Purdy was also able to attend several different presentations, "As the Electron Turns," and "The Atoms and the Kingdom Protista League," including "Multiples of Five," and "Synaptic Plasticity," which was composed of several elements, including ceramics and electronics, and took him an estimated 150 hours. His sculpture "Conspicuous Absence" was also on exhibit in Philadelphia, where the National Council on Education for the Ceramic Arts met this year. "Multiples of Five" appropriately had contributions from five artists, including McDonough. He personally knew most of the other artists he was featured with. "Emergence" was a group exhibition that featured work from the National Council on Education for the Ceramic Arts, Philadelphia, and FiberPhiladelphia. The exhibit ran from March to April, and was overall a great success for McDonough. He said, "In the end I was extremely pleased with how the exhibition came together. Each of us makes very different work and we made a great effort to provide unity through a cohesive exhibition statement."

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**Promotion and Tenure ceremony**

Hauna Colista,

**NEWS EDITOR**

Promotion and Tenure was more than an achievement but an honor recognized through a warm ceremony for the entire campus community.

Dr. Amy Reese, professor of the Biological Sciences and Michael Donovam, professor of Business, Management, and Economics were honored on Apr. 15 in Samuels Theatre of the Tompkins College Center (TCC) for their promotions to associate professor and for being granted tenure.

Reese has been with Cedar Crest since 2004 when she was an assistant professor of biological sciences. Then in 2005 she became the health professions advisor. Since then, Reese has loved being around students, and was described in Provost Dr. Carol Pulham’s introduction of Reese.

Reese’s research has been published in numerous publications and awards including one from the American Society for Microbiology Conference for Undergraduate Educators. Reese said, "My former and current students are what allow me to excel in music and chemistry."

During Reese’s speech she advocated strongly for music’s abilities to strengthen the mind of individuals that find themselves in the arts. "I see the sciences alone, there is a strong connection between science and music, as I have shared from my personal story. Even without musical, this research, this coursework, this talent, this music, this science, this ability, this biology, this chemistry, this physics, this anything will help them to learn the sciences.

In the end, Reese was moved by the honor and thanked a number of people that have supported her along the way. Reese says, "I have learned from them was overwhelming." Donovam began his time at Cedar Crest in 2004. When arriving, he took the position of department chair. Along with Reese, Pulham described much admiration for him from the administration and was very pleased with how the department was growing. When arriving, he took the position of department chair. Along with Reese, Pulham described much admiration for him from the administration and was very pleased with how the department was growing. When arriving, he took the position of department chair. Along with Reese, Pulham described much admiration for him from the administration and was very pleased with how the department was growing.
Professor Casey McDonough exhibits art in Philadelphia

Dr. Jill Purdy presents findings on creating motivation in classroom

CAMPUS NEWS

Lauren Panepinto
COPY EDITOR

Managing Editor | Dannah Hartman

News Editor | Hauna Colista

Opinion Editor | Lindsay Janzey

Assistant Opinion Editor | Sarajane Sein

Front Page Editor | Danyla Frazier

Staff Writers | Jessica Kuc, Katey Dauble, Christine Hickey, Jesenia Holguin, Rachel Morgandale, Michelle Palmitano, Alyssa Slinger, Rena Wallace, Stacy Williams, Rachel Zarayko

Questions or concerns?
If you have any questions about The Crestiad or its content, please call the editorial staff and leave a message by phone, fax, mail or e-mail.

SUBMIT YOUR EVENT
Events can be dropped off in the box outside of The Crestiad office in the basement of Butz Hall marked “What’s Happening?” or email the News Editor, Hauna Colista at bcice@cedarcrest.edu. For an event to be included in a specific issue, The Crestiad, it must be submitted by 5 p.m. on Monday the week of the issue.

Cedar Crest College, 100 College Drive
Allentown, PA 18104

The Crestiad is a student-run newspaper organization. It publishes one edition every week throughout the Fall and Spring semesters, available both in print and online at www.cedarcrest.edu/crestiad. Its primary goals are to keep students informed about events and issues of concern to the Cedar Crest community, and to provide internship-quality media experience.

Students participating in The Crestiad may receive academic credit for their participation. The final responsibility for news content and decisions rests with the editorial staff.

The Crestiad is the student-run newspaper of Cedar Crest College and every member of the community is entitled to one copy, free of charge. Additional copies of this paper are $1.00.
Biology department remembers
loved friend, Dianne Molchany

Dianne Molchany, Administrative Assistant for the Biology Department, passed away this April, but has left a lasting impression on the mem-
bers of the Biology department.

Molchany was a well-known and loved woman at Cedar Crest. Molchany started her career here in 1957 and worked here for 22 years. She is very fondly remembered by the faculty and staff who knew her.

Many remember her always smiling. Amy Faivre, Associate Professor in the Department of Biological Sciences said “For myself, I so much
appreciated having her friendly greeting and sparkling smile as I rushed in in the morning. Somehow she was always encouraging and friendly, even when it was snowing or raining.”

Dianne was also remembered for always being happy to help out with anything, whether it be extra work or giving advice on personal issues.

According to Audrey Ettinger, Associate Professor of Biological Sciences and Director of the Neuroscience Program, not only could Dianne “juggle details of many ongoing projects at the same time without ever seeming overwhelmed,” but she was also “an extremely good listener.” Ettinger said that “her hugs were used by the students and faculty alike as a place to sit and tell Dianne your troubles. Just talking to her about whatever was going on in my life, professionally or personally, always made me feel better. She was my best friend as well as a co-worker.

When she talked about her battle with cancer, she maintained a consistently positive outlook despite her difficulties; she was rarely wor-
tied about her own pain, but more about how it was affecting her daugh-
ters and her husband.”

Also remembering Dianne, Biology Professor, remembers her as a caring person who worked hard in handling all of the secretarial duties for Biology, Chem-
istry, and the Forensics program. Hale also remembers her love of travel-
ing. “One of her favorite pastimes was traveling. She and her husband, Fred, seem to have traveled the world each year. If ever I was planning a trip and deciding on where to go and where to stay, I would seek Dianne’s rec-
ommendations.”

The dangers of war journalism

Jessica Kuc
STAFF WRITER

This month a video was leaked on the Internet providing footage of a 2007 U.S. Apache hel-
icopter attack on Baghdad civil-
ians, an incident that has been out of the public eye.

A non-profit group called Wikileaks surfaced this video on April 11, and the next day it was already a YouTube hit.

The initial incident three years ago involved at least seven con-
firmed civilian deaths, though the original number was estimated a bit higher. According to Yahoo News, at least two of these casual-
ties were employees of the Reuters News Service, photographer Namir Noor-Eldeen and his ap-
pointed driver Saeed Chmagh.

According to the Scramton Times Tribune, shortly after the original occurrence on July 12, 2007, the military said that the re-
 sponsible individuals were not out of line. It was claimed that those killed in the attack, particularly the Reuters employees, were “difficult to distinguish because of their uniform.”

While there was some initial conflict over how distinctive the camera was, the opposing side expressed that a camera could have easily been misconstrued as a weapon.

With a clear, black and white video now available to the public, courtesy of Wikileaks, this individual in divi-
dual with access to a computer can view the incident for him/her-
self. Wikileaks, formed in 2006 with an apparent goal of allowing the leak of government documents, documents the world towards its website, collateralmurder.com.

While two reporters from Wikileaks were sent to Baghdad to do ground reporting, including interviewing witnesses and family members of the deceased, their presentation of the video has been critically criticized. On the Collateral Murder website, which was the original host of the publicized video, the event was portrayed as an intentional act of malice despite no official determination of such.

It is stated in the overview on collateralmurder.com that “the video, shot from an Apache hel-
icopter gun-site, clearly shows the unprovoked slaying of a wounded Reuters employee and his res-
cue.” The website’s text does not include the possibility of misinter-
pretation on behalf of the U.S. in-
dividuals involved. It does include a detailed transcript of the conver-
sations heard on the video.

It is still undetermined how Wikileaks came to acquire this video. To watch the footage of the video has not been proven, though there are no proven claims against its validity either.

Despite any questioning of the video or research watching the footage of the video has increased awareness of the dangers of war journalism. The Committee to Protect Journal-
ists (CPJ) has no evidence of jour-
alists being specifically targeted; however the organization has re-
leased general information regard-

ing the danger of this profession. According to the Scramton Times Tribune, the CPJ has stated that “at least 190 journalists and media support workers have been killed in the conflict” and “at least 16 journalists have been killed by U.S. forces in Iraq.” While the video and the information provided are still being investigated, Wik-
ileaks has increased public knowl-
edge of the issue.

Health and Wellness Fair

Jesenia Holguin
STAFF WRITER

Health and wellness invades the Cedar Crest with the annual Health and Wellness Conference set to take place Apr. 27.

“Two are excited to once again participate,” said Valerie Donohue, “Our students have really en-
joyed the Health and Wellness conferences, the biological and chemical sciences, and the student club activities involved. It does include a detailed transcript of the conver-
sations recorded on the video.

The conference pulls together the entire college community and highlights the work of different students and organizations around campus. "The day will be interactive, informative, and fun, featuring free cholesterol, bone density and blood pressure screenings, mas-
sages, healthy snacks, aroma ther-
apy, hula hooping and much more."

Finally, Donohue wanted to make sure that those attending the conference knew that there would be chances, “to win a ton of great prizes,” and, “all attendees will take home a small gift and enjoy a 10% discount on selected book-
store items when they present the Conference brochure.”

The Health and Wellness Conference will take place throughout the Tompkins College Center on Apr. 24 from 10 a.m. to 2 p.m.

Pictures from past events as well as other information will be posted on the facebook event page.

For more information: http://www.facebook.com/eve-
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CAMPUS NEWS

Health and Wellness Fair

Rachel Zarayko
STAFF WRITER

CAMPUS NEWS

Health and Wellness Fair

Dianne Molchany smiles at a lunchroom that the Biology department threw for her when she retired.

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CAMPUS NEWS

Health and Wellness Fair
Earth Day in Lehigh Valley

Khyla Flores
ATHLETICS EDITOR

Earth day has become a national celebration. Every year on Apr. 22, countries from all over the world join hands in making planet Earth a safer and healthier place to live. The 2010 Earth Day campaign is said to draw in the most participants since it started forty years ago.

According to the official campaign website, www.earthday.org, there are over “one billion people in 190 countries that are taking action for Earth Day...Earth Day Network is galvanizing millions who make personal commitments to sustainability.” Earth Day 2010 is a pivotal opportunity for individuals, corporations and governments to join together and create a global green economy.

Many companies in the Lehigh Valley have made an effort to move toward sustainability, possibly by utilizing recycled materials, or maybe by using wind or solar power to generate energy. There are a few businesses that have ventured further to celebrate this momentous occasion, by holding events and educating their community on small ways they can lend a hand to help the Earth as well.

The Lehigh Valley Mall held an Earth Day event on Apr. 17, with the purpose of educating the mall visitors to add some “green” into their lifestyles. They had on-site recycling opportunities for visitors to drop off documents for shredding and old or unused electronics to get rid of in a safe and eco-friendly manner.

There were various stands promoting options, such as a greener power supplier, or light bulbs that use less energy, and in particular, a stand ran by the EcoMom Alliance of the Lehigh Valley, which educated families on living a more sustainable future. The founder of the local group, Kerri Mullen, gave a talk on the impact mothers can have on the planet and why women are so influential on creating a “green” environment.

Mullen said that women have “an enormous amount of power, knowing that every time we make a purchase, we can essentially vote for change with our wallet...when moms come together and demand healthier options for their families, whether it’s healthier food in the school cafeteria or government regulations on the chemicals in our health and beauty products, women, and especially mothers, will make it happen.”

The National EcoMom Alliance was founded in 2007 by Kimberly Pinkson of California, who wanted to empower women and create change across the globe. Mullen founded the Lehigh Valley chapter in 2008 and although it started small, it has grown to over 100 women, all with the same ideas in mind to promote and provide a sustainable future.

The mission of this strong group of women is to “alleviate the isolation and overextension so common among mothers in a contemporary society.” By gathering together, these women hope to create interest in others and in each other to make healthier and possibly alternative options to their current lifestyle, which will produce an eco-friendly future in the end.

“Like most things in life, we believe that change begins with one step and therefore focus on First Steps for a Sustainable Future. Like the Lakota prayer, Mitakuye Oyasin, the EcoMom Alliance is for all of our relations. Leveraging the power of mothers, EcoMom is dedicated to bring this principle forward to promote a sustainable future for all.” For more information or for details on joining the alliance, visit www.meetup.com/Lehigh-Valley-EcoMoms/about/

April is not just for fools but for laughs
Michelle Palmisano
STAFF WRITER

For anyone that did not know, Apr. is National humor month. Just like love, mothers, and being Irish, Larry Wilde has dedicated time to being funny and laughing, but just like remembering to love everyday, and not just Valentine’s Day, people should remember humor is a huge part of the human experience all year long.

According to www.humor-month.com Apr. is a full month dedicated to making people laugh as well as the things that make people laugh. Dr. Micah Sadigh, an associate professor of psychology, explained how important humor is to him. “Humor is part of the human experience, just like love.”

This year is the 34 year that National Humor Month has been celebrated for. National Humor Month was founded by Larry Wilde, a best-selling humorist and director of The Carmel Institute of Humor, according to Larry Wilde’s site, which is an important thing to remember, considering the semester is coming to a close.

Another way to seek out natural humor is children. Children are care-free and when they laugh they put their entire bodies into it. There are two ways to incorporate humor into one’s life, according to Sadigh, one positive and one negative. The first of the two is positive and includes being able to laugh at yourself and not take life too seriously all the time. The second is negative, and though it is perceived as true humor it is just the opposite. Negative humor is a way to express aggression without directly
in addition to “Multiples of Five” McDonough’s work was also displayed as part of a group exhibition in association with the National Council on Education for the Ceramic Arts, Philagrafix 2010, and FiberPhiladelphia. The exhibition, which ran from March until April, featured clay artists, fiber artists, and print artists who explored the concept of complexities found in ordinary life.

His sculpture “Conspicuous Absence” was featured in the show as well as two smaller untitled objects. Although no longer on exhibit, more information regarding “Emergence” can be found at Bahadebaho.com.

In the end I was extremely pleased with how the exhibition came together, each of us makes very different graphics,” Phillips said.

“A cohesive exhibition statement,” said McDonough.

Phillips further comments that “Each display has one thing that is unique to their job. Further, there is no restriction for types of campus workers.”

“When I spoke to a PA (Physician’s Assistant) that’s been a PA for over 30 years, so I guess it depends on the experience you have there. Initially, it’ll be a stepping stone,” Dorsey said.

“The most important thing is the student on campus is invited to submit their unique contributions the student has made. That’s what they’re looking for,” Fazakas said.

During the ceremony Dr. Alan Hale, professor of Biology, was recognized for serving as professor at Cedar Crest for 25 years.

“I worked in the library in high school for three years and then I went to college. I chose to work in the library because I was familiar with it and know the circulation process. I like doing it because it is an outlet, since science kids don’t get that outlet,” Dorsey said. “It’s nice to see that I can pull off the stuff she asks. It’s a good destressor.”

If accepted, Dorsey hopes to use the experience with the Air Force as a segway into a future career path, but admits that she may possibly stay in this branch as well.

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National Student Employment Week ran from Apr. 11-17, and Cedar Crest does not take this week lightly. The experience does not end there. Donovan teaches a variety of courses including business ethics, international business, principles of finance and a course that involves public policy for business students. Donovan has been published by Prentice hall and has presented at several conferences.

Donovan recalled the past 26 years. He critically looked at our society and capitalism in role in people’s lives. He reflects on what he has learned and what he has tried to pass onto his students.

Donovan says, “Let’s reframe education as more than a road to a job. Impossible? Maybe, but Horace Mann in his 1848 Twelfth Annual Report as Secretary of the Massachusetts State Board of Education is partly right when he challenges schools to not just buoy ‘itself about capital and labor, supply and demand, interests, and rents, favorable and unfavorable balances of trade.’”

His next thought urges education to transform the destinie from a consumer to a producer. I argue, instead, he should recommend teaching the benefits of promoting the common good as a counterforce to the limits and weaknesses of capitalism.

After then, reflecting on some of his early business experiences Donovan says, “I have to say again to my students and to others. ‘Don’t ever say you are on your own, sucker.’ I hope that our ability to train leaders includes this caution and bears fruit over the next 20 years.”

Donovan also serves a four-year term as Vice-President of the Allentown City Council. His diversity of knowledge and experience does not end there. Donovan teaches a variety of courses including business ethics, international business, principles of finance and a course that involves public policy for business students. Donovan has been published by Prentice hall and has presented at several conferences.

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Both Donovan and Reese are now, and will be for the rest of their time here as Associate professors of their departments.

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The Right to Be Female...

Sarajane Sein
COLUMNIST

I have a lot of respect for the feminist movement, though I don’t always agree with all of their tenets. They range from sensible (stop objectification of women for example) to a bit over-the-top (I’ve recently encountered “ombudsperson” on a college web-page), but on the whole I can get behind the general idea that women should have equal rights to men.

Unfortunately, however, I feel as if a lot of the struggle for women’s rights in this country tends to ignore the fact that we in the United States and other industrialized nations have it much, much better than women in other parts of the world.

According to info-to-gether.org, new medical technology in India has led to widespread sex-selective abortion practices, five-million estimated to occur every year in the next five years alone.

“UNICEF stated that of 10,000 abortions performed after an amniocentesis in Bombay, India, 9,999 were determined to be of female fetuses,” according to the website for the organization Stop Violence Against Women.

How are people going to be able to fight for rights for women when in societies such as this are actively selecting against a female population? And why does there seem to be such limited outrage about such practices here in the United States?

American feminists often point to access to abortion as an important right to empower women, and seem to ignore the fact that it is, in these cases, being used to eliminate women from the population. This practice is resulting in a sharp drop in the sex ratio in India, despite the fact that an Act against the practice was passed in 1994.

“In some villages in Madhya Pradesh, a baby girl has not been born in 20 years because there are no girls,” Shoma Chatterji writes on the website for the group india-together.org, explaining the far-reaching consequences of the practice.

The women’s rights struggle may be on-going in the United States, but things are much, much worse in many other countries. Unless we band together to protect the rights of our sisters around the world, the struggle for equality will be meaningless and one-sided.

Don’t hate, appreciate!

Katy Daulbe
STAFF WRITER

You hear it all the time—“They’re like, 16, how are they famous?”... well, hopefully this article will help answer that question.

Talent these days comes in many different forms. Anything from eating 20 hot dogs in five minutes to being able to walk on your hands can be considered talent, but musicians continue to stand out the most. Striking appearances are talked about in magazines and newspapers all over the country—but what is that factor that makes them so famous, why are they so significantly special—especially those teens that are taking up half of the news these days?

Teens from Disney who have begun their career as an actor or actress are now taking their stardom to the stage of music. Many people believe they are overly talked about, or that they don’t deserve where they are. “Disney pays for them to get where they are.” “They aren’t even that good.” “I think I can sing better than them.” “He sounds like a girl.”—these are just a few of the biting comments I hear daily from my peers.

Lack of respect to young artists grow more and more. Each day, they evolve, and people often forget the hard work put into making a career out of music—it’s not easy.

Think back to when you were just a teen, around 15 or 16, and what you were doing at that time. There was probably no way you were even thinking about how many people you had to talk to that day, the amount of school work you had to complete in such a short period of time, nor did you have to worry about pleasing a world full of critics in the entertainment industry.

Sure, we all went to school and had to worry about the grades the teachers gave us, but in no way were we dealing with the amount of people these young teen musicians deal with. We were just beginning to worry about ourselves, let alone have to worry about other people.

When I was 16, I know I didn’t know much about the talent I had to offer, and how my talent could impact others’ lives. Many young teen musicians are driving others their age to follow their dreams by showing the success they can achieve at a young age.

And by means of anyone who likes to use the famous line—“They’re writing a song about love and they don’t even know what love is.” Who’s to speak for anyone but themselves—you have to remember, many young teen musicians don’t write their own songs!

A prime example is Justin Bieber—do you know 16 year olds that can sing, play three instruments (guitar, piano, and drums), beatbox, and dance? It takes a lot of practice, effort, and energy to become skilled in all those areas. Talent like that isn’t found in every 16 year old, and that in itself is impeccably admirable.

What is the best thing college students can do for the environment?

“Try and recycle more simple things, such as paper and bottles.” - Nisa Waterman Psychology, ’13

“Try to recycle what they use. Print only what they need and walk more.” - Mackenzie Lee Biochemistry with Forensics ’10

What is the best thing college students can do for the environment?

“Think of the environment in every decision—what we consume and what we throw away.” - Thaddeus Schradle

Lindsey Jancay, Editor
With graduation on the horizon it is not unlikely to find soon-to-be graduates thinking and discussing their post graduation plans.

Most of those plans entail a continuation of their education or jumping into the workforce. Regardless of where your life may lead you after commencement there are always the fears and worries that follow.

Zoomr.com recently posted a web conversation about students’ biggest fears about college. After reading through some of the posts, it is my realization that most of the fears I had coming in as freshman are the same fears I am experiencing now as a senior on the verge of graduating.

One response stated, “... uncertainty towards the future and confusion...” were his biggest fears; both of which I can agree with.

Another big fear that students shared on collegenet.com was the fear of not being successful. I could not agree with that fear more; with graduating college I feel as though my successes will come now and far in between.

With the current economy the way that is, and the difficulty of finding a job, most students have decided to return to the classroom.

According to NYtimes.com, “the recession and the resulting shortage of good jobs have spurred a jump in applications to law school and a growing interest in graduate programs.”

The career Office at Cedar Crest has utilized the Career Planning office, I find it has really been a great tool to help weigh my options.

Another great source that I found helpful are the professors here at the college. There have been so many times that one of my professors has mentioned jobs that would be perfect for someone who has just graduated.

Everything a graduate needs to succeed is here on our campus, which is something I can relax about. You just have to look for the opportunities and take advantage of as many as you can.

I can’t speak for all my fellow classmates and soon to be graduates, but with all this talk I can’t help but worry that the good times have come and gone.

The one thing I do know is that this is not the end; while the road ahead seems tough and uncompromising, I plan to make the best of it.

Enjoy every experience and take it for what it is worth. And always remember that it’s darkest right before they turn on the light.
### Logic Puzzle

#### Name That Tune

Read the lyrics and figure out the name of the song!

<table>
<thead>
<tr>
<th>Name</th>
<th>Lyrics</th>
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<tbody>
<tr>
<td>1. Every other word is uh huh, yea okay; Could it be that you are at the crib with another lady?</td>
<td>1. Every other word is uh huh, yea okay; Could it be that you are at the crib with another lady?</td>
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<td>2. “The things that we’re afraid are gonna show us what we’re made of in the end.”</td>
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<td>3. “And if you’re faced with a choice, and you have to choose, I hope you choose the one that means the most to you.”</td>
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<td>4. “Want to put my tender heart in a blender, watch it spin ‘round to a beautiful oblivion.”</td>
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<td>5. “Daddy wrestles alligators; Momma works on carborators; Her brother is a fine mediator for the president.”</td>
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<td>7. “You gave me wings and made me fly. You touched my hand I could touch the sky.”</td>
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<tr>
<td>8. “Plant a seed, plant a flower, plant a rose you can plant any one of those.”</td>
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<td>9. “Baby don’t misunderstand what I’m trying to tell ya. In the corner of my mind baby, it feels like we are running out time.”</td>
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### Astrological Meditations

#### Aquarius

Jan. 20 – Feb. 18

You have some excellent opportunities coming your way! Before you commit though, make sure you have time for everything you want to do.

#### Pisces

Feb. 19 – Mar. 20

Your mind is already on summer break. Make sure you keep making an effort in your classes or you will end up regretting it later.

#### Aries

Mar. 21 – Apr. 19

You have been so occupied with looking at some special someone that you have not paid much attention to the wonderful people around you. This week you will open your eyes to how special they are.

#### Taurus

Apr. 20 – May 20

You are very careful with your money and that is to be commended. However this week you will find something you do not need, but really want. Go for it! You need to cut yourself some slack sometimes.

#### Gemini

May 21 – June 20

This week will bring a lot of work but do not worry. A friend will step up to help you manage your workload – AND your stress!

#### Cancer

June 21 – July 22

If you can gt through this week you can get through anything. Just take everything one step at a time – the light at the end of the tunnel is not very far out of your reach.

#### Leo

July 23 – Aug. 22

Money is tight and while it is unfortunate you have to accept it. Be a little more careful with your spending and the sense of responsibility you will gain will help you.

#### Virgo

Aug. 23 – Sept. 22

Life has been rough lately, but keep your head held high. You have been doing a great job of keeping a positive attitude, and people around you have noticed.

#### Libra

Sept. 23 – Oct. 22

This is an exciting time in your life, but make sure you take the time to appreciate all of the little things. They may not turn out to be so little after all.

#### Scorpio

Oct. 23 – Nov. 21

You are coming into a streak of good luck! Enjoy it, but do not get too caught up in all you are gaining. Others around you are not so lucky.

#### Sagittarius

Nov. 22 – Dec. 21

This is an exciting time in your life, but make sure you take the time to appreciate all of the little things. They may not turn out to be so little after all.

#### Capricorn

Dec. 22 – Jan. 19

You will face a tough decision in the coming week. Make sure you think everything through completely. Everything will turn out fine if you keep an open mind.

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### Place your club’s ad here!!
STUDY BREAK

In April of 1861 the American Civil War began.

On April 3, 1860 the Pony Express was started and went from St. Joseph, Missouri to Sacramento, California and took ten days.

On April 17, 1964 Ford unveiled its newest machine, the Ford Mustang, which would go on to become one of the most popular cars in Northern America.

On April 18, 1775 Paul Revere rode from Charlestown to Lexington to warn the colonist “the British are coming, the British are coming!”

On April 20, 1914 seventeen people were killed in the Ludlow Massacre, in Ludlow, Colorado.

On April 30, 1812 Louisiana, once belonging to France, was admitted to the union and became part of what would become the United States.

learn Hindi

vi - r - ā - t.a

ā – long ahh
t.a – a tah sound, but with the tongue flicking off the top of the pallet to make the t sound

Meaning: Colossal, ginormous
Eco edibles
Savory organic snacks that are easy on the environment as well as your taste buds

2 bananas
5 ounces strawberries (about 1 cup)
5 ounces peaches (about 1 cup)
2 cups apple juice

*Fresh fruit can be substituted with frozen fruit

1. Blend all of the ingredients together on a high speed until smooth.

Variations:
- You can substitute Apple Juice with Soy Milk or Pineapple Juice
- For zestier flavor, add 1 teaspoon of lime
- For creamier flavor, add 1/2 teaspoon of vanilla extract

Recipe from The 30 Minute Vegan by Mark Reinfeld and Jennifer Murray

Eco eggrolls

1 Package Nasoya or Azumaya Extra Firm Tofu, drained and crumbled
1 Package Nasoya All Natural Egg Roll Wraps
1 teaspoon garlic, minced
2 cups cabbage, finely chopped
1/4 lb. bean sprouts
1/2 cups carrot, shredded
3 green onions, finely chopped
2 tablespoon vegetable oil for deep-frying
1 tablespoon Oyster sauce

Mustard, ketchup or sweet & sour sauce for dipping

1. Stir-fry tofu and garlic over high heat until lightly browned, 2 to 3 minutes.
2. Add cabbage, bean sprouts, carrot and green onions: cook 2 minutes.
4. Use 2 tablespoons filling for each egg roll.
5. To fold, place filling in middle and roll from the bottom corner. Fold sides over and tuck underneath as your folding. When you get to the top corner, wet it to make the folding stick.
6. To deep-fry: heat oil to 350 degrees, and deep-fry a few at a time, turning occasionally, until golden, 2 to 3 minutes. Drain on paper towels.

Recipe from vitasoy-usa.com.
Bruschetta with Crostini

Bruschetta
3 cups tomatoes, diced (4-5 Roma tomatoes)
1/4 cup red onion, diced
1-2 garlic cloves, pressed or minced
1/4 cup thinly sliced fresh basil
2 tablespoons minced parsley
1 tablespoon balsamic vinegar

Crostini
1 baguette, cut into 24 1/4 inch slices
1 tablespoon olive oil
1 tablespoon parsley

1. Preheat the oven to a high broil. Toss the tomatoes, red onion, garlic, basil, parsley, and vinegar in a mixing bowl.
2. Arrange the slices of baguette on a baking tray or cookie sheet. Use a pastry brush to spread a very light coating of oil onto the bread. Sprinkle the parsley over the bread. Broil for 1-2 minutes, until lightly roasted.
3. Serve bruschetta over the crostini. Bruschetta will last for 2 to 3 days in an airtight container in the refrigerator.

Recipe from The 30 Minute Vegan by Mark Reinfeld and Jennifer Murray

Vegetable Stir-Fry

1 cup onions, sliced
1 cup green peppers, sliced
1 cup red peppers, sliced
1/2 cup carrots, thinly sliced
1/4 cup bean sprouts
1 cup squash
1 bag of Lundberg Organic Rice, California Brown Basmati

1. Start by preparing and cutting all the vegetables and measuring your ingredients.
2. Cook the rice in a large pot.
3. In a large skillet, heat canola oil over high heat until almost smoking.
4. Slowly add the vegetables while stirring constantly, cook for 2 minutes.
5. Stir oyster sauce and remove from heat. Serve immediately.

Recipe from foodnetwork.com

Photos by Dannah Hartman, Managing Editor and layout design by Lindsey Jancay, Opinions Editor and Dannah Hartman, Managing Editor
Anticonvulsants linked to suicidal tendencies

Nicole Magloire

Anticonvulsants linked to suicidal tendencies. Studies have begun to be performed on anticonvulsant medicines to determine if they not only lower your chance of having a seizure but also produce suicidal feelings in the patients that take it.

The drugs in question are used to treat, epilepsy, depression, chronic pain, bipolar disorder and other illnesses. These drugs have been linked to a higher risk of suicide and violent death than other drugs in the same class.

The study is trying to determine if the results found are linked to the drugs themselves or underlying mood problems that the patient may have. The study was published in a recent medical journal entitled “Journal of the American Medical Association” and it included an analysis of 13 anticonvulsants.

The FDA which performed the study in 2008, determined that patients taking one of the 11 anticonvulsants could have double the risk of suicidal thought and suicide attempts. As a result of the studies that were performed FDA made it mandatory for there to be a warning label on all anticonvulsants.

Unlike the experiment performed by the FDA, the current study focused on the risk of suicidal tendencies associated with specific drugs, instead of a class of drugs as a whole. The main drug of concern in the experiment was, an anticonvulsant called Topamax since it is prescribed frequently.

The study found that, 5 of the 12 drugs compared with Topamax were found to increase the risk of suicidal tendencies. The study also looked at the way that people who are suffering from psychological diseases are affected by the anticonvulsant medicine.

Dr. Andres M. Kanner a doctor that played a large part in the research conducted was quoted by CNN.com as saying, “These drugs do not only affect you. They are being used more and more by psychiatrists to treat patients with a variety of psychiatric disorders but primarily mood and anxiety disorders.”

In case of patients who are already suffering from a mental disorder it’s difficult to prove that the medicine induced suicidal feelings to develop. However, treatment with antidepressants can sometimes begin to lift that lethargy, which then leaves the person at risk for suicide. The greatest risk of suicide is in young adults (under age 24), and occurs at the beginning of antidepressant treatment.

The risk of suicide is high for depressed people overall, and the increased risk of suicide is quite small . Doctors prescribing antidepressants to young adults should explain these risks along with the many possible benefits of antidepressant drug treatment.” said Dr. Audrey Ettinger Biology Professor.

Though these drugs are still being experimented on to prove if whether or not they induce these feelings, the doctors conducting the study, discourage patients on the medicine, from discontinuing use of it without talking to their doctor.

The main thing is to be cautious about the risks versus the benefits,” said Kanner “In my mind, you have to keep it in perspective. There may be an increased risk of suicidal ideation, but most of these patients have tremendous benefits from these drugs.”

Before starting any new drugs, you should ask that your doctor fully explains the possible benefits and risks associated with them, so that you don’t find yourself overcome with feelings and tendencies that you never had before.
Urban farming growing in popularity

Rachel Morgandale  STAFF WRITER

Farm fresh produce may be coming to a city near you. In countries such as Cuba, raising crops in non-traditional ways became a necessity during a food shortage in the early 90’s. Unable to afford food, the citizens turned to farming to feed their populations. In Kenya, programs called farm-in-a-sack provide seedlings for “min-farms” that can food for their families. According to CNI, the program not only helps those in need, but brings together communities. Highly populated countries in Europe and Asia began adopting the practice as well. In Frankfurt, Germany, a company has begun leasing plots of land with seeds and tools to community members to sow their own crops. In most modern communities, the majority of the population buys their food from the grocery store where, thanks to imported goods, almost anything is available all year round. Growing food helps keep humans in tune to natural patterns. Though urban farming may be taken off in America yet, you can still find fresh fruits and vegetables locally. Traeger’s Farm, in Bucks County, sells produce, milk, cheese and other supplies. Asparagus is currently in season. Also nearby is the Rodale Institute in Kutztown. They have become well known for their farming Systems Trail which compares conventional and organic farming methods. The farm is open for visitors Tuesday through Saturday and for tours, jotted and self-guided, throughout the year. Plants for your own garden are also available for purchase from the Rodale Institute. Their website has information about global warming and famine prevention and how you can contribute to or reduce them. Perhaps farms will soon be springing up on the rooftops of Allentown. Until then, start your own summer garden and buy from local farms as often as possible.

EATING ORGANIC steps to a healthier you

Jessica Kuc  STAFF WRITER

As the idea of “going green” continues to grow in popularity, many people are looking for ways to help the earth and improve their own health and wellbeing. Making the switch to organic foods can do just that.

While typical healthy eating usually means picking different foods, such as trading cookies and chips for fruits or cereal bars, almost all food has an organic version that is potentially healthier. There are even organic sugar substitutes for those with a sweet tooth.

Unfortunately for consumers, eating organic is not always entirely convenient. While the majority of grocery stores do carry some organic foods, depending on the particular store the selection may be minimal when compared to non-organic foods. According to Women’s Health Magazine and various other published studies, choosing organic foods can actually help to stop global warming. Carbon dioxide is believed to be a main contributor to the heating of our planet and non-organic farming typically uses fertilizers that add even more into the air.

Organic foods, however, are the exact opposite, as the soil serves to absorb carbon dioxide. These farms also do not allow for the use of pesticides. Pesticides and fertilizers can runoff to local bodies of water and pollute them. Therefore, an increase in the popularity of organic foods can be directly beneficial to the earth.

These foods can directly impact your life as well. While not all non-organic foods are drenched with pesticides, one can never be sure exactly how tainted such food is. Although the long-term effects of pesticides on the human body are still being researched, pesticides have been proven harmful particularly to babies in utero and young children.

According to Women’s Health Magazine, studies have shown that babies who were exposed to pesticides while in utero as a result of the foods their mothers consumed were more likely to have abnormal reflexes and to be born prematurely. While this may not directly affect many college students, if pesticides are harmful to babies it is extremely doubtful that they are good for adults to ingest into their bodies. Although the levels of pesticides being consumed by Americans through food is typically not dangerously high, eating organic food guarantees that these pesticides are not entering your body.

Livestock raised for non-organic food is often given antibiotics and hormones for various reasons. Most farm animals are kept in tight living quarters allowing for the spread of disease. To counteract this, many farmers will use antibiotics to keep the animals healthy. Antibiotics can also aid in the growth of animals, giving farmers another reason to utilize them. Some bacteria can survive antibiotics and become immune to them, which can be harmful upon entering a human body.

Synthetic hormones such as estrogen are also used to help animals grow and produce a great amount of eggs or milk. While the

Gorgeously Green

Dannah Hartman  Managing Editor

Sweet green dreams

Toxins are everywhere— they’re in the air we breathe. They’re pretty much impossible to avoid, unless you live in some sort of bubble, but there are precautions we can take to reduce our exposure to them. Because although harmful to our health and many of us do it quite often, organic sheets are a great way to green your life in a big way.

Sleeping green can have advantages for the consumer, organic bedding is great for those who are sensitive to chemicals or have allergies. Organic bedding is typically hypoallergenic and is said to help the earth and improve their own health and wellbeing.

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Fresh off the shelf

Green & Black’s Peanut Chocolate

Khyla Flores
ATHLETICS EDITOR

Chocolate has been used to fulfill all sorts of purposes throughout the world. Whether it be fitting a heart shaped box filled with chocolate on Valentine’s Day, or just grabbing an Easy Bake Oven large chocolate bunny, or perhaps just stopping at the vending machine to grab an afternoon chocolate fix, chocolate has been in our lives for years.

There are many competing companies out there trying to advertise that they produce the richest tasting chocolate bar, or the nuttiest chocolate bar. But almost every company at some point or another claim that they make the “best” chocolate bars that tower over the others with taste and satisfaction.

Every candy company seems to market chocolate to a different type of audience, whether it be Hershey’s selling $1.50 bars to middle class housewives who can afford to support the animals while enjoying their chocolate, or fotz, when a new chocolate bar comes out, most Americans are dying to get a hold of it and compare it to their utmost favorite chocolate bar, wondering whether the new one is indeed the best.

Green & Black’s have been making chocolate bars for years, and are now giving the competition a run for their money with a new addition to their line, the milk chocolate bar with peanuts. Now some may say “big deal, there are hundreds of chocolate bars that already contain peanuts, what’s so different about this one?” But once you have a taste, you’ll understand why this new peanut milk chocolate bar is so revolutionary!

The competitors chocolate bars may have peanuts, along with other nonsense ingredients, such as red dye #4 and high fructose corn syrup, but that’s exactly why this bar is set aside from the rest.

Green & Black’s are entirely organic and their new bar is 37 percent milk chocolate with [a] hint of sea salt. The only other ingredients in this chocolate bar, aside from the peanuts and cocoa products are organic raw cane sugar, organic whole milk powder, and organic vanilla extract.

I prefer my food to be as minimally processed, while still maintaining that rich, delicate taste, and this chocolate bar hits it right on the mark! There is no need for the addition of a gooey nougat or processed caramel, because the sweetness of the caramelized peanuts add just the right amount of treat to this already smooth and creamy milk chocolate bar.

Green & Black’s have been bringing organic chocolate products to the United States and the UK in hopes of providing consumers with high quality tasty treats. They are one of the leaders in organic chocolate vendors today. But they are also taking their company to new heights in the future, by going 100% Fair Trade!

According to their website, “Pioneering organic chocolate maker Green & Black’s announces its commitment to move its entire chocolate range, worldwide, to Fair Trade – including the United States. Fifteen years ago Green & Black’s led the Fair Trade movement by launching Maya Gold® – the first ever Fair Trade Certified™ product in the United Kingdom. In the United States, Green & Black’s is the number one chocolate in the Natural channel. Green & Black’s entire range is already organic, and thanks to continued expansion around the world, this move will make Green & Black’s the world’s leader in organic and Fair Trade chocolate.”

Making their product Fair Trade will provide the farmers with a fair salary for their goods and the security of being Fair Trade allows their community to grow economically by being provided a fair wage for their products and services.

I feel good about purchasing a chocolate bar that not only beats out the rest of the competition in It’s rich chocolate taste, but also promotes healthy living by purchasing organic goods and supports the Fair Trade act, to aid farmers in earning a decent living.

Sensible Portions Veggie Straws

Michelle Palinismo
STAFF WRITER

When it comes to snacking college students often fall short on the healthy end of choosing. Money factors in to which foods we eat and often causes us to eat cheap as well as unhealthy. If you want something with texture, crunch and great flavor and at the same time being healthy veggie straws are for you!

The Sensible Portions version of Veggie Straws come in three great flavors: tomato, spinach, and potato, and all are made in pure sunflower oil. These healthy and tasty sticks are all natural and contain no trans fat, no cholesterol, or preservatives. Don’t shy away if you’re a veggie-hater, these straws are crunchy and tasty and also lightly salted.

I’m a pretty healthy eater and in my opinion this is a way to stay healthy while still allowing yourself to fully enjoy your food while having something that has substance and crunch, which are big deal breakers in my book. With Veggie Straws I can munch and crunch without feeling like I’m going to be five pounds heavier after I am done eating.

Each serving of Veggie Straws consists of 38 straws, much more than the 15 chips you would get for the 130 calories that they contain. Veggie Straws also contain 20% Vitamin C and 2% Iron. According to Sensible Portions Veggie Straws contains 30% less fat that potato chips, so right off the bat your being healthier!

Veggie Straws do not only eat well by themselves but are said to pair well with a low-fat dip of your choice, though I have never tried them this way. The maker of Veggie Straws makes a variety of healthy snacks including Veggie Chips, which are more chip like but are made of and taste like veggie Straws. Pita Bites, which are baked pieces of pita with a variety of spices and flavors added to them, and Miners Gold, a white cheddar puff simulating white cheddar pop corn with hal the calories.

This snack and many like it are flooding the shelves of many stores and are taking over supermarkets and the United States attempts to make the shift towards healthier eating and lifestyle choices. Veggie Straws and products like it can be purchased at stores like Wegman’s, Sam’s Club, Seventh Eleven, BJ’s Wholesale Club, and Quick Check.

Naked Juice Peach Guava Smoothie

Alyssa Slinger
STAFF WRITER

Upon first reading the label, and seeing ‘peach guava smoothie with coconut water’ I was wondering what the people at Naked Juice were thinking, to put those flavors together. But after a few sips of one of the newest flavors of Naked Juice available in the Bistro, I was completely won over by the addition of adding coconut water.

There were even a few bonus surprises thrown into the mix. The peach guava smoothie Naked juice actually has 35 percent fewer calories than other Naked smoothies, and there is no added sugar, no preservatives, and the smoothie is gluten free.

The high expectations of this juice were not really achieved, although the few sips were enjoyable, upon drinking it more and more, I became less satisfied. The smoothie is very sweet, but it leaves a bit of an aftertaste. One thing that was quite enjoyable was the fact that the smoothie did not have a really thick consistency, like some other Naked Juice Smoothies.

There are other fruits besides peach and guava in the smoothie, including oranges, mango, and apples. Naked Juice prides itself on the fact that they are made from 100 percent juice. Every bottle of Naked Juice also contains a little bit called the Naked truth, and it just so happens that the peach guava smoothie is a ‘good source of potassium for a natural boost of electrolytes.’ Although this could boost my electrolytes, based on the flavor, I think I’d pass and grab a Gatorade.

Sensible Portions Veggie Straws
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The perfect way to catch up or get ahead, KU Summer Sessions are now offered on-campus or online.

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Session I:
May 24-June 24

Session II:
July 6-August 6
“The only way this could be more intimate is if you were in our bedroom,” joked Circa Survive frontman Anthony Green prior to playing an acoustic set alongside guitarist Colin Frangicetto and drummer Steve Clifford and bassist Nick Beard. Performing at Siren Records in their hometown of Doylestown, the group entertained their families, friends and fans with tracks off their new record, Blue Sky Noise, as well as old favorites and even a Nirvana cover.

Two hours before the band was graciously thanking the crowd, meeting fans and signing pre-ordered copies of Blue Sky Noise we caught up with guitarist Colin Frangicetto over Saxy’s Coffee to discuss what inspires him, surfing in the suburbs and what’s in store for Circa Survive.

After what seemed to be a long three years, Circa Survive is back on the music scene with their highly anticipated Blue Sky Noise. This album, the third for the group, marks the first release with Atlantic Records, a decision that has received some feedback from fans. Their prior two, Sky Noise and 2007’s On Letting Go were recorded with Equal Vision, however, with the bands desire to expand globally they knew it was time to seek out a larger label that had the capability to allow them to do so.

With Equal Vision still in transition of building a worldwide music base, Circa Survive began the long and difficult process of signing with a new producer. Referring to parting ways with Equal Vision on, “a very positive note,” Frangicetto notes, “ultimately Atlantic was chosen because the album is very personal and the messages are vulnerable. They’re the member of a rock band on this album…we’re pretty fearless on this record,” he continues, “Any one of them may jump into your head when you’re writing a song, we really didn’t pay attention to them this time, if someone thinks guitar solos are lame they might not like this record.”

Frangicetto believes that Blue Sky Noise, which is now available on circasurvive.com, is the best work Circa Survive has ever released. "I think as a whole, if you just listen to the album, which is now available on circasurvive.com, as well as iTunes, is the best work Circa Survive has ever released. "I think as a whole, if the goal of art is to communicate then this is what we did a much better job on this album than we ever have before, and I think that at the same time it sounds like us," he says happily.

In addition to being one fifth of Circa Survive, Frangicetto’s talent extends to his own music and as an artist. Although Frangicetto’s music is available through the Circa Survive message boards and on myspace music, releasing his own album is not on his list of to do’s at the moment. He would, however, want to produce it himself explaining, "it would just be more convenient, I have a hard time working on someone else’s clock…I would never do it.”

As he got older, Frangicetto traded riding waves with a fake guitar for the real thing and played in bands as early as middle school, with the tireless support of his family. "Any band I started I would be like ‘we can jam at my house my parents don’t care’ and they never complained, ever and it was so loud and probably so annoying but they were endlessly patient with us,” he recalls.

While he knew he wanted to be a musician at a young age, Frangicetto also explains, “I wanted to be five things at once though, I was going to be that and a baseball player and a football player like Bo Jackson,” he laughs, "I just wanted to be a Renaissance man, I wanted to do everything.”

While his dreams of playing in the big league didn’t come true, Frangicetto is much more than a musician when he’s not busy with his music, Frangicetto makes time for another one of his priorities—his artwork. The creative process for his paintings, which are available at frangicetto.com, vary from that of his music.

“Songs are way more based on real experiences and the artwork is way more based on fantasy, the songs are often just me trying to express feelings about situations in my life and occurrences in real life, whereas the artwork is very rarely reflective of any real life events,” explains Frangicetto.

He continues, “It’s very often piecing together these weird abstract storylines in my mind and then finding a subject that I want to try to emulate on a portrait.”

Although Frangicetto, along with band members Green and Clifford, has contributed to the t-shirt designs for Circa Survive using his own artwork as the band art rather than the works of Easo Andrews was never taken into consideration. He laughed, “not really, just because ever since we’ve hooked up with Easo he’s almost had this signature I’m going to be your visual representation as your cover artist and I’ve always really liked that.”

When asked where he sees Circa Survive 5 years from now Frangicetto pauses for the first time during the interview, “that’s a good question, I don’t know…It’s very possible that we’ll be doing more of the same, it’s very also possible that we won’t be,” he responds.

“We’re a band that is absolutely going to put it to bed when it makes sense to do so, we’re not going to drag it out, we’re not going to do any shitty reunions... when this band ends, it’s going to end,” he answers, thoughtfully continuing, “I think we just owe it to our fans and ourselves to go out on a high note in a respectful way.”
**FASHIONABLE AND FRIENDLY**

**eco friendly attire does an environment good**

Reduce, reuse, recycle is the new trend- for your clothes! Who would have thought you can do the environment some good by making better choices in your clothing purchases? Retailers around the world are creating comfortable, wearable clothing that is made from sustainable materials and organic fibers guaranteed to rub you the right way. These clothes are revolutionizing the fashion industry by contributing to making the world a happier and healthier place. Although you may be spending a few dollars more on the clothing, think of it as your contribution to saving the planet. Here are some retailers that are carrying beautiful eco-friendly attire.

**Eco Friendly clothing stores**

*Stop paying more for less. Pay less for more and feel good about saving the environment.*

1. **Clothesline Organic**- sells men, women and children clothing made from organic fabric. 101 E 3rd Street Bethlehem, PA 18015 (610) 691-0111 www.clotheslineorganics.com/
2. **JC Penny** - has a line called Simply Green and My Earth Too! which sells organic items form apparel to bedding.
3. **Wal-Mart**- sells organic food as well as organic clothing for babies and teens, even bed sheets and towels.
4. **Sears**- Selling eco-friendly men’s suits made of recycled plastic bottles.
5. **TOMS** Shoes- Sells organic shoes that once you buy a pair, a new pair will be given to a child in need. www.toms.com
6. **Nike**- launched a line called Nike Considered, which sells shoes made of organic cotton.
7. **H&M**- launching a Garden Collection, which includes clothing and skin care products coming only form certified organic ingredients.
8. **The Gap**- going back to the usage of organic cotton in their clothing.
9. **Levi**- using purely organic cotton to make their jeans.

**Get Lit Celebrates Poetry Month**

April is all about poetry. 2010 is the fourteenth annual National Poetry Month. It was established in 1996 by The Academy of American Poets in order to “widen the attention of individuals and the media – to the art of poetry, to living poets, to our complex poetic heritage, and to poetry books and journals of wide aesthetic range and concern,” as stated on Poets.org.

There are hundreds of ways to celebrate poetry. April 28 is “Poem in Your Pocket Day.” On this day keep a copy of your favorite poem in your pocket to recite to anyone and everyone.

Break out the sidewalk chalk and write a poem on the pavement for passer-bys to read. Hold a poetry contest by having several friends write their poems on the sidewalk and getting passer-bys to vote on their favorite.

Putting poetry in unexpected places is a great way to celebrate. Post poems next to advertisements on grocery store bulletin boards, or slip a poem into a library book for the next patron to find. Even post a different poem everyday on a blog or social networking site. Or participate in committing random acts of poetry (RAP) where you re-cite poems in public places. Recite poems on the way to class, in the grocery store, anywhere public, get your friends to participate and start an impromptu poetry reading.

Discover new poets, check out poetry anthologies from the library or pick one up at the local bookstore. You can even check out the Preterite’s literary magazine, coming out at the end of the month for poetry, as well as fiction and nonfiction, written by your fellow students.

There is so much fun to be had during this month long celebration. Try creating your own ways to celebrate or check out Poets.org for more information.

Here is a poem to get you started, by former U.S. Poet Laureate, Billy Collins.

**“Forgetfulness”**

The name of the author is the first to go followed obediently by the title, the plot, the heartbreaking conclusion, the entire novel which suddenly becomes one you have never read, never even heard of, as if one by one, the memories you used to harbor decided to retire to the southern hemisphere of the brain, to a little fishing village where there are no phones. Long ago you kissed the names of the nine Muses goodbye and watched the quadratic equation pack in its bag and even now as you memorize the order of the planets, something else is slipping away. It is slipping away, a state flower perhaps, the address of an uncle, the capital of Paraguay.

However, it is you are struggling to remember is not poised on the tip of your tongue, not even lurking in some obscure corner of your spleen.

It has floated away down a dark mythological river whose name begins with an L, as far as you can recall, well on your own way to oblivion where you will join those who have even forgotten how to swim and how to ride a bicycle.

No wonder you rise in the middle of the night to look up the date of a famous battle in a book on war. No wonder the moon in the window seems to have drifted out of a love poem that you used to know by heart.

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April 22, 2010 | 17
Nicole Maploire
ADVERTISING MANAGER

“One of those nights, I’ll run, Bounce, and take my hand,” are just four of the songs from the Las Vegas, Nevada band The Cab’s 2008 album Whisper War.

The Cab was started in 2004 by two high school friends, Alex DeLeon and Cash Colligan, and what started out as a duo band turned into a five person band on the road to success.

Their name which makes them stand out from the other bands on their label, Decayedance/ Fueled by Ramen records, is simple yet catchy. “So many bands now a days have these weird elaborate names,” said Alex DeLeon lead singer “we just wanted something simple that would let our music speak for itself.”

Deleon the humble and down to earth lead singer of The Cab, who still holds tight to the simple things in life, respects and receives inspiration from the other bands on his label. “Every band on our label is great, I like Paramore, their songs are great and I enjoy their live shows,” said Deleon “I also re- ally like Travis McCoy’s new stuff, from Gym Class, I think all of the bands on our label have something different to offer, and that’s what I really like about our label.

Like many other bands out there, Deleon as long with the rest of his band mates have to make an effort to maintain and nourish their family relationships while juggling their musical careers. “We still have semi normal lives, were able to go home and not deal with too much craziness,” said Deleon “It’s definitely hard, we just make sure that we call home as much as we can, and video chat whenever possible.”

With TV shows like the “Buried Life” everyone has been creating and thinking about their bucket list and Deleon is no exception. “If I had to write a bucket list, it would probably consist of giving money to charity, and helping my family and friends, making their dreams come true,” said Deleon “and as far as things for me I would just like to travel the world, go to places like Italy, that’s definitely what I want to try to do before I die.”

The Cab is currently touring on the Alternative Press tour, which is involves states filled with sold out shows full of loyal fans. “It’s awesome. It’s a good feeling to see the fans at our shows, and all the fans that buy our album, we’re definitely appreciative.” said Deleon “We’re just a hundred percent thankful to all of our fans.”

Though music is his passion and choice of career, Deleon has considered what he would do if he wasn’t a musician. “If I weren’t doing music I would be a teacher,” said Deleon “I’d probably teach elementary school, I love kids and I would love to inspire them and mold them into good people, who knows maybe when this whole band thing is over, I may still become a teacher.”

To learn more about The Cab and the shows that they have coming up you can visit their Myspace www.myspace.com/thecab or their website www.thecabrock.com

EVENT CALENDAR
compiled by Rachel Zarayko, Staff Writer

Thursday, April 22
There will be Hall Olympics events at noon and 7 PM.
A diversity program titled “Take Back the Night” will be held in the TCC Bistro at 7 PM.

Off Campus Event: Trashy and the Kid will be playing at the Crocodile Rock in Allentown.
Doors open at 6 PM and tickets are $10.

Friday, April 23
There will be a Hall Olympics event at noon.

Cedar Crest College is celebrating Earth Day! The campus celebration will be held on the TCC Terrace, QUAD, & Lawn.

Student Dance Works directed by Michelle Munno Jacobs will be at Samuels Theatre at 8 PM.
Sunday, April 25
The Spring Fling will be on Lees Lawn at 4 PM.
There will be a Hall Olympics event at 4:30 PM.

Off Campus Event: Between the Buried and Me and Baroness will be playing at the Crocodile Rock in Allentown.
Doors open at 7 PM and tickets are $15.

Monday, April 26
Off Campus Event: Rapture Indeed, We Are Danger, and The Tenth Plague will be playing at the Crocodile Rock in Allentown.
Doors open at 6 PM and tickets are $10.

Tuesday, April 27
The seventh annual Health, Wellness and Research Conference will be held in the TCC from 10 AM until 2 PM.

Wednesday, April 28
An SGA meeting will be held in the TCC, room 1867 at 6 PM.

Off Campus Event: Never- theless will be playing at the Crocodile Rock in Allentown.
Doors open at 6 PM and tickets are $10.

Healthy U point tracking ends today.
Road Trip: Mall & Movie, from noon until 4 PM. Sign-up is required. Contact the SAB for information.

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DOMBROSKI PROVES EXCELLENCE ON FIELD

Morgan Keschl
CO-NEWS EDITOR

Amanda Dombroski, senior Chemistry and Integrated Art major, is the Falcon of the Week for the week ending Apr. 11 for her dedication to Lacrosse.

Dombroski is glad to see her devotion has paid off and is proud to have made Falcon of the Week. As her final lacrosse season as an undergraduate comes to an end, she hopes to improve on her defense technique.

“Personally, this season I have been trying to improve my midfield defense, which is basically working on slowing down the opposing team’s transition in the midfield,” Dombroski said.

In the Wednesday Apr. 7 game, Dombroski made four goals and two assists against St. Elizabeth, and the Falcons made a clean defeat with 16-1.

Marci Lippert, Head Lacrosse and Field Hockey coach as well as the Director of Athletic Communications for the Falcons, praised Dombroski’s perseverance in the game, mentioning her high ranking in the nation and her leadership.

“Amanda is an outstanding and smart lacrosse player. She currently ranks seventh in the nation in draw controls and is a previous all-conference selection and a team captain this season,” Lippert said.

While this may be her last under- season, Dombroski is not a selfish teammate. Along with winning the final three games of the season, she also hopes to keep the team’s spirits up.

“Sometimes, a plate full of responsibilities is too much to handle, but Junior Tamera Gruzdis shows her fellow student-athletes that it can be done. Gruzdis has an exceptional play in the week ending Apr. 19, and the Athletics page now lists her as a Falcon of the Week twice.”

Khyla Flores
ATHLETICS EDITOR

Juggling life can be tricky at times. Whether it’s balancing a full schedule of classes, maybe it’s been a long work week, or maybe the challenge is a calendar jam-packed with extra curricular activities. No matter what the particular struggle is, college students and professors alike are aware of the great effort it takes to make a week go by without a hitch.

With all of the various activities this college allows students to participate in, agendas of class schedules usually get the additions of theater rehearsals or honor societies and at many times, athletics practices and games. With the addition of sports in the mix, students then have a very demanding schedule, both making it to classes on time, while also practicing vigorously throughout the week and making it to games to achieve victory.

Amanda Dombroski shows great sportsmanship as she is awarded with Falcon of the Week for her softball skills.

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Amanda Dombroski shows great sportsmanship as she is awarded with Falcon of the Week for her softball skills.
After the long-standing 33-year history with Bryn Mawr, Falcon lacrosse conquered the team for the first time ever in 18 meetings, which date all the way back to 1977. The 17-10 win over Bryn Mawr landed the team a place in Cedar Crest history.

Kelly Oakes, senior business administration major, explained, “I think people were happy to go to an away game and when we got there to warm up, things just felt right. People were having nice passes and catches and everyone seemed to be in good spirits.” In addition to the team being upbeat about the game, Devin Ursini, senior criminal justice and integrated art major, said that there was “nervous anticipation with a dash of confidence” prior to the game as well.

Maureen Manning, junior biodiversity and conservation biology major, added, “We were all excited because we all wanted to play an intense game. Depends on the overall feeling of the team going into a game to determine how we’re going to play and we were all psyched.”

Although Bryn Mawr scored first, Cedar Crest quickly responded and held a 9-5 lead going into halftime. With five straight goals, the Falcons moved to a 14-5 advantage in the second half, with just shy of 23 minutes remaining in the game. Scoring continued between the two teams, however the Falcons came out victorious in a 17-10 win.

With a game-high of five goals, sophomore Tara Fikes led in scoring for the team. Oakes added three goals, one assist, and four groundballs and fellow seniors Amanda Dombroski and Jessica Holguin added three goals and one goal with an assist, respectively.

Manning scored one goal with two assists, while senior Courtney Thomas had her first goal of the season, while also adding a team-high six groundballs and four caused turnovers. Freshman Leia Epstein and Rachel Rush each scored one goal for the team. Seniors Devin Ursini and Rachel Orlen both made saves in goal for the Falcons—Ursini with 13 and Orlen with five.

Ursini describes the win as, “Unbelievable, I felt like I was a part of making history anew for my team and the college,” and also explained that the overall team feeling was “absolute astonishment and tangible relief from years of tension.” Manning added that the win was, “especially sweet because of the long running history between Cedar Crest and Bryn Mawr.”

Oakes explained that, “After the win there was a nice sense of team unity, and not just because we won but because we won as a team.”

Lacrosse
Thursday, April 22
@ Rosemont
4:00 p.m.

Softball
Friday, April 23
vs. Centenary
HOME
3:00 p.m.

Softball
Saturday, April 24
vs. Baptist Bible
HOME
1:00 p.m.

Lacrosse
Saturday, April 24
@ GMC
4:00 p.m.

Softball
Wednesday, April 28
vs. Scranton
HOME
3:00 p.m.

Softball
Friday, April 30
@ Keystone
4:45 p.m.

Softball
Saturday, May 1
@ GMC
4:45 p.m.

Lacrosse
CSAC Playoffs
held May 1, 5, & 8

Softball
CSAC Playoffs
held May 5 & 7

The Falcon’s schedule has a whole new design! You now have the ability to cut it out and post it in your dorm or office, reminding everyone to support CCC! The Crestiad, Khyla Flores, Editor

Lacrosse beats Bryn Mawr for the first time in school history! Players Dombroski(left) and Fikes(left) prove the team showed great excellence on the field.

CONGRATS TO THE FIELD HOCKEY STUDENT-ATHLETES THAT WERE NAMED TO THE NFHCA NATIONAL ACADEMIC SQUAD!

~Caitlyn Beiswenger
~Leia Epstein
~Brittany Fikes
~Tara Fikes
~Tammy Gruzdis
~Brittanna Guggenberger
~Eryn Ziegler

~Lindsay Harrison
~Ashley Jennings
~Rebecca Lowe
~Jessica Macko
~Adrienne Maurer
~Falynn Strohl

Lacrosse team makes SCHOOL HISTORY

Dannah Hartman
MANAGING EDITOR

Khyla Flores
Editor

THE CRESTIAD
Upcoming Falcon Games

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THE CRESTIAD
Upcoming Falcon Games

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