



the OBSERVER

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Manchester, NH

Evolution is Coming

Steve Boucher &
Fred Whittle
Contributing Writers

Anyone walking on campus during the last week may have noticed posters bearing the cryptic message "Evolution is Coming – 4/26/12." Similarly, sidewalks around campus have seen the rise of chalked questions like "R U Evolved?" and statements such as "Evolution is a Mystery" and "It's Coming!" What's this all about?

Officials around campus are tight-lipped about the "evolution" matter with most disavowing any knowledge of

what the messages mean or what the 4/26/12 date signifies. The only information that has leaked about the messages is that the campaign doesn't involve any sort of threat to public safety and that a major unveiling is planned on the date specified.

Evolution is defined as "any process of formation or growth" and "a process of gradual, peaceful, progressive change or development." Clearly, a change is in the air and quite possibly a very positive one. What can it be? Evidently, all will be revealed on 4/26.



Coming 4/26

Jacob Weisberg Named 2012 Commencement Speaker

Marissa Twombly
News Editor

This year's 2012 Commencement speaker is a man to honor. Jacob Weisberg



leighbureau.com

is one of the nation's most outstanding writers on politics and policy. He is also successful as a writer in online publishing.

Weisberg worked as a writer for and editor of The Republic, and wrote politics for New York Magazine. He writes a bi-weekly column for Newsweek magazine and has also contributed to The New York Times Magazine, Vanity Fair, Newsweek and the Financial Times.

Weisberg is Chairman and Editor-in-Chief of The Slate Group, which includes Slate Magazine, TheRoot.com, and The Big Money. "While serving as Slate's Editor (2002-2008), Jacob saw the online magazine turn a profit. He

greatly expanded its content, broadened its advertising base, launched several new initiatives and in 2008, Slate won a National Magazine Award for General Excellence Online," states the Leigh Bureau.

Weisberg has worked with many websites including overseeing the launch of The Big Money, which discusses economic analysis that will take readers beyond simple coverage of business news.

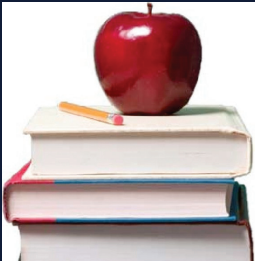
Weisberg has written several books including The Bush Tragedy, a New York Times Bestseller, and the Bushisms series. His very first book was published in 1996 titled In Defense of Government. Weisberg also co-wrote In an

Uncertain World, with former Treasury Secretary, Robert E. Rubin.

President LeBlanc stated, "We are extremely pleased to be able to feature a speaker of the caliber of Jacob Weisberg as part of our commencement ceremony. Encouraging students to be politically active, engaged members of society is one of the paramount goals of Southern New Hampshire University and Jacob is someone whose career has been built upon stimulating political discussion at the highest levels."

It is an honor to have Jacob Weisberg speaking at the 2012 graduation commencement ceremony.

MAY 8:
TEACHER'S DAY



thehayride.com

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Letter from the Editors

Megan Kidder
Co-Editor and Chief

Dear Readers,

We've done it. One week until freedom. Papers are almost all written, books can be sold back for a twelfth of what you bought them for, and summertime is welcoming you with open arms.

This year at The Observer has been a challenging one. I would like to thank each and every person who contributed to the paper this year, anyone who helped us, and those of you who read us. We put so much hard work and dedication into this newspaper that it's been a pleasure being the Co Editor-in-Chief this year. With that being said, I couldn't have done this alone. Sarah Silvestriadis has been my partner in crime this year and a new friend. I look forward to continuing our work together next year.

Most importantly, I'd like to thank the staff of The Observer. Those of you who stuck through all of the ups and downs, I applaud you, I thank you, I appreciate you all. I am sad to say goodbye to the graduating seniors, Stephanie, Marissa, Maranda, Alex, and Fred. We couldn't have done it this year without each and everyone of you. I wish you all the best of luck after graduation. I know you'll go far.

As for those of you students who will be back next year, I hope you seriously consider joining our team. We will be looking for some new section editors next year like Sports, News, and Arts and Entertainment. Not only can you receive credits but also have some great experience to bring with you when you leave SNHU.

Congratulations to the class of 2012! See the rest of you in the fall. Everyone have a safe and fun summer!

Megan

The Southern New Hampshire University Observer is a news publication produced by Southern New Hampshire University students and funded largely by the Student Government Association of the University. It is our responsibility to inform the SNHU community about events on and around campus. The Observer will print any material found to be factual and in good taste by the editorial staff of the paper. The views published do not necessarily reflect the views of Southern New Hampshire University. The Observer is published biweekly during the academic year and is printed by the Hippo Press. To contact the newspaper, please e-mail us at observer@snhu.edu.

Sara Silvestriadis
Co-Editor and Chief

We made it! The Observer staff has made it through a tough year; we lost staff and gained some great new staff as well. I'm going to miss our bright seniors Maranda and Marissa Twombly, Fred Whittle, Stephanie Jefferson and Alex Costas. In the one year that I knew them they made the paper fun and a fantastic experience from the beginning. The entire Observer staff worked incredibly hard to print fun and informative articles, and I hope that we have made an impact on the SNHU student body. We will continue to print factual and interesting articles when we return in the fall.

As for me, being on the student newspaper this year was a brand new experience. I joined last fall as a freshman, and had no clue how to do anything. The best way to get involved in any club is to jump right in and do as much as you can! I admired our former Editor-in-Chief Kyla Natali, and was stunned when she contacted a couple of staff including myself about taking her place. It was an easy decision saying yes, but it has been hard work all the way. It surprises me to think that I nailed this gig as a freshman, and I hope to share my experience with the incoming freshman next year, and inspire them to follow their dreams! Thank you SNHU for the incredible journey this year, and I look forward to writing again for you next fall!



Like to keep up with the news? Try writing some for the Observer! We're always looking for new writers. Contact the observer@snhu.edu

News

News In Review: 2011 - 2012

Marissa Twombley
News Editor

2011 – 2012, what a year it has been, full of excitement and fear. Kicking off the start of the school year was the 10th anniversary of September 11. Many students, faculty, and staff were greatly affected by this tragic day and the 10th anniversary was a highlight to reiterate. Students on campus offered heartbreaking stories to The Observer about loved ones lost, loved ones who struggled, and even their own experiences.

Another major impact was the primaries. Politics has always had an influence on students on campus and the primaries brought out the ‘for and against’ of the candidates.

Occupy Wall Street had taken New York City by storm, and had

eventually reached Manchester, NH. Many from the Manchester community (even from SNHU) rallied in October to protest. Obtaining a job after graduation was a major concern for many students on campus. This highlight of the Occupy Movement was a major impact for the academic school year.

2011 – 2012 seemed to be



robama.org

the year for protests. Two major events occurred: The Internet Blackout and Kony 2012. In January, many of us experienced the difficulty of searching websites such as Wikipedia, Craigslist, and Google, who all ‘blacked out’ their logos or shut down their sites completely in order to protest the Stop Online Piracy Act (SOPA) and the Protect IP Act (PIPA). Sites that were strongly against these acts, Google, Facebook, Twitter, eBay, Mozilla, Yahoo, AOL, and LinkedIn all teamed up to write a letter to House of Representatives and the U.S. Senate about the acts. Students and Faculty feared the acts because the Internet is a vital part of the daily activities here at SNHU.

Kony 2012 has been a recent

sabotagetimes.com



highlight that has affected the entire world. Kony formed the LRA (Lord’s Resistance Army) where they have been at civil war with the Ugandan Government for years. The LRA has estimated that they have kidnapped over 20,000 children to use as fighters or sex slaves. Once kidnapped, these children go through their initiation process, which often

involves them killing their parents so the children will have no home to return to.

The United States has decided to help take some form of action, which starts off by covering the night. Manchester, NH will be playing a part in this, as the city will be covered with posters and signs of Kony’s face to make him “famous.”

Staff Member of the Year

The Observer Names Staff Members Of The Year

Megan Kidder and Sarah Silvestriadis
Editors-in-Chief

As the year comes to a close, The Observer would like to recognize two outstanding contributors. Maranda and Marissa Twombley are this year’s choice for Staff Members of the Year.

Joining The Observer during their sophomore year at SNHU, Maranda and Marissa have been dedicated partakers in the organization. Maranda joined first explaining, “I thought I could contribute to the paper because I love writing and I wanted to improve my writing skills.” Luckily, she convinced Marissa to join the team too. Marissa says, “I just wanted to join some type of

club. I like writing so I thought this was a good fit.” And a good fit it was for these graduating seniors.

Maranda began the year as the Creative Section’s editor and admirably took on the role of Arts and Entertainment Editor this semester, too. When told she was being honored as a Staff Member of the Year, she professionally asked, “Will this be going in Arts and Entertainment? I have one more spot.” This moment truly showed the choosing had been right. Maranda has remarkable dedication.

Marissa is equally as dedicated and as equally perfect a choice. As the News Editor, Marissa consistently offered great story ideas for the staff to cover and provided the paper with well-written submissions.

Marissa’s personable nature helped her excel in her area of expertise at The Observer. Issue after issue it was apparent she took great care for the news section.

Maranda, graduating with a degree in hospitality, has big plans for her life after SNHU. She hopes to one day own her own hotel and possibly a bakery. Her hard work has not only been for The Observer, but her life outside of SNHU too as she was recently asked to be the Assistant Manager of Best Western in Nashua, NH.

Marissa will be looking for a full time job after she graduates with a degree in Business Administration. She may also attend Graduate School. Marissa has some opportunities in the making as she is in the process of opening a family bakery, a business

endeavor she will be in charge of.

These women have been an essential part to The Observer team. Always present and prepared, Marissa and Maranda have set the bar high for all future staff members. They are

appreciated for all they have brought to the organization. The Observer wishes Marissa and Maranda the best of luck in the next chapter of their lives. They will be missed not only as staff members, but also as friends.



Opinion

Goodbye And Thank You

Fred Whittle
Staff Writer

For two years I have wrote for the school newspaper, The Observer. This opportunity is one that I am glad I took advantage of. The benefits from this experience are endless. I learned more about the school and events on and off campus, I improved my writing and editing skills, and gained more experience working with others. Everyone I work with, including myself, actually gets credit for writing as well. Take this opportunity!

This is an option for bonus credits that I recommend for

everyone. It is sad to say that I will be saying goodbye. It seems like yesterday I was excited to see my first article in the paper. I was even more excited to have my first article on the cover. "Figure It Out" was a column I had a lot of fun with and I was glad I got to keep that theme for a while.

I wish this organization the best. I hope it will only strengthen and continue to be a fantastic paper. I have saved every issue I was apart of and I look forward to rereading these years from now.

Can We Just Discuss: Mass Affected

Chad Marden
Opinion Editor

In the last installment of CWJD, I gave my reflections of a video game that was released some time ago. Today, I'll look a more resent title in the form of "Mass Effect 3." The controversy surrounding this game is in its ending. Because the trilogy is based on a moral choice system, it had become standard practice that the games had multiple endings that differed based on your actions. However, with this being the last in the series, "Mass Effect 3," had to settle on a definite end and only minor changes were made between them from that point. This caused fans

to be in an uproar.

Now, I've never played the Mass Effect games myself, but I can tell when outcry becomes a bit much. I've been hearing arguments that the fan feel that they are, "owed a better ending" by the development team. I'm sorry to say this but, they don't owe you anything. They made the game and bought the game. At that point, the transaction is complete. You can argue that the product was of poor quality or that it was misrepresented by its marketing, but there's nothing owed by anyone.

Besides, I don't play games to look for deep, meaningful messages in their stories; I save that for my movie reviews. I play games because I want a

challenging and fun puzzle for my mind to solve. A nice ending is always a welcome surprise, but shouldn't it be a game first? I guess that's why I never got into the Mass Effect series; I'm just so busy with trying solve the puzzles in front me to care about obvious gimmicks.

All that being said, my point is that the reaction of the fans is totally uncalled for and just a little creepy. Don't get me wrong, I'm glad that people are questioning the developers. But, their arguments are flawed for the most part and the anger is not necessary. It's entirely possible to complain about something you once loved without acting like something out of the creepier scenes from the movie "Misery."

Sports

Here We Go: NBA Playoff Preview 2012

Alexander Costas
Staff Writer

With the month of May quickly approaching, basketball fans begin to ponder potential matchups for this year's NBA postseason. With the San Antonio Spurs and Chicago Bulls holding current conference crowns, it will be interesting to see how each team performs under pressure. With a quick point guard in Derek Rose and strong rebounder in Carlos Boozer, the Bulls begin to see visions from the past with hopes of rekindling the flame that left with Michael Jordan. With the Spurs winning more games than most this season, many envision a potential championship parade through San Antonio.

Unlike seasons past, where fans simply penciled in the Lakers out of the West year after year, this year's race seems to be wide open. While several Western Conference teams have shown stamina and

determination, other organizations such as the Los Angeles Lakers have suddenly dropped in the standings. This has left fans clueless as to who will walk away with the conference title this year.

The "Durantula" factor needs to be considered with a hungry team in the Oklahoma City Thunder. With a lack of post presence from the teams three stars (Durant, Harden, and Westbrook) it will be interesting to see how they perform without the ability of getting easy baskets in pressure situations. Offensively, they all too often find themselves having to rely heavily on three players to do a majority of the scoring.

With playoff experience always being vital, watching the teams that have "been there and done that" will be exciting. With an aged Boston Celtics team, many seem to be

wondering what's left in the tank. The whispers had been going on most of the off-season about Boston Celtics' star, Kevin Garnett, being too old.

"I'm motivated. I hear y'all calling me old. I hear y'all calling me ... older. Weathered. I'm motivated, it don't take much to motivate me, man," Garnett said.

While it is unrealistic to say that KG is in Minnesota prime, he remains dominant at both ends of the floor while constantly showing his will to win. His help on defense and vigorous hands in the paint make him an offensive coach's worst nightmare. With much improved talent in Avery Bradley and Greg Stiemsma, driving the paint against Boston could be considered frightening.

The anticipation that comes

with this year's NBA playoffs makes a number of matchups unpredictable. As NBA veteran

Robert Horry once said, "Pressure can burst a pipe or pressure can make a diamond."



bleacherreport.com

Arts & Entertainment

SNHU Secret Performance Delivers

Megan Kidder
Co Editor-in-Chief

Inspired by the Post-Secret phenomena, a group of students wrote and performed a theatrical production on Wednesday and Friday night, last week in the Banquet Hall above the Dining Center. Directed by Artist-in-Residence, Stephen Bogart, this piece displayed various secrets from SNHU submitted via a Tumblr account.

A “minimal” piece, the SNHU actors relied on black boxes, buckets of water, flashlights, sheets, and most importantly, themselves to provide the scenes. Taking away the fancy costumes and garish props sometimes seen in plays, this piece had a soul.

SNHU Secrets tackled topics such as eating disorders,

family uncoverings, party fouls, and even sexually transmitted diseases. The somewhat risqué but very real subjects made for an enticing performance that definitely left the audience wanting more.

Incorporating some hilarious scenes, it was the artistic expression of the piece that gave it an extra depth and a greater meaning. This performance showcased the power a secret can have. In releasing other’s secrets, a therapeutic experience for the audience.

The ensemble of student actors very visibly poured their hearts into this sensational piece of work. Believable and talented, the actors provided a great show. With touches of comedy, drama, and suspense, the scenes struck a chord with the audience. A phenomenal production to end the school year with, this will resonate with the attendees.



Andrew DeLorenzo, Dabv Greenfield, Emily Winters, Jaclyn Pellerin, Corianna Yannonne, (missing Joe Cote)

Book Review: Fifty Shades Of Grey

Megan Kidder
Co Editor-in-Chief

Recently, there has been a newfound hype in the entertainment world over E.L. James’ break out novel *Fifty Shades of Grey*. The popularity of this novel – published by a small publishing house, originally in eBook form only – has skyrocketed in sales. The first part of a trilogy, *Fifty Shades of Grey* was released in paperback only this month. It is already a #1 New York Times Bestseller.

But why the hype? The cover alone is mysterious enough to intrigue, but what is making this novel so popular is most likely its controversy. Labeled as an “Erotic Romance” this story takes the reader on a whirlwind, sexual adventure with plenty of graphic sexual encounters. This could be a driving factor as to why it appeals to housewives across America.

Anastasia Steele is sent on an assignment for her college newspaper to interview the

speaker for her graduation. As Ana clumsily trips into his office, she finds her interviewee to be the young, gorgeous, multi-millionaire, Christian Grey. Of course, he falls in lust with the gawky literature major, inviting her into a world of extreme sexual situations. Over the top and unbelievable, by page 300, the readers may find themselves contemplating where this highly sexualized story is going.

Fifty Shades of Grey is based off of a *Twilight* fanfiction, which is enough

to make any sane reader drop it and run. And despite the questionable writing skills of this first time author, there is something about this novel that keeps attention. It may be hard to look past all of the sex but there is something about Christian Grey that entices not only Ana, but the audience too.

With summer around the corner, this book is semi-satisfactory for an entertaining beach read. Despite its recent success, don’t expect *Fifty Shades of Grey* to be a literary classic.



Cult Of The Classic: Death Race 2000

Chad Marden
Opinion Editor

Some drivers joke about how annoying pedestrians should be worth a certain amount of points for hitting as if they were playing a game. Few people realize, however, where that joke came from. The explanation is from the movie for anyone who was so angry behind the wheel that wished they had mounted miniguns on their car instead of headlights: “*Death Race 2000*.”

America has fallen into a financial and military crisis. This crisis is rectified via a trans-continental road race. How does this help the country? The twist is that the drivers aren’t just scored on how fast

the reach the finish line, but also how many innocent people they kill along the way. This vehicular manslaughter competition acts as a kind mass euthanasia while entertaining the populace. But a small resistance group intends to end this barbaric race as they systematically try to kill off the racers as a warning to the government.

This movie has some good points about it. For starters, it has some fantastic acting in the form of David Carradine as *Frankenstein*, a man that was repeatedly injured in races and rebuilt by Swiss engineers, and Sylvester Stallone as “*Machine Gun*” Joe Viterbo, a 20’s style gangster who hates being second best. The action scenes are a

joy to watch and it’s clear that the director was not taking this B-Grade script seriously as the death scenes are overlaid with cartoon sound effects.

The story direction is very inconsistent. It’s in such a hurry to start the race and the violence that it can’t be bothered to build up to it or explain the plot. Then, it drags for most of the movie as we watch the drivers and their navigators chat with each other. The only way to know why anyone was doing what he or she did is to look up a plot synopsis on IMDB. The cartoonish violence was tolerable but audiences need a REASON for why the violence is happening.

Social Media

Ending The Year With A Bang

**Debra Ricci &
Nicole Noons**
Contributing Writers

It is hard to believe that the 2011/2012 school year is coming to a close. Just yesterday students were unpacking their belongings to move in, and already it is time to return home and let the summer begin. The sisters of Phi Omega Psi have gained many great new girls and memories over the course of this year, and the sisters will sincerely miss the graduating seniors. This year the sisters of Phi Omega Psi have participated in countless philanthropy events, some including a walk for breast cancer, volunteering at local retirement homes, working with the animal shelter, and participating in the Blood and Bone Marrow Drives on SNHU's campus. Events such as Fish Wish, Highlighter Party, Wild, Wild West, and the Phi Psi Talent show have taken place, and the

sisters were glad to see everyone at their final event, "A Walk for Bella Kai" on Sunday, April 22. This event was to raise funds and awareness for individuals diagnosed with Rett Syndrome. The cause is near and dear to the hearts of the Phi Omega Psi sisters, because one of the sisters, Nicole Noons, is a personal friend with Bella Kai and her family.

Bella Kai is not an average two year old; she cannot walk, talk, or utilize her fine motor skills. Bella is one of many young ladies who are being called, "Rett Angles." Rett syndrome is a developmental disorder that causes problems in brain functions that are responsible for cognitive, sensory, emotional, motor, and autonomic functions. These can include learning, speech, sensory sensations, mood, breathing, cardiac function, and even swallowing, and digestion. Due to accumulating hospital bills as well as extensive therapies, families of these beautiful young

ladies are looking for a cure to this heartbreaking condition. Phi Omega Psi sorority set out with SNHU's help to find a cure for Bella Kai and the Rett Angles of the world, with the support they received at their event. The sorority hosted a three-mile walk on SNHU's campus in honor of Bella Kai in hopes to ensure that the children of the future do not have to face the challenges that Bella and her family face daily. The sisters appreciated SNHU students coming together and wish everyone a fun and safe summer!

If interested or want more information about Phi Omega Psi or Greek Life, contact the president of Phi Omega Psi, Jacquelyn Curran, at jacquelyn.curran@snhu.edu with any questions.

To donate to the Walk for Bella or Rett Syndrome, email the coordinator Nicole Noons at nicole.noons@snhu.edu.

Join Environmental Field Study Of The Pacific Northwest

Angela Feher
Advertising Editor

Dr. Joseph Corbin and Dr. Frank Catano are offering a hands-on, field-based course for summer 2012. The class is the last two weeks of July, and travels to Washington, Oregon, and Idaho. The cost is \$2,250 and covers all expenses except meals.

Students will experience the Pacific Ocean, Cascade Range, Old Growth Forest, national parks, glaciers, and deserts. Other areas to be explored include Crater Lake, Mount Rainier, Mount St. Helens, and Newberry Crater, to name a few.

Last summer, the students had a chance to white water raft and camp in Newberry Crater. "The

beauty of the Pacific northwest is unfathomable unless you are physically there. During the field study students can expect to be in the desert one day and walking through the snow on Mount Rainier the next day. From looking down the face of the Grand Coulee Dam to swimming through the ice-chilling waters to catch a glimpse of the waterfall, this trip was amazing and I would do it again if I could," said Alex Labrie, a student who took the course last July.

The course is three SNHU credits, and open to undergraduate and graduate students. It will be classified as either a science or social science course. If interested, contact Dr. Corbin by email at j.corbin@snhu.edu or visit <http://blogging.snhu.edu/gowest> for more information.

It's Not Goodbye, It's See The Seniors Later!

Christiana Amesquita
Outreach Coordinator CDC

The day has come, the year's been long and the future looks bright, seniors! The Career Development Center (CDC) couldn't be more proud and thankful for letting them be a part of the graduate's dreams. As seniors leave SNHU, the CDC encourages the graduates to stay connected and to share any accomplishments and endeavors with the SNHU community. But for those still struggling to secure the future, fear not!

The CDC simply do not wave goodbye after graduation. The Career Development Center's services are available not only to students, but to alums as well. The road after college is never a straight line and whether students are attending graduate school or lining up first position jobs; the CDC can serve as a helpful resource.

Resources for 2012 Grads

Students and alums have exclusive access to two employment databases: SNHU Recruit and Career Shift. Students can access these through the "Career Planning & Job Resources" page online at www.snhu.edu/cdc. Scan these databases to search for internships, jobs and working professionals. Take a minute to explore the resource page, which features an extensive list of links to great jobsites, salary, resume, interviewing and self-assessment information. For those seeking further advice or answers to questions, schedule an appointment with a career counselor.

Stay Connected

As the summer rolls in, the CDC is as close as a Facebook post, tweet or email! By following the CDC on Facebook (/SNHUCareerDevelopment), Twitter (@SNHUCareerCtr) and on LinkedIn (SNHU Community & SNHU Alumni)

students can stay up to date with the latest job and internship postings, career news, tips, events, and more.

Farewell to One of Our Own

The CDC also says farewell to their Associate Director, Chance Clutter, at the end of May. Clutter will be taking on a new position in his home state as a career counselor at the University of Kansas. "It is a very bittersweet moment for me," said Clutter. "After 5+ years at SNHU, I've had the pleasure of working with a lot of great students, faculty, and staff and that is what I will miss most of all." Clutter continued, "Like many of our students who will be graduating in a few short weeks, it is exciting to think of all the new possibilities that lie ahead for me, but it is sad to leave a place that has been your home for so long..." Please join the CDC in wishing Clutter the best of luck in his new adventure.

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Places To Pay Attention To When Spring Cleaning

Sarah Silvestriadis
Co-Editor-in-Chief

It's that time of year again, when the furniture is moved and all the cracks and crevasses are dusted and scrubbed clean. It's spring-cleaning time, and some places need a little more attention than others.

The convenience of water bottles is that they can be used over and over again, but water bottles are also a damp place that can build bacteria. Wash them everyday in hot water before they are used. Also, try a BPA (Bisphenol A) free water bottle to save a few bucks and help save the planet.

Yoga is the perfect way to get ready for swimsuit season, but make sure to use a clean mat. After working out, wipe it down, drape it over something, and let it dry. Yoga mats can hold bacteria left over from sweating, and sharing mats that haven't been cleaned can spread gym-related diseases like jock itch and athlete's foot, according to the New York Times.

The Huffington Post reported in a 2010 study that over half of re-usable shopping bags were contaminated with bacteria including E-coli. The same study reported that 97% of people never wash their bags. Even though most foods are wrapped up, it is still a good idea to throw the bags in the wash at least once a week. The same goes for purses and pocketbooks. ABC News interviewed Microbiologist, Chuck Gerba, who reported findings of fecal matter and other bacteria that can cause skin infections on the bottom of bags.

"We found fecal bacteria you normally find on the floor of restroom. We found bacteria that can cause skin infections on the bottom of purses. What's more amazing is the large numbers we find on the bottom of purses, which indicates that they can be picking up a lot of other germs like cold viruses or viruses that cause diarrhea," said Gerba. Leave purses at the door so that germs don't spread into the house, and wipe down the bottom of bags too. Wash hands after handling money, wipe down cellphones,

and if there is makeup in the bag then wipe it down, and definitely don't share makeup with other people to prevent spreading bacteria, infections, and breakouts.

Other things to pay attention to cleaning are toothbrushes. Rinse off toothbrushes after usage, and keep them out in the open as opposed to a container, which will grow bacteria. The American Dentist Association recommends replacing toothbrushes every three months. Sponges are among the most bacteria filled thing in the house, so let them dry between washing dishes. Putting them in the microwave for a minute will kill bacteria. Consider switching from a vinyl shower curtain to a fabric one, and throw it in the wash once a month. This will prevent flying germs, according to Men's Health. Lastly, contact lens containers should be rinsed with warm water everyday and the solution should be replaced everyday to prevent eye diseases. Use a new container every two to three months.

Eating For Finals

Megan Kidder
Co-Editor-in-Chief

Finals week has arrived here at SNHU. Cramming for exams, late nights writing papers, and packing up the dorms to leave can cause a great stress on the college student. The trick to surviving this stressful season is keeping the body as healthy as can be. Exercise may not be on the agenda with such a busy schedule so making better food choices is the best option.

Eggs are a great choice for breakfast because they are "... filled with the protein that you need for that early-morning energy to start your day off right." According to hercampus.com. Fitness Journal, Campus Cravings suggests that it is beneficial to have foods high in iron, like "dark greens." Try some spinach, or even broccoli, in an omelet to give it extra nutrients. Remember, breakfast is essential.

Sugar can be a good thing in small doses. WebMD says consuming sugar can "offer a short-term boost to memory, thinking processes, and mental ability." Be sure to snack on a more natural sense of sugar

such as fruit or a glass of fruit juice instead of opting for some left over Easter candy.

Whole grains are a good choice as well as fish. Fish has "omega 3 fatty acids, essential for brain function and development." (WebMD) Having a dinner of whole grain rice, salmon, and a vegetable could be helpful when studying or writing a paper.

Surprisingly, it is still okay to have a cup of coffee for a boost. Try to keep the cream and sugar minimal though. The key to accessing brainpower through food consumption is to have balanced meals and a consistent eating schedule. Excess or lack of nutrients can impair the ability to persevere through finals week.

Along with proper diet and exercise to prepare physically for finals, remember to drink plenty of water for hydration and relax. Don't cram too hard for exams; all-nighters won't help students ace their exams. A full night of sleep is recommended.

Food That Helps Get Rid Of Headaches

Sarah Silvestriadis
Co-Editor-in-Chief

The pain of a headache is a unique one, and it doesn't take much for one to occur. Whether the music next door is too loud or all that studying is just too much for one brain to handle, there are a few foods that may help ease the pain and some foods to stay away from.

There is good news for people who are prone to migraines, eat more leafy greens like spinach, which is full of riboflavin, a type of vitamin B. Especially with summer coming up, one of the biggest triggers of headaches is dehydration,

which can be fixed by sipping on water every 10 minutes, but an even more fun idea is to munch on watermelon! Women's Day magazine recommends vegetables like cucumbers and tomatoes for rehydration because of their high magnesium content. Mix some fish into an already healthy meal, because omega-3's can help reduce headaches caused by inflammation. Salmon, sardines and flaxseed are essential to pick up at the grocery store.

With the good summer food, comes the bad summer

food and some food just isn't going to help the throbbing pain of a headache in the blazing sun. Think twice the next time at a BBQ about that hotdog or chili-cheese dog. They are full of preservatives that are found mostly in processed meat, and are also linked to causing the constriction of blood vessels that lead to headaches, according to The Huffington Post.

When looking for a snack during a headache, stay away from a chemical called "tyramine" that forms when

protein is being broken down and is a common trigger of headaches. Foods that contain tyramine are aged cheese like Brie, Feta, Gorgonzola, and Swiss cheese, as well as foods like bananas, avocados, figs, raisins, papaya, plums, and nuts.

As far as beverages go, water is the number one drink to have to cure a headache. Alcohol will do more harm than good. Because alcohol increases the blood flow to the brain, it causes dehydration and ultimately, headaches. Alcohol also contains preservatives called sulfites

that can trigger allergies and asthma. Coffee and other caffeine-dominated drinks are up for debate. WebMD reports that caffeine in small amounts can actually help headache medicine because it helps the drugs dissolve faster. Being too dependent on caffeine will have the opposite effect. The chances of "rebound or withdrawal headaches" are high. Try to keep caffeine consumption under 200-300 mg a day, and watch out for caffeine found in tea and chocolate.

Social Media

"Your Secret" Chris Mehu Contributing Writer

It's time to sleep and a secret is happening right now.

You have to be the one to be inside.

You will be sneaky within the depths of the night.

In the morning no matter where you are you will know or be over thinking.

Why is it not enough to know the truth?

You still want to be curious.

The heads a separate room with much needed eviction.
Who is there to trust?

You were told still don't believe that's all.

When you pretend this time it's not like when you were young.

This type of deep thinking causes you to fall.

We all want the glory of being the secret it's all about secrets.

Will you tell anyone? Who would like to know.

What's going on outside as I lay here at night?

Just a naughty sinful world.

Is there choose paths?

Do we participate in these secrets or be honest?

You will crumble soon secrets only spread into the light.

What if no one cares?

Those are the ones who are better off.

"The Pink Dress Part X" Megan Kidder Co Editor-in-Chief

Nash's kiss in my apartment was a testament that true love never dies. Real love can be separated by distance, or time, or places, or people. It can be interrupted by job offers, self-discovery, or being engaged to the wrong person. If the love is meant to be, it will come back around, stronger than ever with lessons well learned. What Nash and I have is real. In that kiss I had realized that no matter what life dishes out, we will find a way back to each other. The bridge is never burnt. It was always each other we were waiting for.

That's why two years after I crashed Nash's wedding, I find myself back in a church, waiting for a ceremony. This time, I'm not here to hurt anyone; I'm not here to prove a point. I am here to celebrate what has felt right all along.

In a secluded room, Morgan and I laugh, remembering the day I made an ass out of myself in front of a church full of people. I go back and remember the pink dress, the way it hugged me with encouragement, the way it itched like my conscious. I loved the pink dress for helping me through that day. As much as I appreciate the pink dress, today I have traded it in for something a bit longer, something a bit fancier, something white.

"Ready?" Morgan asks. I pick up my bouquet.

"I've been ready." I inhale. This is nowhere near as nerve wracking as ruining someone else's wedding.

We make our way to the closed oak doors. The air brings back memories of the last time I was here. I am exultant not uneasy. The organs begin to play and this time they sound blissful not agonizing. The doors creak open and the entire crowd is watching me as I link arms with my father. I'm not afraid of making half of these people mad because even they know this is right.

I make my way to Nash. A smirk occupies him. I know I will rightfully spend the rest of my life waking up to that smirk, waking up knowing I succeeded. The priest begins his dialogue. I can't wipe the stupid grin from my face.

My stomach clenches when the priest finally says, "If anyone should object to this marriage. . ."

I can feel my heart pumping in my ears. I look around the people gathered in the church. It would be only fair if someone were to interrupt.

"Speak now," the priest says. "Or forever hold your peace."
And the church was silent.



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Staff Photo