



the OBSERVER

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observer@snhu.edu

Manchester, NH

SNHU Hosts Charity Fashion Show

Sarah Silvestriadis
Co-Editor-in-Chief

On March 21 the Center for Service and Community Involvement hosted the second annual A Catwalk In Their Shoes Charity Fashion Show here at Southern New Hampshire University. Student models and other volunteers strut their stuff down the runway bearing fashion from The Cinderella Project of New Hampshire, Smitten in Bedford, George's Men's Apparel and the Pretty in Pink boutique from Franklin Massachusetts.

The show was to benefit the English for New American's school located at the First Congregational Church on

Union and Hanover Street immigrants and refugees from all over the world a chance to learn the very difficult English



Corinna DaCruz

From left to right : Rebecca Harris, Casey Krafton, Corinna DaCruz, Tessa Sullivan, Whitney Mooney, and Sydney Colbert.

language. A teacher from the ENA school spoke about the rewards of teaching at such an organization and how passionate she is about Manchester's own melting pot. "It makes our city richer" she said.

"I could go on for hours about how much this [organization] means to me" event creator, director, and hostess Corinna DaCruz said during the event. DaCruz also spoke to the audience about her own father's experience, being an immigrant in the U.S. in the 1980's and went to church often to try and learn the English language.

The fashion show consisted

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SNHU Saving Students Money on Textbooks

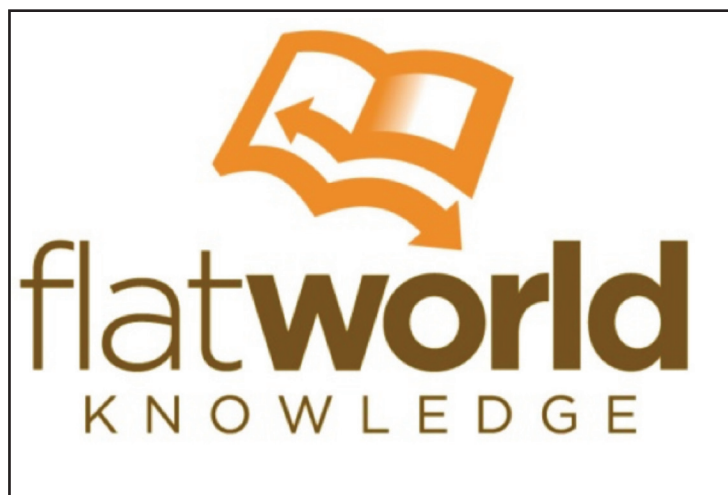
Marissa Twombly
News Editor

Buying textbooks is a major financial cost to students; therefore many students rent books or try to find discounted books. The main sources where students buy textbooks are Chegg, Amazon or the SNHU Bookstore (there are many other sources as well.)

Chegg has become known as the number one source of college textbook rentals. Chegg allows for students to rent textbooks at a fraction of the cost of buying a textbook. Once the class is over, students have the option to return the textbook or buy it from Chegg. This has been a good choice for students who are financially unable to purchase textbooks.

Now Southern New Hampshire University is giving

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students a helping hand in the purchase of textbooks. According to SNHU News and Events "a recent study showed that nearly 85 percent of students who dropped out did so for financial, rather than academic, reasons."

Early in the academic year, Southern New Hampshire University started working with Flat World Knowledge. Flat

World Knowledge is a college textbook publishing company. "We work with successful textbook authors and well-known scholars to create great textbooks. Our open textbook model gives faculty complete control over our content. Students have a choice of low-cost print and digital formats, including a free online reader." (Flat World Knowledge)

Since Southern New Hampshire University has used Flat world Knowledge, students have saved over \$100,000. The company allows for students to download textbooks to their computer or print them out for a very low cost, which is helpful to any student financially with textbooks.

"The ebooks are available for more than 25 undergraduate courses, including many in the common cores – the ones taken by the most students. The list includes ECO 201, ENG 101, POL 210, OL 215 and many more." (SNHU News and Events)

Student Brittany T. states, "I didn't know that SNHU even offered this! But now that I do, next year will be very helpful in terms of saving money on textbooks. What a great way to help students."

APRIL 6:
WALK TO WORK
DAY



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Happy spring everyone!

I don't know about anyone else, but I could definitely get used to 80 degree-days in March, or the rest of the spring for that matter. With all this warm weather, I have summer on my mind, already. Although there still may be a lot of work to get done before the school year has actually ended, I'm excited for beach days and sunny skies, swimming and sunbathing, Warped Tour and barbecues. Most of all, I think I'm excited to have some free time to read and write. (I'm a creative writing major; what did you expect?)

Over winter break I became borderline, unhealthily obsessed with The Hunger Games series by Suzanne Collins. I was skeptical to read it for a long time because (and some may hate me for this) I really never liked the Harry Potter books or movies. I knew I made an uneducated association between the two so I finally gave

The Hunger Games a chance. Now here I am, sporting a Mockingjay pin, getting ready to go to the midnight release of The Hunger Games film adaptation. I've become obsessed. The books reminded me how enchanting a good book could be. Writing is a wonder that I can't explain. Moments like make me confident that I'm in my chosen field. Storytelling is an art form.

With that being said; whoever is reading this, thank you for keeping this art form alive.



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

Sarah Silvestriadis

Co Editor-in-Chief

Spring is finally here, as you know! I am definitely excited about the 80-degree weather and getting to work outside instead of being in a stuffy room. Sundresses and flip-flops are back and ready to overtake my closet! Can you believe that we only have just over a month left? My freshman year flew by so quickly that I almost missed it! I hope everyone was pleased with their midterm grades, if not then you have over a month to work hard! It will all be over soon so stay calm.

March has been a busy month for the Observer; we were at A Catwalk In Their Shoes Charity Fashion Show and got to look at some fabulous clothes and energetic models, all for the good cause of benefitting the English for New Americans School in Manchester, NH.

The Observer staff will also be at the International Student Association's annual Gala on March 31. Come for delicious food and entertainment from all over the globe! You can check the Student Events Calendar for more SNHU events coming up this spring, and if your club, organization, or association would like coverage in the newspaper, contact the Observer at observer@snhu.edu.



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 Foster's Daily Democrat of Dover, NH. To contact the newspaper, please e-mail us at observer@snhu.edu.

News

Welcoming New MFA Faculty

Marissa Twombly
News Editor

As the academic year is winding down Southern New Hampshire University is welcoming new faculty to join the Low-Residency MFA program in fiction and nonfiction team.

Recently Southern New Hampshire University welcomed Senior Editor with William Morrow, Katherine Nintzel to the Advisory Board. Nintzel along with the advisory board will teach workshops and consult each other with the students at the summer residencies, in addition to working as publishing advisors for students. "Kate's experience in the industry will certainly complement our program and enhance opportunities for our students" (SNHU News and Events).

Best-Selling author Chris Bohjalian will be serving as a visiting faculty member for the winter residencies where he will teach workshops for the MFA program, and serve as a judge for "Amoskeag's annual literary contest in fiction and nonfiction for MFA students. Amoskeag is SNHU's national literary journal" (SNHU News and Events). Bohjalian is the author of fourteen books, which have been taught to creative writing students by MFA Director, Diane Les Becquets. Bohjalian's novels include many best sellers as well as award winning *Midwives*, which was "a number one New York Times bestseller, a selection of Oprah's Book Club, a Publishers Weekly "Best Book," and a New England Booksellers Association Discovery pick. His work has been translated into over 25

languages and twice become movies (*Midwives* and *Past the Bleachers*)." (SNHU News and Events).

Lydia Peelle also joins the MFA Faculty. In 2010 Peelle received the Whiting Award. "These awards, of \$50,000 each, are given annually to ten writers — poets, playwrights and fiction and nonfiction writers — of exceptional talent and promise in early career," according to the Whiting Foundation. Peelle's stories have been awarded two Pushcart Prizes and have been featured twice in best New American Voices. She was a finalist for the Orion Book Award and was also a New York Times Editors' Choice book with *Reasons for and Advantages of Breathing*. Peelle said she is "excited to be joining the faculty of Southern New Hampshire University's MFA program. It's a

fantastic community and I look forward to the opportunity to help students find their way along their own personal writing paths."

And lastly, International Best-Selling author Matt Bondurant will be joining the MFA Faculty as a full-time faculty member for this winter. Bondurant has been a New York Times Editors Pick with *The Wettest County in the World* and "a San Francisco Chronicle Best 50 Books of the Year, and has been made into a feature film by Director John Hillcoat (*The Road*) starring Shia Labeouf, Tom Hardy, Jessica Chastain, Mia Wasikowska, Gary Oldman, and Guy Pearce to be released in 2012." (SNHU News and Events).

Southern New Hampshire University is welcoming these new MFA Faculty Members with Open arms.



From left to right : Katherine Nintzel, Matt Bondurant, Lydia Peelle, Chris Bohjalian

Fashion Show

Continued from page 01

of three sections, casual wear, formal wear, and the fan favorite, the cultural section. Lights flashed and music blared, but nothing shone brighter than the models that volunteered for a great cause.

"I did this last year and I enjoyed everyone coming together for the common good so there was no doubt in my mind I would do it again" commented model and student at SNHU Tricia Williamson. Marketing professor Eklou Amendah and his wife generously donated clothing to the cultural section of the show, and were honored at the event.

For more information about getting involved with any of the organizations involved with the show, contact the Center for Service and Community Involvement at serve@snhu.edu or visit Stark 2.

SNHU Stock agreed about the diversity of acts. "I thought the variety of music in the show was great. It's not often that there's an event with a little something for everyone. I think this year's SNHU Stock was a huge success," said Melanie Joseph.

Brandon Czaja, the Music & Comedy chair of CAPE, was also very happy about the event: "I think it was awesome. Even though we had it inside, it was still a really good event. We had a really good turn out, and everyone had a lot of fun."

While it was somewhat unfortunate that the event was not outside this year, it was one of the better SNHU Stocks that has happened, not only with the variety of music but also with the different activities at the event. Because of the great variety this year, it will be a SNHU Stock to remember.

The Fight Against Attending College

Marissa Twombly
News Editor

To go to College, or not go is one of the fights between Republicans and Democrats today. The stereotype about going to College is that students have enhanced skills, increased knowledge and, let's face it, a chance at a better job. President Obama has recently been urging an increase in higher education so that people can gain specialized skills that certain companies require. According to The New York Times, "Throughout his term, [President Obama] has encouraged all students to strive for some form

of higher education, whether a year or a graduate degree, and has pushed to make college more affordable."

President Obama stated to the National Governors Association that, "we can't allow higher education to be a luxury in this country and that college shouldn't be a partisan issue. The research strongly suggests that studying after high school improves the chances of finding a job, and of making more money."

Republican Rick Santorum is on the opposite side of the issue arguing that we need to see a reduction in the number of people seeking higher education. Santorum reported on

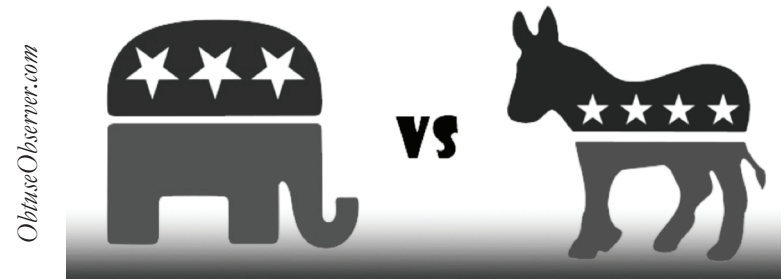
ABC's This Week that by going to college it "devalues the tremendous work that people who, frankly, don't go to college and don't want to go to college because they have a lot of other talents and skills that, frankly, college — you know, four-year colleges may not be able to assist them."

In response to President Obama's struggle to help more students obtain higher education, Santorum responded, "Oh, I understand why he wants you to go to college. He wants to remake you in his image." David Firestone of The New York Times stated, "As it turns out, Mr. Santorum is concerned that

conservative students who attend a four-year college will emerge fully indoctrinated as liberals. He even called colleges 'indoctrination mills.'"

Brian Chaput, student at Southern New Hampshire University states, "We in America need both sets of people, those who go to college and those who

don't. I would say 90 percent of the time people who don't go to College work the lower paying jobs, and we need people to work those jobs versus those who go to college and learn the skills needed for higher paying more complex jobs. The country cannot run without either."



Opinion

Can We Just Discuss: Some Slimy Dealings?

Chad Marden
Opinion Editor

The big talk I keep hearing about is the scandal regarding the use of "Pink Slime" in beef products. Recently, I took a course in public relations, so I can tell you all of the things these people did wrong.

First of all, the most obvious problem was they USED the stuff in the first place. For those that still don't know, Pink Slime is a substance that is composed of the beef trimmings that are left over from higher-grade cuts of meat like steaks and roasts. That doesn't sound too bad, at least until it's learn that they treat it with ammonium hydroxide (a mixture of ammonia and water) to kill bacteria. Even though it's been used as a leavening agent in baking for some time, I think we've all

been taught not to eat or drink ammonia.

Secondly was the failure to market it properly. Many may recall my previous rants on the English language regarding the use of euphemisms. While I approve of not disguising the truth via verbal gymnastics, you had better expect to catch some flak from the consumer public if you use something with a disgusting name like Pink Slime. I'll bet anything that fewer people would be offended if you named the by-product "Meaty Stuff" or

"Tasty Paste".

Still, even with all the over-blown hype and controversy, I'm glad to see people show concern about an issue. It's little things like that, which remind me that human kind hasn't been completely taken in by the upper percentiles. Of course, if you want to avoid the fiasco altogether, you can live on a farm, like me, and grow your own food. Mmm. Fresh, homegrown, turkey dinners with billowy mounds of mashed potatoes.



abcnews.go.com

Dependence on Plastic is Dependence on Oil

Brendan O'Donnell
Staff Writer

Like most colleges, At Southern New Hampshire University students are bombarded with cheap, plastic items. Career fair and Club Day booths hand out piles of pens, key chains, magnets, and even googly-eyed rocks.

These items are usually made out of two common types of plastic, either polyethylene (HDPE or LDPE) or polyethylene terephthalate (PET). It is important to remember that plastic is not a naturally occurring substance. Plastics are made out of organic (carbon based) materials, namely, Oil. It takes two pounds of oil to make a single pound of HDPE or PET. It takes even more oil to ship and store the cheap, plastic trinkets.

Those key chains may look harmless, but taking them only serves to further America's

dependence on oil. Plastic soda and water bottles are another innocuous source of plastic consumption. They are similarly made from PET.

In addition to the oil that goes into plastic construction, a chemical called Biphenyl (BPA) is present in polyethylene. This chemical can slowly leach from the plastic into stored liquids. BPA is a probable carcinogen that also mimics estrogen in the body.

Plastic is not an innocuous super material. The manufacturing and use of plastic is detrimental to the environment. When used in food and beverage containers, it is detrimental to human health.

It is time to lower SNHU's carbon footprint, and American dependence on oil, by saying no to plastic trinkets and bottles.

Arts & Entertainment

Movie Preview: The Hunger Games

Megan Kidder
Co-Editor-in-chief

The Mall of New Hampshire's Hot Topic store has been flocked with teenagers and young adults alike, recently. These crowds are stocking up on The Hunger Games merchandise in anticipation for the upcoming film based on Suzanne Collins' best-selling book series. A committed fan wouldn't be a committed fan without dressing up as main characters Katniss Everdeen or Peeta Mellark. Devotees will at least be sporting a Mockingjay pin (an important symbol in the series that has been a marketing device for the movie.)

Even people who have not avidly followed the series are starting to recognize the popularity through commercials and media circuits. Since January, advertisements for the film have been sent out to the masses. Tickets for the debut went on sale a month in advance. Readers of the beloved novel hold their breath in anticipation for the games to begin on the big screen.

The hype of the opening was large enough to prompt a SNHU sponsored event to attend the midnight premiere. Jessica Silva, a sophomore attending the trip is filled with excitement, "...because

I'm so in love with the books. Suzanne Collins created such a captivating story, and I think the actors and actresses in the movie will fit their roles perfectly."

Although most overly excited moviegoers know the plot line for this story in-depth, it is the anticipation of how well director, Gary Ross, creates the fictional world that is the most pressing matter. "Of course I'm nervous for the movie though because most book-to-movie adaptations let me down. But I think it will still work out and get the right message across," Silva adds, most eager fans seem to share her outlook.

The Hunger Games are being called things like "The next Harry Potter." The story lines are much different and there seem to be no wizards in Collins' series but the fandom it has created is quite similar to the excitement surrounding the Harry Potter book to movie movement.

With Collins being involved in the writing and production process of the film, The Hunger Games is expected to deliver as well as the novel does. "The world will be watching," marketing for the movie announces, hopefully the fan world will not be disappointed. The best thing to do is grab some popcorn because this review is to be continued.

To all Faculty and Adjunct Professors, you are cordially invited to your 2011-2010 Faculty Party hosted by students of Professor Monk's Special Events Management class.

Please join us on April 11, 2012 at the Academic Center Learning Commons and Patio for a Tropical Luau themed party. Come relax outside for a few hours with your fellow co-workers while enjoying a little piece of the Caribbean.

The party will feature tropical decor, live music, tropical themed hors d'oeuvres snacks, and drinks, along with a comfortable atmosphere and an unforgettable experience.

To RSVP, and for any questions please E-Mail to Faculty.Center@snhu.edu

Six-Course Wine Paired Tasting Menu To Celebrate New Americans

Rebecca Harris
Contributing Writer

February 11, 2012, Manchester, NH- On Wednesday March 28th 2012, students of the hospitality program at Southern New Hampshire University will be hosting a fundraiser for Sewing Confidence. The event will be held in the Hospitality Center where guests will enjoy hors d'oeuvres at 6:00pm followed by a 6-course tasting menu at 6:30pm.

Based in Manchester, NH, the non-profit organization Sewing Confidence was founded in 2009 by Rubia Inc. to help resettled refugee women from different cultures. The goal of Sewing Confidence is to provide these women with social and economic independence through the instruction of hand and machine sewing.

As a requirement of the Hospitality Business program at Southern New Hampshire University, students must take a special events management class in which they plan and execute an event benefiting the local community. The Sewing Confidence Fundraiser is one such event resulting from this semester's class and the students are looking forward to this event helping the community.

The menu for the evening is inspired by the diverse cultures in Manchester and the surrounding area. Tickets are \$25 per person or \$200 for a table of eight and are available at snhutickets.com. For more information on the event, contact the planning group or student contact of Rebecca Harris at sewingconfidencefundraiser@gmail.com.

Information regarding the Sewing Confidence Organization can be found at <http://sewingconfidence.org>. Donations are being accepted and all proceeds will benefit Sewing Confidence.



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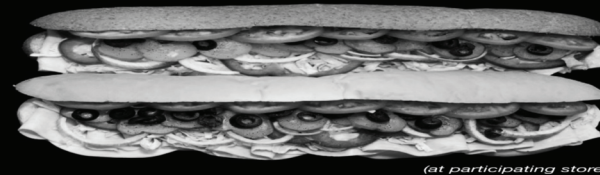
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Social Media

Make Summer a Work for Students

Christiana Amesquita
Contributing Writer

The weather is bursting with early warmth and sunshine so many students may have sweet summertime on the brain. Besides catching up with friends at home or hitting the beach; how will they make their summer WORK to their career advantage?

Job searching in itself can be a fulltime job, so why take a “break” during the summer? It can take months to find the perfect internship or job, and opportunities don’t stick around while lounging about! Read on to find out how to utilize summer break to the fullest.

Network While Having Fun

A student is off to a barbecue, wedding, or some other social gathering. They run into family and friends the student hasn’t seen in a while and they want to tell the student every little thing they’ve been up to. Well don’t just switch to selective hearing mode, listen in. Maybe they know a guy who knows a guy who can get a student in the door to that amazing company or organization they’ve been eyeing. As Robert Kiyosaki said, “If you want to go somewhere, it is best to find someone who has already been there.” Building a network now will prove beneficial later.

Make a Schedule

It’s perfect beach weather. In fact, it’s been perfect beach weather all week and that’s where students want to be - at the beach. No one could blame them! But they still should schedule in a little career exploration and job searching between the sun and fun. Put aside an hour every day to see what new postings are out there. Stay up to date on new opportunities and have the proper time to prepare and send in a cover letter and resume.

Workout a Resume

Feeling confident about a resume? If the answer is no, well there is time to work it out! What’s

even better, career counselors at the Career Development Center (CDC) are still here (yes, even in the summer) to help get resumes in tip-top shape. Schedule an appointment with the CDC and we’ll show students how to customize a resume so it works for them.

Where to Look for an Internship or Job

Go to the Career Development page on MySNHU or www.snhu.edu/cdc and click on “Career Planning & Job Search Resources” on the left side. SNHU students have access to a plethora of helpful resources. Scroll down on this page to see an extensive list of links for internships and job postings major or career specific. Check out CareerShift and SNHU Recruit to see the many opportunities available locally and nationally. If students haven’t logged in lately or registered yet, what are they waiting for?

April 4th NHCUC Job Fair

It’s not summer yet so don’t miss the next job fair hosted by the New Hampshire College University Consortium on Wednesday, April 4th from 2 p.m. – 5 p.m. at the Radisson Hotel in Manchester, NH. Check out their website, including a list of employers who will be attending: www.nhcuc.org/jobfair.asp.

The Career Development Center is located in Chocorua Hall and is open Monday-Thursday, 8 A.M to 5 P.M and Friday 8 A.M to 4:30 P.M. Schedule an appointment with a career counselor today. Our services are available to students and alumni alike. Call 603.645.9630 (option 1) or email us at careerdevelopment@snhu.edu. “Remember, it’s your career...what have you done lately?”

Spring Fever Hits SNHU

Sarah Silvestriadis
Co-Editor-in-Chief

For the past couple of weeks students have spent less time studying inside, and more time basking in the warm sunlight and taking advantage of the 80-degree weather that has graced March. Not only has the weather changed classroom habits but also scientists have been studying the correlation between the weather and peoples’ moods.

When the sun starts coming out earlier and setting later on in the day, people sleep less because they have more energy, according to Sanford Auerbach, M.D., director of the Sleep Disorders Center at Boston University. Even with less sleep, people have been known to become happier with the nice weather because of the increase in serotonin, which regulates the blood vessels in

the brain and contributes to the overall feeling of happiness. People are happier because they are spending more time outdoors, and most likely exercising more and pumping endorphins through the body.

Unfortunately, with the beautiful flowers that bloom and the more time people spend outside, allergy season is the umbrella over the spring. The Asthma and Allergy Foundation of America reports that over 40 million Americans experience allergies, pollen being the most common. ABC News reports that as the winter weather grows shorter and milder, the allergies come sooner and last longer. Scientists and doctors say that these changes during the springtime are completely normal, so bring on spring!



mybestdesktops.com

This Month in History

March 24th, 1603: Queen Elizabeth I of England died, leaving the crown to James IV of Scotland (James I of England) and heralding the advent of the Stuart dynasty.

March 4th, 1865: Inauguration of President Abraham Lincoln’s second term in office.

March 18th, 1899: William Henry Pickering discovered Phoebe, one of Saturn’s moons.

March 20th, 1917: The U. S. War Cabinet, under President Woodrow Wilson, passed a unanimous vote in favor of a declaration of war against Germany.

Sources: <http://timelines.ws/>

Spotlight: ISA’s International Student Gala

Michelle Diaz
Staff Writer

Where do Thai dancing, Martial Arts, traditional Bharatnatyam Indian dance and even Michael Jackson all come together on one stage? At the International Student Gala |hosted by the International Student Association, both international and domestic students will collaborate to put on a spectacular event for the SNHU community. Last year the Gala had a phenomenal turn out, and this year a large number of attendees are expected as well. Some advice? Get those tickets early!

For those who are not familiar with the ISA, it is an organization, which was founded with a principle goal of promoting diversity among both domestic and international students, has so far been successful in holding events for the SNHU community to benefit all students. Students who believe that the ISA is exclusively for international students, think again! The ISA is open to everyone. Vice President of the ISA and a junior at SNHU, Krupa Patel states, “I originally thought this organization was not for domestic students but I learned it was for domestic students too. I joined my freshman year and have made so many different friends and learned from many different cultures.” Apart from the International Gala, the ISA has held events such as the International Fashion show in the fall and the International Student Panel, which connects international students with alumni and share tips on how to land jobs.

For now the spotlight is on the ISA’s upcoming event. Tickets are now being sold now, so make sure to break out those fancy clothes and head on over to the Gala on March 30, doors open at 6pm in the Athletic Center Field-house.

Food & Wellness

Should the Snooze Button be Put to Rest?

Sarah Silvestriadis
Co-Editor-in-Chief

The snooze button: the first thing millions of people reach for after hearing the dreaded sounds of a morning alarm clock. For most people, those few minutes in between alarms seems like heaven. Who wouldn't want just a few more minutes of sleep?

Does the few minutes of extra "sleep" contribute to the seven to eight hours required of sleep? Scientists say that hitting the snooze button does not contribute to overall health and that it is best to hit snooze only once, or not at all. The New York Times reported, "When we break up our sleep there is a negative impact on sleep's restorative value." This means that sleeping for six hours, then hitting snooze for an hour, will result in the body getting less

sleep than its daily requirements.

"We experience different sleep stages during the night, and drifting back and forth caused by snoozing, disrupts our sleep cycle," said Dr. Yitzak Kupfer from Maimonides Medical Center. People who hit the snooze button multiple times are depriving themselves of needed sleep. Pressing snooze may seem like an easy solution to getting more sleep, but in fact it does not count towards the recommended time towards sleeping. It is better to sleep right up to the alarm originally set and get up the first time.

Scientists have developed a type of alarm clock that rolls away when the snooze button is pressed, called the "Clocky." It's a good investment for people who are late going to work, school or any commitment in the early hours of the morning!

Allergy Season Myths Debunked

Sarah Silvestriadis
Co-Editor-in-Chief

With spring coming very early this year, some good news is that the winter flu season had fewer people contracting the flu or colds overall. The bad news is that pollen counts are higher. It's time to put the old wives tales to rest and debunk the myths surrounding immunity to seasonal allergies.

It's common for people to believe that eating honey will make a person become immune to pollen, because there is pollen in honey. The truth is that the pollen in honey isn't the same kind of pollen that causes allergies, specifically in the eyes and nose. While honey may be delicious, it will not cure a pollen allergy.

It's time to put flowers back into homes! Flowers are known for having pollen in them, but

because bees carry around the pollen in flowers, pollen doesn't float around very much without them. Let the bees do their job and the flowers will get to stick around! Hay can stick around too because Hay Fever isn't actually caused by hay, it is called Allergic Rhinitis and is caused by pollen.

Pollen counts do matter, in fact. It's a good idea to check what the local pollen count is for that day to see how intense allergies will be. It's also a good idea to keep eye drops on hand when the pollen count is high

and don't be afraid to take medication before stepping out of the house. The medication will go into effect sooner, and can save a day of discomfort from allergies.

Even those who have never had allergies before can still have them in adult life. The Huffington Post reports that 67 million adults in the U.S. are allergic to pollen, and that many adults develop pollen allergies after not having them as a kid. Spring awaits, but don't let allergies get in the way!



huffingtonpost.com

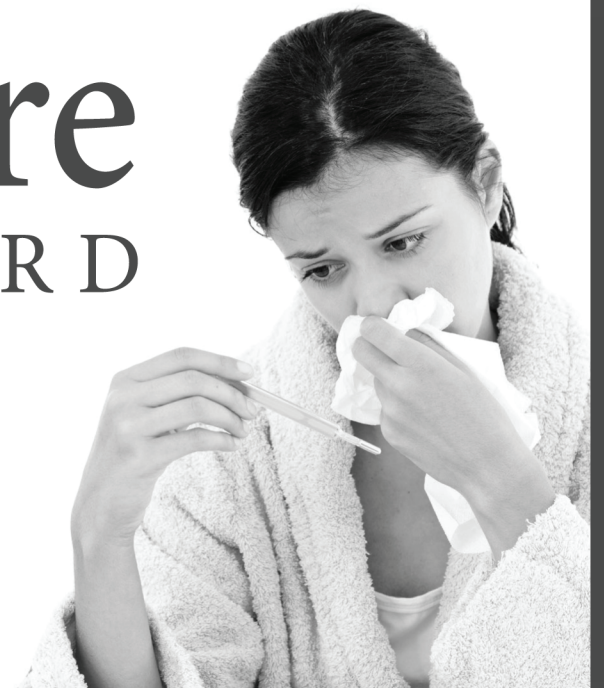
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Creative

"The Pink Dress Part VIII"

Megan Kidder
Co Editor-in-Chief

Our guarded postures in my apartment doorway brought me back to the day Nash and I were through.

I slapped my brown canvas suitcase onto the bed that we had shared all six months we'd been living in the expensive condominium. The straps jingled as I flipped open the top and tore open my dresser.

"Olivia, please," Nash looked deflated. He let his arm fall to his side knowing there was next to nothing he could do.

I was inherently independent and it was my tragic flaw.

There was no way I could have packed all of my things into one suitcase but for dramatic effect I would have to pick and choose what I left behind. I put a pile of t-shirts in the suitcase and Nash instantly removed them.

"Stop," he said.

"No, I'm leaving, Nash." I ignored the shirts and went for the closet. In the suitcase, I placed an armful of clothes, hangers still attached.

"Can't you just calm down, Liv?" He still clutched the pile of shirts as I raced around the room throwing my necessities into the bag. I wasn't being too particular because I thought I'd be coming back.

"Calm down?" I stopped. "How can I? You're asking me to figure out my life right now and I can't do that Nash, I can't."

"I'm not asking you for anything huge, I'm just asking you to move a few states away so I can start my career and be able to support us."

"I can take care of myself," I said disappearing into the bathroom.

"I know you can, but I want to take care of you."

"What about what I want? Huh?" I raised my voice. "I have things that I want to accomplish too."

"It won't be forever," he pleaded. "Just try it for one month. One month and if you don't like it then we can leave. I promise you."

"That's a lot to ask."

"I know it is but it will be worth it," he said. "I just want you with me, Olivia."

"Well I don't know if I want to be with you." I hated the way the words felt falling out of my mouth.

"How can you say that?" He asked.

"It was pretty easy." I couldn't look in his eyes. He should've known it wasn't true right then and there. It was even harder than ruining someone's wedding.

"Okay." He was quiet. I assumed it was the only thing that could escape him because it was the only thing that could escape me.

"Okay." I zipped up my suitcase; I could hear him walk down the stairs. He was still holding my pile of t-shirts.

I was well aware that it was the worst decision I'd ever made when Nash took my hand as I was walking out the front door and said, "Are you sure this is what you want?"

And I said, "Yes."

"Scribbled Code"

Chris Mehu
Contributing Writer

People I understand how you care.
The events and people are no longer there.
Stop giving life to my past evil.
You care how I understand people.

Everyone's words seem to be on replay with that.
If it takes anyone not to trust it's that one rat.
In current events I'm moving forward past my past.
To be on replay everyone's words seem to make the sour flavor last.

Just leave me alone and stop resurrecting this thing that
needs to remain buried.

What surfaces it's all on you I'm not feeling hurried.
Thank you friends. But before this was brushed I was listening.
This thing needs to remain buried, just leave me alone and stop
resurrecting.

What's this code you ladies are talking about?
With us guys it doesn't exist here with some of those close I'm in doubt.
Alright everyone, decide was it wrong or right? Stop playing with my mind
as I'm trying to become clear and get on my mode.
Ladies talk about you what's this code?



Maranda Trombley