Dr. Richard Kliman, Professor of Biology, has received an $800,000 grant to study genetics in fruit flies at Duke University. This grant was received through the National Institutes of Health, which, Kliman explained, is the “research arm in medicine and health” of the public health service. In order to receive a grant through the National Institutes of Health, a project has to have an impact on human health. In many cases, such as this one, the research does not have a direct impact on human health, but the findings of the study can be used to lay groundwork for future research that will.

Kliman, along with another principal author of the grant, Dr. Mohamed A. Noor of Duke University, will be sequencing genomes in fruit flies. A genome sequence shows the full makeup of the DNA that an organism has. By studying these sequences, scientists can link genes to traits that the organism exhibits.

Through this work, they will also be studying the crossover rate amongst these fruit flies. Crossing over is a biological concept in which, during meiosis, two chromosomes exchange genetic material. If there is a higher rate of crossing over, that will lead to greater genetic variation within a species. Kliman’s project will study seven groups of individual fruit flies and measure the amount of genetic variation that will occur amongst them.

They will also be looking at codon bias, which is the frequency of having a certain codon is used in creating proteins. If there is high codon bias, then one type of this codon is used more often than the other. Codon bias is, Kliman said, “at least in part caused by natural selection.

Natural selection is a theory pioneered by Charles Darwin. Natural selection means that those with the traits best suited to an environment will flourish in the environment and thus will have more offspring who share the same traits. (Palomar College)

Therefore, when there is ineffective natural selection, codon bias is low. When there are higher numbers of recombinations of genetic material, there will be higher codon bias and, therefore, more genetic variation and better natural selection. Lower codon bias and lower natural selection means bad things for organisms because harmful variations are less likely to be eradicated and beneficial traits are less likely to be repeated. This experiment with fruit flies “allows us to better understand how the effectiveness of natural selection relates to recombination rates,” stated Kliman.

The grant also includes funds for eight Cedar Crest students to travel to Duke to work on the project during the summers from 2010 to 2012. Many students in Kliman’s Biology lab will be working on similarly themed work dealing with genome sequencing in fungi, financed through a separate NIH grant.

Kliman joined the faculty at Cedar Crest in 2002. He received his Ph.D. at Wesleyan University. On his faculty homepage, he states that his post-doctoral work at Harvard and Rutgers, where he studied population and evolutionary genetics, “has served as the basis for much of [his] research ever since.” He lists his research interests as evolutionary genetics and ecological genetics. He is an Associate Editor for the journal, Nature Education.

Noor, the other principal investigator of the grant, is a Professor at Duke University in North Carolina. He received his Ph.D. from the University of Chicago, and did his postdoctoral work at Cornell University. In 2008, he became one of the thirteen recipients of the Darwin-Wallace medal which is only awarded every fifty years. The award is given by the Linnean Society of London for major advances in evolutionary and ecological genetics. He is an Associate Editor for the journal, Nature Education.

Also working with Kliman and Noor on this project, in the project’s third year, will be Dr. Laurence Loewe at the University of Edinburgh in Scotland. He is currently a postdoctoral researcher at the Center for Systems Biology Edinburgh.

Cedar Crest’s Forensic Speech Team has had an excellent season, one that was recently made even better when two senior members were accepted onto the All American Team. Cedar Crest Forensic Speech Team Captain, Monica Cawley and senior member, Michelle Tetreault received the All American Award, an extremely distinct honor bestowed upon senior forensic speech competitors by the American Forensics Association. This year, only 17 students were chosen out of applicants from all over the country.

This is the first time that a Cedar Crest senior has received the award, let alone two. Naturally, members of the team as well as coach, Tim Brown were ecstatic for the Cedar Crest Forensic Speech Team. “For Cedar Crest College to have one member of our Team on the All American Team would be a HUGEn honor... but to have TWO of our Team members have this honor bestowed upon them... well, it’s simply a rarity. It just doesn’t happen all that often. And it speaks to the tremendous work ethic and level of excellence that Monica and Michelle have brought to the Team throughout their time on the Cedar Crest Team,” said Brown.

The All American Team is built of well-rounded forensic speech competitors and does not just judge on the competitor’s forensic speech career, but also on their service to the community and academic excellence. The coach must nominate the competitor and then an application is submitted to the District and forwarded to a National Committee.

Cawley and Tetreault have all the qualities of an All American. Brown explains that, not only do the girls have natural talent, but they also have dedication and passion. “Monica and Michelle were always willing and eager to reach out, expand and explore new events that they hadn’t competed in previously — they were always looking for the next challenge. Michelle and Monica exemplify individuals who want to experience everything as fully as possible. Both were committed to this Team and their work 110%,” says Brown who adds that their good attitudes and confidence are also major All American qualities that the girls possess.

Cawley and Tetreault both attribute the Cedar Crest Forensic Speech Team with the cultivation of many of the aforementioned qualities. “I have gained confidence thanks to the support system and the encouragement the team provides,” said Tetreault. “Being on the team has helped me to develop composure and to learn to work with a variety of people and to be able to think on my feet,” added Cawley.

Tetreault and Cawley both describe their final season on the team and becoming All Americans as being “bittersweet.” “The District is so close, we’re like family. Leaving here is like leaving your family to go to college.” Cawley reflected on the past three years on the team, stating, “I’ve seen us grow from attending four tournaments a year to twenty.”

Tetreault and Cawley took the time to thank Brown for his hard work. They would like to encourage the campus to continue to support the team’s efforts, “The programs have been suffering at other schools, and your support does not go unnoticed!” said Cawley.

Tetreault and Cawley’s good work has not gone unnoticed either. “Clearly, I am SO proud of the work that they’ve both done, and the way they’ve represented Cedar Crest College. They will obviously be missed a great deal, but they leave a legacy of excellence behind that will remain with our Team for many years to come!” said Brown of the girls.

Cawley and Tetreault offered some words of wisdom for the remaining team members: “Keep going, keep building, keep pushing to achieve levels of greatness... say what you feel, use the soap-box accordingly. Affect people,” said Cawley. Tetreault added, “In the end [the audience] are going to remember the piece that made them want to go out and do something... or the piece that made them cry.”
Diana Catron presented with Employee of the Year Award

Ambar reflects on her first year as Cedar Crest President

Eight months and counting

Ambar to talk at conference

One of the many responsibilities that President Ambar has taken over the past year is speaking at events around the Lehigh Valley and the country. One such event is the upcoming Women in the Lead conference. The conference, sponsored by the Women’s Leadership Initiative, will be at DeSales University on May 20. The event is meant to give women a chance to network, get involved and receive inspiration. This year’s focus is “Balance—Women, Work and Community.” Registration for the event must be completed by May 15. Tickets are $125.

Diana Catron (pictured above) was given a certificate along with a plaque from Cedar Crest for her award.

The Crestiad

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Does sex matter in regard to health care?

Kristen Issacson
STAFF WRITER

Professor Judith Malitsch, Assistant Professor in the Biological Sciences Department, held a presentation which discussed the differences, both physiological and anatomical, between men and women, and how this relates to healthcare.

According to most, men and women are treated the same and thought of as a patient, not a man or a woman. Men are usually examined in a study of disease, but the history begins in 1985 with the Women’s Health Initiative (WHI) sponsored by the NIH, which is the largest randomized clinical trial ever conducted in the United States. The WHI compared the risks and benefits of estrogen plus progestin (for women with a uterus) versus placebo treatment for reducing the risk of chronic diseases in postmenopausal women. The study was halted in 2002 after additional data analysis revealed a higher risk of certain health outcomes in the estrogen plus progestin group compared to the placebo group.

In the April 9 issue of The Crestiad, a photograph was miscredited and incorrect citations. The photo was taken by Leann Pett, The Crestiad News Editor, and was of Jessica Heiser, the student that completed the research on video games.

Malitsch started with some quotes about women and health care, which have differentiating viewpoints on women's health care. She then got into the history on women's health care.

There is apparently not much, but the history begins in 1985 with Public Health Service Task Force on Women's Health. There was a major study which the NIH initiated the WHI: Women’s Ischemia Syndrome Evaluation (WISE) which is a randomized, blinded clinical trial to test a treatment approach. WISE was designed to help determine if estrogen plus progestin is effective in reducing the risk of heart attacks, strokes, and other health problems in postmenopausal women. Malitsch pointed out that WISE was initiated by the NIH and is currently ongoing.

Nicole Magloire
BUSINESS MANAGER-ELECT

April 15 to 22 is a very important week for the Cedar Crest College community and for women around the world. It is Fight Out Against Injustice week.

The week was filled with different events that were being held by several clubs around campus. On April 17, Recognized National Day of Silence. Students involved walked around with signs around their necks and wore rings around their fingers which symbolized victims of violence that they had endured in their life. Her slides have the faded male and female signs, which symbolize the fuzzy ideas in the medical field on men and women. She then got into the history on women’s health care.

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Back the Night was created but the fact that it has made an impact on the lives of women around the world can never be questioned. Take Back the Night tries to empower women not to be afraid to speak out about the things that have happened to them and the abuse that they have endured.

One main attraction of Take Back the Night is survival testimonia l which allow the people who attend to open up about their own experiences. It helps men and women of all ages to confront different types of abuse and no longer allow themselves to be victims. Take Back the Night began Wed. the 22 at 7 p.m. with a live performance from folk artist Ellis. After the performance a candlelight march started in the TCC and ended on the steps of Blueney Hall. Once the march reached the steps, attendants were be able to speak out about their different experiences and help each other not to live in their past.

Fight Out Against Injustice week is not only important to the campus, but to every woman who has ever been the victim of physical, emotional, or sexual abuse. Take Back the Night is a way for women to see that they are not in this alone. Even if a person has never been a victim of these kinds of acts are welcomed to attend the Back the Night to support all the women who have been.

Let’s come together as a campus to make a stand against injustice and find the courage to take back the night.

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Student fights injustice

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Relay for Life kicked off at April 17 at noon with nothing but clear skies to invite people to walk for a great cause.

The event is not only to remember those who have lost their battle to cancer but for those who are still surviving.

Throughout the day there were various activities scheduled to entertain the 88 plus participants such as dizzy bat, egg race and fight back. C.J. Krise and her committee helped make the event run smoothly.

At the luminary ceremony, a more emotional activity, Rebecca Mower, senior Psychology major spoke to the crowd about why she participates every year. "My aunt came to visit me at church one Sunday in the beginning of June… With tears in her eyes she told me she was diagnosed with breast cancer the day before," she said in her speech.

Relay for Life is not just an ordinary walk.
Scannavino warns rough times for food banks

Anna Dold-Fisher
STAFF WRITER

Financial banks aren’t the only banks struggling in today’s economy. Tough times have hit food banks as well, and are hitting them hard.

Food for America, formerly Second Harvest Food Bank, is the largest in the Lehigh Valley. They distribute more than 1 million pounds of food and groceries each month. Taxpayer dollars fund half of the food bank while the rest has to come from donations.

The biggest problem right now is twice as many people than normal are seeking assistance from food banks. According to Erica Nevaret at Food for America, “It’s affected a lot, and if we don’t have enough agencies open, we don’t know where to send them.” Dr. Martine Scannavino, Head Professor of the Nutrition department at Cedar Crest College was quoted in a recent article in Today’s Dietitian, titled “Food Banks in Crisis – Hard Times Spell Increased Demand. Reduced Donations.”

She is involved with food banks on a national level such as Food for America, and Share our Strength. According to Scannavino, “The crisis is affecting all food banks in the country.” The rising cost of gas, operating expenses, increasing food prices, decrease in donations, and an increase in families looking for assistance are some of the pressing factors that are spreading food banks thin.

The Wall Street Journal also claims that there is a surge in first-time clients. Scannavino noted that the biggest changes are that the food banks are simply running out of food. The high protein and dairy foods are the first to go.

Many communities are evolving with the times and trying new solutions to keep their food banks afloat. Some are gleaning the fields, while others, according to The New York Times, are increasing the limit of deer that hunters can kill.

Connecticut communities are considering the deer solution because it will help with the deer overpopulation issue, while also providing meat for those in need.

The important thing is to keep everyone fed. Once people go hungry they may become malnourished, and this can result in a multitude of medical problems. If we don’t feed people now it could cost more money in the long run with healthcare costs.

Scannavino says, “Adequate nutrition is the foundation of a strong community and resilient society. In this current economic crisis, our nation must effectively address the nutritional needs of the population to ensure recovery both in the short and long term.”

Cedar Crest College has helped and continues to help its local food banks. The Student Di- etetic Association collected funds through a Bon Ton Community Days event in the fall, and donated the proceeds to Food for America. Scannavino is hoping the incoming SGA and student advocates will support and promote a gleaning program in the fall. Gleaning the fields happens after a farmer has harvested a crop. Volunteers then glean the fields, collecting what is left to be donated to the local food banks and soup kitchens.

According to Tammy Bean, Cedar Crest’s Director of Community Service Programs, Cedar Crest helps out a number of different food banks in a variety of ways. “Clubs and organizations run food drives throughout the year to help with the needs of the local food banks. The Mocktails event that is held each November collects don- ated food items and money that helps to support local food banks. The Lutz Center has worked with local agencies to collect food bas- kets for families during the Thanks- giving Holiday.”

The staff members of the Lutz Center have also organized food sorting and distribution days for local agencies throughout the aca- demic year.” Bean says the Lutz center does not have anything scheduled at this time, but the food banks are always looking and ac- cepting any willing volunteers.

After discussing the struggles that local food banks are experienc- ing, Bean also stated, “In addition there is at least one local social service agency that has to close their doors to everything except their after school programs due to a lack of funding. This included a significant food bank program.”

With food scarcer, and healthy food even more scarce, it is up to the citizens to remember next time they are in the grocery store, to grab a couple extra items for someone in need. We can all make our little bits add up to a lot.
Can't anyone just get high on life anymore?

Laura Krompasick
STAFF WRITER

Hey, ya wanna get high? Dr. Phil let the cat out of the bag a few shows ago when he did a topic on teens doing stupid stuff for a high. Social kids are doing drugs and others are holding their own breath until they pass out on a rollercoaster. Fun, but the one way that fired up Dr. Phil the most was... no not snorting glue...smoking Salvia!

Salvia? Never heard of it. Ap-parently there are hundreds of videos of people post- ing their use and trips, plus the numbers of views of these videos range from thousands to tens of thousands for each video. I'm surprised by the numbers of viewers that Salvia isn't a house- hold name yet. Anyway, the guest he had on for this was a mother that wrote in stating that she is worried about her son doing Salvia too much.

The segment revealed she did it too and was buying it for her son! Oh, did I mention she is a high school English teacher? Not any- more, she quit her job.

To Read or Not to Read: A Question worth Asking

Students at Cedar Crest Col- lege are expected to spend three hours per class hour on homework. This may include reading assigned text, reviewing notes, working on papers and so forth. Making sure students spend the necessary time on homework to succeed in courses was one of the many reasons for the overload policy change.

If classes are two and half hours, long then students should be spending at least six hours outside of class. Students taking 21 credits or 7 classes should be spending 42 hours (not including class time) per week on homework. How is it that those of us who are at 21 credits find time to do our homework and get good grades? There are many reasons, for example, some classes do not require six hours per week, some of us are good time managers, and some of us take shortcuts.

Taking shortcuts is probably the most common. What are these shortcuts? In my opinion, and ex-perience, it is skipping much of the assigned readings. Many times we are not tested on assigned readings or required to write a response to them. There are test questions on readings, if you were pay- ing attention in class on the day the professor reviewed a particular reading, you can answer the text questions with little trouble. Fur-ther, professors often cover in class the same material in the text. Skipping readings or not read- ing in general can be problematic. Academic rigor is undermined as well as the learning, knowledge, and cognitive abilities that are achieved through reading. These abilities according to one study are crucial to citizenship and culture. Released in 2007, the study, called “To Read or Not to Read: A Questi- on of National Consequence,” re- ported that from 1982-2002, the percentage of 18- to 24-year-olds who read literature dropped from 60 percent to 43 percent. Two-thirds of employers ranked reading compre-hension as “very important” for high school graduates, but 38 per-cent believed most high school graduates were deficient in this area.

Further, the study reported on the consequences of the declining reading levels of young Americans, claiming that “18- to 34-year-olds, whose reading rates are the lowest for any adult age group under 65, show declines in cultural and civic participation.” The study found that literary readers are “more than 3 times as likely as non-readers to visit museums, attend plays or con- cert, and create artworks of their own.” They are also more likely to play sports, attend sporting events, and promote “practice and encour-age good use.”

Social Networking

To Read or Not to Read: The Shortcut to Class Work

Elizabeth Saleb
STAFF WRITER

Social Networking leads to brain death for college students

Liz Skoczylas
MANAGING EDITOR

As college students, we spend a lot of time online, whether it be researching for that latest paper for that really hard class, or wanting some time commenting on friend’s Facebook pictures or filling out a MySpace survey.

Many of us are very attached to our social networking websites. For example, not only do I have Facebook, MySpace and Twitter as bookmarks number three, four and five respectively on my laptop, but I have applications for each of these on my G1 Cell phone.

I am literally connected at all times, and I know that many Blackberry and iPhone users are constantly connected as well. It’s just a sign of the times, right?

Well, an article entitled, “Facebook, other social networking sites could lead to lower grades for students” on associatedcontent.com poses a puzzling sugges-tion that these sites, well, lead to lowering of grades.

“According to research pre-sented at the American Educational Research Association’s 2009 an-nual conference in San Diego, Cali-fornia, U.S. college students who use Internet social networking sites such as Facebook study less and have lower grades,” says associated- content.com.

The article goes on to say that the study surveyed more than 200 college students of all races, eth-nicities and genders, both at a gradu-ate and undergraduate level.

It found that, “Of the Face-book users, the researchers found, the students studied for class an av-erage of one to five hours a week. But, the students who didn’t use Facebook or similar sites studied from 11 to 15 hours per week.

In addition, Facebook users in the study had grade point aver-ages (GPA’s) of between 3.0 and 3.5, while those who didn’t use Face-book had GPA’s of between 3.5 and 4.0.”

This idea absolutely astounds me. I mean, according to me, I’m positively addicted to social net-working, and I have to tell you, I’ve made it into both the Communi-cation and English honor soci-eties.

Thinking of who I consider to be the most intelligent women in my graduating class, I know that I’m Facebook friends with all of them as well, and, I feel that they all do very well for themselves.

Moving past just this whole grade thing, I’m puzzled as to what the point of this article is.

Is it supposed to encourage college students to step away from these social networking websites and really buckle down in order to find a job? Because, according to my Applied Public Relations class, social media is one of the fastest growing ideas in business.

For example, just two weeks ago, Coca Cola announced that “Coca-Cola has created a new of-fice of digital communications and social media within its public af-fairs and communications depart-ment,” according to PR Week.

More and more companies are doing their recruiting via facebook and Twitter, scouting out potential employees first on these websites, and then in person.

If you have a great understand-ing of social networking net-working websites work, and how to implement them in the best ways for a business, it’s almost guaran-teed that you will have a job, lately.

So, basically I would like to argue the American Educational Research Association’s ideas. If they feel that these users have lower grades, I’m not going to argue their research, obviously it’s in their title, they know what they’re doing.

However, just keep in mind that your addictions, so long as they aren’t costing you some out-of-pocket grades, may lead to a potentially awesome job.
Don’t Make Me Laugh

April 23, 2009

www.cedarcrest.edu/crestiad

OPINIONS

Is the term “shopaholic” something we watch, have watched and want to have all affected us, for better or worse, but it is interesting to think how much more the shows and characters you fell in love with shaped your life, compared to real people.

The funny thing about all that it really means to be “shopaholic,” than the high school friends who launched spit balls at the wheel of her car

For the sake of an example, Steve Urkel, a man of science, walks into the room with a warm "big guy," at Carl and is wearing a tropical hat. Immediately, the crowd erupts with laughter, warm pretty, the laugh track is to blame.

The laugh track’s history is shrouded in mystery. According to tvparty.com, “The television laugh track was introduced to viewing audiences in 1950 on NBC’s ‘The Hank McCune Show.’ Whether this induces an avial mood in more viewers is still to be determined.” It was originally developed to simulate the experience of live audience response for the viewer, if everyone else is laughing, shouldn’t you? The engineers behind the scenes would often use audience laughter from pre-recorded studio laughter that makes you want to laugh along, the kind that makes you forget the strange cackle of, “Wow, I just spent $150 dollars on shampoo, DVD’s, note-book, bed sheets... pretty much anything I see I come up with a reason for needing it and it’s suddenly expensive in the midst of a total economic melt-down, yet being a “shopaholic” listed as, necessarily.

How do you define sexiness? Is the term “shopholic” something that immediately comes to mind when you think of sexy? You? Me either.

As I was perusing my March issue of Cosmopolitan I was excited to read my favorite section, the “Sexy vs. Skanky” page. Although I was completely amused to see an intense picture of Desperate Housewives star Marcia Cross totally squeezed out behind the wheel of her car under the sexy column. Last time I checked, our country is in the midst of a total economic meltdown, yet being a “shopoholic” was listed as sexy. So maybe Cosmopolitan considers a shopholic sexy because they’re not over-spending. Americans make their decisions on how sexy it is that you could never turn on things I don’t need.” It’s just something I would never do; associating sexiness with shopaholism would have not crossed my mind had I not stumbled across this in Cosmopolitan.

I highly doubt that any boy will be paying extra attention to you because he sees you have so many shopping bags in your hands that blocking the aisle. If he is paying you extra attention, it’s out of sheer annoyance that he is unable to pass you due to your plethora of bags. Or maybe Cosmopolitan considers a shopaholic sexy because they’re not going to say to their friends about the purchase, but it is getting the TV tuned in at 9 p.m., or whatever channel you watch, there is almost always something special about the live performance and it’s reserved for those in the audience.

The laugh track is meant to disguise the program and cast the illusion of live TV, so be it. But after the sixth or seventh season, Michelle Tanner’s, “you got it, dude,” or Stephanie’s, “How rude!” loses its punch, becomes stale and flakey — no more laughs.

The track still spins, though, telling you that this is, indeed, funny. The broadcasters should have some sort of responsibility; we give ratings, they give entertainment. Somewhere, with the introduction of the laugh track, a loophole appeared and the deal stopped working so smoothly.

The laugh track is a historic relic of the lives and times of TV programming, but perhaps its best left in the vault.
Go Green Fashion Show

Behind the scenes with the designers

Going Green has become the thing to do and now it has become the thing to wear. Cedar Crest’s Art Society put the word out to the whole campus to invite anyone who would like to be part of the project of making Go Green Fashion. Art Society Committee member, Gabrielle Buzgo, gave insight as to how the idea came about stating, “Jill Odegaard did a small gallery show with one of her classes of artwork made solely from recycled material… Art Society thought of taking it one step further, by making it a campus-wide project and by making the artwork wearable. We hope the first Fashion Show will go well enough to make it an annual event.”

The designs hit the runway April 24 at 3 p.m. on Lees Lawn.

Story and photos by Laura Krompasick, Staff Writer

Designer: Gabrielle Buzgo
Major: Integrated Art Major with Communications
Class: Sophomore
The Design: Two-piece dress.
The Materials: Soda tabs, aluminum foil and Hershey Kiss wrappers.
“What does Going Green mean to you?”: “Going Green, to me, means finding a creative way to do things that are normally a redundant part of our lives. Instead of just tossing a bottle aside, find a new use for it.”

Designer: Bekki Tutino
Major: Chemistry
Class: Junior
The Design: Two Dresses. One is a 50’s style Marilyn Monroe-esqe and the other is a modern mini dress for the club. There are also accessories and accents, like a clutch pocket book and lace made of soda tabs.
The Materials: Aluminum foil, trash bags and newspaper; The Crestiad’s Inauguration special, specifically.
“What does Going Green mean to you?”: “All the little stuff you could do to just make less of an impact.”
Designer: Katie Brown
Major: Genetic Engineering
Class: Freshman
The Design: A prom dress made in collaboration with Rose Murphy, senior at Burncoat High School from Worcester Mass.
The Materials: Bags that once contained wood pellets for heating homes; the bags are already made of recycled materials.
“What does Going Green mean to you?”: “Going green to me means doing something good for the environment. Going Green means more than just buying the products that use recycled goods to make it, it means trying to be conscious of what you use and trying to buy products that are more eco-friendly. It also means recycling.”

Designer: Grace Patton
Major: Genetic Engineering
Class: Sophomore
The Design: A dress.
The Materials: Plastic grocery bags and a t-shirt.
“What does Going Green mean to you?”: “Going Green to me means not wasting the things we already have.”
Move over Facebook, step aside MySpace, there’s a new social networking website in town, and it’s making its impact in a BIG way. Twitter, in its easiest explanation, is a Facebook status update; 140 characters of what is going on in your daily life, links that you’d like to post, your opinion on various subjects, questions that you want others to ponder, or anything else that you can come up with in less than 140 characters. With Twitter, unlike Facebook or MySpace, there is no “accepting friend requests” or allowing others to see your profile; you can follow anyone you want, and anyone can follow you.

You can send private, “Direct Messages” to people, or main “Tweets,” as they are known, as far as everyone can see. Responding to follower’s is easy… a simple “@” sign, and then that person’s username, such as “@betydolly” or “@cnmnbrk” followed by your message to them.

And, oh, the variety of people that you can follow. Aside from @cnmnbrk, which is CNN Breaking News, there is @jopardy, Oprah Winfrey; @aplusk, Ashton Kutcher; @perezhilton, Perez Hilton; @postsecret, Post Secret Blog; @starbucks, Starbucks; and so many more!

Besides the “big names” there are many different “regular people” as well. And these regular people are learning the art of networking through this simple social networking website. Before the launch of their new website and Battle of the Bands, CCCRadio here at Cedar Crest created a Twitter page (@cccradio) as a way to gain international attention to their radio station.

But what kind of attention can really be gained by this website? Just ask Kyle Flaherty, @KyleFlaherty, who used Twitter to get his current job. According to digg.com, “He left his marketing position in Boston last spring determined to find an in-house public relations job. He tweeted (Twitter lingo for posting a message) about his decision and included a link to his professional blog, where he described the kind of work he was looking for.

Within days his tweet was retweeted. That is, an acquaintance forwarded it – to his current boss.” So, how can you use Twitter to your best advantage, and have it possibly lead you to your future dream job? The first suggestion is to use your real name as your user name, as it not only is more professional, but it makes people learn your name as well. The second suggestion is to use the same profile picture as you use on your other social networking sites; that is, make your facebook, MySpace and Twitter picture all match. This then puts a face to your name.

Once that is set, begin Tweeting! Instead of posting mundane things such as, “Doing Laundry,” or “Grabbing Dinner,” post links that you find interesting. For example, if you have a blog, post that link. Comment about recent news, and respond to the links that other people post.

Search keywords to find people with similar interests as you. Bizzia.com says, “Not only will you be tracking terms but other people will be tracking terms you write about, thus creating connections on multiple levels.”

Finally, Digg.com suggests not giving too much away and simply stating right away that you’re looking for a job. “Don’t sign up and immediately blast people with a message saying you’re out of work.”

Instead, build momentum slowly. Open an account and include something about your profession in your user name. Since users can search tweets by topic, that’s one way of making your feed more visible.

So, have fun, be consistent, and learn the art of networking using this very simple website!

**Philosophy’s Crème Brulée**

**Jessica Heiser**

**STAFF WRITER**

The Claim: Experience the highly indulgent scent of crème brulée next time you shower.

Philosophy created a high-foaming shampoo, shower gel and bubble bath inspired by this much-loved, scrumptious dessert. It can be very difficult to choose from their collection of bath and shower gels because each product is so unique and comes in many different “yummy” flavors. Some of the scents include Red Velvet Cake, Belgian Waffles and Melon Daquiri.

I thought that the Crème Brulée body wash would be the best, however, since I love the dessert and wanted something really unique.

The Results: As anyone who has ever purchased Philosophy’s products before knows, this reality was a world-class experience. The scent is delicious, and makes you feel like you are bathing in luxury.

However, the fragrance only lasts in the shower and not on your skin, so you don’t have to worry about smelling like dessert all day. It also isn’t too strong or sweet, as other “dessert” bath products from different brands tend to be.

The creamy product softens your skin and leaves your hair looking and feeling healthier.

One of the best parts about this product is it is three-in-one quality, so your whole body can enjoy and benefit from it.

I tend to use it more as a body wash, but I am certainly going to save some to take home over the summer to enjoy a relaxing crème brulée bubble bath.

Retail Cost and where to find it: The Crème Brulée Shampoo, Shower Gel & Bubble Bath, as well as all of Philosophy’s decadent products, can be ordered from their website (www.philosophy.com). Sephora carries Philosophy products as well, and there is a local store at the Lehigh Valley Mall. If you happen to be a QVC viewer, the products can frequently be found on the show, usually with an added discount.

The retail price is $16.00 for a 16 ounce bottle. Of course, the price seems a bit high for body wash, but it is completely worth it, not only for how long it lasts, but also because it does live up to its promise on giving you softer skin and hair (a guarantee that most retailers say, but cannot match).
High energy boosting diet in time for finals

Kristen Isaacson

During the time when finals are coming, college students are run down and need a little something extra to get them through the day.

Studies have shown that it tends to be in what we eat. With spring here and finals coming around the corner, we want to lose weight and keep our energy up. Here are some tips to eat right and stay energized.

The tips from Hungry Girl on Yahoo Food are as follows:

1. Low Glycemic Index Foods are foods that release energy slowly, so you don’t feel that crash after you eat. Good foods that fit in this category are leafy greens, red peppers, onions and beans.
2. Candy, soda and things like that are high in the glycemic index, so while they give you energy, there is a crash quickly afterwards.
3. Fiber: “Since high-fiber foods take a long time to digest; the energy from these is released over a longer period of time.” Foods that fit here are fruits, vegetables and whole grains. Oatmeal with raspberries is a good meal to try.

Omega-3 Fatty Acids: According to Hungry Girl, “The good news is that fats are an essential part of our diet. The bad news is that the fats we are consuming enough of are the ones we really need.” Omega-3 fatty acids provide energy to vital organs of your body.

B Vitamins: “B vitamins support the cells and enzymes that break down your food. In order to convert your food into energy, those enzymes need a good supply of B vitamins to keep them going strong.” Foods that are good to buy are whole grains, low-fat yogurt, tuna and bananas. Zoo’s granola cereal is great to add to a parfait.

Omega-3 Fatty Acids: “The better your digestion system is working, the better you feel. Foods that fall in this category are garlic, ginger, rosemary, cinnamon, pepper and chili. A sushi joint is a great place for all this.

Fiber: All these facts are according to Hungry Girl and can be found at http://food.yahoo.com/blog/hungrygirl/2009/diet-friendly-energy-boosters.

It can be hard to stick to these rules, especially at the time when we are rushing around and the junk foods and coffee are the quickest thing to get, but if you stick by them, it can guarantee great results and feeling better about yourself.

Your Total Health at Village.com also has some great tips for a good energy booster diet. The site gives a lot of options for meal plans and overall tips of what to eat or not to eat. There are five main points of the Energy Booster Diet, according to Village.com:

1. The right combination of carbohydrates, protein and fat eaten at regular intervals will help keep energy levels high.
2. Eating a variety of healthy snacks will help keep your blood-sugar levels even so that you don’t have energy “highs” and “lows.”
3. Not drinking enough liquids can cause you to feel fatigued due to dehydration. Fruit juices and skim milk are better choices to make than ultra-sugary sodas or sweetened beverages that can cause energy lows.
4. Eating fried or fatty foods can make you feel sluggish. Go the fruits and veggies way.

Here are the healthy do’s for people, as stated in the article:

- Drink plenty of water at least 64 ounces - throughout the day. Take a daily multivitamin supplement.
- Choose whole, unrefined grain products as often as possible.
- Limit alcohol to no more than one drink per day at the most. Eat a piece of fruit if you’re craving something sweet. Try one long-lasting buttercrust hard candy when all else fails and sugar cravings can’t be denied.
- Some don’t go by as follows: “Don’t skip meals or snacks. Don’t eat fried foods and other foods high in fat … Don’t eat gravy and sauces. Don’t drink beer, wine, alcohol, soda or sweetened beverages such as Snapple or Fruktopia.” Don’t consume added sugar, such as in coffee, tea, cereal, etc. Finally, don’t eat white bread and crackers.” These also can all be found on the website.
- But would students actually try this? Some may find it hard, as the caffeine addictions are hard to break, but the healthy factor may help. “It would be great to try, especially since it might give me energy and is healthy, but I am not sure if I could stick to it” says junior Emily Bucci.
- “I don’t eat white bread and crackers.”
- “I don’t feel that I need soda, coffee and candy, so I think I could give this a try.”

A sports tradition for a true fanatic

Laura Krompaski

Passing a desolate parking lot late at night, a thought goes through someone’s mind that this place would be a great place to throw a party.

Park the cars, pop open the trunk, break out the grill, get out the munchies, crack open a beer, open up some lawn chairs, and party down in the parking lot. That someone dub it “tailgating.”

That does sound like a random original thought but there was actually a progression to what we know as tailgating today.

Legend has it, “the modern tailgate likely has its roots in college football, first played at College of the Holy Cross in 1869.” From americantailgater.com.

The site also mentioned that before, that a man named Charles Goodnight made the first “chuck wagon” for Cowboys.

Before that in 1861 the Battle of Bull Run had spectators come and bring baskets of food to watch the first show down of the Civil War.

Now it has evolved into tailgating at concerts and sports games, like Cowboy games.

Kim Bishop, sophomore Nursing major, thinks tailgating began because, “people got board of waiting for the gates to open.”

Bishop has been tailgating at Eagles games, Phillie games, and concerts. What she has seen was people dressing for the event that they are at, like if you are at an Eagles game you wear Eagles apparel, or if the concert you wear the bands t-shirt.

“People throw footballs, grill food, drink beer, and listen to music.” At [concerts] people listen to more music of the group they are seeing,” described Bishop.

Wondering what food to bring? There are tailgate recipes! On tailgating.com there are recipes for the cooler, in the outdoor, of the pot, off the grillide, on the grill and out of the oven. There is something for any one to be made for the tailgating party: red meats, nuts, fish, vegetables, drinks.

There are many websites that cater to distributing gear and supplies for your tailgating party, like totaltailgate.com and americanetailgat-

c.com.

Tailgate.com has themed apparel that is for your team or sport and americanetailgater.com has all those necessities to those nifty items that you never thought of but make total sense like magnetic cozies for your drinks to attach to the side of your vehicle.

To have a successful tailgate, tailgating.com has text tips from the Commissioner of Tailgating, Joe Cahn.

1. Wear your team’s colors to show support.
2. Make sure that your food is ready early to save time on game day.
3. Come up with a list of everything you need to bring so you don’t forget anything.
4. Allow yourself time to get to the game three to four hours early.
5. Choose a parking spot near a grassy area so you can lean on an axle where you’ll have more space.
6. Raise a flag so that you can be easily found.
7. Decorate your site with team colors and pennants to show your sup-

port.
8. Enjoy the experience: meet other fans, throw a football or just relax.
9. Leave yourself time to eat before the game by planning the meal for one and a half hours before game time.
10. Clean up your area.

With all that in mind give tailgat- ing a try or this information might make another one of your tailgating experiences better.
The Benjy Davis Project: Sweet, Southern and Sensational

The Benjy Davis Project’s fourth album Dust is now available on iTunes.

Hauna Colista
NEWS EDITOR-ELECT

Benjy Davis, I think I may have developed a little crush on you. Oh, and your music is good too.

The Benjy Davis Project, fronted by lead vocalist and songwriter Benjy Davis, released their fourth album Dust 2008. Their smooth, soulful sound is a combination of Matchbox Twenty, Jason Mraz, The Counting Crows, and a pinch of Tom Petty to give it some hippie flavor.

The album has 13 tracks, over 50 minutes of charming, romantic, and plain adorable lyrics paired with playful beats and an overall hippy vibe. Even without all of that, Davis has a voice that gives girls chills all the way to their toes and melts their hearts along the way.

If it was not already clear, this is not a “get pumped” type of CD. The Benjy Davis Project’s Dust is packed full of chill, relaxing tracks that are great for those calm summer nights and those lengthy road trips that give your weekends substance.

Benjy Davis Project is a Louisiana-based band which gives them some southern flavor and charm. Beyond the typical assortment of instruments, the band also offers a banjo and a harmonica. It’s their southern roots that give the music most of its soul.

The third track of Dust, “Sweet Southern Moon,” gives the listener a vivid look at Davis’s southern upbringing. “And I see her now/running barefoot down the driveway, jumping in my front seat in those faded old paj’s, we were screaming down the river road… we had all the right ingredients for something new, made my move/er’ed her up tight, marrining in that sweet, sweet southern moon.”

The only fault in Dust is it is slightly repetitive. Some of the songs, as good as they all are, sound the same. The one thing that saves it is the unique guitar solos in several of the songs. Jonathan Lawhun, lead electric guitar, gives strong solos in many of the songs, giving them its own special quality.

Beyond all of Dust’s other great qualities, Davis’s lyrics really stand out. From the emotional “The Rain” to the romantic lyrics of “I Love You” and “Good Enough,” Davis proves he is gifted with words.

The Benjy Davis Project is not your typical indie alternative band but offers much more. With great lyrics, great vocalists, great instrumentalists and a smooth southern influence, this bands music is sure to satisfy all ears that are blessed to meet it.

You should look out for these Louisiana boys for they are taking music to a new place. Pick up Dust and be wowed by the southern charmers of the Benjy Davis Project.

This week in...

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TINSEL TOWN
“Betsy Skotch”

Okay, if you don’t know what Twitter is by this point in the newspaper, either flip back and research it, or just grow an effing brain cuz I’m about to talk about it some more. Ready, and, go.

So, everyone’s favorite brainless punk’d star, Ashton Kutcher, decided to race CNN to one million Twitter followers, stating that he’s ding dong ditched Ted Turner’s house if he won. This topic seriously consumed every media source possible all last week, and this celebante upped the ante to a CNN Breaking News e-mail on my phone last Friday, telling me that Ashton had indeed won the race to a million.

Which means… more people are fans of Ashton than getting news. Awesome. I’m going to go hide somewhere dark and pray for a while… be right back.

Anyway, apparently Lindsay Lohan is sick of being gay since her breakup with Sam Ronson. She was seen canoodling with Leonardo DiCaprio, having drinks and dancing. Personally, I think that Leo is enough of a pretty boy that he’s a good transition for Linds into the world of straight dating.

Paris Hilton is evidently confused about this whole dating thing. First, she was ready to marry Doug Reinhardt, then last Wednesday it was reported that she was bored by him, (well… he WAS on The Hills…) and calling ex-boytoy Stavros Niarchos behind his back, but then she was seen prancing on the beaches of Hawaii with Dougie again last weekend.

Don’t ask me. I think Paris changes boyfriends more often than she changes her underwear… when she decides to actually wear it. I give her a little credit for being confusing.

Finally, Kim Kardashian is an idiot, in case you weren’t clued into that already. She fell asleep in the sun with some stupid HUGE sunglasses on, and is now bright red and white. Seriously, what did she think was going to happen?

Anyway, she posted a plea to her Twitter followers (See! There it is again. Get clued in.) asking for remedies for her tragedy.

Now, I’m not a doctor, but I suggest rubbing raw lemons on it, dear Kimmy. I send you all my best. XO, Betsydoll.
Tube Time: Southland

New NBC show debuts with a bang

Elizabeth Kern
LIFESTYLES EDITOR-ELECT

As we were just getting used to a world with no ER, NBC added a new show in its place. The new series, Southland, aired on April 9. Having to follow a hard act such as ER you expect the show to be incomparable but it was just as good.

The show follows the life of police officers patrolling Los Angeles, California. The show gives the home audience a good look into the lives of not only the cops but the criminal, the victim, and their families.

In the first episode we got to know Ben Sherman, played by Ben McKenzie from the O.C. He is the rookie on the scene and is still learning the ropes.

His mentor is John Cooper (Michael Cudlitz) who seems to have been with the LAPD for awhile.

Although Cooper’s hard nosed way of teaching gets to Sherman in the first episode and leaves him questioning if he is cut out for the job. The interesting part of the show is that it doesn’t just follow the cops but also the detectives around their crime scenes. The detectives seem to bring on the more family drama to the show.

The one female detective has moved her mom into her home so she can take better care of her. But between her hectic job schedule and her mom to look after it could cause too much stress for one to handle.

The other detective is unhappily married with children so we can only imagine where the story lines will take us.

The action in this series seems real. It doesn’t feel made up as it does in other crime investigation shows. Also, it is certainly not like your average episode of Cops.

In the first episode they arrive on scene of where a local gang is hanging out and the cops raid the house. Sherman, new to the whole idea, applies everything he learned at the academy and starts patting down one man. A seasoned cop comes up and yells for him to step aside so he can take care of him properly.

Sherman warns to the other cop that he wasn’t done patting him down.

Although the gang member had handfuls on him he is still able to reach for his loaded gun and shoots the officer down.

This is the kind of TV that really gets your heart pumping. This show should appeal to anyone who watched ER over its many years. It’s basically the same concept of following around heroic everyday people just doing their jobs. It’s appealing because we don’t get to see what really goes on in a day in the life of a police officer unless we are involved.

Watch Ben McKenzie learn the ropes on Southland Thursday nights at 10 p.m.

NBC really knows how to make a hit line up. Thursdays start off with humor with the Office and 30 Rock and then they draw you in with drama.

You might be thinking that you have no interest in what cops do, but once you get a glimpse of the action and of McKenzie you’ll be glad you tuned in.

The third episode airs tonight, so you haven’t missed much and you definitely don’t want to miss the premier episode on NBC.com.

Chow Down!
Drop the Fork and Pick up the Chopsticks

Anna Dold-Fisher
STAFF WRITER

Do you consider yourself a food adventurer? Do you ever stray from burgers, chicken sandwiches, pizza, and the typical “American” food? If you don’t then you are missing out, because the fun and flavors that can be found at your local ethnic restau rant may just be around the corner.

I’m not talking about sweet and sour chicken once a week either.

Besides, if you want REAL Chinese food go to Canal Street in China Town in NYC, it will knock your socks off. For a bit of local flavor, that will excite your taste buds, you can try Vietnamese Pho for some new Flavor.

Both restaurants are located on Union Blvd just past Airport Rd. You see, I have a love affair with Vietnamese food for quite some time. And though I wish there was a restaurant on every corner, I’m just happy we have two here in Allentown so I can get my fix.

My all-time favorite Vietnamese staple is Pho’, a beef broth (or vegetarian) with a hint of subtle seasonings but pleasing, satisfying flavor.

Eating Pho’ is an interactive experience you will get hooked on. The broth comes with rice noodles and beef, and is accompanied by a plate of Thai basil, bean sprouts, lime, hoisin sauce, chili sauce, and jalapenos. You get to doctor it up however you like. There is also a variety of rice and noodle dishes to choose from with your choice of meat, or tofu and vegetables.

Last time I was at Little Saigon, I had the duck with lemongrass and fried rice-apparently that is a favorite there, and I soon found out why.

The dish was so flavorful, I didn’t want it to end. The fried rice was the best I have had in the valley yet, and trust me I have been looking. You can also get a variety of beverages that you won’t find anywhere else such as, jack fruit milk shake, coconut juice, longan drink, or durian milk shake.

The place is small and run by Dung and his family. They also have a variety of rice and noodle dishes to choose from beyond your control,” said Robin Gerchman Director of the Dance program and choreographer for modern company A. Bumps in the Road is one of two pieces that Gerchman will be debuting in the Spring Dances. “My goal for this piece is to portray how one can be blinded by the aggressiveness of stress and the constant tug of war between calmness and chaos,” said Gerchman.

Gerchman’s second piece is entitled “Sunset and Rain” and it was inspired by the book Wadden by Thurman. “An awareness of nature, a rain that falls on a warm summer evening begins with just a couple of steady drops and then, as if in chorus, the rain beats down only to go back to the couple of steady beats,” Gerchman explained. Unlike many other choreographers Gerchman would like the audience to form their own meanings and interpretations from the dance.

There will also be an opportunity for the audience to enjoy a guest choreographer’s work. The choreography done by Nick Ross will finally be debuted during the Spring Dances. Also Cynthia Marino will have her choreography that was previously debuted in the Student Dance Work’s reintro duced in the concert.

It’s really flows,” said Jillian Webber, sophomore Studio Art major about the Ballet piece that she is participating in. This piece involves nine dancers and the audience can look forward to seeing dancers on Pointe in this performance. The choreography for this piece was created by Margo Clif ford Ging; she is also the founder and Artistic Director of a contemporary dance company in the Lehigh valley.

The dances that are being debuted at the Spring Dances range from modern to tap and are expected to be amazing to say the least. The pieces have been worked on since the beginning of the year and the dancers are ready to let the campus see how hard they have worked these last few months. “I feel like I’m really dancing from my heart and for the audience because you never know whose life you’re going to change,” said Webber. So don’t forget about Spring Dances at the end of this month just sit back, relax, and who knows your life may just be touched by one of these dances.
With spastic weather and gloomy mornings, this spring is slowly, but surely working its way up to glory. Yet, across campus there is a sign, three large ones actually, that signal the coming of spring with friendly competition and rivalry: the Hall Olympics. The Hall Olympics is an annual event sponsored by the S.A.A.C. (Student-Athlete Advisory Committee) that unites the halls across campus and raises money for charity. Diana Caron, Healthy U Coordinator, said, “This year is for the Make A Wish program...we are raising money for Joshua’s Wish which is to go to Disney.”

The build-up for the event is noticeable all across campus with advertisements and flags outside of the halls showing that the season of hall spirit and competition is in the air. “Preparation has been really intense for a month,” said Caron, “We have posters all over campus with custom posters for the specific dorms.”

Students of their respective halls have also been hard at work creating banners for the event. Since last Tuesday night, Lees Hall has been the hub for the banner making, each one highlighting the Butz Bear, Steinbright Stallion, or Moorits Tourtis in victorious elation. The banners are bright and colorful, large and commanding, and artistically display the intense excitement behind the event and pride of the students.

In a poetic sense, it was inspiring to walk into Lees Hall and see these colorful, large and commanding, vibrant, and artistic displays of intense excitement amongst the halls too which she happily replied, “it’s building up, but the spirit is jovial.”

The Hall Olympics is meant to unite the halls and campus as a whole and is a real highlight of the spring season.

The events are spaced out, and have a variety to ensure that everyone has a fun time which is really the whole point of the event. Everyone should take some time to experience the Hall Olympics, be it through participation of the artistic posters or the excitement of the various sports. The Butz Bears, Moorits Tortoise, and Steinbright Stallions will be starting competition on Sunday April 19 at Spring Fling and will be carrying the event on through the following Thursday, all halls united under the banner of the Cedar Crest Falcon.

Tara Fikes awarded Athlete of the Week

Hauna Colista | News Editor-Elect

With persistence and hard work, freshman Tara Fikes scored in an intense overtime game to land Falcon Lacrosse the win against College of Notre Dame in the Colonial States Athletic Conference. Her contribution was rightly rewarded as she was named athlete of the week for the week of April 6.

At the 23 minute mark, Fikes scored to give the Falcons an early 1-0 lead. Notre Dame then scored back soon after, evening the score to 1-1. The Falcons returned as senior Theresa Ault and junior Britanny Solloway scored back to back goals to take it to a 3-1 lead. The Notre Dame Gators scored five goals, Holguin scored one and the score was 6-4 in favor of Notre Dame.

Notre Dame then scored once again, and sophomore Maureen Broski is not surprised with Fikes performance, she explained, “you know when you’re carrying the ball to goal and Tara’s downfield, if you pass to her she’s (going to) make something happen.”

Fikes contribution ultimately won the game, however Dombronski is not surprised with Fikes performance, she explained, “You already knew Tara was a stud before she passed away.”

The overtime win led Cedar Crest’s lacrosse team to its first conference win in the Colonial States Athletic Conference. The team then moved on to play Immaculata University on April 7, losing by a slim 9-8. Despite their loss, the team remains positive and looks forward to next season.

Dombronski is optimistic for the future of Cedar Crest’s lacrosse team explaining, “CCC Lacrosse has already improved so much from last year...I know I’m looking forward to next season and playing with Tara, she already owns on the field and we can only go up from here as a team. She’s the kind of player who will keep everyone going, even after next year when we lose a good portion of our team who are juniors now.”

Fikes also looks forward to continuing to play on the team, “I love playing the sport, especially when the team gets along and works as we do together.”

Diego Andrade
STAFF WRITER

Hanna Colista | News Editor-Elect

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April 23, 2009

14 ATHLETICS

Tara Fikes awarded Athlete of the Week

Dannah Hartman
MANAGING EDITOR ELECT

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14 ATHLETICS

Tara Fikes awarded Athlete of the Week
Equestrian Team will be ready to “wow” during the Fall 2009 season

Elizabeth Kern

The equestrian team doesn’t seem to get the same publicity or recognition as other athletic teams on campus. People should start curious about this because this year’s team made it all the way to regionals!

This season the girls competed in ten show dates and Amanda Anderson competed in regionals. Regionals took place at Briarwood Farm in New Jersey. Anderson was the only member of the team to compete in regionals but they are hoping for more of the team to represent next year. Anderson took home third in walk/trot.

The team ended their season 9th out of 12 in the region and beat Princeton, Wilkes and Moravian.

Most of the team is very experienced in riding and have been doing it since a very young age. Surprisingly they still get nervous doing it since a very young age. Experienced in riding and have been riding since a very young age.

Co-captain Eryn Ziegler, sophomore Psychology major, recalls a fond memory of calming her nerves. “One day I will never forget was the time I was getting nervous before going in for my jump course and Dr. Ward was quizzing me on my psych class to help keep my mind off of it.”

The ladies are already looking forward to the new season and are eager to get the ball rolling. When asked about what we should be prepared to see next season Tuttle responded, “Definitely more riders in regionals and a lot of blue ribbons coming home with us.”

This season proved to be one of their best as a whole and they are hoping to be in the top four next year. With all their confidence it doesn’t feel like a far off goal. Their dedication can be seen by how many hours a week they practice up at the barn and even during the off season. “I will be riding over the summer. I am staying on campus for summer classes and work study, so I can ride with my coach,” said Tuttle.

Although the team is not losing any members due to graduation this year they are welcome to anyone that is interested in riding or just has a love of horses. No experience needed.

Each member has their own individual favorite memory of the season. Whether it be seeing a fellow teammate excel into a better rider or winning their first blue ribbon, they all have one thing in common and that’s improvement.

“This season has taught me that Cedar Crest is quickly becoming a very strong force within our region. We all know that saying ‘if you can’t run with the big dogs, stay on the porch,’ well Cedar Crest has grown into a big dog and the other teams and coaches are beginning to see it as well,” said Ziegler.

Sunderhaus scores on a great season

Anna Dold-Fisher

On March 18, Freshman Lizzy Sunderhaus was named to the D3HOPS.com All-Regional Team, a first for Cedar Crest College.

Sunderhaus expressed that she wished more of her teammates had been recognized for their contribution to the team because the whole season was a team effort, and they all deserved it.

Sunderhaus has been playing basketball from an early age. Her dad showed her the ropes and the love of the game. She started taking it more serious in high school, and put in extra work at basketball camps, playing in AAU tournaments, and spending summers traveling all over to play the sport she loved.

She admitted that hard practices coupled with her lack of free time, would sometimes make basketball feel like a chore.

But she admitted, “Once I start playing a game all those worries and annoyances go away, and it is just me on the court with my teammates in a battle to win the game. I lose myself in the game.”

That sense of escape is one of the many reasons she plays, and summed it up by saying, “No thinking, no worrying, just shooting.” Sunderhaus’s teammates remembered her love of the game.

She is happy to leave her mark here at Cedar Crest and be remembered for her achievements.
TAURUS: (April 20 - May 20) You are getting ready for finals, and the stress is getting to you. Take some time, at least an hour, to yourself and bring you back to relaxation and center. You will do better when you are not stressed.

GEMINI: (May 21 - June 21) Big decisions are coming your way. Go with your instincts and trust yourself. No one can make those decisions for you. Everything will happen and you will get through it.

CANCER: (June 22 - July 22) You never seem to have time anymore. But no worries, in the coming weeks, time will free up and a great opportunity for time with friends is coming. Do what you have to do, and get it done with.

LEO: (July 23 - Aug. 22) You may find that you’re being pulled in all directions throughout the course of the day. Just try to stay on top of things, keep a cool head, and focus on the moment - then you can finally start looking forward to the weekend!

VIRGO: (Aug. 23 - Sept. 22) No matter if things seem to keep going wrong you’ll find more comfort and reassurance from a good friend rather than from an activity that involves spending money! So, lock your wallet and forget about it.

LIBRA: (Sept. 23 - Oct. 22) If your mood seems to drop for no reason, find a focal point to concentrate on. Do something you like, such as art, writing, reading, or a walk in the park. It will cheer you up and help your focus.

SCORPIO: (Oct. 23 - Nov. 22) Careful what you say: it’s likely to be very easy to say the wrong thing and upset someone on the work/school front. As with a couple of other signs you could find that communications are deceptively slippery!

SAGITTARIUS: (Nov. 22 - Dec. 21) Watch your cash flow this week. It may seem as if the little expenses are not so bad, but soon they will start to add up. Skip the spur shopping and save your money.

CAPRICORN: (Dec. 22 - Jan 19) Your friends may be giving you mixed signals, so before you jump to conclusions, communicate and find out what the problem is. Don’t make a mountain out of a mole hill.

AQUARIUS: (Jan. 20 - Feb. 18) When stress starts to get you, take a break and relax. You don’t want to flip out at a time when it really counts, such as during a final or yelling at a friend.

PISCES: (Feb. 19 - March 20) Stop procrastinating. The semester end is coming fast and if you don’t move soon, those due dates will be here and your projects will not be ready. Your grades will be hurt in the end.

ARIES: (March 21 - April 19) All your hard work will pay off soon. Keep working hard and know that the payoff will be worth it in the end, especially when your final grades come out.

April: National Keep America Beautiful Month

Facts of the Week:

April 23
Hank Aaron hit his first major league home run, 1954
McDonald’s opened its first restaurant in Beijing, China, 1992
Ferdinand Magellan was killed, 1521
Andruw Jones (32) Major League baseball player
James Buchanan (b. 1791) Fifteenth president
William Shakespeare (b. 1564) English dramatist and poet

Birthdays: 
April 23
Kate Mulgrew (54) actress
Jessica Alba (28) actress
Jay Leno (59) comedian
Samuel Morse (b. 1791) inventor of the Morse Code
Guglielmo Marconi (b. 1874) developed wireless radio

By Khyla Brandt

Mr. Chemist’s Neighborhood

ARCHERY
MEDAL
BADMINTON
PENTATHLON
BASEBALL
RIDING
BOBSLED
ROW
BRONZE
SAILING
CANOE
SKI
CYCLE
SOCCER
CYCLING
SOPHISTICATION
DIVING
FENCING
ESTOLINE
GALE
GOLD
TENNIS
HURDLE
SUMMER
JUDO
SWIMMING
KARATE
TAEKWONDO
KYAK
WINTER
MARATHON
TRIATHLON

By David Raker

Historical Happenings

April 23
William Shakespeare (b. 1564) English dramatist and poet
James Buchanan (b. 1791) Fifteenth president
Andrew Jones (32) Major League baseball player
Larry “Chipper” Jones (37) Major League baseball player
Guglielmo Marconi (b. 1874) developed wireless radio

April 24
John James Audubon (b. 1785) bird artist
Charles Richter (b. 1900) physicist and seismologist
Samuel Morse (b. 1791) inventor of the Morse Code

Answer Key: SMI

View your support at the hall olympics: marathon, kettlebell, karate, judo, hurdle, fencing, equestrian, diving, cycling, canoe, bobsled, baseball, badminton, Archery, medal, pentathlon.