Cedar Crest welcomes Patricia Moran
New V.P. of Institutional Advancement has 25 years experience

Khyla Brandt  STAFF WRITER

Cedar Crest is soon to welcome a new Vice President for Institutional Advancement. Patricia Moran, coming to the CCC community from Fordham University, is planning on doing just that.

This particular position has not been permanently filled for around fifteen months and Moran’s qualifications, including 25 years of experience, has landed her that role.

Moran’s appointment is the product of thorough research President Amber states. “We hired a search firm, Tom Molloy Partners, to help us search for this position and it’s not atypical for colleges to do that, to work with a search firm for very senior positions, where search firms essentially use their Rolodexes of people who they know and who are out in the field and they will call them up.”

Tom Molloy Partners did the work of reviewing various candidates and researching their references and qualifications to send Cedar Crest the very best to interview.

Molloy actually had knowledge of Moran from a previous search that he had done, and he decided to contact her about the position, knowing that her qualifications would well surpass the requirements.

“We did the typical things that you would do, you post the position, you have applicants who apply for the position, all those normal things, but one of the reasons why you hire a search firm is because you also know that they are deeply connected with people in the industry and they can also call up people who may not be looking for an opportunity, but who they know are really great at their jobs and ask them to think about this opportunity, so she was one of those candidates,” states Amber.

By speaking with College Relations, Alumnae Relations, Ambar and other various staff members, Molloy got a sense of who this campus needed and who would be a good fit here.

Patricia Moran

After much research, Moran turned out to be the perfect fit, and as an added bonus, she brings the experience for the job. Moran, previously employed by Fordham University in New York, N.Y., has around 25 years experience in fundraising, making her a “seasoned professional,” said Ambar.

Moran’s duties as VP for Institutional Advancement will be “fundraising for the college, the college relations and communication piece, and then developing and building relationships with alumni,” as confirmed by Amber. She is also responsible for the marketing of the college and communication of major gifts given to the college.

After speaking with Moran’s references, Ambar has learned that she has been a great mentor, a hard worker, a vision, and has brought out the best in her co-workers, as well as donors.

Moran is so eager to start her new job here at Cedar Crest, she has already been attending events, even though her actual start date is not until April 27.

Ambar states that she is “beyond excited,” for our new VP of Institutional Advancement, Patricia Moran, to step into her new role.

Fast Track Fridays gives prospective students a window to life at CCC

Khyla Brandt  STAFF WRITER

Hannah Walters is pictured above during a recent dance class when a Crestiad writer shadowed her to see a day in the life of a Dance major. Turn to pages 10 and 11 to read the full story and stay tuned for the upcoming issues of The Crestiad to see “A day in the life of...” other students on campus.

A day in the life of ...

a Dance major

Nicole Magloire  STAFF WRITER

Hannah Walters, a freshman dance major, is more than just a pretty face and bright pair of sun glasses. A normal day for Walters is not spent in a class room but instead in a dance studio.

Every morning Walters rolls out of bed at 7:30 so that she can be on time for all of her 8 a.m. dance classes, and not only is she on time but she’s wide awake and bouncing off the walls ready for the day to begin. Walters is known for her stand out personality and eclectic fashion sense. She does not conform to what people think is normal and she does not care.

Ask Walters what matters most to her and she won’t be ashamed to say that God, her family and friends are the center of her life. If this description is hard to believe turn to pages 10-11 and spend a day in her shoes and see just how much fun it is being her.

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ATHLETICS

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The unveiling of the new Cedar Crest College website is coming soon. President Ambar asked that the design process be put on the fast-track.

The team that was brought together to get the project done was Michael Traupman, Executive Director of College Relations, Paul Pastrone, College Relations Web Associate, Kathy Cunningham, Director of Information Technology, Matthew Kiel, Educational Technology Specialist, Shannon Pretko, Information Technology Specialist, and Deanna Ferrante, consultant. Later Kimberly Harrison, College Relations Graphic Design Associate, was brought in when the design concepts were being looked at.

The process began this past fall in September, when "College Relations went through a marketing and communications audit, first by an outside consultant (Halstead Communications) and by the Best Practices Commission on College Relations, chaired by Guatan Gianini, Chair of Marketing and Business at Cedar Crest College. The Commission included faculty and staff from around the campus who had an interest in the College's marketing communications. Both groups filed recommendations on how the college should proceed with the website. This information was very helpful as we began the process of redesigning the site," detailed Michael Traupman.

With the green light and suggestions made, the group Traupman, Pastrone, Cunningham, Kiel, and Pretko dove into research. The research entailed looking at other college's websites like DeSales University and Eastern University, what is happening in the industry, getting feedback from focus groups like Student Government, alumnae and prospective students to find out what they wanted in the website. With Pastrone creating the wire frame of the site, he led focus groups in finding how they use the site, where do they think information would be, and what they like in a site.

The surveys conducted entailed focus groups looking at other college sites for investigating those sites, navigation styles, which the groups were asked to search for specific things such as finding an application for transfer admission and finding if they could major in creative writing or another specific major. That information was condensed down into creating the design which Pastrone and Harrison worked on and bouched off of President Ambar, outside consultant, Deanna Ferrante, and the focus group. That information was condensed down into creating the design which Pastrone and Harrison worked on and bouched off of President Ambar, outside consultant, Deanna Ferrante, and the focus group.

Now that the pieces came together it’s been tested by others across on campus, Traupman said, and that they have being getting “positive feedback and specific requests on little things over photos, links, etc.”

Currently the Beta test and search is underway, which Student Government is participating in.

Laura Christman, Recording Secretary of Student Government, had positive feed back about the site, “I do like the over all look. It’s clean and simple. I like that it has our online school colors...I enjoyed the picture on the page. Every time you refresh the homepage, the picture changes.”

She also had some constructive criticism, “I’m not a fan of the new symbol, the leaf. I personally like the seal. If they wanted to make it easier to put on things, I’d like the falcon, something more recognizable for Cedar Crest. Some people mentioned the ring. When you see a class ring you know they went to Cedar Crest.”

Kristin Allard, President of Student Government, also had positive feedback on the site, “I think it’s nice, I really like the new look...the picture changes. That’s a good way to stay competitive with other colleges and a good way to see what is going on, on campus.”

With all the pieces coming together, the finished product is on the way, but Pastrone has said, “Websites are never done.”

To help keep on top of the changes there is Contents Management System (CMS), where each department can log in and make changes on their own keeping the content current.

All the work has come down to “making the site more usable and look much fresher,” said Pastrone. Traupman and Pastrone said, when asked their opinion on the site, stated that they are, “very excited.”

Upcoming website updates make College competitive

Laura Krompasick  
STAFF WRITER

After testing 564 donated samples, graduate student, Lindsey Carbone, found that 77 percent of the toys scanned negative for lead. Of the 23 percent of items that tested positive for lead, 11 percent tested above the 100 parts per million (ppm) cutoff.

As of Feb. 10, the U.S. lead content in consumer items must be no higher than 600 ppm. This will be used to warn manufacturers have to be warned with enough time to worry about what
made liquid nitrogen ice cream.

Diego Andrade

On Saturday, March 28, Cedar Crest College and the Chemistry Club welcomed a group of Girl Scouts to a morning full of informative science.

“Chem Craze,” an annual event that the Chemistry Club hosts to show their guests the various uses of chemistry, some of which occur in everyday life.

“We try to show true applications of chemistry...” and biological sciences.

“We try to have experiments...” where the kids can take something home with them,” said Eberhardt. The scouts not only took home cups of foam and fashionable eye glasses, but also some interesting facts.

The chalkboard in the lab listed the experiments which included “How do glow sticks work?” to, “What might an elephants toothpaste look like?”

The kids had eaten their pizza lunch and were chatting away when the next experiment began, this one highlighting the amazing properties of Liquid Nitrogen.

The chemical was poured into a metal bowl, bubbling and hissing with waves of smoke spreading over the table like a spilled drink. One of the children asked, “is it water?” The scouts were informed that the substance is so cold that it burns, reaching temperatures of 350 degrees.

Other properties of the chemical were displayed; the glowing orbs scattering and racing around, dissipated into the air in little tufts of smoke were intoxicating to watch, and the children were silent while the next, edible experiment, was prepared.

For dessert, the kids were invited to try a culinary delight that can be made by kids—chilled a liquid nitrogen ice cream. The excited volunteers added the creams, milks and sugar, and when the chemical was added, it was a tense moment to see the whisk vanish into the mist.

“It looked like ice cream, but how would the ice cream turn out?” The kids were excited, they had heard the word “ice cream,” and two of them were dancing. The children lined up and were shown the cold, creamy result.

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Pawlowski: Rebuilding lives, rebuilding neighborhoods

It was a cold and rainy night, however the intense scene at America on Wheels soon changed everyone’s mood.

On Thursday March 26, The Mayor’s 4th annual celebration was held at the museum, America on Wheels, to celebrate Mayor Ed Pawlowski’s accomplishments during the past three years.

Allentowners who support the mayor gathered at this event in the newest and most exciting museum on Front Street in Allentown from 6 p.m. to 9 p.m. The mayor was recognized for all of his achievements and the museum as the venue posed for a wonderful learning experience as well, considering it was a former meat packing plant a few years ago. The museum was a seventeen year project. The institution’s purpose is to educate students about Allentown’s rich history in automobiles. It celebrates its first birthday on March 26.

Pawlowski has almost become the mayor of Allentown, the father figure for Allentown and the keystone for the Allentown riverfront re-development.”

So who is Mayor Ed Pawlowski? One person actually had the audacity to ask him who he was. Well the mayor may not be in the media as much as popular movie stars and musicians, however he sure has done an excellent job getting Allentown back into shape.

“This is the best mayor Allentown has had!” According to City Councilman Julio Guridy, as he introduced the mayor to the public, “He took Allentown with a very big deficit. He and his colleagues have worked towards restoring fiscal stability, creating economic development and improving public safety. With the mayor’s busy schedule from 7 a.m. to 8 p.m., he has managed to turn the city of Allentown upside down. He has served as a leader, disciplinarian, teacher, motivator and companion.”

Over the past three years, restoring improving public safety was difficult as well. One third of the police force was gone because of early retirement and crime rates had continued to rise. There were only 160 officers and now there are 200 officers in the police force. This is the largest number of law officers that the city has had in decades.

In order to make the force the best that it could be, one of the most experienced criminalologist in the country was hired to train them. The same criminologist that Rudy Giuliani had hired to reconstruct the police department in New York City.

After all the effort that has been put forth into making the city a better place, a lot of folks appreciate the job that the mayor has done. There is a lot more positive feedback from the public.

Pawlowski agrees. He said “I love the city. I want to see it grow and thrive. People see that, they respect that, and they reciprocate. They want to know that the mayor really cares about the town. I try to convey that and help as many people as I can.”

Being involved in politics has helped the mayor build much tougher skin and he has met many interesting people. He has served our community for many years and hopefully many more years to come. Pawlowski has already announced that he is running for a second term.

As a father, husband and mayor, life can become very difficult to balance. But Pawlowski says that without the support and encouragement from his wife, he wouldn’t be able to do his job. He has learned to be a leader, disciplinarian, teacher, motivator and companion when playing all of these roles.

Pawlowski has almost become the father figure for Allentown and it makes a very interesting job.
Incoming students offered scholarship

Rena Wallace
STAFF WRITER

As of February 2009, incoming Cedar Crest students will have the opportunity to apply for newly available scholarships from the Science Technology Engineer Math (STEM) program. The money provided for these scholarships was funded by the National Science Foundation Grant. Grants allow for a school or an individual to try something new when cash is difficult to come by.

Hence this is the reason why Professor John Ciglano and Larry Quarino applied for the grants through biological sciences. This is the first time that the school has applied for such a grant, and considering that students at Cedar Crest have high academic achievement, we received the grant over thousands of schools who applied for it.

About $580,000 to $600,000 million was given to the school for the program. Students in the past have been very successful in the biological sciences and more money for the program would benefit them greatly.

The Women’s First Scholarship will be awarded towards students, typically females, who have an interest in the biological sciences. The scholarships have already been offered to 20 candidates. These students have either indicated that they are coming to Cedar Crest or they have been accepted into the school already.

Some students however, have declined the scholarship.

“When you come into college, you're not sure what you want to do. Receiving this scholarship can lock you into the biological sciences for fear that you will lose it.”

The candidates chosen for the scholarship must have outstanding academic achievement and will be judged on other criteria and involvement prior to their attendance at Cedar Crest College. They will also be required to maintain a certain GPA.

Students who follow through with an interest in the biological sciences can keep the scholarship for up to four years. If they decide to change their major, it must still be within the biological sciences.

The scholarships range from $4,000 to $10,000 and can offer financial support, programmatic support, tutoring, research and travel opportunities for the students capable of receiving the scholarship.

The money can take students to science meetings so that they can be introduced to scientists. It can also aid with the research that the students will be conducting with faculty for the four years.

“I think that Women’s First Scholarship is a wonderful opportunity to support students who are in fields in which women are still under represented,” said Dr. Kimberly Owens, Sr. Exec. Vice President for Enrollment Management and Student Affairs.

Owens involvement in the scholarships was to assist in setting up the timing in which the awards will be distributed.

She also helped to arrange the deadlines that students can apply for the awards as well as coordinating the requirements for the scholarships.

Delphi, LPH induct new members

Tamara Eddinger, Mary Hentz, Karen Khattari, Terri Langham, Clarissa Leverich, Carolyn Lidie, Christina Schultes, Melissa Showalter, Karen Sicinski, Melissa Siegfried, Bernadette Stifte, Cindy Stainton, Elizabeth Statham, Kathryn Stengel, Yamiko Sugawara, Brittany Synthel and Andrea Zawoski.

(Alba) Newly inducted Delphi members: Jeanette Alvarado, Stephanie Bennett, Andromeda Blumenan, Catherine Brodhurst, Rebecca Barr, Laura Christman, Sara Constock, Kimberly David, Elizabeth Detwiler, Kim Duffy, Tamara Eddinger, Mary Hentz, Karen Khattari, Terri Langham, Clarissa Leverich, Carolyn Lidie, Christina Matika, Laurayn Minshara, Carith Moore, Jennifer Oliff, Danielle Pilis, Danielle Schmidtigg, Michelle Schmidt, Cythia Schultes, Melissa Showalter, Karen Sicinski, Melissa Siegfried, Bernadette Stifte, Cindy Stainton, Elizabeth Statham, Kathryn Stengel, Yamiko Sugawara, Brittany Synthel and Andrea Zawoski.

If I graduate in August, what class am I in?

Before President Carmen Ambar took office in August, Cedar Crest had three annual graduation ceremonies — summer (August), winter (January) and spring (May). However, this took a lot of work and, some thought, that one larger graduation was preferable. Now, beginning this year, only one graduation ceremony (spring) will be held a year.

So what does that mean for students who finish classes in August or January? It has been emphasized that all students who have finished within the past year will be able to walk in the spring, but what does that mean for the “class of ___” comments?

You’ve finished college in one year, but have an actual graduation ceremony in another.

The answer is two-fold, said Susan Cox, executive director of Alumnae Affairs.

“If the person graduates in August 2009, they will choose to go by the class years earlier that they graduated with. Several times these women and finish their degrees, these women feel a stronger tie to the class that they entered with, rather than the one they graduated with. Several times these women would choose to go by the class years earlier that they had planned on graduating with.

Although some students may find graduation important for personal reasons, it will not eliminate anyone from being involved in their class activities. Cedar Crest class reunions are held annually and open to everyone. Each year, classes are officially recognized that had graduated in previous years divisible by five. For example, a 2009 reunion will focus on alumnae from 2004, 1999, 1994, 1989, etc., but will be open to alumnae who have graduated from Cedar Crest in any year.

By Brea Barris, Senior Editor

@ CCC

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By Brea Barris, Senior Editor
What the %&$#@ do Forensicators do? 
A look inside the Forensic Speech Team

When they stand in front of a group of people, these young women do not stammer or show a hint of nervousness. Instead, they passionately deliver the eloquent speeches that they had taken hours and hours to research and practice.

The Forensic Speech team at Cedar Crest had an informational session on Tuesday, March 31. The event, which featured a delightful array of cookies served not only to educate prospective additions to the team, but also as a chance for the team to celebrate an amazing season and a great new space in Blaney.

The members of the team speak on a number of topics, ranging from informative public addresses to oral interpretation. The team members spend a set three hours a week between class, pod, and coaching, however, all of the members also invest personal time in research and practice. “It’s a lot of work and time, but absolutely worth all of it!” said freshman Chemistry major, Melissa Harman.

Many of the forensicators participated in theatre, debate or forensic speech teams in high school, however, some, like senior Biology major, Cai Nowicki, had no prior experience and were recruited by exuberant team members.

Megan Newton, Samantha Hyson, AnTionette Byers-Padres, Abisha Hellman, Cai Nowicki, Monica Cawley, Tim Brown and Melissa Harmon take a moment for a photo during the information session on Tuesday, March, 31.

Lindsey Jancay, Staff Writer

Melissa Harmon, a freshman Chemistry major delivers an oral interpretation speech, which Tim Brown describes as a “literary collage.”

Megan Newton, Samantha Hyson, AnTionette Byers-Padres, Abisha Hellman, Cai Nowicki, Monica Cawley, Tim Brown and Melissa Harmon take a moment for a photo during the information session on Tuesday, March, 31.

Lindsey Jancay, Staff Writer

Monica Cawley delivers a touching speech on a family’s love for their aging dog, Bo, with a heartfelt, tear-jerking conclusion.

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Cai Nowicki, senior Biology major, AnTionette Byers-Padres, freshman Biology major and Megan Newton, sophomores Chemistry major enjoy a total of five speeches during the information session on March 31.

Lindsey Jancay, Staff Writer

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Caroline Spodko
2005, Master of Science in Electronic Media
Co-founder: Spodko Interactive

“As a professional, I wanted to be both experienced and credentialed. Going back for my M.S. at Kutztown has proven to be a very worthwhile decision.”

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Online programs are very attractive to large populations of students with demanding responsibilities. Many adults or returning students have been specializing in providing online degrees exclusively or in combination with traditional classroom learning. If you are considering online programs, below are a few points you should keep in mind:

Online classes allow for flexibility. Students can complete assignments from home or work at their own pace. Further, they can save on gas or commuting to and from universities.

Cedar Crest alumna, Rebecca Getz, and Assistant to the Chairs in the department of Business, Management, & Economics, took three undergraduate online classes at Cedar Crest and one graduate class at Kansas State University. Getz says that in her situation she could not find a nearby college that offered the graduate class she wanted to take. Kansas State also had a degree in her field of Academic Advising, that her online class would contribute towards.

According to the Registrar, Janet Baker, Cedar Crest does not offer any online degrees. Cedar Crest does offer several online classes in a variety of majors. These include Business, Management, Economics, Psychology and Spanish.

Cedar Crest offers a certificate in Health Care Management that can be completed online. This semester, eighteen students are enrolled in the online certificate program.

According to Gaetan Giannini, Chair of the Business, Management & Economics department, a certificate in Human Resource Management will be offered beginning in the fall. The certificate can be earned by completing a one calendar year online program. The program will consist of six classes.

Online classes are very attractive. Cedar Crest has accepted 109 students in the past on a case by case basis. Baker says that most institutions don’t specify what transcript a course was taken online in or out of class. Cedar Crest does not specify that information.

LVIAC schools Moravian, Muhlenberg and Lafayette do not offer any online courses. DeSales offers more online courses than Cedar Crest.

Giannini, as well as other faculty in the business department, have taught several online courses. This semester Professor Giannini is teaching Marketing 240: Applied Consumer Behavior. He is using a variety of media technology to personalize the online classroom experience.

“I try to make it as interesting and personal as possible,” said Giannini. He uses Facebook and Delicious to bookmark research and YouTube. Students also participate in threaded discussions, submit assignments, and complete readings online. This semester students have five assignments and six quizzes to complete a six week module.

“Be aware that this type of education requires much more self-direction and self-discipline than traditional classes would,” Getz says. Getz also offers similar advice.

“I don’t think it’s for everyone. It takes a dedicated student who can manage time and who is self-disciplined. Some professors don’t provide deadlines and its easy to push off the work. I had to create my own timeline and follow it,” said Getz.

“Traditional students do not typically like online classes. They prefer interaction with faculty,” said Provost, Carol Pulham. Pulham says, evaluations for online classes from traditional students are usually negative. There is more demand for online classes among Life Long learners.

Online classes at Cedar Crest cost forty dollars more than traditional classes. The previously mentioned article reports that prices vary wildly but students tend to save on travel costs.

More importantly it notes that students should be aware of fake degrees. Because of their popularity, many scam artists try to cash in by offering illegitimate degrees. Students can contact the Council for Higher Education Accreditation (www.chea.org) to verify an institution’s accreditation.

Giannini believes that hybrid classes, those that combine traditional classes that would meet less and rely more on an online component, will be the future of education.

Blaney Hall or your bedroom?

Everything you need to know about online degrees

Elizabeth Saleb STAFF WRITER

Diego Andrade STAFF WRITER

Have you peeled a blue potato? Have you ever taken a bite from a yellow cauliflower? Purple carrots... have you ever heard of that? Well, despite whether you have or not, the veggies on your plate can sometimes surprise you. Vegetables are a diverse group, but even among the factions of potatoes, cabbages, and tomatoes there are a few oddities that may only go skin deep.

Vegetable and fruit groups share a kaleidoscope of different colors, but is there anything we can tell just by glancing at that gold or blue mashed potato? A vegetable or fruit can sometimes surprise you. There are many health benefits for consuming a variety of greens—eye health, protection from certain types of cancer, and a “B-vitamin that helps reduce birth defects,” according to the University study.

Blue/Purple: These colors occur naturally by the pigment Anthocyanins. This pigment acts as an antioxidant, and a study has also shown that a healthy consumption of this pigment may also improve memory and aging. White: Colored by Anthocyanins. These may help lower cholesterol and blood pressure. Green: In a format, it is how do such oddities occur?

Dr. Amy Faivre, Assistant Professor of Biological Sciences, provided some insight into how this may happen. “The change happens at the genetic level mainly... weather and region may not have such a large effect. This is accomplished mostly through selective breeding.”

Selective breeding is a process by which certain plants, e.g. a Peruvian Purple Potato, are crossed with similarly colored plants. Thus, eventually a new strain will be created.

When asked what scientists could create different strains, Faivre said, “We probably could,” but it would be unlikely for a scientist to create a new species.

Faivre gave an example of an experiment done with tomatoes in which a gene from a salmon was introduced into the plant. The study showed an increase in the frost resistance of the tomatoes. Since it is unlikely for a vegetable (or fruit) to cross itself with an animal, much less a fish, you can see that there are ways to modify the plants, but as Faivre added, “There are a lot of unknowns.”

A piece by Janet Raloff, from Bnet.com, also highlighted another strain that was birthed through science. “Golden rice... enriched with beta-carotene, a yellowish chemical from which the body functions most of its Vitamin A... researchers used biotechnology to design this cereal in the early 1990s…”

Raloff writes that this was developed to aid vitamin-poor diets in the developing world. “The potatoes were mashed in preparation for a catered event,” said Rogers, “But when we began to pipe them out the mash had begun to harden... my arms were hurting after a couple.”

When asked why this may have happened, Rogers replied that the Peruvians “have higher starch.” So it seems, for the most part, that even though a vegetable may be a completely different color from the usual, “it can still be used in a recipe with small chance of changing the dish, taste wise at least.”

Though the more vibrant colors in the spectrum will not change too much when cooked, you may have noticed that this doesn’t hold true for greens, especially when trying to reheat them.

“Heat is rough on chlorophyll, which is very unstable,” says an article by Linda Lau Anusasanan. “Some vegetables fade on a case by case basis...”

Heat displaces the magnesium atoms in the chlorophyll, shifting its chemical structure and the color.”

Yellow Cauliflower

Blue Potato

There is a way to combat this though. Rogers suggested boiling the greens in a large pot with salted water, boil quickly, and then blanch them, “shocking the greens by transferring them from boiling water to iced water. This will allow you to reheat your greens without being greeted by a grey blob where your lovely spinach should be.”

Purple Carrot

Drawings by Jessica Heiser | Staff Writer

Vicious Veggies: a rainbow of good eats
A Starbucks trip gone weird: The moustache memoirs

Jessica Heiser

On March 16th, 2009, Brian Miller, a music teacher at the Upper Perkomen Middle school, was arrested on charges of having an inappropriate relationship with one of his 14-year-old students.

Miller, 28, a year old married man, allegedly kissed and fondled his student, even kept a separate cellphone hidden from his wife with which he used to text the child inappropriate messages sexual in nature.

However, Miller is not some stranger you just hear about in the news of your family. This happened in my town, and Miller was a beloved teacher of my younger sister, who also helped us find and participate in their school’s chorus and talent show.

So for all you hairy Chewbacca faces out there, please take care of your facial hair, you are distracting me.
Let the real you shine through confidence and healthy eating

Sarajane Sein
STAFF WRITER

Higher standards, better graduation rates included in Obama’s education plans

Kristen Isaacson
STAFF WRITER

President Barack Obama has announced that he wants the country to try higher educational standards, including a quicker start for children in kindergarten and a much better high school graduation rate, according to msnbc.com. Obama wishes to focus on the importance of better teaching current school systems and encouraging the scholastic community to reach even higher, toward world-class standards.

To msnbc.com, Obama said, “Let me be clear: If a teacher is given a chance but still does not improve, there is no excuse for that person to continue teaching. I reject a system that rewards failure and punishes a person from consequences. The stakes are too high. We can afford nothing but the best when it comes to our children’s teachers and to the schools where they teach.”

It’s fair to agree with Obama in this case. Most jobs are based on performance, and if you do not perform to the standards given, you are let go. Why should we continue a system of keeping teachers who do not perform at the levels expected of everyone?

While we can’t expect results everyday and know there will be setbacks, this system may be the push we need to better our standards.

America is behind the rest of the world in education and we are falling in the charts. Our nation is not producing smarter kids, it is just that they are smarter in how to educate them.

As an education major, I am told daily how important it is to pay attention to your students and teach to the “test.” But how do I do that at the same time?

We are promoting teachers who need to realize the many different ways of teaching and figure out what other nations are doing right or differently from us.

Obama has already taken steps for education. His $787 billion economic stimulus package provides $41 billion in grants to local school districts. He also plans to send $79 billion in state fiscal relief to prevent cuts in state aid and another $21 billion for school modernization.

This will also help, as we cannot purely blame teachers. Most are doing the best that they can with the few resources provided.

In addition, there should be a huge priority on our list of things to resolve. We are known for being a leading country, and yet we let our children down if we do not provide them with every opportunity for their future.

An education is the way to a great start. Most kids will be willing to learn, they just need the tools for it. And the added pressure of tests does not bring the needed push.

President Obama says it best, “In a 21st century world where jobs can be shipped wherever there’s an internet connection; where a child in Dallas is competing with children in Delhi, where your best job qualification is not what you do but who you know, education is no longer just a passport to opportunity and success, it is a prerequisite.”

We cannot let the next generation down. “America’s place as a true global leader will be put at risk if it doesn’t substantially improve education our sons and daughters,” said Obama.

Cedar Crest is on the right track in guiding our future educators in the right direction of the best teaching methods. Now it is up to us. Are you up to the challenge?
1. “I wake up at 7:30 each morning because I have 8 o’clock classes Monday through Thursday.”

2. “It takes me five minutes to compose myself each morning and, like, ten minutes to get completely ready.”

3. “I brush my teeth at least twice a day. My favorite toothpaste is Colgate, because it has baking soda in it and it’s supposed to make your teeth whiter.”

4. “I love making collages; it helps me distress.”

5. “I had three girls randomly paint my pants for the fun of it at work.”

6. “I really enjoy Ballet Company because we’re all very close and there is no competition.”
7. “Being able to dress up is a way that I express myself and show my personality.”

8. “I eat like a pig!!!!”

9. “I usually start getting ready for show an hour before curtain call.”

10. “I like goofing off in the dressing room, because it helps me and everyone else to relax before the show.”

11. “It’s neat to watch everyone transform themselves for all their different elaborate costumes.”

12. “I like trying new things with my makeup, but the hardest thing was the hearts because we used eyelash glue.”

13. “I don’t really get nervous before I go on stage unless everyone else is nervous, then I feed off of their nervousness. I love being on stage, I love the energy and the crowd, I just really love entertaining people.”
Native treasures: Native American museum treasures decades of history

All tribes from the Northeast are considered part of the Algonquian. Beaded vests, 19th century moon hide mosaic, stone tools, war clubs, rope, a 3,000 year old steatopy, and a life size East Woodland Indian in traditional clothing fills the room. The staff at the museum takes authenticity very seriously, and holds that each piece is what it claims to be.

In the past, the museum focused only on tribes that had once lived locally, but Rivera shifted the focus of the museum to an inter-tribal scenario six years ago. This includes Indians from North America, Canada, and South America. There is a misconception that the Lenny-Leafpe were the only indians that lived in the Lehigh Valley, when in fact there was a number of tribes.

The museum volunteers are committed to providing an education to everyone who comes. They see 3,000 people through their educational programs, and 9,000 people a year at their three festivals.

In the main house there is a small library filled with books and videos. The library was used for research for the movie, The Last of the Mohicans, and the museum is mentioned in the credits.

The gift shop is located in the old kitchen. The smokehouse, where meats were once cured, now holds tools, while the old Dutch oven fireplace has shelves filled with fossils, tea, dream catchers, pipe, art pieces, and different artifacts for sale. Most of the goods are for children, but there is also some jewelry and pottery for sale.

Upstairs are offices, a sacred room filled with Indian artifacts, and a comfortable room that visitors stay in during the festivals. Over the past six years, Rivera and her volunteers have made significant renovations to the house. Once a drab brown, the walls are now white and trimmed with a warm light blue, and soft carpets cover the floor. In the attic, long wooden beams span the length of the room. From what Rivera has learned, the beams came from the Philadelphia Shipyard. It is common to use wood from old ships when building a house. Slashes on the beams and sea are still visible, along with an old faded signature. A house with so much history is sure to have some ghost stories, and the few that Rivera told me sent shivers down my spine. Some have felt the presence of sailors in the attic and claimed the floor swayed as if they were at sea. Others have heard footsteps at night and felt small hairs on their necks. Rivera strolled about the house and let me try a few spots. The last Saturday of October they hold a Haunted Night at the Museum. Storytelling about the Indians, ghosts, and their version of "vampires" is part of the event.

Outside the museum is a village, with a woon-deer and a long Indian house in progress. The Boy Scout Troop also built a tipi platform but the bands for the tipi had to be re-allocated to fix the antiquated electrical system of the building. This is no different from building other people’s houses and we have to pay to keep it up,” Rivera said. She will need around $3,000 to start, and they are currently raffling off a star tipi. The museum has $3,000 for heat, and Wal-Mart gift cards which allows these families to purchase fresh food to supple-ment the canned and boxed food. In 2007 they received $2,000, but in 2008 only $1,000 was do-nated. The museum sends supplies to ten Indian families in New York and New Jersey who are federally recognized. Six of the families live in trailers, and their only water source is an outside hose that they collectively share.

Rivera said it broke her heart when an eight year old child asked for gloves and something other than a candy bar. She knows that the child gets oatmeal. Rivera collects food, money to buy propane for heat, and Wal-Mart gift cards which allows these families to purchase fresh food to supple-ment the canned and boxed food. In 2007 they received $2,000, but in 2008 only $1,000 was do-nated. The museum sends supplies to ten Indian families in New York and New Jersey who are federally recognized. Six of the families live in trailers, and their only water source is an outside hose that they collectively share.

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“V olunteerism is a dying breed, and we are stuck.” Rivera needs help with marketing, public relations, grant writing, and spon-sorship marketing packages.

She would love to get a self-driven college student to intern at the museum, working with Melissa Faulkner, director of Career Planning at Cedar Crest College to help make this happen. Interested students can put the skills they have learned to use, and build an impressive resume simultane-ously.

Rivera relies on volunteers to keep the place running, and could always use more, especially around festival time.

Rivera hopes to have an Indian at the museum as the director of educa-tion; it would be the best thing for the museum, and would move it in the direction she is hoping to go. She has someone who is interested, but needs to provide him with a base salary so he can move here. “Native Americans are wonderful educators, and that is what we need.”

The museum is open for busi-ness on the weekends, and starting in March will be open Fridays also. Tours last forty-five minutes. “We do our best to accommodate any-body who wants a program. If they want a cultural enrichment pro-gram, we find a Native American to do that,” Rivera stressed. “We are still here, open for business.”
The remaining letters will spell out a message. See below for the answer.

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HIDDEN PHRASE
SEARCH
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Spring is finally here. To celebrate complete this Spring Sudoku. Instead of filling in numbers, make sure that each spring image is in each box, row and column. Look for the answers in next week’s issue.

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           SPRING SUDOKU
           By Brea Barski

   H O E B U N N N N C B S E G N
   Y R P B T N U H N K M S G P N
   R O E A E L I L Y K A S F A I
   H C O T T O N T A I L S T ! D

BASKET    COTTONTAIL    HARE    PASTEL
BONNET    DECORATE    HOP    PEEP
BREAKFAST    DINER    HUNT    PRIZE
BUNNY    DRESS    JELLYBEANS    RAHBIT
CAKE    DUCK    LAMB    ROLL
CANDY    DYE    LILY    SPRING
CARROT    EASTER    MARSHMALLOWS    SUNDAY
CHICK    EGGS    PAINT
CHOCOLATE    FLOWERS    PARADES
COLOR    FUN    PARTY

Key:

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Historical Happenings

April: National Poetry Month
Fact of the Week:
April 2
A U.S. Mint was established in Philadelphia, 1792
Nickelodeon Channel premiered, 1979
April 3
First circus was organized in the U.S., 1873
The Pony Express began, 1860
April 4
The song “Dixie” was performed for the first time, 1859
Martin Luther King Jr. was assassinated, 1968
April 5
Pocahontas married John Rolfe, 1614
The Mayflower set sail from England, 1621
April 6
Robert E. Peary discovered the North Pole, 1909
Teflon was accidentally invented by Roy J. Plunkett, 1938
April 7
The Union defeated the Confederacy at the Battle of Shiloh, 1862
First radar signal was bounced off the sun, 1959
April 8
Hank Aaron set the homrun record at 715 homrums, 1974

Birthdays:
April 2
Hans Christian Anderson (b. 1805) famous fairy-tale author
April 3
Frederic-Auguste Bartholdi (b. 1834) sculptor and creator of the Statue of Liberty
April 4
Jane Goodall (75) biologist who studies chimpanzees
April 5
Candace Cameron Bure (33) actress
April 6
Amanda Bynes (23) actress
April 7
Richard Peck (75) author
April 8
Dorthea Dix (b. 1802) social reformer
April 9
Maya Angelou (81) author, poet
May 21
Richard Peck (75) author
May 22
Candace Cameron Bure (33) actress
May 23
William Wordsworth (b. 1770) poet
May 24
Brett Boone (40) professional baseball player
May 25
Dorthea Dix (b. 1802) social reformer
May 26
Amanda Bynes (23) actress
May 27
Richard Peck (75) author
May 28
Maya Angelou (81) author, poet
May 29
William Wordsworth (b. 1770) poet
May 30
Brett Boone (40) professional baseball player
May 31
Amanda Bynes (23) actress

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After what seemed to be an incredibly long three-year wait, New York natives, the Yeah Yeah Yeahs, make a comeback on the music scene with their third album, It's Blitz!

The trio, composed of vocalist Karen O., drummer Brian Chase and guitarist Nick Zinner gained popularity with indie-rock lovers everywhere after their first album, 2003’s Fever To Tell. The follow up, their 2006 sophomore album, Show Your Bones was wildly successful, NME magazine named it the second best album of 2006 and both Rolling Stone and Spine magazines included it on their best albums of 2006.

Despite the somewhat negative reviews, which claim their new album sways away from the Yeah Yeah Yeahs unique sound, It’s Blitz! is nothing short of excellence. I’ll be the first to admit that the CD is more mellow than their previous two, however, it still has the same Yeah Yeah Yeahs sound. The album showcases that the band is maturing musically and capable of much more than their usual upbeat, energetic tunes.

“Zero,” the opening track and single for the album, is classic Yeah Yeah Yeahs—energetic, incredibly catchy and extremely in your face. This track will certainly please longtime fans, while appealing to new listeners due to its danceable electronic beat.

Track two, “Heads Will Roll,” follows with the same vivacious spirit the Yeah Yeah Yeahs are known for. As the charismatic Karen O. commands “Dance, dance, dance ‘til you’re dead” with the track’s repetitive yet markable drum line, you’ll find yourself immediately addicted to this song.

It’s Blitz! then slows down with “Soft Shock,” a quiet and memorable track that demonstrates the vulnerability Karen O is capable of, much like their Fever To Tell hit, “Maps.” Another slow paced standout is “Hysteria,” where Karen O. exchanges her usually loud, vibrant voice for a more exposed, sensitive sound as she sings “You suddenly complete me” during the chorus.

“Shame and Fortune” exhibits the incredible musical talent of both Karen and Chase, the song’s success is heavily based on the catchy synth solos and enthusiastic drumming. Karen O.’s vocals are simple, allowing Zinner and Chase to both steal the spotlight on this track.

Another standout on the album is “Runaway.” The Yeah Yeah Yeahs new melodic and mellow sound is once again prevalent on this track as Karen O. sings: “All along, not so strong without these open arms, hold on tight...Run, run away/Lost, lost lost my mind/Want you to stay/Want you to be my pete.”

The deluxe edition of It’s Blitz! includes four acoustic tracks “Soft Shock,” “Skeletons,” “Hysteria,” and “Little shadow,” which are the main reason for the seemingly laid back vibe on this new album. This newly found calm, melodic sound displays the musical maturity that the Yeah Yeah Yeahs have gained since their two previous albums.

At first listen, the album seems somewhat disorganized—with its classic Yeah Yeah Yeahs sound, to its new electro-synth dance tracks, accompanied by the numerous slow-tempo tracks. However, It’s Blitz! is incredibly thoughtful and an amazing display of the diverse musical ability the Yeah Yeah Yeahs are capable of. A must have album of 2009. It’s Blitz! was definitely worth the three year wait.

Miley Cyrus

Tasty home cooking is in the “Wert’s”

Khyla Brandt
STAFF WRITER

In the Lehigh Valley, there seems to be a large emphasis on fast-food and franchised restaurants. Most of the eating establishments are all corporate run, which leaves very little room for actual home-made comfort food and more room for frozen burger patties and pie shells.

Wert’s Café, located at 515 North 18th Street in Allentown, breaks free from the franchise pack! They are one of the few family owned and operated restaurants that are left in the area.

Wert’s Café, established in 1989, releases a family atmosphere right when you walk into the building. It is obvious that most of their customers are regulars that have been going there for possibly 20 years now. But there are always a variety of guests, such as a couple out for a comfortable dinner, a group of old friends catching up at the bar, a family of four enjoying a night that they do not have to cook, and a birthday party in the back room.

The café can definitely accommodate all types of outings for every guest, and they are very willing to do so. Most of their employees, are actually not employees at all, they are their family members. As one could see above the bar, there is an array of family photos, which some of the waitresses and bartenders are pictured in.

At a typical night at Wert’s for a couple, might be spent by starting off with their famous onion rings, which every regular raves about, and then each enjoying one of their home made burgers, whether it be beef, turkey, salmon, or veggie.

Their sauces for the burgers are even home made, and there are many add-on options for the burgers, such as French fries, curly fries, sweet potato fries, eggplant fries, or pierogies.

A night like this could be spent dining out only around $25 or $30, depending on specific selections. The prices here are slightly higher than a diner, but the atmosphere and food are anything but diner quality. They have various dinner platters featured as well, such as barbecued baby back ribs or seafood fettuccini, all which run anywhere from $8 to $20.

So if you crave a nice night out on the town for tasty drinks, and true home cooking (without cooking at home of course), rely on Wert’s Cafe to fulfill your desires.

www.yeahyeahyeahs.com

“Dance ‘till you’re dead” with It’s Blitz!

Jennifer Anniston’s new film, The Baster, started filming earlier this week in New York City. Apparently, producers think that Jen is a big enough name that paparazzi will be all over the set of this film that I hadn’t even heard of until now.

Let me tell you a story. Sex and the City has been removed numerous times due to paparazzi and fan interruption. I don’t think that The Baster film will cause that kind of attention. Just in case though, a letter went out to the cast and crew on how to deal with this mega-star-dom that paparazzi pictures bring. Some gems include:

1. No touching the paparazzi. This includes pushing, pulling or punching.
2. No talking to the paparazzi. This includes any words that come out of your mouth and are directed toward a member of the paparazzi.
3. No acknowledging the paparazzi. They are a tool for making gestures and exchanging glances.

Anyone who doesn’t follow the rules will be immediately terminated. Which means, if it were me, I’d be going after the paps about a second after walking onto the set, just to spare myself from dealing with Aniston. And by the way, totally glad they explained that talking means the words coming out of your mouth. I was a little confused on that, so thank you all of the bright people working on The Baster.

I found a new reality show to watch on VH1, cuz everyone knows that they’ve got the best shows. The latest? Tough Love, which is Sunday nights at 10. It won’t ruin it for you, but let’s just say that last night’s episode defined sexy. Seriously, this is one you’ll want to tune in for.

So, The Kids Choice Awards were apparently on Nickelodeon Monday night. And, I guess that they really creeped out a lot of parents. Apparently the Pussycat Dolls made an appearance for a very risqué performance and Marlon Wayans, commenting on The Rock, who was wearing Marlon’s outfit, asked her if she was wearing a thong.

That’s all appropriate, isn’t it? I guess you could say that’s why I don’t have children. Oh well, just because I read Britney Spears’ How to be a good parent and stuff your face at the same time book and made notes in the margins doesn’t mean that I can’t be a good mom someday.

Anyway, enough from me. I have to go shave my head as per the instructions on page twelve of Britney’s book.
honest words by Steve Harvey

Allie Scott
STAFF WRITER

“I do this so that people will enjoy it, I enjoy entertaining people,” said Brittany Ankiewicz, a senior Dance and Theater major.

Ankiewicz is one of three senior dance majors who were given the opportunity to debut their pieces on April 4 at 4 p.m. in the Samuels Theatre.

The themes of the pieces range from the story of Ophelia, to dream archetypes. “The concert as a whole is very versatile, there’s African dance, Shakespeare and psychology,” said Melissa Keiser, a senior Dance and Theater major.

“Because I’m a Dance and Theatre major, I wanted my senior project to include those two elements,” said Keiser when discussing focusing her piece on the character Ophelia from Shakespeare’s Hamlet. Melissa Turek will also show her senior piece, which includes African dance to the live playing of hand drums.

“’I’ve always been fascinated with dream interpretation,’” said Ankiewicz when asked about the story behind her piece. “’I always remember my dreams and I told Micah Sadigh that I thought that I might want to do my senior piece on dream Archetypes,’” said Ankiewicz.

A dance archetype is a recurring figure found in dreams.

Sadigh Associate Professor of Psychology, composed all of the music that Ankiewicz used in her piece. Ankiewicz narrowed the piece down to contain only four dream archetypes so that the piece would be more intimate and less complex.

“In Hamlet, Ophelia’s character and her turmoil I feel are somewhat overlooked because the story is focused on Hamlet and his revenge,” explained Keiser. Keiser took a non-conventional approach to Hamlet by focusing her piece on the female character instead of the male.

“I’ve always been drawn to Shakespeare’s works, especially his female characters, so I decided to create a dance piece about Ophelia,” said Keiser. Keiser is known for her diverse choreography and her senior piece is no exception to that.

When asked about how she picked the dancers that are used in the piece, Ankiewicz explained that she looked for more than just dancers with great technique. “The posters that I put up about the audition said that a lot of experience wasn’t really necessary, I mean technique is good to have, but it’s not everything,” Ankiewicz explained.

There are seven dancers in the piece and three understudies “just in case anything goes wrong,” said Ankiewicz.

Audience members that are not familiar with the story of Hamlet don’t have to be worried about not understanding that piece, because Keiser assures that it’s not that complicated. “Really the audience doesn’t need to know anything about the piece in order to enjoy it, this is my interpretation of Ophelia, and I want the audience to form their own interpretations as well,” said Keiser.

In April, the months of hard work will be displayed on a stage for all to see, of some of these pieces have been in the works for over three years and it’s finally time for them to be seen. Keiser, Ankiewicz and Turek have picked themes, dancers and costumes so that their pieces can be just as amazing as they have imagined them. You don’t have to get some deep meaning from seeing these pieces, just interpret the dances whatever way you choose, and most of all just enjoy.

Once in a life time events:

Friday April 3
Rhythmfest 2009
A festival that focuses on dances that use the body as an instrument. The event is the product of Ashley Ran- court’s senior project. The festival includes performances by step teams, tap groups, and African dancers. Time: 1 p.m. in Samuels Theatre. Free admission.

Saturday April 4
Hidden Evolution Lies Within
A dance concert where choreographers Melissa Rose Turek, Melissa Keiser, and Brittany Ankiewicz present their senior project pieces. Time: 4 p.m. in the Samuels Theatre. Free admission.

Sunday April 5
Night Mother
A play written by Marsha Norman and directed by Amanda Cloud. The production is the senior project of Melissa Thomas and Alicia Grossbauer. Directed by Amanda Cloud. The powerful drama focuses on a mother and daughter. Time: 2 p.m. in the Little The- atre. Free admission.
The newest faces of Falcon softball and lacrosse

Amy Nasinka
Spring Sport: Softball
First year playing
Position: Outfield
Hometown: Waterbury, CT
“My favorite thing about the team is the closeness we were able to get on our trip to Disney and even before that we were close thanks to preseason.”
“My team goal is to play a game 100% the whole time with no let downs.”
Favorite Quote: “Seize the day or die regretting the time you lost.” - Avenged Sevenfold

Danielle Niles
Spring Sport: Lacrosse
First year playing
Position: Attack
Hometown: Glen Falls, NY
“My favorite thing about playing is that it’s exhilarating and my teammates; they have been extremely encouraging and helpful to me as I learn the sport.”
“My team goals are to play together, communicate well and have fun.”

Emily Seifert
Spring Sport: Lacrosse
First year playing
Position: Defense
Hometown: Reading, PA
“I love that we can pull together in tough situations and fight hard till the end.”

Samantha Makey
Spring Sport: Softball
Played for 6 years
Positions: First Base/Catcher
Hometown: Brookhaven, PA
“I want to be the best I can be to make the outs, drive in the runs and win.”
Favorite Quote: “Sweat dries, blood clots, bones heal, but pride is forever.”

Tara Fikes
Spring Sport: Lacrosse
Played since 7th grade
Position: Attack
Hometown: Boothwyn, PA
“My favorite thing about lacrosse is the need to work as a team in order to be successful.”
“I am most excited about playing with new people and playing in general and my personal goal is to make a left-handed shot.”

Lakeisha Packer
Spring Sport: Lacrosse
Position: Attack
First year playing
Hometown: Lewistown, PA
“Lacrosse is an interesting sport. It is like nothing I have ever played before so it’s challenging. I would like to get better at the game and play the best I can.”
Favorite Quote: “All that we see or seem, is but a dream within a dream.” - Edgar Allen Poe

Samantha Olier
Spring Sport: Softball
Position: Left field
Played for four years
Hometown: Belvidere, NJ
“My favorite part of being on this team is the family that we all create.”

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Tailgate party and surplus sale
Saturday, April 4
Learn more at www.cedarcrest.edu/crestiad