

Penn State Mont Alto

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Exhibits

Personality Disorders Brian Albright, Ashley Lawrence, Ashley Roberts & Larae Hostetter Faculty Mentor: Dr. Goertz



The two most common types of personality disorders are Borderline Personality Disorder and Antisocial Personality Disorder. Individuals with Borderline Personality Disorder show signs of impulsivity, selfmutilation, disturbed self-image or identity, and emotional dysregulation. Many of these signs cause the need for hospitalization when triggered because of their impaired daily functioning or self-harm. Some causes are from genetics, stress, or childhood experiences. Treatment includes Dialectical behavior therapy, medications, and counseling. Antisocial Personality Disorder is mainly characterized by disregarding other people's rights by showing no guilt when hurting others. These individuals typically have a pattern of abusiveness, lying, cheating, and stealing that usually results in repeated prison sentences. Causes can be from both genetics and environment. The treatment plan consists of counseling and group therapy to show the consequences of their behavior and the effects on others by accepting responsibility of their own actions. Our goal is to raise awareness of these disorders by sharing our research from our poster via informational pamphlets.

Complementary Therapies

Anna Angle, Elizabeth Oyler & Christian Rock Faculty Mentors: Angle Hissong & Sharon Schoonmaker



Complementary therapies are therapies outside of medical care that are used together with standard, conventional treatments such as surgeries, chemotherapy, etc. Examples of complementary therapies would include: Sound therapy, Reflexology, Music therapy, Art therapy, Acupuncture, and Massage therapy. Our poster will help give you a brief understanding of what a few of these therapies are.

Understanding PTSD

Rachel Frantz, Stephanie Lay, Jennifer Choate & Jennifer Williams Faculty Mentor: Dr. Sherry Goertz



PTSD is a widely used term but not always understood. Over the last ten years American soldiers have deployed into stressful environments/situations. Many of them have gone multiple times. Our display strives to educate the community on Posttraumatic Stress Disorder as our soldiers assimilate back into civilian life. We hope that greater understanding will help guide those suffering (and those who know someone suffering) to the appropriate resources.

<u>Stress Management</u> Amy Decker, Sandra Emlet, Heather Freeman & Matt Moore Faculty Mentor: Dr. Sherry Goertz



Everyone experiences stress, regardless of age, gender, genetics, occupation, or any other factors. How well a person manages life's stress directly impacts physical and mental health, relationships, and all aspects of human functioning. Evidence-based research was evaluated to determine effects of common stressors like pain, annoying sounds or other irritations, or even "good" stress, as well as techniques that can help alleviate symptoms of stress, including relaxation skills like deep breathing exercises, music, and aromatherapy. This project describes the intervention designed to show members of the community how stress affects performance of a simple task, as well as teach them some methods to manage and reduce detrimental effects of stress.

Obsessive Compulsive Disorder, Recognizing the Signs and Managing Your Life

Amy Farner, Crystal Miller, Jessica Hinton, Natasha Shannon & Staci Mowrer Faculty Mentor: Dr. Sherry Goertz



Recognizing the signs and symptoms of OCD for you and your loved ones can improve your ability to manage your life. Current medications and treatments used for the management of OCD will allow you to control your day to day life. Interventions and therapies used by professionals will help you function in the community without feeling embarrassment.

Autism Speaks

Abby Finkenbinder, Jillian Cummings, Jennifer Jarjour, Laura Caudill & Erin Smith Faculty Mentor: Dr. Sherry Goertz



Autism is the fastest-growing serious developmental disability in the United States. It now affects 1 in 88 children, with no medical detection or cure available. There has been little research initiated about this condition. There are many pieces of the puzzle missing, and with our initiative we hope to help promote research and a beam of hope for those suffering with Autism and their families. Our goal is to help change the future for all who struggle with autism spectrum disorders. We are enthusiastic about raising public awareness on autism and its effects on individuals, families, and society. Also we want to bring hope to all who deal with the adversity associated with this disorder. We believe that, by working together to raise awareness, we will find the missing pieces of the puzzle. Autism speaks. It's time to listen.

Generalized Anxiety Disorder

Kristina Funk, Maria Rentenaria, Holly Duffy, Carri Cordori & Seth Morris Faculty Mentor: Dr. Sherry Goertz



General Anxiety Disorder characterized by excessive, uncontrollable, and often irrational worries. For a diagnosis there has to be symptoms for at least 6 months. This can interfere with everyday living and really become troublesome.

Caring for an Adolescent in a Psychological Crisis

Colleen Wonder, Emily Massie, Nakita Garber & David Huggins Faculty Mentor: Dr. Sherry Goertz



Adolescence is a time of change and transition in life. Today's youth experience more physical, mental and emotional changes than ever before. These changes can leave adolescents particularly vulnerable to mental health problems like depression, suicidal thoughts, and anxiety disorders. The risk for them is even greater if they have a familial history of any type of mental illnesses. According to the CDC, one in five teenagers in the U.S. seriously considers suicide annually. Unfortunately when families are presented with these situations many of them are unprepared and unsure where to turn for help. Presented here are steps in recognizing, understanding and developing strategies to assist families and their children through a confusing and unsettling time in their lives.

Socialization Throughout The Day

Katie Monteleone, Laura Thatcher & Jenni Kump Faculty Mentors: Angie Hissong & Sharon Schoonmaker



The project will be based upon interviews of adolescents and their day to day interactions with their peers. We will begin by illustrating each aspect of an individual's interaction with his or her environment by using visual aids. Our display will progress through a typical day of an adolescent and discuss different disabilities that affect socialization depending on the activities they are engaging in.

Exploring the Senses Through Play

Ashley Pensinger, Laurie Myers & Katie Black Faculty Mentors: Angie Hissong & Sharon Schoonmaker



Play is such an important part of childhood development; it is a child's main occupation. The play experience is enhanced through the utilization of the senses. Sight, touch, sound, taste, and smell provide children with the ability to explore their world while having fun. Balance, coordination, fine motor, gross motor, and cognition are just a few of the skills learned by using the senses. This is necessary for developing into a healthy, functional, and happy adult.

Spring into Fine Motor

Jen Plantz, Nicole Glaze & Rachael Smith Faculty Mentors: Angie Hissong & Sharon Schoonmaker



"Spring into Fine Motor" will focus on educating the importance of fine motor skills, and how they are used in everyday living. We will identify different types of fine motor activities and encourage participants to engage in a fine motor activity.

<u>Dementia</u>

Regina Porterfield, Deb Yoshida, Becky Spencer, Kiera Fleagle & Sumer Mullen Faculty Mentor: Dr. Sherry Goertz



Aging is a process of life that no one can prevent. Along with growing old, comes many health concerns as the body starts to age; however, what happens when the brain starts to age, or even, deteriorates? This is a problem that many people are faced with, and it is called Dementia. "Dementia is a loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior" (Pubmed Health, 2011). An early sign of dementia is forgetfulness. Gradually, the forgetfulness turns into complete cognitive impairment. Unfortunately, there is no cure for dementia, but there are ways to slow the progression and manage the disease. Dementia is not only hard on the one with the disease, but the loved ones suffer, as well. The mission of this project will be to teach the community early detection, how to maintain a safe environment, resources available, and education for the caregiver. Although there is not a cure for dementia, with the right resources and education, we can make a difference in the way people deal with the disease.

Eating Disorders

Jennifer Sandusky, Heather Ridley, Amanda Lee & Samantha Sharon Faculty Mentor: Dr. Sherry Goertz



Eating disorders such as anorexia and bulimia nervosa have increased in the last few years with approximately 89% of women being affected along with cases of children under the age of 12 being hospitalized with this disorder as well. We will discuss the psychological and physical impact this has on the body as well as the impact these types of disorders have on the family.Some other disorders will be discussed such as pica, overeating and orthorexia which is an unhealthy fixation on only eating "pure" foods.

Play as an Occupation: Preschool Age

Allison Shambaugh, Nikki Leitzel & Emilie Hamrick Faculty Mentor: Angie Hissong



Our project is about how play is an occupation for children who are preschool aged and how developmental disabilities can affect their play. As an example of how play affects children we will address three complementary therapies that can be beneficial and functional during occupational therapy as play with children who have Autism Spectrum Disorder. These therapies are art therapy, music therapy, and movement therapy. A benefit of play is learning social interactions among other children. The types of play that are discussed are solitary, associative, cooperative, directed, and spontaneous. Juvenile Arthritis, Down Syndrome, Autism, Asperger's, and Cerebral Palsy are briefly discussed and in what ways a preschool child would have their occupation of play affected by each disability. There are examples of the different types of play that preschool children would normally play with whether they have a disability or not. This poster will inform you on the benefits of play with a child who is preschool aged.

Arduino Greenhouse: Computer Science + Nature

Shawn Shroyer Faculty Mentor: Siegfried Herzog

NO IMAGE AVAILABLE

With the help of the computer programming language Java and a microprocessor brand called Arduino, serial communication between a computer and a microprocessor can occur. I utilized this communication to control transistors that govern the lights, the cooling system, and the watering system. The result of this is a greenhouse that is completely self-reliant, except for the fact that the water needs refilled.

Depression Erica Bare, Jilian DeGennaro, Deb Stuard, Kayla Pogue & Lacey Cramer Faculty Mentor: Dr. Sherry Goertz



Depression is a common debilitating psychiatric disorder, therefore early intervention is important to reduce the risk of suicide. Depression can distort the way you see yourself and those around you. Several types of interventions have been shown to be effective and antidepressant medications work for many patients. In general, treatments for depression include medications and psychotherapy. Those who do not respond to medications may try electro-convulsive therapy. This type of treatment may improve mood in people with severe depression or suicidal thoughts who don't get better with other treatments. Another type of depression is postpartum depression, which is moderate to severe depression in a woman after she has given birth. This may occur shortly after delivery or up to a year later. There is no single test to diagnose postpartum depression and treatment is similar for those with depression. Although many steps have been made over the past few decades, there is still much to be done with respect to the treatment of depression.

Attention Deficit Hyperactivity Disorder

Tiffany Wenger, Lindsey Modrynski, Teresa Hess, Erica Dick & Rachel Mercik Faculty Mentor: Dr. Sherry Goertz



Attention Deficit Hyperactivity Disorder is an illness that affects people of all ages. Topics we will discuss are the etiology and pathophysiology, signs and symptoms, risk factors, diagnostic testing, treatment, and prognosis of the illness. Patient and caregiver teaching is also a topic that our poster presentation will cover. People who are suffering from ADHD need to be aware that is an actual disorder. Our poster presentation will cover all of the main points on ADHD, and we hope it will have a positive impact on the community. All of the research we will provide is evidence based practice.

Posters

History of the Specimens of the Penn State Mont Alto Arboretum

Joshua Brenneman Faculty Mentor: Elizabeth Brantley



The Penn State Mont Alto Arboretum began in 1903 with the founding of the Pennsylvania State Forest Academy. Many of the original specimens were gathered on Arbor Day in 1905 when students, sent out to collect native tree species not currently represented in the arboretum, returned with over 400 specimens (30 species). The arboretum also gained many specimens as gifts and donations. Throughout the years, the arboretum has seen many changes in management and organization. These changes, while documented, were "lost" to boxes gathering dust and forgotten archives. Now, 110 years after it began, the history of the arboretum is being returned to the faculty and students who admire these trees every day.

Human Resource Management

Tiffany Brown Faculty Mentor: Dr. Robin Yaure



As my independent study I decided to focus on a career that I could see myself going into—Human Resource Management. Human Resource Management (HRM) is a specific field that I have been looking into in my quests to find careers that I could do when I graduate. Through my research I hope to gain further knowledge as to my career goals as I venture off into graduate school. In my project I am focusing on the different dimensions of what Human Resources and Human Resource Management entails. The types of research I am compiling my findings are from empirical research articles, interviews, informative websites, and textbooks that are related to the field.

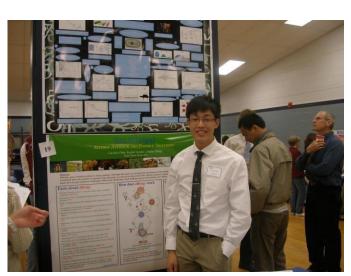
Allergy Aversion and Possible Treatment

Lok-ken Chan & Kaylah Younker **Faculty Mentor**: Linghao Zhong



Allergies pose a health problem to many patients. Through this study, we reviewed the mechanism of the sensitization process (how an allergic reaction is initiated when the patient is exposed to the allergen), as well as how the circle of the allergic reaction is sustained. The focus of our investigation is to study how the glycosylation of allergens affects the allergology. Such findings can provide guidance to treatment of allergies.

The Sensation of Supersaturated Systems



Lok-ken Chan Faculty Mentor: Dr. Greg Mahlon

Supersaturation has an important impact on nucleation which governs many interesting phenomena. Phenomena such as certain changes between states have a dependency on supersaturation. Ultimately its utilization can amount to visualize cosmic rays in our universe though a cloud chamber.

Effectiveness of Deer Fences in Mixed Hardwood Forests in different Regions of the State



Through the use of GPS, ARCGIS and observation we will be determining the effectiveness of deer fences by observing the type and amount of regeneration inside the deer fence and comparing it to the type and amount of regeneration outside of the deer fence. The effectiveness of the deer fence will also be determined by the condition and the amount of entry points that were created unintentionally such as creek crossings, culverts and sections of the fence that have been destroyed by storms. The goal is to determine whether or not the fences are worth the initial and maintenance costs or if there could be another alternative.

Education is the Key to Managing Diabetes Rachael Gibbon Faculty Mentor: Dr. Unger



Approximately 25.8 million adults and children in the United States have diabetes. The rise in diabetes has also increased the incidence of systemic complication, especially diabetic wounds. Target populations are those individuals who already have diabetes and have exhibited skin breakdown. Disease education, prevention education, and pressure relief interventions are important factors in prevention of reoccurring diabetic wounds. In providing clients with educational materials, in return clients' self-care rates will also improve. To enhance this study, a local clinic was observed in South Central Pennsylvania and staff members, who are experts in diabetic wound care were interviewed. Expected outcome is to gain knowledge about learning techniques of the diabetic population and provide effective education to those individuals. The result from clients' observation and expert interviews along with literature review will be used to develop an education program for the target group.

The Wire Wrangler

Justin Bryant, Greggory Cremo, Andrew Foard, Kenneth Hill, John Lange, Mikhail Ngoje, Christopher Schultz & Michael Persch Faculty Mentor: Lila Rajabion

There is a vast majority of electronics being made on daily basis. With the growing rate of technology, it's hard not to purchase these items at your own leisure; whether it's for work, school, kids or entertainment purposes. One of the major problems with modern technology that is being manufactured today; would have to be the plethora of wires going into computers, monitors, speakers and phones as well as many other things all crammed into a limited amount of space. With that being said, it makes your entertainment system or work space unsafe and makes it look unorganized. Having so many wires creates problems along the lines of identifying which wire goes where, which makes it very time consuming. The clutter of wires could also be a hazardous environment for kids who are unaware of the danger of the free roaming wires. By attempting to reign in this mess we could save time, hassle, and create a potentially safer environment for everyone. Therefore; we have designed Wire Wrangler to help corral all those free roaming wires around your homestead.

The Importance of Parent-Infant Bonding

Jennifer Nolan Faculty Mentor: Stephanie Unger



Parents play an important role in their infant's life from day one. Bonding is how the parent and infant interact in many ways. If a parent does not bond with the infant, the infant will be affected as a whole. This project will study how parent-infant bonding affects the infant developmentally and emotionally throughout life starting from the moment the mother finds out that she is pregnant. Evidence based research on bonding along with observation of parents and infants will be used to provide information about parent-infant bonding. This information will be used to develop a bonding promotion strategy that will be helpful for pediatric nursing practice.

Monsanto and Genuity: An Analysis of Propaganda

Alex Stanish Faculty Mentor: Dr. David Seitz



The aim of this presentation is to analyze Monsanto Company and their brand-name Genuity as producers of propaganda in modern society. This introductory examination is based on ten divisions of propaganda analysis: The ideology and purpose of the propaganda campaign, the context of the propaganda, the identification of the propagandist, the structure of the organization, the target audience, media utilization techniques, special techniques to maximize effect, audience reaction to various techniques, counterpropaganda, and the effects and final evaluation.

Insecticide field trials on Hemlock Wooly Adelgid and Elongate Hemlock Scale: treating the eastern hemlock



Tosh Rung Faculty Mentor: Dr. Elizabeth Brantley & Dr. Peter Linehan

Through a multi-year field trial, insecticide treatments have been applied to a selection of eastern hemlock trees located in the Michaux State Forest. Insecticide efficacy over a period of years was evaluated as well as spatial relationships among treatments.

Soil sampling and analysis in Oak Grove

Tosh Rung Faculty Mentor: Craig Houghton



Soil collection, testing and analysis in the Oak Grove of Penn State Mont Alto. Results are used for analysis of a current landscape planting plan and to formulate a new landscape proposal.

Forest Management Plan for a 22 Acre Woodlot

Jarrid Willette & Justin Vinglas Faculty Mentor: Peter Linehan



We are going to construct a Management Plan for a 22 acre woodlot that is family owned. We are going to cruise the stand to find final board footage for the stand. We will also provide the soil types for this stand and provide the final numbers of the cruise. We will also give a final cost of the stumpage price and provide a future management plan.

Wound Vacs and their Success! Heidi Zeak

Faculty Mentor: Dr. Unger



Wounds consist of a large portion of medical care patients in the long-term acute care. Many patients have surgical wounds that do not heal adequately, or they may develop wounds related to other health disparities. At the long-term acute care facility, many patients have wound vacs as treatment. Wound vacs, also known as svedmans, were designed to quickly and adequately promote wound healing. But are the wound vacs really successful and if so, how do we know when it is appropriate to use one? This project was designed to study wound vacs and the functions related to their success rates. The interviewing with wound care, practitioning, patients, and dietitian provided information for the contributing factors to success rates.

ORAL PRESENTATIONS

Breaking Recalcitrant Cellulose

Tyler Harte & Trenten Lancaster Faculty Mentor: Linghao Zhong



Cellulose is the most abundant renewable biomass in the world. It has a wide variety of applications, such as for material and for energy. Our study will help understand the strong interaction inside the cellulose II crystal, which will eventually lead to the development of more efficient treatment of cellulose and broader usage.

Family Separation and the Military Lifestyle

Gabrielle Herman Faculty Mentor: Dr. Robin Yaure

NO IMAGE AVAILABLE

This presentation sheds light on military deployment and the psychological effects this has on the family structure. During periods of separation, it was been found that some family members experience a multitude of emotional and social problems. There are various factors that influence a child's coping mechanism of reintegration. Individual differences in children's reactions to separation are linked to their developmental level, the relationship/attachment to the deploying parent, and the psychological functioning and behavior of the deployed parent once they return. This topic is presented through personal experiences and supporting research.

Combat related PTSD: My Challenge and Triumph



Josh Adams Faculty Mentor: Dr. Jacqueline Schwab

The presentation is a glimpse into the world of a Combat Veteran. Topics that will be covered are events leading up to deployments, deployed life and the struggle to readjust to "normal" life. Treatment options and resources available for combat related PTSD will also be discussed.

Award Recipients

Exhibits

1 st Place	Dementia	Kiera Fleagle, Summer Mullen, Regina Porterfield, Becky Spencer & Deb		
2 nd Place	Stress Management	Yoshida Amy Decker, Sandra Emlet, Heather Freeman & Matt Moore		
3 rd Place	Thought Disorders	Stephanie Klipp, Kerry Eyler, Kelly Sullivan, Susan Smith & Ashley Hutton		
Posters				
1 st Place	Wound Vacs and Their Success!	Heidi Zeak		
2 nd Place tie	Allergy Aversion and Possible Treatment	Lok-Ken Chan & Kayla Younker		
2 nd Place tie	Insecticide Field Trials on Hemlock Wooly Adelgid and Elongate Hemlock Scale: Treating the Eastern Hemlock	Tosh Rung		
Oral Presentations				
1 st Place	Family Separation and the Military Lifestyle	Gabrielle Herman		
	Best of Show			
Exploring the S	Senses through Play	Katie Black, Laurie Myers & Ashley Pensinger		
Art Show Awards				
	1 st Place 2 nd Place 3 rd Place Hon. Mention Hon. Mention Hon. Mention	Josh Adams Kailyn Bingaman Kelsey Plum Katie Wilt Tosh Rung Maddie Erickson		
	Hon. Mention	Eliza Shoop		

Academic Festival Judges

Kate Chronister Tom Glumac Lauraine Hawkins Greg Mahlon David Seitz (Oral Presentations) Anthony Betonte Hildegard Betonte Brian Sensenig (Oral Presentations) Lisa White

Academic Festival Committee

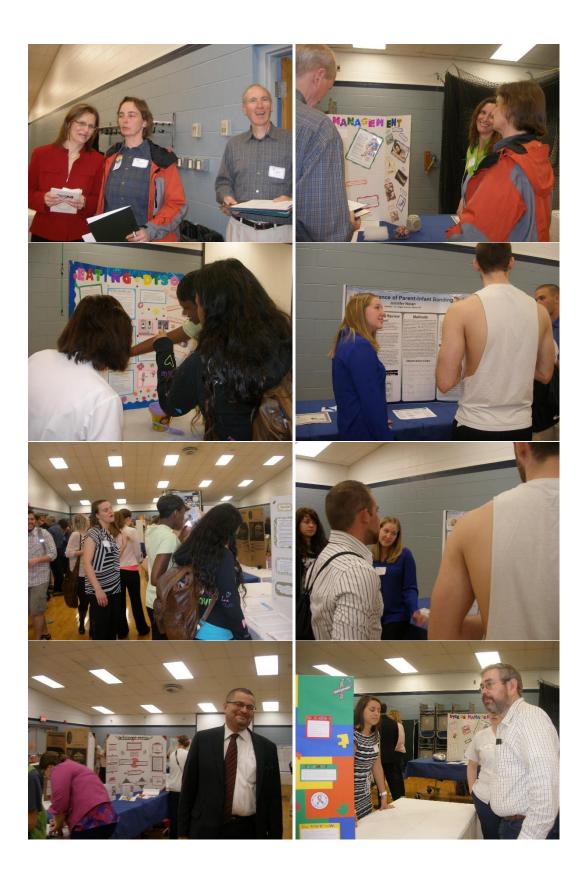
Paul Bart Beth Brantley Dion Crommarty Lauraine Hawkins Freya Qually Lila Rajabion Tom Reinsfelder Alice Royer Charlene Saeman David Seitz Brian Sensenig Stephanie Unger Lisa Ward Robin Yaure

ACADEMIC FESTIVAL













AWARDS CEREMONY



