Lauren Sanders
COPY EDITOR

Type “American revolution” or “indie rock” into Google, and the first articles to appear will be from Wikipedia.org, “the free encyclopedia.”

Anyone who has done online research in the past few years is likely familiar with Wikipedia, which contains articles on a myriad of topics, written by volunteers and available to be edited by any individual accessing the site.

While Wikipedia is comprehensive, readily available, and easy to navigate, this type of interactive source is clearly subject to informational inaccuracies, some of them glaring.

The New York Times published an article on February 21, 2007, in which the author, Noam Cohen, reported that half a dozen students in a Middlebury College Japanese history class claimed the same obviously incorrect information on their exams.

Their professor noticed the discrepancy immediately, and, upon investigation, discovered that his students had all used Wikipedia when preparing for the exam.

The incident spurred the decision of Middlebury’s history department to ban Wikipedia in citations on papers and tests.

Middlebury, which is located in Vermont, has not completely banned the use of Wikipedia, however. Chairman of the History Department Don Wyatt, said that a total ban on Wikipedia would have been both unrealistic and class-minded, as Wikipedia is far too convenient a resource to expect students to avoid it entirely.

Jimmy Wales, co-founder of Wikipedia, stated in The Times article that, “I don’t consider [Middlebury’s action] a negative thing at all.”

Dr. Carolyn Segal, Associate Professor of English at Cedar Crest College and Wales had the same thing to say: once they reach college, students should not be using any encyclopedias in their citations. “I would hope they wouldn’t be citing Encyclopedia Britannica, either,” explained Wales.

Segal calls Wikipedia “the ultimate post-modern encyclopedia,” since anyone is able to change its content, and sees no problem with students using the source in the preliminary stages of their research, so long as they are aware it may well contain inaccuracies.

Dr. James Ward, who teaches history at Cedar Crest College and is a graduate of the Middlebury College History Department, agreed with Segal and Wales.

I am very grateful to the college community,” she said. Meade values that the college offers her a place to teach desired courses and publish articles at the intersection of her interests.

Although she always has new ideas for courses, her efforts will be focusing on expanding the gender studies options for students.

Dr. Jim Brancato, also from the Humanities department, will be promoted to Full Professor of Communication. He has been teaching at the college, as a full time professor, for almost 15 years.

“It is a great honor to receive this promotion,” said Brancato. He is the head of the Communication department, and is also the advisor of the Radio Club, which has enhanced their coverage and will soon be going online.

He would also like to see the television studio expand in the near future, as well as add more photography courses.

Another Humanities professor who will be acknowledged this year is Dr. LuAnn McCracken Fletcher, as she will be promoted to full Professor of English.

She came to Cedar Crest in 1992 as an adjunct professor, and...
Blogger freed from jail
Video blogger Joshua Wolf, who spent a record-setting stint behind bars for refusing to turn over his footage of a chaotic 2005 street protest, walked out of prison after cutting a deal with prosecutors, Wolf, 24, said Tuesday that he was looking for- ward to “pizza and a beer” after having spent 226 days in prison which is more than any journalist who’s refused to testify under the deal with prosecutors. Wolf agreed to turn over the uncut video, which he also posted on his Web site Tuesday. He refused to testify before the grand jury about the events at the protest or the identities of participants.

Global warming report deadline
Scientists and diplomats went into a second day of negotiations on Thursday about the wording of a report warning the world of the ways global warming will dra- matically change life on Earth. Some worry that they may miss a Friday meeting deadline to issue an authoritative report on the ways global warming alters health, food, industry and species around the world. There is little dispute about the science, although some disagree about their confidence in the research. But the main issue at the Brussels conference is how the report of the Intergovernmental Panel on Climate Change (IPCC) will say what it has to say in the most effective possible way that 120 nations’ negotiators can accept.

**Student organization sponsored idol contest**

Christa Hagan

**OPINIONS EDITOR**

Clay Aiken, Kelly Clarkson and Jennifer Hudson are all entertain- ers who have appeared on the hit television show “American Idol,” and launched their careers from there.

On Friday, April 13, the cam- pus organization Sisters Inc. will be paring up with Jessica Gomes to bring this event to the Alumnae Hall Auditorium stage at 7:30 p.m. Gomes came up with the idea to have “Cedar Crest Idol” and went to Sisters Inc. to see if they could sponsor it.

Club President Cheryl Davis said that “Sisters Inc.[ ] is sponsor- ing it too, because we think it’s a good event to bring people togeth- er, as well as another event to show the campus who Sisters Inc is.”

The event is free to the cam- pus and is the first of its kind at Cedar Crest College.

Six acts are scheduled to appear and be judged by campus staff members including Dean Denise O’Neill and Steinbright Resident Coordinator Kate McNamara.

“I would definitely like to see it become a tradition,” said Gomes. “If it works out this year, I would like to extend the Idol to other UVAC schools.”

Finally, Marion McCorry will be promoted to Associate Professor of Performing Arts and tenure.

McCorry was hired six years ago to work within the Theatre department on campus. She is excited to see the change in stu- dent initiative over her years of being involved on campus.

“This is a turning point in my life. I am proud that I am not just developing a program, but I am developing students as well,” she commented.

McCorry envisions the upcoming years to expand the options for directing courses and also moving forward to push more students to take initiatives and risks. “That is what education is all about,” said McCorry.

The seven contestants repre- sent different areas of the college which all contribute to making Cedar Crest the college that it is.

Come and help these remark- able individuals celebrate a mile- stone in their careers, and show your support for their ongoing efforts in helping students explore every avenue of their education.

**WIKIPEDIA**

Students at Cedar Crest seem to follow the same train of thought as their professors. Valerie Baloga, a junior thea- ter and English major, said of Wikipedia, “I use it, but I don’t use it for 100 percent reliable information. I tend to use the other sources it lists, if they seem accurate.”

“You can’t disregard it com- pletely as a source,” asserted Megan Schaeffer, a senior English major. “Wikipedia does list their sources.”

The general Cedar Crest College consensus seems to be that while Wikipedia may be promiscuous and untrustworthy, infor- mation, it is still a useful tool for the beginnings of research, pro- vided that students recognize its potential to mislead.
Everyone has a Cedar Crest story. I often ask the question: Why Cedar Crest? Some of the stories are basic—it’s close to home, I got a scholarship—but there are the funny stories and the touching ones too. In the upcoming weeks, those stories will be shared in this recurring feature, shedding light on just what is so wonderful about this place that many might consider an oddity.

Tiffany Wanzie
LIFESTYLES EDITOR

Ever since I was a little girl, I would make frequent trips with my parents to the Lehigh Valley to visit my brothers and sister at college. My oldest brother went to Muhlenberg, my other brother attended Lafayette, and my sister graduated from Cedar Crest. Although I am 11 years younger than my siblings, I have always been really close to them. I enjoyed going to my sister’s cross-country meets and watching my brother’s baseball games. But above all else, I loved spending time with them. At that time, I could only imagine what my own experience at college would be like.

Finally, when it was my turn to pick out a school, I found out it was not an easy decision to make. I wanted to go everywhere and do everything. What made the college selection a little easier was the help that I received from my family and friends. My brother wanted me to attend the University of California at Los Angeles to be closer to him, while my sister suggested Cedar Crest based on her own experiences at the college. She also knew that I would receive a good education. She mentioned a few other universities located in the Philadelphia area, since it would be closer to her and my nieces as they grew up. I spent the first semester of my freshman year at Rosemont, and although it was a memorable experience, I never truly felt at home. No matter what I did, I felt as if something was missing.

During that same semester, my mom was diagnosed with breast cancer, and suddenly three hours away from home was too far. I wanted to be around for my mom while she was going through her treatments. The best option for me was to transfer. I went through the whole college process once again, and I found that the second time around was much easier.

One of my best friends from high school was in her second year at Cedar Crest at this time, and she told me that the experience I would get at Cedar Crest would be different than at any other college. I remembered stories my sister had told me about the years she spent at Cedar Crest, and the valuable friendships she made along the way. I met with the college to discuss transferring, they were so nice. I was excited to start fresh.

Now I am in my last semester, and I am happy with the decision I made. There is so much that I have gained from attending Cedar Crest—memories that will never be forgotten and friendships that will last a lifetime. The faculty and professors are amazing. They really go out of their way, and care about their students; this is something for which I will be forever grateful. I’m really going to miss attending classes, working with The Crestiad staff members, and even the late nights of studying. Everything in my life has pointed me in the direction of Cedar Crest, and I’m glad that it did.

Tiffany Wanzie
LIFESTYLES EDITOR

And you’re here because...

College. All of them were great schools, but there were many factors influencing my decision, like academics, the size of the campus, but family was most important.

After careful consideration, I decided to attend Rosemont College in Philadelphia. The positives were that they offered me a scholarship, and I liked the fact that it was an all women’s college. I wanted to be close to my sister and my nieces as they grew up. I spent the first semester of my freshman year at Rosemont, and although it was a memorable experience, I never truly felt at home. No matter what I did, I felt as if something was missing.

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Let's get together

YEAH YEAH YEAH!

With spring comes flowers and tales of love...here's how your favorite professor couples met!

Dr. K. Joy Karnas
BRIAN Exton

Love in the Sciences

Amanda Rachel Goodman
STAFF WRITER

Just like adenine and thymine and Jacques Cousteau and Oceanography go together, Dr. K. Joy Karnas and Professor Brian Exton are a great pair. Karnas is the Director of the Genetic Engineering Program and teaches Molecular Genetics I and II, as well as two techniques courses: DNA Sequencing and Protein Purification and Analysis.

“Pending the approval of the new Master’s in Forensic Science, I will be teaching a graduate-level molecular biology course for the forensic students,” Karnas said. Professor Exton is the Coordinator for the General Science Program, and teaches Physical Geology, Oceanography & Oceanography, and Science on the Silver Screen. Exton is also the Director of the Science in Motion Program, which, according to Exton, “delivers high-tech science equipment and lab activities to local high schools.”

Both Karnas and Exton attended the College of William and Mary in Williamsburg, Va., but they did not meet in college.

“We actually met through a cycling company, Bike Virginia, which coordinates an annual five day bike tour for 1,500 cyclists through different portions of Virginia. I was the rest stop coordinator for the ride, and Brian was one of the trip leaders,” explained Karnas.

“When we met, Joy already had a boyfriend. I waited in the wings for a while, we would hang out together, hike and bike, etc. And when her other relationship ended she called ME and asked ME out! That was very cool,” Exton said.

After the two got together, it appears it was meant to be. “We dated for about a year and a half before we each went off to graduate school—me to Arizona, Brian to Texas. Brian flew out for my birthday in early September and met some of my new grad school friends. Two weeks later, he left a message saying that he was going to fly out for another visit...he also mentioned that he was sorry I wasn’t home to answer the phone, but no worries, he’d give me a ‘ring’ later.”

“The following week he flew to Tucson, drove me to the top of Mt. Lemmon, and, after a short hike along the Wilderness of Rocks Trail, he proposed as the sun set behind the city off in the distance,” said Karnas.

Their bond was strengthened even more through their mutual love for teaching. For Karnas, teaching is something she thoroughly enjoys. “I love teaching—simplifying complex concepts and explaining them to students in a way that helps them understand. I also love working in the college environment. It’s rejuvenating to work with the young and vibrant students, participate in college activities and events, and have an impact on so many lives.”

While the collegiate setting was appealing to Karnas, it was the high school setting that first appealed to Exton, where he taught Earth Science.

Due to his fascination with fossils, Exton left his job and went to graduate school to further his education. Exton has also taught in other education settings, serving as "part of the education team for NASA’s Galileo mission to Jupiter, and also Lead Flight Director for one of the Challenger Learning Centers, where middle school students run simulated space missions.

Both of their respective teaching abilities and talents have lead to the creation of the SMART Internship Program. According to Exton, the grant was developed by himself and Karnas in an attempt to introduce students to science teaching as a possible career choice. We spend several weeks each summer teaching them about classroom techniques and about the education co-major. What we have found is that most of our science students really want to be in the lab.”

With the hectic schedule of teaching, organizing lectures and laboratories, meetings, advising, and the SMART Internship Program, among others, it may seem impossible for these two to manage life outside of Cedar Crest.

“Karnas and Exton are the proud parents of two boys and Karnas has found that managing parenting with work and the rest of life has been easier since both parents have the same profession and work in the same location. From working in the same town in which they live, to having flexible schedules, and since the college environment is child friendly (“due to snow delays, Jared has attended two of my lectures this semester, doing his homework while I worked with my class,” said Karnas) both Karnas and Exton have managed a system of work and parenthood.

Despite their effective system, Karnas and Exton still need to relax and unwind from the stresses of both. Being in the outdoors, hiking and camping were their all-time favorite activities before they became parents. After having kids, their interests changed slightly. “Post-kids, we tend to play soccer in the backyard with the boys, play games, put together puzzles, and read books (Magic Tree House and Dr. Seuss). Occasionally, we can convince grandma to come stay with the boys so that we can escape to exotic locations...our last trip was a snorkeling trip to St. John in the Virgin Islands,” said Karnas. If you are a fan of the local restaurant scene, you might just see the two of them out at current favorite, Panera’s, where they often walk to get a “cup of soup or a café mocha,” said Exton.

While in the classroom, both excel as impressive and intelligent professors. Outside of Cedar Crest, both excel as fun, nature-loving, and dedicated parents. In either setting, Dr. K. Joy Karnas and Professor Exton are truly a great pair.
Gina Lewis
CRESTIAD SPECIAL
It was in the basement of what was then the Administration building where the courtship and marriage of Drs. Jim and Jane Ward began. Jane, a professor in the psychology department was attending a departmental head meeting when she met Jim.

“As they say, she caught my eye,” Jim jested playfully before seeing her at a departmental head meeting when the psychology department was attending a meeting when Jane was then the Administration building where the courtship and marriage of Drs. Jim and Jane Ward began. Jane, a professor in the psychology department was attending a departmental head meeting when she met Jim.

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The Wards also love to travel. They have ventured around America and also overseas, mostly with friends in tow. In the early 90s, the Wards attended a college-sponsored faculty trip to St. Petersburg, Berlin, and Vienna. They have also traveled to these same cities numerous times with mutual friends. The two were visiting Prague in the photo to the left.

Some interesting and funny stories resulted from these trips. On one of these European excursions, Jim acted as the tour guide for the group, directing them from site to site. When jumping on the metro, he realized they did not have enough in Euros for the fare. He put on a “heavy duty dumb American guise to avoid being arrested – I do a very good imitation of the dumb American,” Jim shared, laughing. Jane recalled a typical event on each trip they take – searching for Jim as the bus waits. “Where’s Jim?” is a common phrase she uses as she sits on the tour bus waiting for Jim to finish taking photographs.

“Jane is the very educated, discerning tourist.” Jim said. “I am the fanatical photographer.” Not with just a small digital camera either, Jim runs amok with his SLR.

Throughout their travels, their love for dogs has also given them a few entertaining stories to share. In St. Petersburg, they nearly bought a dog someone was selling on the side of the road. Jane recalls scheming with another one of their fellow travelers about how they could sneak it through customs but never tried. From another trip to St. Croix, Jim recalled the details of another fun little dog they contemplated smuggling back into the States, while Jane quickly corrects the details he has misremembered. Typically, he is the one to iron out the details of their adventures over the years. “This is why I am the historian,” he said.

The Wards playfully talk and laugh over the innumerable adventures of their lives. They agree that they both enjoy films, but each has something to say about the other’s taste. “Our taste in films is very different,” Jane said. “We come at it from different perspectives. I watch some myself, some himself, and some together.”

Sadly for those who love the Wards separately, and would love to see them teach together, it does not seem that this was the case. The two have both held various positions in both administrative and teaching positions on campus. Both enjoy teaching the personal stories, and courses like Terrorism and Film and History. Jane’s courses in Forensic Psychology and Lifespan Development allow her to share personal stories, and courses like Psychology and Dramatic Literature give her the opportunity to teach something she loves.

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Sadly for those who love the Wards separately, and would love to see them teach together, it does not seem like a joint course will be offered any time in the future with the two having such opposing views on film. Jane enjoys films with good characterization and internal drama, really enjoying films that are “nonverbal and nuanced.” Jim explained that his interests in film are based on his attraction to the visuals.

Both belong to cinema and film societies and were away over April break presenting two separate papers. Jim’s paper focused on two Russian political films, while Jane’s presentation with her cousin focused on the healing power of horses through film.
Letters to the Editor

Clearing up confusion about the role of Muslim women

Dear Editor,

On behalf of the Muslim Student Association, I would sincerely like to thank you for publishing the March 29th article “MSA Speaker Discusses Role of Women in Islam.” Upon reading it, however, I noticed that some of the concepts mentioned at the event seemed to be misunderstood.

The article stated: “A daughter is a mercy to the parents of her parents. A daughter born to a family is one of bad news.” While this was indeed the case in pre-Islamic times, the advent of Islam brought with it a completely new set of standards that actually raised the status of females.

As a Muslim woman myself, I believe that the quote from the article unfortunately reflects a much wider cultural stereotype that exists about the role of women in Islam. Instead of minimizing women’s role in society, Islam actually raised it to one equal in importance to that of males.

The “revelation” I have had, is that high school is only the beginning on the road to self-discovery. People were taught to respect women, as they brought with them blessings. The Prophet also used to emphasize that a daughter is a mercy to her parents. For the Arabs, this was a big change. Before the birth of the Holy Prophet, Arabia had plunged into a state of ignorance, baby girls, considered to be sources of dishonor, were routinely buried alive.

The Quran addresses the issue in chapter 16, verse 58: “When news is brought to one of them of the birth of a female (child) his face darkens and he is filled with inward grief! With shame does he hide himself from his people because of the bad news he has had! Shall he retain her on (sufferance and) contempt or bury her in the dust? Ah! What an evil (choice) they decide on!”

The quote, though seemingly in reference to women in Islam, actually represents the views held by Arabs before the time of the Prophet.

I trust that you will inform your readers about this discrepancy as soon as possible in order to prevent confusion.

Thank You,

Sakina Khahai, Freshman

Importance of Writing Reinforced

To the Editor:

I wish to thank Dr. Lawrence Quarino for his excellent op-ed piece on the importance of writing in every discipline and profession (April 5, 2007)—and to second his observations. Clear, effective writing is essential in all areas.

The more you write, the better your writing will be. Athletes and musicians already know the value of sustained practice. For students in every major, the same holds true for reading and writing, and there is no better practice ground than college.

Carolyn Segal, Associate Professor of English

I finally came out of my shell

Maxine Tam

STAFF WRITER

“The time you spend in high school will be difficult years, and they will define you.” That quote, or a paraphrase of the idea, was what my teachers back in middle school and high school years informed me and all the other students.

Maybe the difficulties that the teachers were referring to were the quantity of homework, the midterms and finals, the social scene and peer pressure, or the events and decisions that could potentially affect college acceptance and parity.

On top of all of those worries, a teenage student discovers the person she/he is during those high school years.

The most important notion, as I understood it, was: I will know who I am after I finish high school in May. I have found that my understanding, and maybe all of my teachers as well, was not correct.

The “revelation” I have had, and maybe others have already had, is that high school is only the beginning on the road to self-discovery. People are taught to respect women, as they bring with them blessings. The Prophet also used to emphasize that a daughter is a mercy to her parents. For the Arabs, this was a big change. Before the birth of the Holy Prophet, Arabia had plunged into a state of ignorance, baby girls, considered to be sources of dishonor, were routinely buried alive.

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Thank You,

Sakina Khahai, Freshman

What author would you like to see come to Cedar Crest?

Cara Goss
Sophomore
Psychology

“J.K. Rowling,”

Lilith Ullyott
Sophomore
Biodiversity and Conservation Biology

“Leif Enger, he wrote Peace Like a River.”

Melanie Markert
Freshman
Chemistry and Forensic Science

“Stephen King,”

Meredith Williams
Senior
Mathematics

"John Grogan, he wrote Marley and Me. He’s from Emmaus and writes for The Philadelphia Inquirer."

Nyssa Kudravy
Freshman
Genetic Engineering

“Michael Crichton.”

Renita Polk
Junior
Genetic Engineering

“Ted Dekker.”

Compiled by Leann Pettit
This week The Record, a newspaper based in Bergen County, N.J., printed information on the increasing amount of college students drinking alcohol. Last year, a College of New Jersey freshman was killed, reported the story, when the 19-year-old’s drunken night ended with him in a trash bin. His body was later found in a landfill in Pennsylvania.

The first part of the story, printed a month ago, reported that “one in four college students is alcohol-dependent.” Twenty-five percent of college students requiring alcohol to function properly is an unbelievable amount, but Harvard studies agree: 31 percent of college students abuse alcohol.

In order for these statistics to be true, an entire class of upperclassmen would have to be alcohol-dependent; as improbable as that is, this means underclassmen must be drinking too. A Substance Abuse and Mental Health Services Administration (SAMHSA) study from 2002 until 2005, determined that 57.8 percent of full-time college students between the ages of 18 and 20 had consumed alcohol within the month prior to being surveyed.

In 2002, Ralph Hingson, a professor and the associate dean of research at Boston University School of Public Health, presented to a United States Senate committee about his studies of college-student alcohol use. Approximately 1,400 alcohol-related deaths occur each year in college students alone, Hingson reported.

Some colleges are stepping up to the challenge and fighting not only underage drinking, but alcohol-intake as a whole. Lehigh University, in Bethlehem, has instated “Good Samaritan laws.” If students are caught doing something illegal because they were helping another student, a lighter punishment will be considered. These rules are to prevent students with alcohol poisoning or who are severely intoxicated from being neglected because others are afraid of getting caught.

Other alcohol-related rules across Pennsylvania colleges include: no events with alcohol from Sunday morning at 2:00 until 4:00 Friday afternoon (Lehigh University); if alcohol is to be at an event, two members of security must be hired to supervise and check I.D. (Lehigh University); students cannot purchase alcohol in bulk, including cases (Muhlenberg College); a sober student must administer alcohol distribution (University of Pittsburgh at Johnstown).

Cedar Crest’s rules are mild compared to these. Cedar Crest requires students to adhere to all local, state and federal alcohol laws. Students are also not allowed to be obviously drunk or keep alcohol in large containers (kegs, beer balls, bathtubs, trash cans, etc.). Only one alcoholic beverage may be open per student over the legal drinking age and guests of underage students are not permitted to have alcohol in the residence halls.

Cedar Crest’s rules are weak compared to many other schools in Pennsylvania. We need to be aware of the drinking problem among students our age and work to prevent this. These other schools are helping to put an end to the 1,400 annual alcohol-related deaths; we’re not.

“I honestly think the drinking rules are good here. They’re really clear cut,” said Sabrina Bell, a Resident Advisor in Moore Hall and a sophomore Nursing major.

Not everyone follows the rules, though. In 2006, of the 54 crimes reported by Safety and Security’s crime report, 11 were liquor law violations.

There’s nothing wrong with Cedar Crest’s regulations on drinking, but “Good Samaritan laws” and limits to times when drinking can take place are the type of rules that work effectively, that save lives.
Brea Barski
STAFF WRITER

The spring semester started months ago, but now the season is finally here, too. With windows open to let in a cool breeze and the sound of birds chirping, students are being forced to ignore the warmer temperatures to focus on the last three weeks of classes. Take a break from the hard work and test out some of these fun ways to celebrate spring.

Some of the best activities for the spring are likely to be found on the playground and at recess. Going outside to play hopscotch may not be what you had in mind for a study break, but it relieves stress and puts you in the center of the nice weather.

If that’s not for you, then the open spaces near Lee’s Gym or Cedar Beach Park (behind Moore Hall) are perfect for kite flying. Take advantage of the light spring breeze and enjoy the lazy feeling of accomplishment at making the kite stay in the air.

Another great way to celebrate the warmer weather and act like a kid again is to blow bubbles. Sit outside and let your troubles drift away with the same bubbles that you used to love when you were a child. Kites and bubbles are available at most toy stores, shopping centers, like Wal-Mart and Target, and even some dollar stores.

If you don’t have the time to sit outside and play like a kid, use the nice weather as an excuse to take your homework outside. There are tables behind Crissman Library, outside of the Tompkins’ College Center and on the Butz Hall patio, any of which could serve as a place to concentrate and do homework, while enjoying the nice weather.

This year, the dining hall started offering take-out meals and there has never been an easier time to have a picnic at Cedar Crest. After you get your dining hall meal “to go” or food from the bistro, find a soft spot on the grass, bench or table with a view and celebrate spring. Take time to appreciate the weather and the changing surroundings while you enjoy your meal.

Routine is an important part of exercise, but taking a break from your regular workout to take advantage of the weather can be just as rewarding. If you prefer a more structured workout, the fitness path in the Cedar Beach Park offers a 1.3 mile path with several fitness stations along the route. Playing a sport with friends — tennis on the campus courts, volleyball in Cedar Beach Park or frisbee in the quad — provides similar benefits to a structured workout, with the added bonus of time with friends and fresh air.

One group of Cedar Crest students had even planned a game of tag in the rain a few weekends ago. If you don’t have the time to go outside to play, the fitness path can also be used during the younger months as a nice way to celebrate spring.

Recipes to go...

Italian-style pita

This sandwich is fresh and delicious, and easy to take with you when you don’t have time for a sit-down lunch.

1 whole-wheat pita pocket
1 plum tomato, thinly sliced
2 slices part-skim fresh mozzarella cheese
1 T chopped fresh basil
1 tsp. red wine vinegar

Split open the top half of the pita pocket. Combine basil and red wine vinegar then drizzle over the tomato and cheese slices. Fill the pita with slices of tomato and cheese. Wrap the sandwich in foil for a meal on the go.

Submitted by Rachel Edgar, Staff Writer

Fresh off the shelf

Vintage Fruit Refreshers

Tiffany Wanzie
LIFESTYLES EDITOR

The claim: Fruit Refreshers is a flavored water beverage with no carbohydrates and zero calories. It is caffeine- and sugar-free, but sweetened to perfection with Splenda. This brand of flavored water is well-known for its low-carb quality, appealing to those who are trying to stay fit or possibly looking for a healthier alternative to soda.

How it works: Fruit Refreshers are offered in two different sizes: 8 ounce and 1 liter bottles. The 1 liter bottles are sold separately, and the 8 ounce sizes are available in packs of four. There are an abundance of flavors to choose from, including Lemonade, Peach Citrus, Cherry Limeade and Cranberry.

The results: I wanted to cut down on my Mountain Dew intake and start drinking more water, but as I was browsing the grocery aisle I stumbled upon Fruit Refreshers. So, I decided to try this product, and I was utterly impressed.

It tastes different than other flavored water drinks; it is definitely sweeter with a hint of tang. In fact, it does not even seem as if you are drinking water at all, but juice instead. I do not recommend the Cherry Limeade flavor, which tastes like cough syrup. The cherry flavoring was overpowering, and it leaves a bad after taste. The other options are delicious, especially Cranberry and Lemonade. The Cranberry is my favorite, it tastes just like Ocean Spray. For those looking to substitute carbonated beverages with something healthier, Vintage Fruit Refreshers is the perfect choice.

Where to find it: Vintage Fruit Refreshers can be found at Giant Food Stores, and it is also sold at Target under the label “Market Pantry.” Shopping for this item can be a hit or miss situation, so do not pass up the opportunity to buy this product when browsing the grocery aisle. This product often varies in price, but the 1 liter is usually $1.99 per bottle, but can sometimes be found on sale three for $2.

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continued | page 9
The wisdom of frogs

Susan Lopez
BUSINESS MANAGER

As the end of the school year quickly approaches, we find our- selves scrambling to complete our work for the year and plan the upcoming school year.

When scheduling our classes we often only schedule those that fulfill our requirements for our major and forget about the others that may be of interest to us. A unique aspect of Cedar Crest College is its wide variety of Special Topic classes that are offered.

One of the new courses for the 2007 fall semester is Topics in Film: Hitchcock. This course allows students to become familiar with the language and analytical tools used in analyzing films. Films from different time periods as well as different origins will be used to study the history of film and theory.

The course is offered by Robert Wilson and is worth 3 credits.

There are no prerequisites for this course and seats are filling up quickly. So if you are a film buff and love to study the art of film this class might be just what you’ve been looking for.

Another course that is being offered next semester is a special topic course that explores The Sixties. This course explores a “comprehensive model of life that brings together the most influential worldviews that have developed throughout the 1960’s.”

Cultural Shock?

Emily Pallham
FOREIGN CORRESPONDENT

I’m giving it all a try. But as easy as some of it is, it’s almost impossible to be green friendly 24- hours a day, seven days a week. The easy bit include the basics—recycle everything, and if no recycling bins are around I carry all my garbage around with me until I can rest assured knowing it’s been recycled. I can look around a grocery store to buy in season and local, organically grown fruits and vegetables. I’ve substituted their own bowls, ads, and vegetarian/vegan soup and body care store. All of our products are made of natural ingredients, with few synthetics added. So, I can rest assured that my body is green- only and that I can off my products I’m using isn’t hurting any animals down the drain line. But that’s where the simplicity ends.

It’s extremely tricky when you’ve got a choice to make—such as whether its better to buy non- organic apples that were flown in from far away. What does one choose: environmentally friendly food that contributed greatly to the hole in the ozone layer, or local food that used pesticides? It’s hard to be 100% green in a situation like this.

Eating only fruit that is in sea- son helps, but then you miss out on amazing super fruits like mango because, unfortunately, it’s never mango season in Britain. And eating organic is hard to do—I can’t just look around and hope no one’s watch- ing as I eat un-sustainable apples. I know what I’m doing and I know I have a responsibility to take care of my planet.

Sometimes even doing a little isn’t enough. I’ve gotten used to carrying around my recyclables in my purse throughout the day. But now England has started to pro- duce biodegradable water bottles! The water bottles and they decompose in 12 weeks instead of a million years. So now when I go to different stores I can only compell me to visit different stores instead of offering the recyclable bottles. I feel compelled to visit different stores instead of offering the recyclable bottles. I feel compelled to visit different stores instead of offering the recyclable bottles. I feel compelled to visit different stores instead of offering the recyclable bottles. I feel compelled to visit different stores instead of offering the recyclable bottles. I feel compelled to visit different stores instead of offering the recyclable bottles. I feel compelled to visit different stores instead of offering the recyclable bottles. 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Bet You Didn’t Know... Meet Elouise Schreffler in the TCC

Elouise Schreffler passes on a tasty treat from her famous candy jar

Leisurely Reading

Boss Lady

La Lonnie Moore
STAFF WRITER

Omarr Tyree has done it again with Boss Lady, the third book in his Flyy Girl series. Boss Lady is a mature continuation on the 80’s hip hop diva who makes her own rules, lives by them, and breaks the code. This time, our heroine, Boss Lady, is trying her best to prevent Vanessa from turning into the teenage version of the Flyy Girl.

The entire book is told from the vantage point of Vanessa Tracy Smith, Tracy Ellison Grant’s extremely young cousin, who was raised in an emotionally abusive household. Vanessa’s mother Patricia (Flyy Girl’s first cousin), is trying her best to prevent Vanessa from turning into the teenage version of the Flyy Girl.

In the beginning of the book, readers take a blast into the past as Tyree provides background information so that Vanessa has some history. Once Vanessa begins to emerge and come into her true self, we see her defend herself from her mother and also defend herself to her cousin, Tracy, with whom she goes to live in Los Angeles.

As the book progresses, we are introduced to Jason, Flyy Girl’s younger brother, who has crowned himself God’s gift to female. Jason is told to escort his cousin Vanessa to California to stay with Tracy. While on the plane from Philadelphia, Jason begins to show his true colors to an unsuspecting Vanessa, who sizes him up as a young man afraid to show his true self due to a fear of his actual reality paling in comparison to the reality he “wants” to believe.

While Jason and Vanessa begin to settle into Tracy’s life in Marina Del Rey, it becomes painfully obvious that they both have different agendas. While there does not appear to be a huge difference in their ages, Vanessa has recently graduated from the same high school that Jason attended in Philadelphia, while Jason is in his first year of college. The summertime breeds temptation as Jason begins to date, exploit, and degrade every woman that he comes in contact with. So when Tracy calls him out on his immature behavior, he feels that Tracy is just trying to spoil his fun, in actuality she is trying to remind him that he is there to help look after Vanessa. Eventually his poor behavior grows old and he is shipped back on the first thing day, processing facility reservation requests, issuing student, faculty and staff I.D. cards, answering questions and phone calls. I also set up machinery and equipment for events in the building, update the campus TV, and the bulletin boards. And I am here for any community person who needs assistance or help in any way. I try to answer questions and direct people the best that I can.

TC: What is your life outside of work filled with?
ES: I am an active member of Aspen United Methodist Church, where I am a wedding coordinator and usher. I am also a member of Susanna’s Circle and UNM (United Methodist Women).

TC: What are some things you really enjoy doing?
ES: I enjoy my work with the school. I like to cook. Our family has all holiday meals at my house. I also love to garden. In my yard, I have crocuses, hyciums, daffodils, pansies, geraniums and impatient.

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The third novel has Tracy finally telling her story, as she did in the Flyy Girl novel, but this time, she tells it on the big screen. Tyree does something that not many writers have done successfully, by integrating himself in these novels as the co-writer to Tracy’s life story. This is where Flyy Girl begins.

The entire book is told from the vantage point of Vanessa Tracy Smith, Tracy Ellison Grant’s extremely young cousin, who was raised in an emotionally abusive household. Vanessa’s mother Patricia (Flyy Girl’s first cousin), is trying her best to prevent Vanessa from turning into the teenage version of the Flyy Girl.

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300 is based on the epic graphic novel, 300 by Frank Miller. Director Zack Snyder brought this book to the Big Screen this past March. Gerard Butler plays Leonidas, King of the Spartans. His wife, Queen Gorgo, an incredibly strong female character is played by Lena Headey.

300 tells the historical tale of King Leonidas and the 300 Spartan Warriors who fought to the death against Xerxes (King of the Persian Empire) and his monumental army in the 480 B.C. Battle of Thermopylae. These men inspired all of Greece to take a stand for democracy and pride against Persia and slavery.

The movie starts with the training of the Spartan Warriors. From a very young age, some Spartan boys are raised to become warriors. They are bred to fight, kill and give up their lives for their country. Viewers watch young King Leonidas in training and as he defeats a wolf in battle as his right of passage to become a true Spartan Warrior.

Self-proclaimed God-King Xerxes sends messengers to Greek city-states offering gifts in exchange for allegiance and surrender. When confronted with the choice of slavery or freedom, King Leonidas refuses to bow down to Xerxes. He kills his messenger and declares war against Persia without permission from the Oracle. He bravely leaves for war with only 300 of his strongest warriors and, the rest is literally history.

This movie is filled with scenes of Spartan Warriors dominating the entire Persian Army, and beautiful landscapes and amazing battle scene dimensions for the film. You won’t be able to take your eyes off the screen. This movie also sends a powerful message to its audience.

At one point, King Leonidas tells his army, “The world will know that free men stood against a tyrant, that few stood against many, and before this battle was over, that even a God-King can bleed.”

I highly recommend this film, especially to anyone that loves action, history, female heroines, and means in a movie.

**Fascinating facts about 300**

*The script demanded that most of the male cast spend the majority of their screen time bared-chested, as per Frank Miller’s original graphic novel. Therefore, in order to adequately present them selves as the most well-trained and manhandled fighting force of the time, the entire principal cast underwent a rigorous and varied training regime for 6 weeks prior to shooting.*

*The monologue said by the narrator when it shows Leonidas and his men dead is actually found on the tomb of the real King Leonidas.*

**Ratings:** Rated R for graphic battle sequences throughout, some sexuality and nudity.

**Duration:** 117 Minutes

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**CROSSWORD PUZZLE**

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**CLASSIFIEDS**

**ARTIST WANTED...**

To paint tropical garden mural in child's bedroom over two walls. Also need artist who can paint sea creatures. Please contact Abbie or Chuck at 610-438-8074 or ThePattersonOhana@gmail.com

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**Chitter Chat**

Both CBS Radio and MSNBC are banning Don Imus for two weeks because of jokes that some considered racist. According to the Associated Press CBS and MSNBC both said they were suspending Imus’ morning talk show for two weeks following his reference last week to members of the Rutgers women’s basketball team as “nappy-headed hos.” Imus said that he had gone too far and apologized on his show and Reverend Al Sharpton’s radio show. Sharpton wants Imus fired, but MSNBC feels that if Imus will change, as he has suggested, then that is enough for them. I don’t understand what is up with these racist remarks by celebrities lately, but I think Imus could find a friend in Michael Richards.

Halle Berry will be shaving her hair off for a new film. The film, now titled *Nappily Ever After,* is about a woman who shaves her head and then has to deal with other people’s perception of her, realizing the true meaning of beauty. Berry said, “I still struggle with this hair issue. Even to the lesson on film, and hopefully other women will get it, too.”

And in a final train of thought, I was recently listening to a really cool song on Yahoo’s radio station. I’m not a huge music person, so, thinking it might be [Owen Stefani], I looked to see who the singer was. I cringed at the reality: it was Paris Hilton singing. I like Paris Hilton now. I highly doubt that this was her actually singing (probably a machine manipulating her voice) but I thought, man, this isn’t too bad. I guess the only thing left to do is resign myself to the fact that Hilton can really pick out the right songs to make a song sound good. Pigs must be flying somewhere.
Falcon honored at Mascot Mania Day

The Falcon poses with the Hornet from Emmaus High School (above), while discussing dance moves with the Blue Cardinal from Reading Central Catholic High School (right), as members of the Reading Phillies prepare for Friday's game.

Sarah Relation | Staff Writer

Hall Olympics kicks off Sunday

Sunday begins an annual event at Cedar Crest: Hall Olympics. The week-long series of events begins at Spring Fling with a challenging bout of tug of war and relay races. Other events such as flag football, inner tube swimming races, and badminton will take place at various times throughout the week.

Banner making for each hall will also begin at Spring Fling. The banners also display the mascots of each building. The mascots are the Steinbright Stallions and the Butz Bears. Moore and Curtis Halls are combined and are represented by the Moorits Tortoise. Halls also have their own colors. Steinbright participants wear blue, Butz dons yellow, and Moorits sports orange. The first 50 participants will receive t-shirts in their hall colors.

Some students have participated in the event every year, for others it will be their first experience. Non-students also get in on the fun. For each faculty or staff member that competes with a hall, five bonus points are added to the team’s total score.

Hall Olympics is not an event just for residents. Commuter students are welcome to compete and cheer for their favorite team. These students sign up for events on the hall team of their choice. Often times commuters chose halls in which their friends reside. Commuter and Senior Aelen Groncki is excited about the events. “I think we can definitely outrun the Tortises, because we are the Stallions,” said the Steinbright resident.

Fellow Steinbright resident and first-year student Kassey Burst echoes these thoughts. “I have been informed that Steinbright hasn’t won in several years, but this will be the year of change because we are reclaiming the title.”

There are many ways to participate in the week-long series of events, and it is a great way to relax and have fun before finals begin. It also creates lasting memories; wither competitors are attending for their first time, or their graduating year.

Spirit Day

The softball team will take on Gwynedd-Mercy, who are currently ranked seventh in the PAC, two places ahead of the Falcons. The lacrosse team faces Alvernia College, led by Kelly McCluskey, former Falcon Head Coach. Both games are Pennsylvania Athletic Conference (PAC) events.

Spirit Day is sponsored by First Year Programs and the Student-Athlete Advisory Committee.

Scores and standings as of presstime on 4/10/07.

UPCOMING GAMES

SOFTBALL

Friday, 4/13
@ Cabrini
2:30

Saturday, 4/14
vs. Alvernia
1:00

SOFTBALL

Tuesday, 4/10
@ Arcadia University
3-1 L, 7-1 L

Monday, 4/9
@ Arcadia University
3-1 L, 7-1 L

UPCOMING GAMES

LACROSSE

Saturday, 4/14
vs. Alvernia
1:00

SOFTBALL

Friday, 4/13
@ Cabrini
2:30

Saturday, 4/14
vs. Gwynedd-Mercy
1:00

SAAC MEETING

Sunday, April 15
8:00 p.m.
Locker Room

HALL OLYMPICS SCHEDULE

Sunday, April 15
(Spring Fling)
4:00 Tag of War and Relays on the Quad
3:00-7:00 Banner Making on the Quad

Monday, April 16
12:00 Dodgeball (Gym)
8:00 Swimming Races/Inner Tube Races/Flipper Races (Aquatic Center)

Tuesday, April 17
12:00 Flag Football (Soccer/Lacrosse Field)
7:00 Floor Hockey (Gym)

Wednesday, April 18
12:00 Wacky Games
7:00 Volleyball (Gym)

Thursday, April 19
12:00 Soccer (Gym)
7:00 Badminton (Gym)