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SNHU's Online and Continuing Education Expands Worldwide

Fred Whittle
Staff Writer

Southern New Hampshire University's College of Online and Continuing Education (COCE) continues to expand with an impressive pace. Not only are there a wide range of courses offered, but different levels of degrees as well. More than 80 online accredited graduate and undergraduate programs, including more than 40 specialized MBA tracks.

Globally, SNHU currently has an estimated 12,000 students in roughly 60 different countries. More and

more, SNHU is becoming recognized for its online courses. Commercials and advertisements are being pushed and more people who do not go to the school are now aware of

SNHU and what they have to offer.

Recently, some traditional day students are becoming concerned with how employers will look at their applications and resumes in the future. Will they know of SNHU only because of the online program? Will this employer assume the whole degree was achieved online? These thoughts were sent to President Paul LeBlanc and he agreed to sit and discuss these questions.

LeBlanc explains, "More employees pursue their

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Student Loan Interest Rates May Double

Marissa Twombly
News Editor

The reality that students face today is that without the help of student loans, many would not be able to attend college. With student loans, come interest rates. By summer, students could be seeing interest rates double. According to Sarah Jaffee, "Unless Congress acts soon, millions of college students could see the interest rate on their federal student loans double this summer—adding \$5,000 to the cost of an education for students who pay off their loans in 10 years, and around \$11,000 over 20 years."

The Democrats stated (back in 2006) in order to help students they would promise to cut the interest rates on student loans in half during the midterm election. In a sense they did this

by providing the College Cost Reduction and Access Act, in 2007 from 6.8 percent to 5.6 percent to a now very low 3.4 percent. This summer, however, the cut expires bringing next year's borrower interest rates to 6.8 percent again.

The Republicans fought back this year stating "that keeping those rates low costs too much and isn't the federal government's job." Republican Virginia Foxx,

chair of the Higher Education Subcommittee, argues that students shouldn't need to borrow money to pay for college in the first place.

The answer to Virginia Foxx's statement that the government is losing money was reported by Libby Nelson at Inside Higher Ed. Nelson discusses how those who cannot afford to see the interest rates increase are students with families that make less than

\$40,000 a year who are the primary beneficiaries for the Stafford Loan. Nelson then argues that "the government, which now lends money directly to students rather than subsidizing banks and student lenders like Sallie Mae to do so, is able to borrow at a significantly lower rate than 6.8 percent or even 3.4 percent [showing] the government is actually making money by lending to students."

One of the justifications for increasing the interest rates is that it covers the risk of default by the borrower. Since the bankruptcy bill of 2005, there is almost no way for borrowers to escape paying back their loans. In bankruptcy cases, student loans are not dischargeable.

This is what student borrowers will have to face by the summer, be prepared for interest rates to almost double.



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Letters from the Editors

Sarah Silvestriadis

Co-Editor-in-Chief

I hope all you Observer readers had a wonderful Spring Break, and welcome back! Don't worry, we only have two months left, and they are going to fly by! Pretty soon we are all going to be crammed into the library and stuffing our minds with more information we can handle for finals, the joys of being a college student.

The Observer has been trying out some new sections, such as the Social Media section, where clubs, organizations and all groups on campus can promote themselves, and brand new to this issue is the Health and Food section. The main column comes from Shaquwanda Allen, where she provides easy to do recipes for students, and even puts a new twist on the Dining Hall food.

With three issues left for this year of the Observer, please feel free to contact us with ideas for articles, anything going on around campus, or just general suggestions that we could use to make our student run newspaper even better! We love hearing from students and faculty and it is easy to do that on our twitter page, @observer. Try to enjoy the week back from vacation; summer will come before you know it!

Megan Kidder

Co-Editor-in-Chief

It amazes me that this school year is on its last sprint. Three issues left and it will be graduation for some and summer vacation for most. After a weeklong break it may seem tough to get back into the routine but I promise we're almost there.

I, for one, am excited for spring to come budding out of this new layer of snow we've accumulated. Excited might not be the word I'm looking for, desperate seems more appropriate. I long for days where I can walk from East Side to Robert Frost in just a t-shirt and some flats.

Spring brings happy faces and better attitudes to campus along with the nicer weather. Spring also seems to bring some great events. One event that I am excited for is Stephen Bogart's "Post Secret" Production called SNHU Secret. Later this semester, to be performed on campus, the project is a play composed of an assortment of secrets submitted anonymously by SNHU students. To become a part of this innovative project just go to snhusecret.tumblr.com and anonymously share your secret!

Until next time, happy reading!

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News

President Obama Speaks in Nashua

Samuel Doe
Staff Writer

President Obama visited Nashua Community College on March 2nd to give a speech about rising oil prices and energy policy. Much of his speech focused on what he says is the necessity of an “all of the above” policy, which would develop oil resources at home while at the same time exploring alternative energy sources. Obama opined that America cannot drill their way out of high gas prices, calling the idea at various points a “magic solution” or “a silver bullet.”

The president went on to discuss what are, in his estimation, the causes of rising gas prices. For short term rises he cites continuing instability in the Middle East, in particular that caused by Iran, and also, at home, Wall Street speculation driven by market uncertainty. In the long term, he expects the inhabitants of ever-industrializing countries like India and China to increase automobile use, and in the process consume more gas, increasing global demand, and in turn, prices.

Obama asserted that despite what many of his detractors say, his administration has been friendly to domestic oil development. Citing the granting of over 400 drilling permits by the Obama administration, and the

near-record number of American oilrigs currently operating. He also made mention of dozens of new pipelines being constructed, including from Canada. He made no reference to the still stalled plans for the Keystone Pipeline, which has caused so much controversy.

Obama did decry subsidies given out to oil companies to the tune of \$4 billion per year, and said that he would be asking Congress to do away with these subsidies. He indicated that if this were to be done, he would like that \$4 billion to go instead to helping cities and private sector companies convert their fleets of vehicles to more fuel-efficient cars and trucks.

Peter Lehner, executive director of the Natural Resources Defense Council, spoke highly of the speech in the Nashua Telegraph, saying that “Obama reminded us that if we want energy security and energy

independence, the country needs to start looking at how to use less oil.” On the other hand, Brian Johnson of the American Petroleum Institute spoke with concern about Obama’s initiative to eliminate subsidies to oil companies, claiming that, “The president is trying to take [normal business tax deductions] away from our industry, which would do nothing to lower the price of gas.”

The president concluded his speech by saying that he didn’t expect to achieve the degree of energy independence and efficiency needed within one administration, or even within one decade. However, he expressed optimism about the United States’ ability to ultimately realize this aim; America has “limitless sources of energy, and a boundless supply of ingenuity and imagination and talent.”



rollingstone.com

College Students Occupy Campus to Stop Tuition Hike

Sarah Silvestriadis
Co-Editor-in-Chief

On Thursday, March 1 college students in New York walked out of their classes to join the protests in the street about the state budget cuts for higher education. In California, students have been protesting since 2009 against yearly rising fees, schools laying off their faculty and staff, and universities partnering with U.S. banks to turn student I.D. cards into debit cards.

Occupy Colleges, a branch off of Occupy Wall Street, is an organization for peaceful protesting against state legislatures budget cuts and the ever-increasing debt of college and university students nationwide. 20 campuses in California have protested in favor of a ballot initiative to tax the rich, bring in state revenue, and stop further budget cuts on higher education. Even California’s community colleges are a part of the Occupy Colleges movement. Thirty years ago, attending a California community college was free, and after a decade the cost has raised four times the amount. Community colleges were also forced to reduce their already enrolled spring semester classes at the last minute to make up for budget cuts.

At Occupy UC Davis, students held a “funeral for public education” on campus on March 1. Artem Raskin of UC Davis spoke with The Huffington Post and said, “Occupy has been based around the interaction of local issues and global issues, we try to tie it to specific issues on our campus, but at the same time keeping in mind that these local

issues have implications as well.”

Jacob Chaffin, an education major at Ohio University spoke out about how students should have a voice in electing the Board of Trustees, not elected by the governor. Students in Ohio have been protesting the state’s Enterprise University Plan, which looks to give universities more power over their education rather than the government, but could also increase tuition, decrease financial aid, and decrease faculty protection.

At the University of South Florida, students part of the Occupy movements are outraged at the 60 percent budget cut to USF proposed by the Senate. In Pennsylvania Gov. Tom Corbett (R) is asking for a 20 percent cut in public education. Lucas Lyons of Occupy Pittsburgh spoke out against Corbett trying to make up a budget deficit instead of increasing taxes on corporations. “[The governor] is trying to squeeze us off and make us a fully private organization,” said Lyons to the Huffington Post. On March 3 the students of Occupy Pittsburgh walked out of class and held a “teach-in” outside of Corbett’s office.

Students from New York City and the University of Texas (who have also recruited protestors from the 1960’s) held “teach-ins” in front of their Departments of Education. Over 120 campuses across the U.S. last year on March 4, 2010 staged walkouts and the media coverage this year is growing thanks to the Occupy Wall Street Movement.

Like to keep up with the news?
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SNHU Worldwide

Continued from page 01

educations online than in face-to-face classroom settings. The sharp reality is, in COCE we mostly serve non-traditional age learners. Your typical profile could be a 29 year old who is working, possibly juggling careers, and taking care of a family. They could be an active duty service person deployed in the military or someone with credits from other schools that has decided to take classes again." That is the typical student. The traditional undergraduate university serves a very distinct market from the one served by COCE. These are two very different markets. Of course, there are exceptions of traditional students taking online courses but these are fundamentally two very different markets.

The online market is 'voting with its feet.' It is increasingly choosing not to take evening courses on campuses. This market is moving to take classes online. The enormity of the convenience factor is hard to overlook. Compare the schedules, option one: working until 5 p.m. or so in the afternoon, possibly running into traffic, grabbing

something quick to eat, running to your night class, and then maybe kissing the kids goodnight. Option two: one can drive home from work, eat dinner with the family, help the kids with homework, and then open up their laptop and begin their online work. The second option is where the adult learners want to be served by and large.

Employers are taking notice with this trend. LeBlanc goes on, "With this in mind, companies are seeing their own employees coming back with improved skills and competencies that were learned through their online course. Because of this, the acceptance rate of online degrees among employers is rapidly increasing." He goes on to say that heightened visibility, a rise to Tier 1(regional) in the US News and World Report rankings, and national recognition and associated media coverage all serve to increase the value of everyone's SNH degree. He adds, "I don't so much hear that SNHU is 'that online' university as much as 'SNHU is really becoming well known.' That means every graduate, whether from COCE or UC, goes out into the marketplace with a

higher value degree."

By 2015, SNHU anticipates to have about 30,000 students enrolled online and around 2,700 undergraduates on campus. It is possible that in a few years SNHU may become one of the five largest online non-for-profits in the country. "Our notion is that we can do both: expand and improve. We are spending millions of dollars for revisions of online courses. We are improving and revamping teacher training and implementing data analytics so we can have better optics into the actual course. This means we can see what is going on within the class at any given time," says LeBlanc. Another example of improvement that SNHU is looking into is OpenStudy, which will soon be available to online students. This is a peer-to-peer environment that is a resource for students to turn for help.

The brand recognition of SNHU has been greatly enhanced. LeBlanc gave an example of when he first came to SNHU eight and a half years ago; he met a senior from Connecticut. When applying to jobs, this student had to explain on almost every occasion what SNHU was. The name was

fairly new since New Hampshire College and there wasn't a lot of money being spent on marketing. "Today, people know our name and it isn't just from the money spent on marketing," says LeBlanc. FastCompany is a recent example of added recognition with unspent money. LeBlanc then pulled out his phone and pointed out an email he had received prior to the meeting. It was The Atlantic, a news magazine that mentioned SNHU in an article titled "5 Ways to Make College Much More Affordable for All Americans."

SNHU is a non-for-profit organization and the differences between this and a for-profit are dramatic. At the end of the day, for-profits have a bottom line responsibility to maximize their return to their shareholders. The revenue stream and profit ability have to remain high. Leblanc states "SNHU has no shareholders. Even as we do better, no one gets richer from the success. There are no shareholders to satisfy. We can take the surpluses that are generated and we can reinvest into the institution." This is why millions can be spent to strengthen online courses. There are no shareholders setting limits

on the money reinvested. It can be argued this is the right thing to do from a quality perspective.

Because of COCE's success, financial aid has been increased by roughly eight million dollars in the last two years. There are a lot of current students at SNHU who from a financial standpoint would not be able to attend if this money was not generated.

LeBlanc points to a range of other investments in the main campus due to COCE's success. "We have award winning compensation for our faculty and staff and yearly raises despite the recession. We are building a new library and dormitory, having just finished a new academic building and dining hall. We are poised to hire close to ten new faculty members. We remain the most affordable private institution in the state. None of that is possible without COCE's success."

"I really don't see much downside in a larger and more successful COCE operation. It's our mission to educate more people; it has always been our mission to educate nontraditional students. We are just now able to serve more of them that need it."

Sports

Athlete in the Spotlight: Jessica Berardi

Alexander Costas
Staff Writer

Jessica Berardi is a SNHU junior and an outfielder for the Penmen's softball team, entering her third year of action. Berardi appeared in twelve games in the last season with five starts.

Berardi attended Bridgewater-Raynham Regional High School where she lettered in both volleyball and softball. She served as captain of the softball team as a senior and helped the Trojans to a ten-win season. Some accomplishments for Berardi include a Defensive Award for

the Trojans and an All-Scholastic Honorable Mention.

Berardi's favorite memory as a player is last season's dramatic rally against top-ranked Assumption College.

When commenting on the game Berardi said, "It was a great feeling to work as a team and come

back and win after being down by so many runs."

In terms of goals for the 2011 season, Berardi said that she hopes for the Penmen to be one of the top four teams in the Northeast-10 Conference.

"We are looking really good for the spring, we do have a young

team but we should do really well this year. We have a lot of returning players, including two seniors, six juniors, five sophomores and five freshmen," stated Berardi.

Jessica is majoring in Elementary Education and will soon be certified in Special Education.

Arts & Entertainment

It's a Classic, but to Whom?

Dennis Wright

Staff Writer

How many students have had their high school English teacher rattle on about some book that is a "classic?" These types of books are supposed to be excellent stories that have universal lessons that have endured for a long time. But if this is true, then why aren't students reading them?

Dictionary.com defines a classic as "an author or a literary work of the first rank, especially one of demonstrably enduring quality." Surprisingly, urbandictionary.com has a very similar definition as well. Both sites classify classics as good things.

School reading lists are filled with literature that was written in time periods whose values and ideas have long been extinct. Yet the state governments still insist upon students reading these books. Studies have shown that this actually deters reading and cause students to have little to no interest in reading whatsoever.

A recent survey was distributed to several students on SNHU's campus. The survey had a list of 15 books that are found on schools' reading requirements. Students were asked to indicate whether they read the book on their own, read it as a school assignment, or had not read it at all. The list included classics such as *Pride and Prejudice*, *Catcher in the Rye*, *The Handmaid's Tale*, and *The Great Gatsby*.

The results indicated that

most students have either read these classics as part of their homework or had not read them in the first place. These two categories majorly outnumbered the very small number of people who had read these works of literature on their own. The survey proved that less than six percent of students have read *Catcher in the Rye* before it was taught in schools. This was a similar case for the other books that were listed.

Students cannot seem to identify with these older stories. The classics look no longer applicable to today's generation. Women today do not need to wait for a rich husband to come along when their home inherits by primogeniture. Elizabeth Bennet is a fine character for her day and age, but women can inherit property these days and can have full time occupations. Her problems have no bearing on today's world.

In the scarlet letter, Hester Prynne commits adultery. The governing body in Boston of 1750 forces her to wear a scarlet "A" and her parenting is suspect. Although adultery is against the law in some states, adulterers are not prosecuted for it anymore.

State governments might want to consider re-evaluating their reading lists according to this survey at SNHU. If students do not understand the books, then the lessons teachers are trying to get across are ineffective. Reading should be enjoyable as well as educational.

Read it before it was taught in school



- *Catcher in the Rye* by J.D. Salinger
- *Romeo and Juliet* by William Shakespeare
- *Pride and Prejudice* by Jane Austen
- *The Scarlet Letter* by Nathaniel Hawthorne
- *A Prayer for Owen Meany* by John Irving

Book Review: Catching Fire

Megan Kidder

Co-Editor in Chief

Sequels seem to fail in comparison to the original more often times than not. That is not the case in Suzanne Collins' *Catching Fire*, it delivers to its fans. A follow up to *The Hunger Games*, the second part of this enticing trilogy is a fast pace novel that eliminates any potential plot line lull in Collins' futuristic world, Panem.

Katniss Everdeen returns as the courageous narrator. The audience joins her back home to District Twelve as victor of the seventy fourth annual Hunger Games (an event thrown by Panem's capital every year where one boy and one girl from each of the twelve districts, ages twelve to eighteen, are chosen to fight to the death.) Now

residing in Victor's Village, life for Katniss is much different back in District Twelve where starvation and poverty are no longer an issue for a victor like her.

During an odd string of events on the "Victory Tour," the plot thickens when the Quarter Quell (the seventy fifth Hunger Games) is announced. When the Capitol throws a wrench into the system it is clear that Collins is at it again: leaving her readers on the edge of their seats. She constructs a vivid world bringing along a perfectly balanced formula of emotion and action.

A more prominent character this time around, President Snow poses new

conflicts for the already beloved characters to face. In true hunger games fashion, this novel takes readers to unpredictable places and situations. Each twist in the story line triggers a furious page flipping experience accompanied by a transfixion on Katniss's next move. The odds may have been in Miss Everdeen's favor once, but will they be this time around?

Anyone who has immersed themselves in the world of Panem and *The Hunger Games* must continue the series for it only improves upon itself. The shock of the last line alone is reason enough to pick up this best-selling novel.

Writers Day Comes to SNHU

Brendan O'Donnell

Contributing Writer

Writers Day 2012, an annual conference organized by the New Hampshire Writers' Project, will take place on March 31 at Southern New Hampshire University. Writers Day is a great resource for anyone interested in improving their writing or looking to get their writing published.

Attendees will all get to hear keynote speaker Archer Mayor, author of 21 detective novels set in nearby Vermont. After his speech, attendees get to choose from nine different seminars and workshops to attend. A second, similarly formatted session with different seminars is followed by lunch. There is a final session

in which participants choose between a networking session or a meeting with a lawyer or publisher.

The choices for each session can range from hands-on workshops with as few as 15 people, to larger seminars. Topics covered by the sessions include poetry, true-crime, screenplays, comics, picture books, and fiction. Some sessions focus on elements of the craft, others on publishing and elevator pitches: rehearsed descriptions about your personal project that are delivered to editors and publishers.

The NH Writers' project is a nonprofit organization that brings together readers, authors,

editors, agents, and publishers. Membership reduces the cost of attending Writers Day, and comes with a subscription to the NH Writer, a quarterly publication of news and articles about and for NH writers.

Former members of the NH Writers' Project who went on to great success include Dan Brown and poet Donald Brown.

For more information, including cost of membership and attendance, and a full list of guest speakers, visit the NH Writers' Project office on campus in the Campbell house, or go to their website at writersday.org.

Opinion

Can We Just Discuss: Glad to be Mad

Chad Marden
Opinion Editor

Throughout my life, increasingly more often recently, I've been called out for having a high and volatile boiling point in terms of my anger. Now, normally people will tell you that I'm quite a lovable person, but I'd be lying if I said I wasn't prone to fits of moodiness. But I have a philosophy about anger.

In the classic film 'Network', our protagonist Howard Beale makes a legendary speech on the news that has a profound effect on the public. No longer capable of handling the pressures of the world, he begs the world to fight back against the society that's crumbling around them. While he admits that he doesn't know

the exact answer to all of the world's ills, he does know that before the people can make any change they first have to grow discontent enough with the problem to want to change it. For this reason, he there by declares his refusal to leave the set and that, "I'm not gonna leave you alone. I want you to get mad!"

This brings up an interesting point. So often, we see anger as a purely destructive force – toxic to the mind and body. This neglects the fact that anger, when properly controlled, focused, and directed, is a powerful catalyst for change. After all, would women have earned the right to vote if they remained complacent?

Would the various races living in America have protection from prejudice and segregation if they didn't finally say that enough was enough?

The fact is that anger is just an emotion. Like any emotion, we must learn to control it and direct its energy to make it work for us – not the other way around. Don't fear your anger, but channel it into a positive force for change without succumbing to it. Remember, anger is not a deadly sin; wrath is. Besides, if it weren't for anger, you wouldn't get to read my rants here every issue, would you?



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Horoscopes

Michelle Diaz
Staff Writer

Aries

Hang on tight Aries! This may feel like a bumpy month for you, but you have the power to make it awesome! Utilizing patience this month might be your best tool as you learn to accept your place in the bigger scheme of life—sound too philosophical? Basically do your best to relax and live in the moment!

Taurus

You'll find your heart and your mind floating this month Taurus—ooh la la! Remember, however, that while treating yourself to some indulgences every now and then should be a priority, don't become too

preoccupied that you fall behind with your other responsibilities.

Gemini

Although you may be super excited about what's to come, try not to set your expectations too high or you might find yourself disappointed and frustrated! Keep focused and strong Gem!

Cancer

Do you find yourself restless and in need of some change whether at work, school, or maybe you're thinking about changing your major or getting a different job? Try to think things through before making any major decisions. Better days are soon to come!

Leo

Your big lesson this month

is patience, Leo. Although you may find yourself in need for excitement and adventure, you'll probably find some obstacles that get in your way, but don't let that discourage you because it will make you stronger in the end!

Virgo

Keep calm this month Virgo! In order to prevent crisis from striking hard, remember that big plans require careful planning. Even if you do find yourself in a crisis it can turn into an opportunity if you maintain your composure.

Libra

Don't waste time this month Libra! Especially when March presents you with significant opportunities, you need to be ready and take the initiative to

make the most out of everything! Full steam ahead, Libra!

Scorpio

Expect adjustments this month, Scorpio! Finding yourself in the clouds? Developing new skills or responding to emergencies will challenge you to get off your cloud!

Sagittarius

Warning: If you find yourself frustrated it's because you are probably expecting immediate results from whatever you choose to initiate this month! Patience and determination will be the key to a successful March!

Capricorn

You may be itching for a fresh start, which may get you feeling a bit restless. The remedy is to try to find a creative outlet to prevent

those feelings from evoking conflict in your personal life. Find that balance between your ambitions and fun to give you the fuel you need for success.

Aquarius

Life is firing away at you, Aquarius! There's so much coming at you from different directions that you will certainly find it beneficial to carve out some time for yourself and soothe your nerves!

Pisces

Your natural instinct is to be trusting and open-minded but it is important not to let others influence you into making decisions that go against your instincts! Remember that even a good idea can go up in smoke without some common sense

Health & Wellness

Sleep Deprivation Linked to Heart Disease and High Blood Pressure

Sarah Silvestriadis
Co-Editor in Chief

The National Sleep Foundation kicked off National Sleep Awareness Week from March 5 through the 11 to remind people that not only is sleep important to overall good performance during the day, but the decrease in health when one does not get enough sleep.

The National Institute of Health proved that not getting enough sleep can lead to heart disease and high blood pressure. The "Circadian Clock" determines when a person is hungry or tired. The Circadian Clock can be thrown off if a person does not get a significant amount of sleep per night, and can cause illness. Erol Fikrig, professor of epidemiology at the Yale School of Medicine, reported that people are more likely to get sick when their sleeping patterns change.

10 percent of adults in the U.S. suffer from insomnia, according to the journal *The Lancet*. Studies have shown that insomnia is linked with high blood pressure, diabetes, and depression. Insomnia remains the most common sleep disorder. Sleep deprivation is also common in teens with Type 1 diabetes due to their ability to control their blood sugar levels, and can affect their behavior and performance in school.

Disrupted sleep has been

linked with Alzheimer's Disease, due to the build up of amyloid plaques, (which are sticky buildups that accumulate outside of nerve cells or neurons) one of two brain abnormalities that cause Alzheimer's Disease. People who spend less than 85 percent of the seven to eight hours a night actually sleeping are at risk, according to the American Academy of Neurology.

Research from the University of California in San Diego studied that sleeping pills cause a higher rate in deaths annually. CBS News reported that people taking 132 sleeping pills or more a year increase their risk of death by five times, and increased their risk of cancer by 35 percent.

Sleep boosts learning capacities during the cycle of sleep without dreams. Before people fall asleep, electrical bursts called "sleep spindles" work to move information learned that day from the hippocampus (the part of the brain that stores information and memory) to the brain's "hard drive" according to a study from UC Berkley. Adults should get at least seven to eight hours of sleep a night. The National Institute of Health says, "how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night."



How Coffee Can Help Student Health

Sarah Silvestriadis
Co-Editor in Chief

As it turns out, the long lines in the Student Center Café just may be worth it to student's health. Contrary to the belief that regular coffee drinkers have an increased risk of heart disease, cancer, and type two diabetes, the opposite is true according to a study by the American Journal of Clinical Nutrition.

Anna Floegel, an epidemiologist at the German Institute of Human Nutrition Potsdam-Rehbruecke told Reuters, "Our results suggest that coffee consumption is not harmful for healthy adults in respect of risk of major chronic disease." Nine years later and 42,659 participants in the German study, the European Prospective Investigation into Cancer and Nutrition (EPIC) found that people who drink more than four cups of caffeinated coffee a day were at no more risk of chronic heart disease than those who drink less than one cup or no coffee at all. Researchers also studied whether

or not the participants had any medical history of heart disease and their diets during the study. The Daily Glow reported that coffee drinkers had a 23 percent lower risk of getting Type 2 diabetes.

The American Association of Cancer Research presented research studies that show how coffee can prevent Basal Cell Carcinoma, the most common cancer in the world. Women who drink three cups of coffee or more had a 23 percent decrease in skin cancer, and the men had a nine percent decrease, according to a study by the Brigham and Women's Hospital and Harvard Medical School.

The Huffington Post provided additional reasons to drink more coffee, or even to start drinking coffee, such as caffeine helping people spot grammar errors better, women who drink coffee are at a lower risk of depression, and men drinking coffee have a 60 percent decrease in prostate cancer.



Cyan Magenta Yellow Black

Eating with a Twist at SNHU!

Shaquwanda Allen,
Reality Caterers
Contributing Writer

Tired of eating the same foods at the café? Want to try something different? Reality Caterers would like to help make a change in people's daily meals.

Reality Caterers is made up of three SNHU students and one SNHU alumni whom specialize in food and beverage pairing. They create unique and innovative menus that complement the client's choice of event. The motto is "Your Vision Delivered!"

On that note, Reality Caterers also aim to deliver SNHU students with the different ways to spice up the café food.

Breakfast: The most impor-

tant meal of the day.

Instead of having Ed, the omelet guy, fix the usual omelet, try this: An omelet with either whole eggs or egg whites, filled with corn beef hash and American cheese. Eat this omelet with a side of fruit to help digest the food better. To wash everything down, enjoy a bottle of orange juice or a small size cup of cold water.

Lunch: Keeps stomachs happy until dinnertime.

Instead of having a regular steak and cheese, take a risk! Try a steak and cheese on a toasted hamburger bun with steak seasoning, Worcestershire sauce, provolone cheese, a slice of tomato, and a side of BBQ sauce. Pair this meal with a medium size sweet raspberry ice tea to balance out the BBQ sauce

flavor or a medium size cup of cold water.

Dinner: Last meal of the day.

Instead of having a chicken parm sub with French fries, try a chicken finger parm with provolone cheese with no bun. Ask for teriyaki sauce to replace the marinara sauce. In place of French fries, try a side of rice pilaf and vegetables. Enjoy a medium size cup of lemonade to complement the teriyaki sauce or have a medium size cup of cold water.

Changing up meals will help students have more options at the café and make them feel like they're not eating the same meal every day.

Any comments, questions, or more suggestions please contact us at atrealcaterers@gmail.com or www.facebook.com/realitycaterers

Creative

" The Pink Dress Part VII"

Megan Kidder
Co Editor-in-chief

"Oh," was all that I could muster. My eyes must have been bulging from their sockets at the sight of disheveled Nash.

"Yeah." He nodded while looking at the ground. His hands were deep in the pockets of his dress pants and this expression on his face was pained.

I watched him try to figure out why he was standing on his ex-lover's doorstep. I wanted to pull him toward me and hug him, comfort him. I wanted to share my blanket with him. This thought reminded me that I was in only underwear and a blanket, in front of the man whose wedding I had ruined earlier in the day. It was a humbling feeling, a very naked feeling. Still, I searched for something to say.

"Long time no see," I said with forced enthusiasm. I deserved credit for at least trying. "Hah."

"Hah." He answered. There we stood in my apartment building hallway, he in his tuxedo and I in my sofa blanket. How did this happen to us? I felt too scared to even invite him into the entryway. Then it finally dawned on me: Nash was a stranger and so was I.

The thought saddened me until I remembered that he had come all this way to knock on my door. When he woke up this morning he thought he was going to be in some fancy hotel room that night with his new bride not standing on his impossible ex-girlfriend's doorstep. If it weren't my fault I would've thought him pathetic.

"Did you want to come inside or do you have somewhere to be?" I clutched the blanket to me and cursed myself for not thinking before I spoke.

"No, I don't have anywhere to be anymore," he said, looking at me. Although I sensed a flicker of irritation in his eyes, I still wanted to curl up in them stay forever. "The honeymoon was cancelled."

"Oh." I was close to mute when I was dumbfounded. "Well I didn't know, I left before the ceremony was ov —"

"You are so frustrating, Olivia." Nash cut me off. I jumped back a bit.

"I'm sorry, Nash, really." He couldn't tell but I put my hand on my hip under the blanket. "Yeah, sorry I felt like you were making the wrong decision and wanted to help."

"Because you always know what's right for me, don't you?" He was smirking at me. I remembered in that moment every fight we'd ever had.

"You know what," I said. "Yes and you never listen to me."

"Well I sure listened to you today, didn't I?" He stepped closer to me.

He had. He was there because I had actually gotten through to him on some subconscious level. He may have been pissed at me but at least I had evoked some kind of emotion in him that day. I hoped, as we yelled at each other in the hallway, that this little spark of emotion would lead to success.

"Uncontrollable Preference"

Chris Mehu
Contributing Writer

Thoughts were slow and still moving
One's past experience gave strength to this one.
A good time is what's owed.
So no need to decipher all the way around it.
Anyway here's the time that fits in with the rest.
Soon to be forgotten if not already through everyone's eyes.
The one who ruined the time will be taught a lesson over and over.
A night so far from the dates point.
Cold nights remain cold in the aftermath of mornings.
Responsibility seems forced sometimes in the actions that have happened in
the past.
To get on with things life goes and does something
Without asking life moves.
What kills you will burn right through.
Live life like before when the sun shined down on your car.
Do what you normally do.