five talented seniors: Jess Jacobs, Janice Elizabeth Kreh, Brittany Ankiewicz, Clarissa Leverich and Emily Engler.

Each senior brings her own unique ideas and interpretations about being an artist. Art is both a process as well as a critical piece sharing dialog and vision between the artist and the viewer. The artist determines how she would like to express her subject through media and concept while solving and balancing the principles of art.

Brittany Ankiewicz, Clarissa Leverich's five talented seniors: Jess Jacobs, Janice Elizabeth Kreh, Brittany Ankiewicz, Clarissa Leverich and Emily Engler. Each senior brings her own unique ideas and interpretations about being an artist. Art is both a process as well as a critical piece sharing dialog and vision between the artist and the viewer. The artist determines how she would like to express her subject through media and concept while solving and balancing the principles of art.

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**Asterik: A completely original production**

**Sarajane Sein**  
STAFF WRITER

When someone goes to see the Sparks Project perform, the first thing they will notice is the dedication of the actors. As all of the individuals gather to put together pieces for the scenery, someone can easily see how well the cast gets along and works together.

Pieces put together for the scenery gives the set it's original production feel. Once Tim Brown, Assistant Professor of Theatre, gave me the script, I realized that I was in for a treat as I sat back and watched the actors’ emotion shine through.

This play, called *Asterik*, is a component of the Sparks Project that mainly centers on issues of religion, faith, and spirituality.

Religion plays a large role in this production as the characters discover what leads someone to believe what they do, how you place faith in God, and what happens when individuals question their faith.

The play opens with the statements, “I believe” and “I don’t believe,” with the characters showing their different priorities about religion and faith. The concept of simply believing in God based on faith versus the idea of needing proof is also an important theme.

The last important theme involves the relevance of accepting different religious faiths. This production also proves that life is not black and white, there are many gray areas when it comes to faith, acceptance, and religion. *Asterik* is an original theater production written and collaborated upon by Cedar Crest students and artists from the Lehigh Valley under the direction of Brown.

The main advantage of this unique production is that rather than a pre-written script, every member of the ensemble has a piece of ownership in the process because they bring relevant issues from their personal life into the scripts.

This leads to a connection to the text for the actors, since they have written it themselves. There are serious and funny moments in this production, leaving something for everyone in the audience.

This production opens on April 30 at 8:00 p.m. in the Alumnae Little Theatre. The show will run through May 2. All shows start at 8:00 p.m.

If the acting at the rehearsal was any indication of the final production, this show is a must see. So, bring the family and come on out for an important, worthwhile, and entertaining production. You won’t be disappointed.

**TV’s House still has a pulse**

**Christie Ackerman**  
STAFF WRITER

When someone goes to see the Sparks Project perform, the first thing they will notice is the dedication of the actors. As all of the individuals gather to put together pieces for the scenery, someone can easily see how well the cast gets along and works together.

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The play opens with the statements, “I believe” and “I don’t believe,” with the characters showing their different priorities about religion and faith. The concept of simply believing in God based on faith versus the idea of needing proof is also an important theme.

The last important theme involves the relevance of accepting different religious faiths. This production also proves that life is not black and white, there are many gray areas when it comes to faith, acceptance, and religion. *Asterik* is an original theater production written and collaborated upon by Cedar Crest students and artists from the Lehigh Valley under the direction of Brown.

The main advantage of this unique production is that rather than a pre-written script, every member of the ensemble has a piece of ownership in the process because they bring relevant issues from their personal life into the scripts.

This leads to a connection to the text for the actors, since they have written it themselves. There are serious and funny moments in this production, leaving something for everyone in the audience.

This production opens on April 30 at 8:00 p.m. in the Alumnae Little Theatre. The show will run through May 2. All shows start at 8:00 p.m.

If the acting at the rehearsal was any indication of the final production, this show is a must see. So, bring the family and come on out for an important, worthwhile, and entertaining production. You won’t be disappointed.

**Summer Releases**

**Movies:**

- **May 1**  
  *X-Men Origins: Wolverine*

- **May 8**  
  *Wild Child (wide)*  
  *Star Trek*  
  *Angels and Demons*  
  *Terminator Salvation*  
  *Night at the Museum: Battle of the Smithsonian*  
  *May 29*  
  *Up*  
  *June 24*  
  *Transformers: Revenge of the Fallen*  
  *July 1*  
  *Ice Age: Dawn of the Dinosaurs*  
  *Harry Potter and the Half Blood Prince*  
  *Aug 28*  
  *H2: Rob Zombie’s Halloween 2*

**CDs:**

- **May 9**  
  *Green Day: 21st Century Breakdown*  
  *Tori Amos: Abnormally Attracted To Sin*

**Eminem: Relapse**  
Ruben Studdard: Love Is  
Marilyn Manson: The High End Of Low  
Mandy Moore: Amanda Leigh

- **June 9**  
  *Franz Ferdinand: Blood  
  311: Uplifter  
  Elvis Costello: Secret, Profane & Sugarcone  
  Black Eyed Peas: The E.N.D.*

**Terminator Salvation**  
*Falling skies*  
*Angels and Demons*  
*Black Eye Peas: The E.N.D.*

**X-Men Origins: Wolverine**  
*Blood Prince*  
*The Eternal*  
*Ursa Major*  
*The E.N.D.*  
*Rob

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*Black Eye Peas: The E.N.D.*

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*Rob
A not so typical day in the life of Cedar Crest College President Carmen Ambar

The Crestiad News Editor Elect, Hauna Colista spent Monday, April 20, 2009 shadowing Cedar Crest College President, Carmen Twillie Ambar to see what it’s like to run a college, mother triplets, be a wife and still have time for yourself.

“Everyone needs something just for them that they truly love and gives them pleasure.” -President Ambar

“Breakfast is at seven. If there are only two of us, one of us feeds two and one for one.”

(Above) Cedar Crest President Carmen Twillie Ambar and her husband Dean at breakfast with their triplets Luke, Daniel and Gabby.

“Our morning starts at 5 a.m. Dean and I split the duties. He will go and start breakfast. In order to make this manageable, you need to get everything set up.”

“It takes a while, especially if you make waffles or pancakes or grits. [Dean] gets out bibs, forks and makes food.”

“I get up at five and get half ready. We start around 6:15 and 6:30 and start the bathing process.”

(Below) On a day that nanny “Ms. Amy” is around, each adult cares for a separate child to be sure that everyone gets fed.

“At 7:30, [Dean] starts to fade out, and I help Ms. Amy get them to their playroom.”

(Below) Three times the trouble! The Ambar triplets enjoy a ride through the President’s House as they play with nanny “Ms. Amy.”

(Above) President Ambar and son, Luke, enjoy their breakfast together.
“I typically start around 7:30 checking e-mails and figuring out the issues of the day.”

“Every day is so radically different. It’s only typical in its start.”

“We always jokingly say, ‘we do more before 9 a.m. than most people do in a day!’”

(Left) President Ambar checks her e-mail from her home office.

“I’ve met with congressman Dent. It’s important for the president to be recognizable to those people.”

“Those are somewhat easier meetings ‘cause you’re not asking for anything specific, just building relationships.”

“There are very few free minutes in the day.”

“My days are so different.”

“What’s typical is that I’m talking about Cedar Crest.”

(Right) Ambar meets with Arlen Spectors Executive Director Adrienne Baker Green in center city Allentown.

“Each day is numbered. What’s in here is everything in my daily schedule for the next month.”

“I do it here because if I take it back to my office, it will likely go into a black hole.”

(Left) President Ambar looks through a “Ticker File” located in front of her administrative assistant’s desk.
(Above Left) President Ambar has a meeting with Dr. Kimberly Owens, SR EVP of Enrollment Management and Student Affairs.

(Above Center) The President has lunch with Cedar Crest College Alumnae and former Trustee Pat Hudimac.

(Above Right) President Ambar updates her Twitter status to say, “Hauna Colista is following me today for an article for the Crestiad, so we are taking photos of my tweets.”

(Above) After a long day on campus, President Ambar returns home to read to Luke, Daniel and Gabby as husband Dean looks on.

“We read stories and play and then put them down at 7.”

(Above Right) Luke and Daniel watch as their mom reads them a bedtime story.

“Wouldn't my life be easier if I put them in front of the TV all day? I want to give them the gift of reading.”

(Above) Dean and Carmen Ambar pose with their triplets before everyone gets off to bed.
“My grandmother bought me piano lessons and a piano. We always say that’s the best gift she ever gave me.”

-President Ambar, on her piano

“I started taking piano when I was in second grade.”

“I took formal lessons for ten years.”

“The reason I took piano was because my grandmother always wanted my mom to play the piano, but she did not like it.”

“If you want to know a way to put away your concerns, the piano is how I do it.”

“So, the way I get a chance to relax is getting to play the piano.”

The President’s Calendar - April 20, 2009

What does the day look like for Cedar Crest President Ambar?

5:30 a.m. - Carmen Ambar and Dean wake up
6:15 a.m. - Already half ready, begins bathing the triplets as Dean starts breakfast
7:00 a.m. - Carmen and Dean have breakfast with the triplets
7:30 a.m. - Dean finishes getting ready for work as Carmen helps Ms. Amy get the triplets to the play room then checks her e-mail and finishes getting ready for work
9:00 a.m. - Meeting with Arlen Spector’s Executive Director, Adrienne Baker Green
10:30 a.m. - Carmen meets with Kimberly Owens
12:00 p.m. - Carmen has lunch with Alum
1:30 p.m. - Carmen checks her “Ticker File” for the next month
1:50 p.m. - Carmen checks her e-mail again...and Twitter
4:00 p.m. - Carmen has a meeting Senior Staff meeting regarding Strategic Planning
6:30 p.m. - The triplets are already bathed and Carmen and Dean play and read with them
7:10 p.m. - Carmen plays the piano to giver her day a relaxing finish
7:30 p.m. - The day begins its close
Exercising for Energy: Universities and health clubs move toward sustainability

Not why to wax
Why bikini waxing was nearly banned in N.J.

Elizabeth Saleb
STAFF WRITER

What predicts if students are ready for college? Is it their high school GPA, SAT scores, or course work?

According to a recent study released December 2008, The College and Career Readiness Index

The study found that eighth grade achievement is between two and four times more effective at predicting college readiness.

Further, it claims that this factor has a bigger impact on college readiness than any other factors including demographics, such as race, income or gender.

The study also found that nearly 40 percent of students from economically disadvantaged backgrounds were college career ready, which is the level of academic achievement reached by the eighth grade.

California Fitness has been utilizing renewable energy through the popular elliptical machines in their gym, Dixon Recreation Center. Demochrathed.com reports that the university currently has 22 elliptical machines connected to a generator that saves energy. While the students pedal, a display screen shows power production, production to date, and production peaks. The university believes that the machines will assist in saving money on energy purchases. While most exercise machines create heat, the work out equipment at Oregon State University will actually generate usable electricity, lowering the necessity of air conditioning.

The equipment cost approximately $15,000 to install. The university collected the majority of the money from the contingency fund of the Student Incidental Fee Committee and the Energy Trust of Oregon provided $6,000 for the project. The high cost of the equipment paid off for the university; in the fall of 2008 Oregon State University was honored by the U.S. Environmental Protection Agency with the Green Power Leadership Award.

In New Jersey, along with the Board of Cosmetology and Hairstyling, the National Cosmetology Association and National-Interstate Council of State Boards of Cosmetology, dopped the issue.

Salon owners all over New Jersey said repeatedly that the banning of the Brazilian Waxes could put many out of business in these rough economic times.

While salons insist the procedure is safe, it is important that you make sure that the facility you go to is certified to do the waxes. Customers should pay close attention to cleanliness and the attention of the technician.

According to Valerie Monroe, the Beauty Director for “O” magazine and a writer for other health publications, warns that if the technician does not perform the wax properly, the customer is at risk of getting type A strep, a staph infection, the human papilloma virus or even worse: herpes.

Women should not be afraid to ask questions. Women should ask the technician if the wax has been healed and also have the Board of Cosmetology and Hairstyling to propose a complete ban on the procedure.

Instead of wax, other hair removal methods such as lasers or threading can be used.

The waxes can be very dangerous if not performed correctly. The hot wax can rip away the delicate skin that exists in the genital area. While infections can be rare, if the person performing the procedure does not know what they are doing, they can do some serious damage to the customer’s private zone.

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Khyla Brandt

Did you ever wonder what that single chocolate chip cookie you chew after every meal actually does for you? Gum chewing, which has become a ritual of many people worldwide, actually started with the ancient Greeks, according to www.inventors.about.com, which states, “Greeks chewed mastic — a chewing gum made from the resin of the mastic tree.” Since then, people have enjoyed gum for their flavorful tastes, as well as, health benefits. According to www.eatright.org, “Chewing gum was named the number one snack food in 2005.”

Most gums to date are sugar-free, which are supposed to be a healthier alternative to non-sugar free gums. Many gum chewers are not aware of the many health benefits that chewing gum actually gives them.

Gum is “used as a tool to help manage weight, increase focus, alertness and concentration, and help relieve life’s everyday stressors,” according to www.eatright.org.

Chewing gum, at five or ten calories a piece, can reduce the amount of high calorie snacking that a person does throughout the day. This can save someone one to two hundred calories throughout the day just by replacing one piece of gum instead of snacking on some chocolate chip cookies.

Dr. Audrey Schmiedel, Cedar Crest alumna states, “I chew gum regularly and it’s a nice benefit that I am reducing my caloric intake without even thinking about it.”

If a person could keep this up for an entire year, they would cut thousands of calories from their diet just by replacing their in-between meal snacking, with sugar free gum.

Chewing gum has also been scientifically proven to help a person focus. According to www.inventors.about.com, “Gum may help improve alertness and concentration and help relieve, and push away, stresses like driving in traffic or waiting in line.”

Many schools have actually promoted gum chewing during standardized tests because they believe it will help children focus better and in turn, produce a higher grade.

Chewing gum is one of the best things you can do to whiten teeth. Their persmile has created white strips at the dentist, which has become a craze from coast to coast.

Tooth whitening costs a hundred dollars at the dentist, so one of the best alternatives to non sugarless gum is to chew one piece of gum instead of snacking on thousand calories of cookies.

An interesting fact many people do not know about gum is that it aids in a speedy recovery from an abdominal surgery. Patients are continuously asked if they have passed gas or had a bowel movement after surgery because it assures the nurses and doctors that everything is in normal working order. According to www.bottomlinesecrest.com, “In five trials reviewed by British researchers, post-surgical patients chewed one piece of sugarless gum for five to 45 minutes, three times a day. In comparison to those who did not chew gum, the gum chewers took on average a half-day less to pass gas, took on average one day less to have bowel movements, and were discharged from the hospital a day earlier.”

By chewing gum, it helps stimulate the digestive system, and after abdominal surgery, stimulation is just what the stomach needs to promote healthy intestinal functions.

Chewing gum has also been found to help students focus. A study from University of Illinois states, “You think your child is not actually helping students focus.”

Also, if an employer has an important presentation to project, then it is not professional to chew gum during the presentation. Instead, they could chew on a piece while preparing with the hopes that it will help them focus on their presentation, and therefore provide better presentations.

A study done at the University of Rochester found that chewing gum took on average one day less to have bowel movements, and were discharged from the hospital a day earlier.”

Chewing gum has become a simple habit for most, it is reassuring that this healthy habit can actually benefit people in many ways.

Nicole Magloire

How old is too old, and how late is too late? In recent years women have been postponing motherhood to pursue their careers and dreams. They say that their in-between meal snacking, with sugar free gum.

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Lax girls have the guts to keep on going; 
Ready to continue improving next season

**Thersia Ault**
**JUNIOR EDITOR**

"I hope as a team we realize how far we have come," said assistant coach Jennifer Woytach. "I hope to them continue pushing themselves and others to level I know they can play!"

The Falcon’s lacrosse team has come a long way over the years. Starting as a team with little experienced players a few years back, they end their season with hardworking and talented team members.

"[The girls] always gave everything they had for the full 60 minutes of every game they played," said head coach Lauren Wray at the athletic banquet on Saturday.

"It’s all about guts!"

This became a phrase the team heard a lot throughout the season. It was inspiration; of course the Cedar Crest Falcons have the most guts!

Along with that they have heart, determination, and a desire to work as a team and put their A game on every day.

I enjoyed my teammates," said junior Business Major Jensen Holguin. "I felt like I got closer to them than in the past, and it allowed us to have more fun on the field."

"It just felt like more of a team, instead of a group of individuals playing on the field."

The team ended their season with a 6-11 overall record, which surpassed their goal of 5 wins for the season.

"I think we did a really good job at setting realistic goals," said Woytach. "The girls worked as a team setting the goals and achieving them!"

Junior Amanda Dombrowski led the team with 44 goals, 44 ground balls, added 18 goals and 21 ground balls to the mix, in addition to her great defense.

The lacrosse team will return next season with everyone but one, hopefully gaining additional talent to add to their growing team.

"I am excited that most of our team is returning with the exception of our only senior Thersia Ault," said Holguin. "Her presence will be missed. Especially by me, she was always the one on the circle calming my nerves before every game."

And the one and only senior will miss her team just as much if not more! Good luck to my girls in your upcoming seasons!

The Falcons Lacrosse team ‘smile’ for the camera at their last home game.

The Falcons Lacrosse team 'smile' for the camera at their last home game.

**Cheers to three irreplaceable seniors; You will be missed**

Thersia Ault
**JUNIOR EDITOR**

"I’ll miss coach, and the rest of the coaching staff, and the girls for sure," said senior Sarah Campbell about leaving the Falcon’s softball team.

"Surprisingly enough, I’ll even miss practices!" But I don’t think coach will be the only one missed.

One thing is for certain when the softball team looks back at their season, their seniors are irreplaceable!

"[We have had] three wonderful leaders on our team," said Head Coach Kristy Henritzy at the Athletic Banquet this past Saturday about senior falcons Sarah Campbell and Allison Holland, and Alyssa Kabat.

"[They] have given great commitment to the sport, Seifert looked like a professional on the field."

"She’s a hustler, she’s fast and has great feet," said Wray. When Wray informed her that she would be starting in the first game, "she just looked at me with wide eyes!"

Seifert a defender added two goals and 21 ground balls to the mix, in addition to her great defense.

"We could have done better in the wins and losses column," said Campbell.

"I think we did a really good job at setting realistic goals," said Woytach. "The girls worked as a team setting the goals and achieving them!"

Junior Amanda Dombrowski led the team with 44 goals, 44 ground balls, and 23 caused turnovers. Freshman Tara Fikes added 33 goals for the season and led the team with 10 assists. Junior Kelly Oakes led the team with 49 ground balls, added 18 goals and caused 15 turnovers.

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**www.cedarcrest.edu/crestiad April 30, 2009**

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**www.cedarcrest.edu/crestiad April 30, 2009**
Hall Olympics 2009
And the winner is...

Butz Bears show how tough they are after dominating floor hockey on day three of Hall Olympics.

Steinbright Stallions get together after a close competition in volleyball on day four of Hall Olympics.

The Moortis Toortises show their hall spirit during the kick off games at Spring Fling on the first day of Hall Olympics.

All pictures courtesy of Dan Donohue

Athletic Awards

Equestrian
Most Valuable Rider: Erin Ziegler
Most Improved Rider: Tatiana Ballreich

Cross Country
MVP: Kristen Geisinger
MIP: Alicia Gray

Field Hockey
MVP: Emily Seifert
MIP: Adrienne Maurer

Soccer
MVP: Jennie Huber
MIP: April Johnson

Tennis
MVP: Sarah Messner
MIP: Amy Dichter

Volleyball
MVP: Mackenzie Lee
MIP: Jesenia Holguin

Basketball
MVP: Lakeena Jones
MIP: Mackenzie Lee

Lacrosse
MVP: Kelly Oakes
MIP: Emily Seifert

Softball
MVP: Sarah Campbell
MIP: Rachel Orlen

Nellie Manges Scholar Athlete Award
Carrie Olson.

LV AIAW Outstanding Athlete Award
Allison Holland.

SAAC Falcon Award
Alyssa Kabat

Black and Gold Award
Jen Woytach

Rookie of the Year Award
Lizzy Sunderhaus.

Upperclassman Service Award
Kelly Oakes.

Varsity Awards
Thersia Ault:
Cross Country/Lacrosse
Sarah Campbell:
Softball/Basketball
Allison Hollind:
Softball
Alyssa Kabat:
Softball
Carrie Olson:
Soccer
Chi Alpha Sigma Inductees
Samantha Barbato
Amanda Dombroski
Brittney Fikes
Brittney Symbol
Devin Ursini
Laura Shively
Maria Mallory
Michelle Snead

Butz Bears swept the competition
Butz Bears 409
Moortis Toortises 273
Steinbright Stallions 227
(not including penny wars)
1. Seeing the world through its coastal cities while taking this vacation on the high seas.
2. Not far from Cedar Crest, a place to work or ride.
3. Pennsylvania has 120 of these, including: Black Moshannon, Nockamixon, Ohiopyle and Sinnemahoning. Great places for hiking, picnics and camping.
4. Working at a company to gain work experience and make money.
5. Going out with friends for fun, music and sometimes drinking.
6. A childhood pastime that's good exercise and cheap transportation.
7. Lions, tigers and bears...in cages.
8. Peanuts are a must at this minor league baseball game.
9. A great place to get a snow cone and a major event.
10. An Olympic sport that anyone can win a fish.
11. A winter sport done in the summer—play by the ocean.
12. “Chick lit” and Manga; not classic.
13. Pennsylvania has 120 of these, including: Black Moshannon, Nockamixon, Ohiopyle and Sinnemahoning. Great places for hiking, picnics and camping.
15. Despite the economic crisis, this is still a favorite American pastime.
16. Getting paid to help kids pitch tents and make macaroni picture frames.
17. Zzzz
18. If you're late to a showing, you can just pull your car right up to the front row.
19. Trudgen, dolphin, butterfly, human, turtle are all types of something that you would use while doing this activity.
20. A literary pigment upper.
22. See this continent by train, plane or backpacking trail.
23. A daytrip by car.
24. IRA
25. The largest recreational resort in the world.
27. What do you do at CCC the rest of the year.
28. BBQ
29. A three-month love.
30. Sleeping under the Dippers.
31. Earning money by distributing food.
32. Backpacking sans backpack.
33. Learning from the French, Italian, Indian, etc.
34. For over 70 years, this has entertained students during school breaks.
35. The reason sensors cry.
36. A less glamorous Baywatch.

FILL IN THE BOXES TO COMPLETE THE PUZZLE: