



The Observer

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SNHU moves into the future

By: Liz Henley
Copy Editor

You may have heard rumors by now that online registration will be available for Fall 2004 registration. Well, those aren't rumors; it's really happening. The online registration system is called PENpal, and it's sure to make many students on campus happy. The great thing about this program is you can do many other things besides just course registration. You will also be able to add/drop classes and check your grades. Of course, if you aren't interested in registering online, you will still be able to register in person at SAS.

I was recently able to test this new program with a handful of other students. Going into it, I really didn't think that online registration would be that big of a deal, or

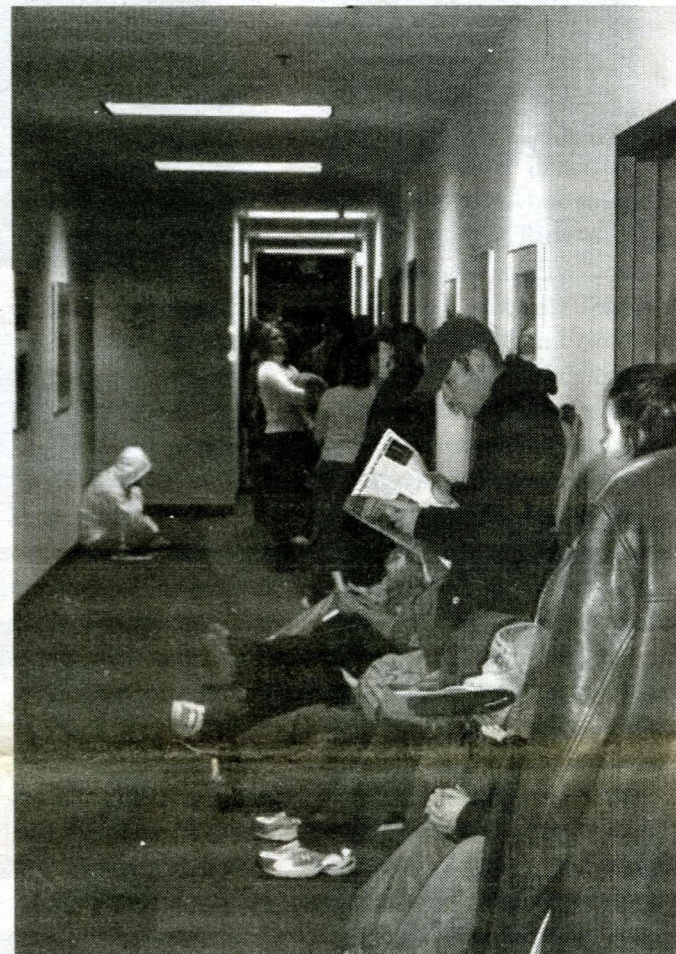
that it would really be that much more convenient than registering at SAS. Boy, was I wrong. There are several helpful ways to search for classes, and all of the fields can be combined to narrow down the search even more. The first way is looking up the course by category. For example, with the push of a button, you can view all of the literature classes. This is what I was expecting, but the rest of the ways to search are even cooler. Searches can also be done by picking what days you want, and also what time you're looking for. For example, if you want a class that starts after noon but before 3, and meets on a Monday and Thursday, you just select those options, and PENpal comes up with a list of available classes. There's also a place to search by instructor's last name, so if

you really want a class with a specific teacher, it's easy to find.

The ability to check grades is also helpful. You can see how you did in any given semester, along with being able to view your GPA. That's something I'm sure that many students will enjoy.

The only real downside to online registration would be if you don't have a reliable advisor. Advisors have to go on the system and give permission for you to register. Even this shouldn't be too bad.

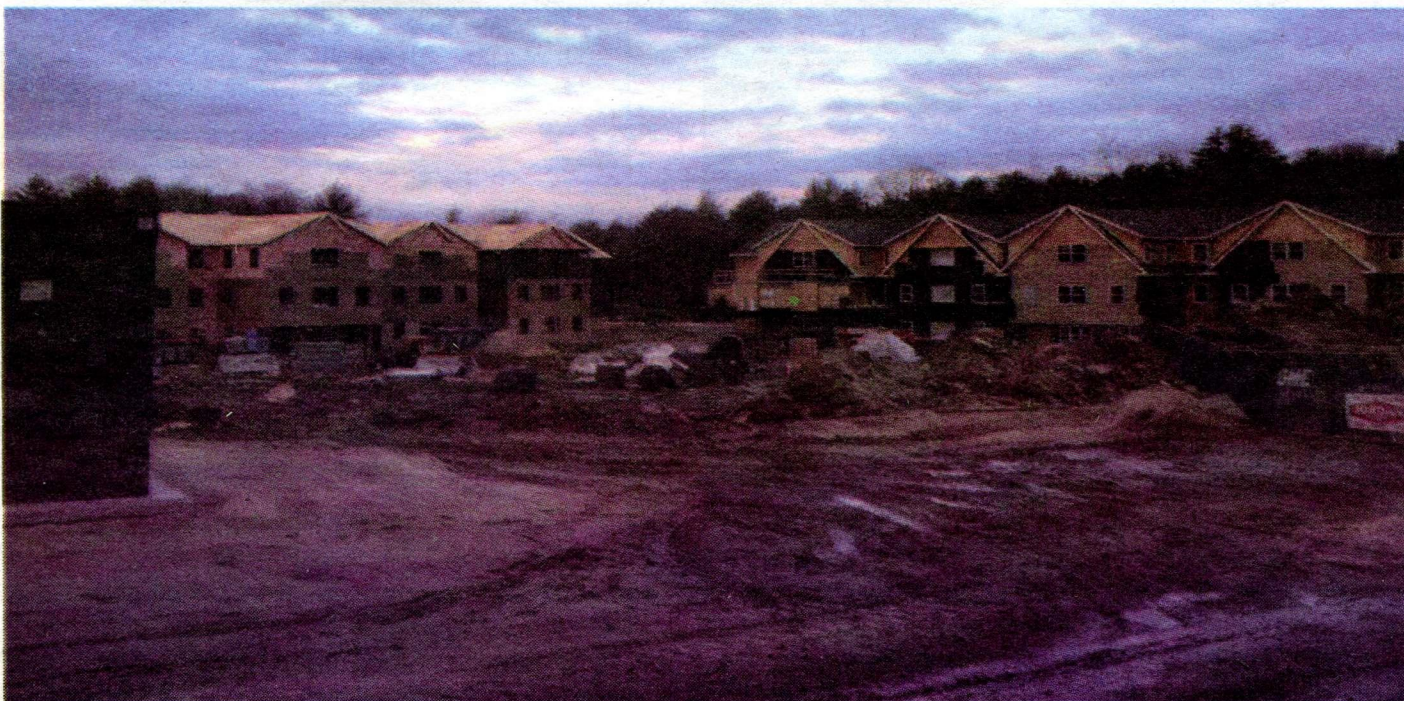
Overall, PENpal is a great system, and it will make many students happy. Pretty much the same rules apply as with the old system; you still need advisor approval and have to wait until your week to register, but it definitely will streamline the whole process.



Long lines like this will be a thing of the past with the implementation of PENpal.

- Observer file photo

*Curious about the progress of the new apartments?
Be sure to look for the next issue of the Observer to
find out more.*



- Heather Anderson photo

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Letters
to the editor can
be sent to
observer@snhu.edu
Observer meetings
are held weekly on
Tuesday in
Room @ 11:45 in
Robert Frost Hall

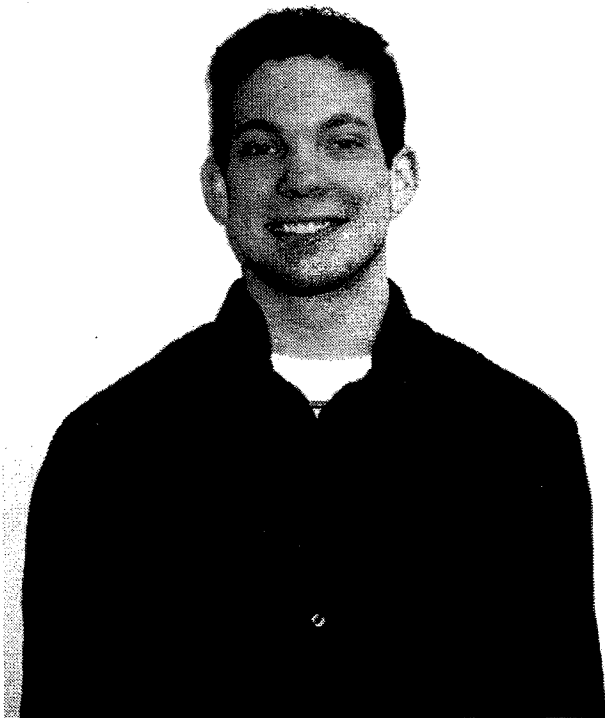
SNHU ALL STARS

By Heather Anderson
Managing Editor

When Matt Sharp found out he was chosen as this month's All Star, he said, "I'm honored beyond words." Matt is a senior at Southern New Hampshire University with minimal free time. He already has a two-page resume filled with activities on campus and awards he has received for being such a dedicated student.

Some of Matt's activities include event manager of the Office of Student Organizations and Leadership, executive board member-pub chair, and student manager of the Last Chapter Pub. He has been a member of CAPE for four years, the Ski Club for four years, and a Student Ambassador for three years. He is also part of a new club at SNHU called S.T.A.R.T., which stands for Students Today Alumni Relations Tomorrow.

Matt received the SNHU Campus Leadership award 2002-2003, Who's Who among American Colleges and Universities 2002-2003, and the National Association for Campus Activities-New Hampshire Leadership award 2002-2003.



Matt Sharp was "honored beyond words" when he found out he was one of this month's All Star.
- Heather Anderson photo

If Matt gets any free time he enjoys listening to music, snowboarding and hanging out with his friends. You can usually find him in the info booth or at the pub. After he graduates in May, Matt plans to attend graduate school at SNHU. I thought it would be fun to ask Matt a few questions to see his answers.

If you could live anywhere

in the world, where would it be? Scotland

If you could spend a day with any celebrity, who would it be? Dave Matthews

What's your favorite number? 6

What's your favorite meal at the cafe? Pork with gravy

What advice could you give to underclassmen? Try to get out of your comfort zone, try new things.

All Star Tia Downing

Tia Downing is also a senior who likes to get involved. She has been a member of the Hospitality Student Association for four years. During that time she has served as Treasurer and Vice President and currently holds the title of President. Tia has been an Orientation Leader for three years and was head Orientation Leader her junior year. Tia is an English and writing tutor. She has been a contributing writer to the Observer for three years. She is also a member of Student Government. I asked Tia the same questions and here were her answers.

If you could spend a day with any celebrity, who would it be? Angelina Jolie

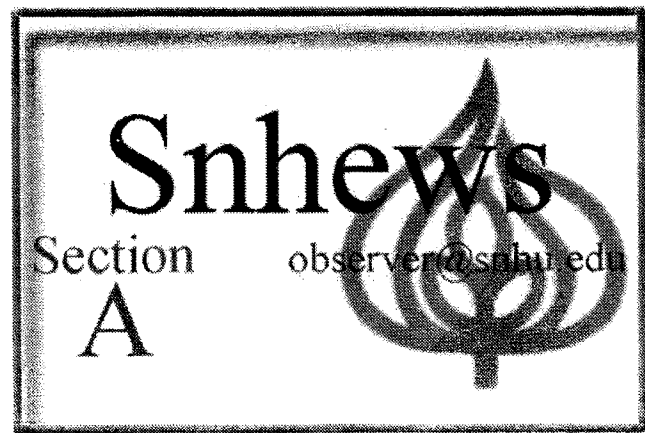
What's your favorite number? 13

What's your favorite meal at the cafe? The ribs

What advice could you give to underclassmen? Get involved with all the activities you can, don't be afraid to ask teachers for help, that's what they are here for.



Tia Downing's leadership is well known throughout the campus community.
- Shawn Phetteplace photo



Students advising students

By Heather Anderson
Managing Editor

Southern New Hampshire University has been implementing programs to assist students with picking their classes. They began with developing an online system for class registration, PENpal, which means no more lines at 6 a.m. Many universities have been successful with online registration, and we hope to be as well.

Many of the offices on campus are here to assist students in one way or another; the CLASS office is an example. The CLASS office is taking another step to improve class registration. They now have a peer advising program. This program has

students advising other students. During class registration the CLASS office is a busy place. Using students to assist with the overload is beneficial to both the student and the other advisors.

Peer advisors will be able to give you advice on courses you need to take for your major. They can help you with important questions: Will I graduate? Should I take this course now or wait? They can also help you choose teachers and times for classes. Most peer advisors will be students who have taken most of their required courses and have the knowledge to assist other students. For more information, stop by the CLASS office; most of the peer advisors will be located within the office waiting for your questions.

WE WANT YOU!

To come to an Observer meeting! Meetings are held on Tuesday at 11:45 in Robert Frost Room 201

We are currently looking for the following positions to be filled:

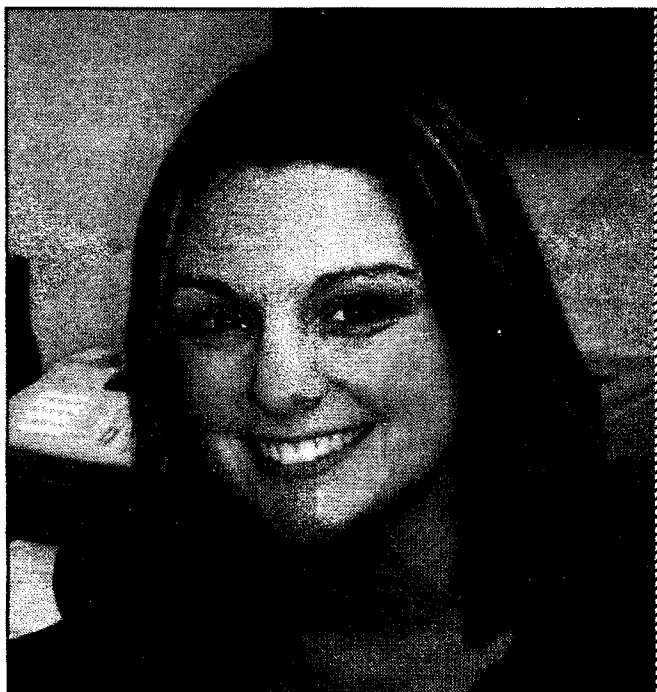
- News editor
- Staff writers
- Layout assistants

Editor's Letter

Last issue we talked about change and the effects it has on people. The Observer staff has overcome change again and again this school year, from a new editorial board to new staff writers to the most difficult change of all, the passing away of a dear co-worker. This issue wouldn't be the same without a little change so here it is: Cari Welch, Co-Editor in Chief, has resigned for work reasons, leaving your school newspaper in my hands. So, please, if you have any comments, questions or story ideas, let me know at observer@snhu.edu.

Spring is right around the corner and with that comes the most exciting part of the semester, Spring Break. Many of you have been planning your big getaway for months now, and to see that it is right around the corner must be a big relief. Whether it is fun in the sun, visiting relatives or going home, I hope you all have a safe and relaxing break.

This issue we included interesting pieces for your enjoyment. Lindsay Frydrk wrote about the new term "Metrosexual," which includes people like Ryan Seacrest and Ricky Martin. Also, the registrar has produced an article about online



Stephanie Herget Editor in Chief
-Jason C. Dotson photo

registration called "PENpal" make sure you check this out because it will answer any questions you may have about registration.

Last issue we recognized students who give their all to SNHU. The Academic/Student Life All Stars for this issue are Matt Sharp and Tia Downing. They both participate in many organizations throughout campus, as well as apply themselves in the classroom. Remember to congratulate them on a job well done!

As always, if you are interested in joining the Observer staff, you can come to general meetings on Tues-

days during free period at 11:45 in Robert Frost Hall Room 201, or you can e-mail us at observer@snhu.edu. We welcome any comments you may have or news about events on campus. Please let us know what's going on, and we'll do our best to get your club, team or event the coverage it needs. I hope you enjoy this issue of the Observer and have a wonderful break.

Your Editor,
Stephanie Herget

S.T.A.R.T.: Building your future at SNHU

By Richie Selig
Staff Writer

There is a new club on campus, S.T.A.R.T. (Students Today Alumni Relations Tomorrow). The group was started last year to help get students involved with the alumni and president's offices before they graduate. The club was started with 10 "founding fathers," with me as one of those members. Until now students did not

become active with the alumni office until after they graduated. This club is to help get students involved before graduation, so after they leave the school they can continue to help the university grow.

The focus of this group is to promote awareness of the alumni and the president's offices of the university, and the activities they do to help students both while in school and after they graduate.

Mike DeBlasi, Director of Alumni and Community Relations and the advisor of the group, hopes that this program will help students after they graduate, will want to become part of the university's Alumni Leadership Corps, if asked. S.T.A.R.T. is open to all students at the university who are interested. For more information, contact DeBlasi in the Alumni Relations office at 603-645-9799.

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The Southern New Hampshire University Observer is a news publication produced by Southern New Hampshire University 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 our 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 eight times during the academic year by Seacoast Newspapers of Stratham, New Hampshire.

Public Safety Log

Compiled by
Kara Dufour
Business Manager

Date: 2/2/04

Time: 17:48

At the above date and time a male student came to PS to appeal a ticket he had received. While doing this he tried to explain how one of the PSOs had followed him into the fire lane in front of Hillsborough and blocked him from leaving. The PSO in PS informed the student that that was hard to believe since an RD had reported that the student was parked in the firelane.

Date: 2/2/04

Time: 23:40

At the above date and time two PSOs responded to Whittier at the request of an RD to conduct a health and safety. Upon entering the stairway, the PSOs were overcome with a very strong odor of pot. One of the RDs entered into the apartment after knocking several times. Inside there was smoke hanging in the air; also in a large trashcan were cigar tobacco and ends to cigars. The RD also found a bong in one of the rooms. Also on the living room wall were 100 empty cigar boxes

and plastic cigar cases on display.

Date: 2/3/04

Time: 11:00

At the above date and time a male student came to PS to report his vehicle had rolled into the firegate between Kearsage and Spaulding. The student wasn't sure why the vehicle rolled because it never had before. The vehicle was left in first gear but the E-brake wasn't set. When the student went back to his vehicle it was in neutral and up against the fire gate.

Date: 2/5/04

Time: 2:50

At the above date and time it was reported that someone had entered a classroom in Belknap and taken a new edition of the Newburyhouse dictionary with a CD that was on the instructors table. The class was in the lab at the time, and the classroom door had been left open.

Date: 2/6/04

Time: 10:30

At the above date and time a PSO noticed a male student running stark naked through the soccer field. The PSO

radioed other PSOs to try and apprehend the student, but none of the officers could get to him before he disappeared.

Date: 2/7/04

Time: 1:17

At the above date and time a neighbor across the street from SNHU reported a black bear in one of the parking lots. A PSO responded and saw a large black dog. The dog looked ungroomed and was probably wild. It did not have a collar.

Date: 2/7/04

Time: 23:40

At the above date and time a PSO observed a male walking in front of Greely with an open container of Keystone Light. When the PSO approached the individual, he dropped the container to the side near his feet. The PSO asked for an ID. His reply was "Why, what did I do?" The PSO explained that he had witnessed him carrying an open container of beer. The student stated that he never had a beer. The PSO asked for an ID, and the student became irate and replied "you (expletives deleted)." After the PSO explained the male would have to be escorted off campus or taken to the office

to determine whether he was a student, the student finally gave the PSO an ID. During the entire encounter, the student was extremely uncooperative and argumentative. His eyes were glassy and the PSO had smelled alcohol on his breath.

Date: 2/11/04

Time: 2:00

At the above date and time two PSOs found the double gate leading onto the baseball field partially open and bent. Tire tracks were found leading up to the gate. Someone possibly tried to use a vehicle to pull the gate open. The gate was frozen in snow and ice.

Date: 2/13/04

Time: 8:30

At the above date and time a bird was seen flying around in the student center. A PSO cornered it in the pub and shooed it out the door.

Date: 2/13/04

Time: 16:40

At the above date and time a PSO was called to the library for a smell of something burning. When the PSO got to the entrance he could smell something burning and

when he entered the vestibule he noticed a haze and could smell something burning from inside the library. The PSO pulled the alarm and evacuated the library. The Manchester Fire Department arrived and started checking the area. They found a heater in the vestibule was overheated. They removed the front panel and found burnt wiring. The breaker was turned off and maintenance was called.

Date: 2/25/04

Time: 1:29

At the above date and time a PSO saw a vehicle parked in Lot 12. As the PSO drove up to the vehicle he saw some type of hot ash hit the ground. He also saw a cigar wrapper dropped on the ground. The vehicle drove away as the PS truck came closer. Later on, the PSO saw the vehicle behind Webster Hall. The PSO stopped the vehicle when it came back around the front of the building. He asked the driver if she had been smoking pot. She denied that she had. Then the PSO showed her the cigar wrapper. He said if he noticed her driving around again looking suspicious then the police would be called. Her eyes were bloodshot and her pupils were dilated.

Essay Contests – Two \$100 Awards For SNHU Undergraduate Day Students

The issue of transparency is becoming a very important topic. Transparency, in the business world, refers to actions and plans of individuals or organizations that do not allow any hidden information or motives. This means that business information should be available, and that the businesses do not act in a secretive manner. Transparency has really become an ethical issue.

Where do you think transparency is needed? How about on the job? Should your manager keep

secrets? What about the importance of transparency in the grading process?

Another issue that is very important right here on campus is the environment. Have you noticed that SNHU doesn't recycle? For this Earth Day, why not make the school more aware of how you feel about SNHU's attitude toward the environment?

How would you demonstrate the importance of recycling at SNHU as a campus community? What other environmental issues should we be addressing as a univer-

sity community?

You could take part in these essay contests by writing about an ethical issue where you think transparency is needed or about the environment and SNHU. The length should be about 1000 words (4 pages) or less. Label your essay as "transparency" or "environment." Put your name on a separate page for blind judging.

The essays will be judged by a panel. There is a \$100 award for the best essay in each category. The deadline is April 7. Please submit all essays to e.henley@snhu.edu

as an MSWORD.doc attachment.

These contests are sponsored by the Papoutsy Endowed Chair in Business Ethics.

The contests are coordinated by Liz Henley, Observer Copy Editor.

Correction:

Due to a technical error the caption for the Howard Dean picture on the front page of Issue #4 of the Observer (dated Feb. 12, 2004) was not included. The photo should have been credited to Jason C. Dotson.

Also Maria Cardarelli's name was misspelled in the Voices and Faces section. The correct spelling should have been Cardarelli.

CBS in hot water again

By Heather Anderson
Managing Editor

Just weeks after the Jackson/Timberlake halftime stunt CBS was asked to apologize again. Viewers of the Grammys that aired in February were offended by another artist's performance.

Outkast performed their hit single "Hey ya." They came on stage to a beating of drums. They then began to dance around in green feathers and war paint with a teepee in the background. During the show fans were cheering, but after the show people were singing a different tune.

The San-Francisco-based Native American Culture Center found the perfor-

mance to be highly offensive. They posted a message on their website asking for a boycott of CBS, Outkast, Arista (their recording label), and the National Academy of Recording Arts and Sciences (the organization which sponsors the Grammys).

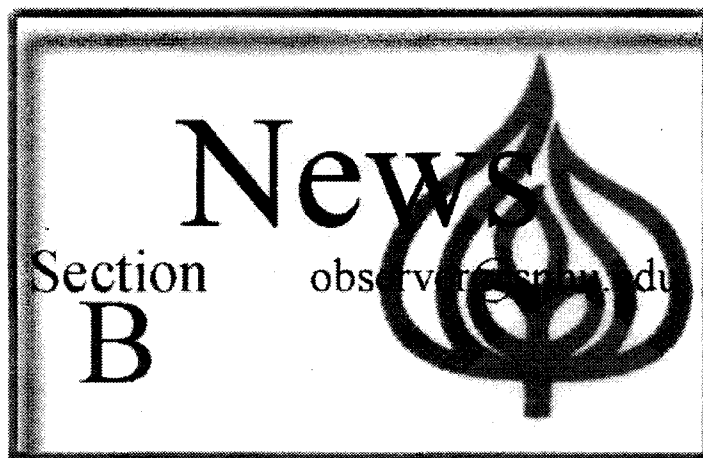
Native Americans across the country were outraged by the performance, which they found to be disrespectful of their culture. Feathers are a sacred symbol for Native Americans, and Outkast wore outfits made of feathers while they danced around.

Indianz.com launched an online petition calling for an apology from Benjamin of

Outkast. The petition received 2,500 signatures just days after the show.

Outkast said the performance was Indian inspired and not meant to offend anyone. It will be interesting to see future performances. Fear of offending people could make for some very boring and mediocre awards shows.

The group was simply wearing costumes. Would it be offensive to wear them on Halloween? With a war and a Presidential election going on, are there are more important things to be concerned with? It will be interesting to see if the group apologizes for their "offensive" behavior.



Clear Channel and Howard Stern: the shot heard 'round the dial

By Tom Jicha
KRT

TV did the crime and radio is doing the time. More precisely, radio listeners are doing the time.

Justin Timberlake didn't bare Janet Jackson's breast on radio. However, radio is where the ramifications of the FCC's grandstanding crackdown are most being felt. The clearest and most outrageous manifestation is Clear Channel's decision to pull Howard Stern from six of its radio stations. Jackson flashes a breast on TV and Stern, who has been on radio for more than a quarter-century, suddenly becomes persona non grata. A university class in logic could spend a semester trying to analyze that.

More than a few legislators and activists are demanding a breakup of Clear Channel (a broadcast partner of the South Florida Sun-Sentinel). However, its friends at the commission have turned a deaf ear. This explains why Clear Channel is so ready to defer to the FCC's morality posturing. This also might explain why the lineup of issue-oriented talk hosts syndicated by Clear Channel is top-heavy with champions of the Bush administration. Commission Chairman Michael Powell owes his job to the president.

The FCC has summoned broadcast chieftains to the Washington woodshed for a public flogging. Some fines will be issued. Even at the inflated rates being discussed, they are merely a cost of doing business — a very lucrative business. Once the public moves on to the next cause celebre, radio will gradually return to the pre-Super Bowl norm. But

Powell's FCC will have played to the Republican base in the run-up to a national election.

It would be a misnomer to describe the Super Bowl flash as the catalyst for the crackdown. In reality, it is the excuse. Self-appointed moral guardians are forever waiting for any opportunity to attempt to enforce their personal rigid codes on everyone else. The actions of Jackson and Timberlake, which were inexcusable, were like manna from heaven for the moral mafia.

Moreover, the FCC's actions here constitute a single-issue abandonment of the bedrock Republican principle of letting the marketplace decide.

The people who would like to deny others the opportunity to listen to Howard Stern or watch "NYPD Blue" have ample alternatives that fall within the parameters of their sensibilities. There are scores of religious radio stations as well as a national Disney radio network throughout the United States. The combined audience for all of them doesn't add up to what Stern attracts every morning. Is Powell suggesting that the millions of Americans who enjoy Stern's adult humor are all perverts?

Bud Paxson created a TV network to cater to those turned off by the content excesses of the rest of TV. The ratings are so low, a sky-writing plane would be seen by more people.

The decision of the marketplace in this instance clearly does not matter to Powell's FCC and the lawmakers enabling its witch hunt. But they should be wary of another marketplace decision in November, which they will be unable to ignore.

Through the looking glass

By Mike Pingree
KRT

SPARE THE MONEY OR SPOIL THE CHILD

A Canadian multi-millionaire who impregnated an airline stewardess is fighting the woman's effort to increase his child support payments, not because he can't afford it, but because "too much money is bad for children." He is currently paying \$15,091 a month for his now 16-year-old son, but the mother is seeking \$68,000 per month plus a lump-sum of \$5.5 million in retroactive support. The father says excessive money would keep his son from developing "an appropriate work ethic."

AN EDICT FROM A HIGHER COURT

While he was awaiting execution on death row in Texas for a 1997 murder, a convict dropped dead in his cell of natural causes. He was 27.

NO, WAIT, I CAN EXPLAIN!

A man driving around a park in Seremban, Malaysia, while on a romantic date with his new bride, received a misdirected text message on his

mobile phone that was meant for someone else. The wife retrieved the message, from "Jane," which said, "Darling, I really miss you, always thinking of you even when you are not here tonight beside me in the bed. I am waiting. Lots of kisses and hugs." The wife did not take this well.

SAME TO YOU, BIRDBRAIN!

Frustrated that he was unable to teach his pet parrot to say simple words like "hello" and "good-bye," a man in Zhengzhou, China, called the bird an idiot and other insulting names. These words the bird picked up immediately and called the man these things every time he passed by.

NOTHING COULD POSSIBLY GO WRONG

A man in San Francisco was particularly proud of the security system for his brand new car. A transponder chip in the key, once inserted into the ignition, sends out a unique code, one of four billion variations, and the car won't start unless there is a match. Despite this, the car was stolen.

OH YES, MUCH BETTER

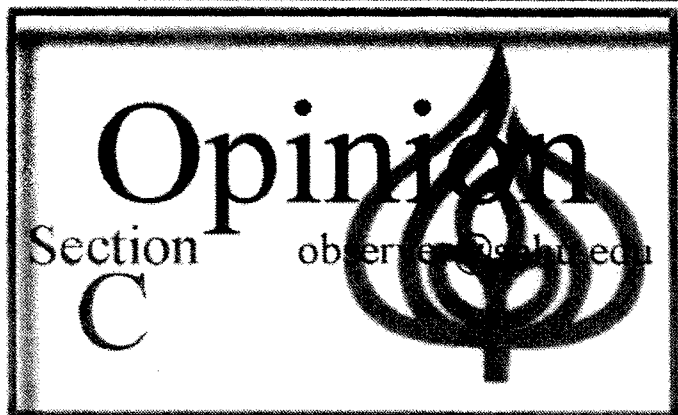
Australia's Royal Society for the Prevention of Cruelty to Animals believes it is wrong to kill lobsters by dropping them live into boiling water. The group recommends that cooks put them into a freezer until they fall asleep, and then plunge a spike into their heads.

HE'S MINE! NO, HE'S MINE! CRASH!

Two Pennsylvania women became involved in a bitter feud when they discovered that they were both visiting the same prison inmate and vying for his affection. It culminated with a high-speed auto chase in which one of the rivals' car struck the other's resulting in the second woman's death.

OOOH, THANK YOU DADDY! VROOOM!

A Seattle father bought his 17-year-old daughter a brand-new SUV a few days before she was scheduled to get her driver's license. However, unable to wait, she immediately took the vehicle for an 80-mph drive around the city and crashed it into a police cruiser.



Metro what?

By Lindsay Frydryk
Staff Writer

What do stars such as Ryan Seacrest, Ricky Martin, Justin Timberlake, David Beckham, Brad Pitt and Tom Cruise have in common? They are all part of the newest word and trend called "Metrosexual." What exactly is a Metrosexual, you wonder? The term could be defined as a dandyish narcissist in love with not only himself but also his urban lifestyle. A Metrosexual is a male with a strong aesthetic sense who spends a great deal of time and money on his appearance and lifestyle. The "metro" indicates that this man has a purely urban lifestyle, and "sexual" relates to the word "homosexual," meaning that this man, although he is straight, has the

heightened visual sense often connected with certain types of gay men.

Okay, are you still a little hazy with what a Metrosexual is? Here is a good scenario of what a typical Metrosexual could be like when out in public. Ladies, picture you and your date out to dinner one evening. While you are both looking over the menu, he begins to announce how many calories and grams of fat are in each dish. Not only that, but he casually checks his reflection in his spoon, and tells you how much of a future you have together. Unfortunately, this was only the second or third date for the two of you.

Another quality to watch for when searching for a Metrosexual is their style of dress. Most do not wear ragged, dirty old t-

shirts with stained ripped jeans. The Metrosexual breeds are just the opposite. They tend to favor the Armani, Calvin Klein and upper-class dress codes. Mark Wahlberg's semi-naked appearance for modeling Calvin Klein underwear in the early 1990s is often referred to as the beginning of typical male vanity. Metrosexuals get decked out whether they are going on a date or to the grocery store.

These men prefer clubs over bars. They will choose the pricey coffee shop rather than cheaper versions like Dunkin' Donuts. One may want to assume that Metrosexual is just another term for homosexual. However, just because these men open up and show a more feminine side doesn't mean they are not attracted to the opposite sex.

Take Justin Timberlake, for example. He is a perfect nominee to be called a Metrosexual. We have all heard the stories and controversies between him and Miss Britney Spears. More recently he began dating Cameron Diaz. The two have been spotted very happy and flirty with each other at numerous places. Just because Justin may have a better fashion sense than the women he dates does not make him gay. Ryan Seacrest



Ryan Seacrest
- Ryan Seacrest official website photo

is also known to speak publicly about the female love in his life. And no, it isn't his mother.

The Metrosexual is rapidly becoming part of our society, whether we are one or see one. More men are

converting to this new fad. One may question what will come next when dealing with style for men and women. Fashion and lingo are constantly changing, and will continue to change just as much as people want.

**Get on
the Bus...**
to the largest reproductive
rights march in history!

March with us in
Washington, D.C.
April 25, 2004



Go to www.ppnne.org/march
to buy bus tickets
or call 1.888.600.9319 to get
more info about the
March for Women's Lives.

Gentle strength exercises can reduce neck pain

By Lisa Liddane
KRT

That chronic pain in your neck is exactly what the same-named expression implies: a nuisance. Moving your head to look up or down is difficult, let alone turning your head to look behind before changing lanes on the road.

It's the kind of pain we get from spending a lot of time hunched in front of a computer or doing tasks that keep our neck in a fixed position.

What to do?

For years, physical therapists and personal fitness trainers have been recommending strength-training and flexibility exercises. Some of us reflexively work on the flexibility part, bend-

ing or stretching our neck when it feels tight after being frozen in one position in front of a computer.

We could benefit from remembering to include the neck in our strength-training routine.

A study last year in the Journal of the American Medical Association showed that a year of regular strength and endurance exercises can help reduce neck pain and improve range of motion. The Finnish study involved 180 women ages 25-53 who worked in offices. All had chronic neck pain for more than six months and were willing to do the necessary physical rehab to reduce or eliminate pain.

*Neck pain, see pg. 7

Juanita and Spike

Dear Juanita & Spike,

I recently broke up with my boyfriend of a year. We didn't break up on bad terms; things just weren't working out anymore. I am only 20 and I'm ready to start dating again. I don't want to hurt him but I'm getting lonely, if you know what I mean. So my question to you is how soon is too soon to start back on the dating scene?

-Getting Lonely

Dear Getting Lonely,

Relationships come and go. If you know that you are done with this one, then we think you can move on as soon as you want to. Just make sure you are not moving on to fill the void; this will only delay the fact that you will end up back with the ex. So our answer to you is you only live once, so live it how YOU want to live it.

Dear Juanita & Spike,

I don't know what to do about my roommate. Our freshman year she had a boyfriend so she was hardly ever around. They were together for about three years. He broke up with her over the summer and, let's just say, my roommate came back a very different person. Every weekend she is hooking up with a different person on campus. I love her to death but I can't tell her the things that people are saying about

her. It would crush her. How do I tell her nicely she needs to stop this?

- Concerned Friend

Dear Concerned Friend,

First you need to make sure that your roommate wants to stop. She just got out of a very lengthy relationship and may want to make up for lost time. If this is not the case, we see where you are worried. It's a hard thing to tell your roommate that the school thinks she is the town bicycle. You need to let your roommate know the truth, but, like they say, "the truth hurts." Once she knows this information she can decide if she cares what people think or she can continue with her habit. If you care about her, you need to say something. If she chooses to ignore your advice, at least you know you tried.

Dear Juanita & Spike,

I am a sophomore who really hates school. I feel like I am here only to please my parents. I know they are spending a lot of money, but I feel they are living through me because they never got a chance to attend college. Is this selfish? I am the oldest of three boys and I don't want to drop out and be a bad role model for my younger brothers, but I don't know if I have the drive to finish.

- Selfish

Dear Selfish,

You have no idea how lucky you are to be one of the privileged people who actually gets the opportunity to attend college. Your parents are not trying to live through you; they are trying to give you something they never had. In today's world it is so important to have a college education. There are days when everyone wants to quit, take the easy way out. But you can't be a quitter. There are too many people out there who would love to take your place, but they will never have the opportunity. So smarten up. You have only two years left. Trust us, you will look back and think these were the best days of your life. And please do us a favor after you read this and call your parents and thank them.

Dear Juanita & Spike,

I am 22 and I have had only one serious girlfriend. She treats me great and there is really nothing wrong with our relationship. The only problem is I can't help but think what if this is the only girl I am ever with. How will I know if she is the one when I have no one to compare her to?

- Don't know what I've got

Dear Don't know what I've got,

Not that she has been the best role model

lately, but we must quote Janet Jackson when she says, "You don't know what you got till it's gone." Are you willing to risk a great relationship to see what else is out there? We are sure you have heard your mom say, "The grass is greener on the other side." In case you didn't know, she was being facetious. You can take the risk, but we think you will learn the hard way that you already had what you wanted. Don't get us wrong; you could realize you two weren't right for each other. Sorry to be so cliché but we can't help it...if it ain't broke, don't fix it!

Dear Juanita & Spike,

I have been really depressed lately. Why, you ask? My weight. I am not extremely overweight, but there are so many girls who are as small as my 12-year-old sister. I know this is bad to say, but I want guys to look at me and think I'm beautiful. Winter clothes have been hiding my extra weight but the snow is melting and people are wearing less. I don't want spring to come because I don't want to have to take off my baggy sweatshirts. How can I feel confident in my skin?

- Down in the dumps

Dear Down in the dumps,

You are not the only one out there who feels this way. One thing you need to know is confidence makes

you that much more beautiful. You said it yourself: these girls are as small as your 12-year-old sister. Do you want to look 12? The other thing you need to know is that these "tiny" girls are probably unhappy with their appearance as well. People come in different shapes and that's what makes everyone unique. Not that you should ever want to lose weight for attention from guys, but, news flash guys like girls of all sizes. Some guys like a little meat on their girl. If you want to lose weight, you need to do it for yourself. First set realistic goals for yourself. Go to the gym a couple of times a week; you will feel good just knowing you went. If the gym isn't your thing, as soon as it's nicer go for a walk with a friend. It has been proven that exercise is a great way to relieve stress. We will repeat what we said earlier: confidence makes a person beautiful so take that baggy sweatshirt off and walk with your head held high tomorrow.

If anyone has questions for Juanita & Spike, you can e-mail them to the observer@snhu.edu. We are highly experienced in many aspects and are always willing to tackle your questions...no matter what crazy things you have to say. (But take our advice with a grain of salt.)

***Neck Pain, from pg. 6**

Patients were assigned to one of three groups: The endurance group performed dynamic neck exercises, such as lifting the head while lying on one's back or facedown. The strength-training group performed high-intensity isometric exercises, in which the patients tightened the muscle or made it tense, and stabilization exercises using an elastic band. These two groups also performed strength-training exercises with dumbbells for the shoulders and upper body and were advised to do car-

diovascular and stretching exercises three times a week.

The control group also was advised to do cardio and stretching exercises three times week.

After a year, neck pain and disability decreased in the strength and endurance groups. The strength group showed the most significant improvement.

If you have chronic neck pain, it's best to check with your doctor before embarking on an exercise rehab program. You may be referred to a physical therapist.

Here are some exercises to strengthen the

neck for those without chronic pain:

Keep neck at neutral position _ relaxed, not tilting forward or backward. Place palms on forehead. Push forehead against palms, while using palms to resist the pressure for several seconds.

Start at neutral position and place palms against the back of the head. Push back of head against palms and use the hands to resist the pressure for several seconds.

Place one palm against side of head. Move head against that palm and

resist the pressure for several seconds. Avoid lifting shoulders.

Remember to stretch your neck by gently bending it forward, backward and sideways and by turning left to right and back. Keep shoulders relaxed.

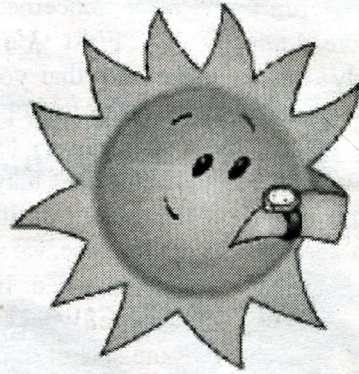
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VOICES &

As soon as the temperature hits 60°F, what is the first thing you will do?



*Maura Garrity & Julie Torres
Freshmen
Advertising & Elementary Education*

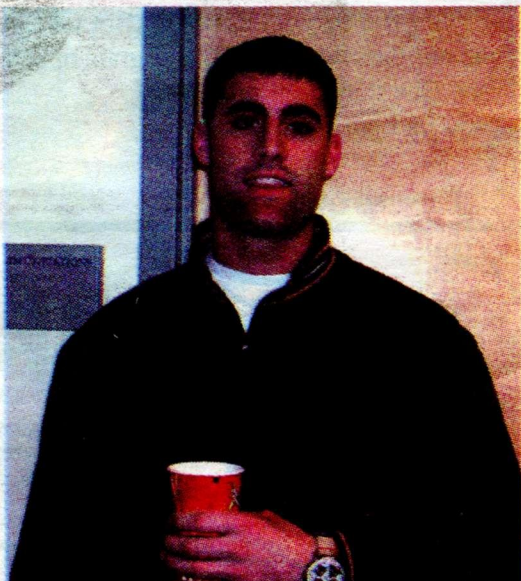


"Sit outside."

*Chris Ituome & Patrick Bokilomena
Freshmen & Sophomore
Business Administration &
Political Science*



"We are going to the beach."



*Pat Doherty
Junior
Advertising*

*"Play crackball with the boys out back of
Cranmore."*

*Chantel Bonner
Junior
English Education*

*"Put on capris and sandals and go outside
and relax."*

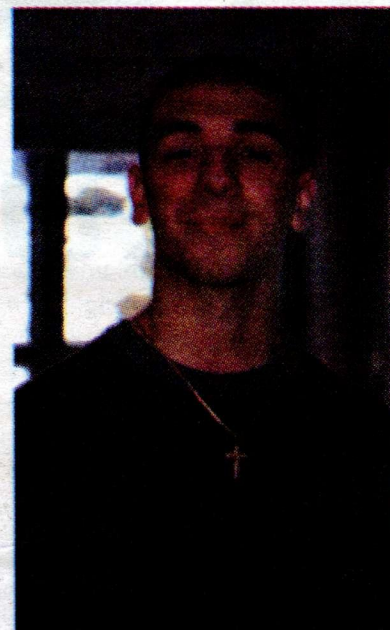


FACES

By: Heather anderson and
Stephanie Herget

*Kiban Moussoba
Freshman
Business Administration*

"Go for a drive with my windows rolled down."

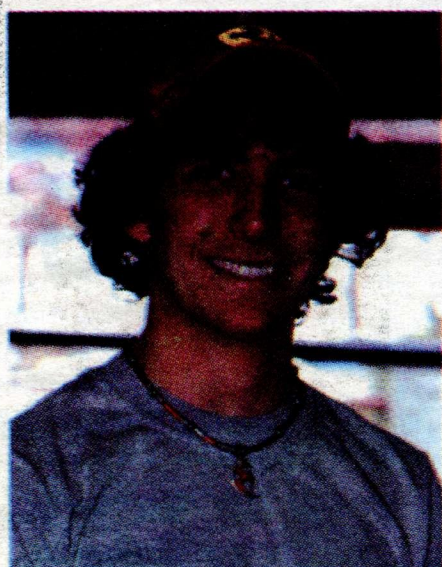
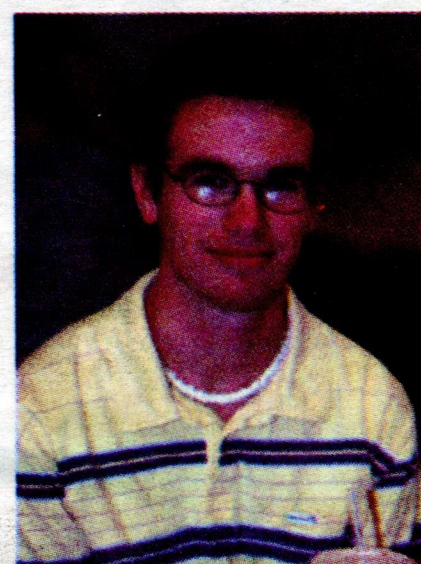


*Kristin Ellis
Junior
English Education*

"Go for a jog outside."

*Matt Petrarca
Sophomore
Sport Management*

"Play a round of golf."



*James Carely
Freshman
Business Administration*

"Skateboard."

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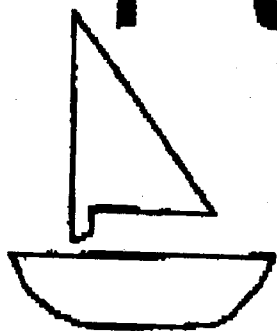
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It's as easy as alpha, beta, gamma

By: Chantel Bonner
Contributing Writer

What do you get when you mix dilapidated houses, sex-hungry guys, slutty girls, and alcohol...lots and lots of alcohol? Then you throw in paddles, pledges, parties, and bad students. Toss some funny looking Greek letters in the mix and what do you end up with?

If you guessed fraternities and sororities, you guessed wrong. These are all myths that surround Greek life. It is not your fault, though. For years the media have portrayed Greek organizations as nothing but a bunch of crazy alcoholics who cannot manage to receive higher than a D in any of their classes. MTV recently ran a series that was as accurate about Greeks as *The Real World* is about real life. Movies like *Animal House* and *Old School* showed a fraternity whose main goal was to drink and pull pranks on the community. These portrayals are extreme, and do not represent true Greek life, and for many years Greek communities around the country have been trying to set the record straight. So far, it has not seemed to work.

So if all of these things are myths, then what is Greek life all about? It is about forming bonds with others. It is about brotherhood and sisterhood. The ties one makes in a Greek organization will last their whole life. When you join a Greek organization, you join a network of people with ties to businesses and organizations. Greek life is also about philanthropy.

A major misconception that many people have about Greeks is the pledging process. When people think of pledging they think of people getting hit or paddled, consuming massive amounts of alcohol, making fools of themselves in public, and being forced to do strange things with farm animals. I am not going to lie; hazing does take place among many Greek organizations, and some cases are extreme, while others are not. However, it is unfair to assume that all Greeks are the same.

"Forcing someone to drink is unethical and our pledge program is not based on drinking and it never will

be," said Tyler Kruger, the chaplain historian for Kappa Chi at Southern New Hampshire University, "We have sisters that do not drink and we would never force them to drink."

Many people have the image of Kevin Bacon, in the movie *Animal House*, bent over in his tighty-whities screaming, "Thank you sir! May I have another?" Nowadays, however, most Greeks do not follow this type of practice. "Why would I want to physically abuse one of my friends?" questioned Alyssa DeMoulas, president of Kappa Chi. The main goal of pledging is education. It is a time to learn the history and principles of the organization, not a time for abusing someone.

Whether it is hitting or forcing someone to consume something, the bottom line is that hazing has been illegal since 1995 in all but seven of the fifty states in our country. In the state of New Hampshire, not only can the persons doing the hazing get in trouble if caught, so can those who are being hazed. All persons involved, both members and pledges, can face jail time, and can definitely expect a court trial (for more information on hazing laws in individual states go to www.stophazing.com).

At Southern New Hampshire University, the Greek community put in over 1,000 community service hours last year. Some of the groups they helped included the Manchester Boys and Girls Club, the Kids Café, Mt. Caramel Nursing Home, Courville Community Nursing Home, Hooksett Youth Soccer, Adopt-a Highway, New Hampshire Red Cross and Camp Sunshine.

Last fall, the brothers of Kappa Delta Phi coached the Hooksett under-11 youth soccer team. Each week the brothers spent about five hours with the team, running practices and coaching games. "It was definitely a challenge," said Kevin Barthelemy. "They lost every game, but they went out there motivated. We were definitely positive role models for the kids."

Despite losing every game, the kids on the team showed some signs of improvement. "It was fulfilling to see kids improve their soccer skills because of us," said

Brian Zahn. "Plus, it was fun to go out there and play soccer with them."

"It was nice to see the community of Hooksett thinking positively about not only fraternities, but college students in general," added David DaSilva. According to DaSilva, Kappa Delta Phi is planning on coaching the team again.

Along with community service, academics are stressed among Greek life. The minimum GPA requirement for all organizations on campus is a 2.0. According to Heather Lorenz, Associate Director of the Office of Student Organizations and Leadership, the average GPA on campus ranges between a 2.6 and a 2.7. The fraternities fall just below this with about a 2.5. The sororities are actually above the campus average, and obtained a 2.9. Overall, the Greeks are about as average as the rest of the school.

Beyond this campus, former Greeks are everywhere. All but three U.S. presidents were members of a fraternity, since the beginning of fraternities in 1825. Three fourths of Congress belonged to a fraternity or sorority. Even Condoleezza Rice, our National Security Advisor, was a sorority sister of Alpha Chi Omega.

Famous Greek musicians include Benny Goodman, Duke Ellington, Bo Diddley, Elvis Presley, Frank Sinatra, Sheryl Crow and the composer of "The Stars and

Stripes Forever," John Philip Sousa. Authors such as Dr. Benjamin Spock, Dr. Seuss, Harper Lee, Gwendolyn Brooks, Kurt Vonnegut and William Faulkner were Greek. Even Mr. Rogers belonged to a fraternity!

Those who belonged to a fraternity or sorority in college have founded many companies and useful items. Their contributions to society include the spark plug, LendingTree.com, Gatorade, the ferris wheel, the laser, Burger King, the Peace Corps, Oscar Mayer Meats, Wise Potato Chips, EPSN, Walgreen's, Kentucky Fried Chicken, the sport of basketball, the NFL, Wendy's and the C.I.A. To top that off, Greek alumni or alumnae run 85% of all Fortune 500 companies (while Greeks make up only 2% of the entire population...you do the math).

So what is it about fraternities and sororities that produces so many leaders? Greek organizations are designed to help students develop skills that will aid them in the real world. As a member of a fraternity or sorority, you attend meetings and hold positions of leadership. You learn how to conduct yourself in meetings and how to deal with larger organizations, such as your national executive board (if you belong to a national organization). Through fundraising efforts, you learn how to raise money and balance a budget for an organization.

You also learn how to speak in front of your peers through presentations and speeches.

Paul Smith, Residence Director of the Lower Suites, recalls what helped him when being part of a fraternity. "I am a better public speaker now," he said. "I am more confident in who I am as a person."

These organizations also help students to develop in a social setting. "It helped me socially," Smith added, regarding his fraternity days. When you are a member of a Greek organization, you interact with other members of your organization, as well as other organizations. You deal with personal disputes and disputes about events the group is putting on. You also learn how to delegate responsibilities and how to be responsible for setting up and hosting events of all types. All of these things you learn build leadership skills that transfer to the workforce. Plus, while doing this, you are forming close bonds with all of those you are working with.

Clearly, being Greek is more than drinking and hazing. It is about forming lifelong bonds with others. It is sharing the same history and philosophies with hundreds of others, both young and old. It is about helping the community and individuals. Next time you see someone wearing Greek letters, don't think of them as some crazy, beer-guzzling buffoon. Think of them as a friend, a volunteer and a leader.

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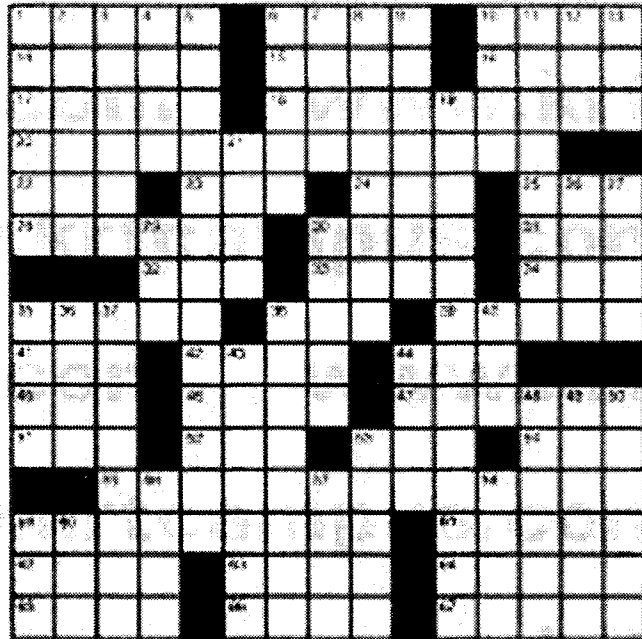
Section D observer@snhu.edu

PAUL

BY BILLY O'KEEFE WWW.MRBILLY.COM

Crossword

- ACROSS**
- 1 Book of fiction
 - 6 Satisfy fully
 - 10 Attention getter
 - 14 Baker of Loos
 - 15 Remove fat
 - 16 Gwen Verdon in "Damn Yankees"
 - 17 Summer crime
 - 18 Like gymnastics
 - 20 Exercised authority
 - 22 Danza film, "Going..."
 - 23 Come to regret
 - 24 Take a chair
 - 25 Alamos, NM
 - 28 Capture again
 - 30 "Get Fooled Again"
 - 31 One of the Gershwins
 - 32 Tavern quaff
 - 33 Weaving or Black
 - 34 Silvery fish
 - 35 Passage
 - 38 "I Rhythm"
 - 39 Vikinglike
 - 41 Go wrong
 - 42 Highest cards
 - 44 Cut grass
 - 45 Asian holiday
 - 46 Certain
 - 47 Ryan and Shazelle
 - 51 Schuss
 - 52 Full house sign
 - 53 Theater signal
 - 54 Night flyer
 - 55 Forget the past and start anew
 - 59 Of the sky
 - 61 Defeated rival
 - 62 "The Virginian" author Wister
 - 63 "Typee" sequel
 - 64 Dancing Castle
 - 65 Cozy abode
 - 66 Got up
 - 67 Basil sauce

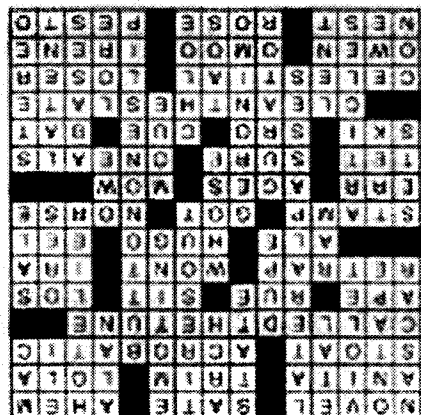
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03/01/04

- DOWN**
- 1 Racers' grp
 - 2 Recorded
 - 3 Blush purple
 - 4 List-ending abbr.
 - 5 Football plays

- 6 Governor's domain
- 7 Foot structure
- 8 Exhausts
- 9 Hamming it up
- 10 Greenspan or Ladd
- 11 Conrad Hilton, e.g.
- 12 Waltz of "Baby Doll"
- 13 Buddy
- 19 Keep mum
- 21 Easily misled person
- 26 Raw minerals
- 27 Mail happening
- 29 Battering device
- 30 "Life is It, Anyway?"
- 35 Fixes in position
- 36 Arduous journey
- 37 A and the
- 38 Apache leader
- 40 Be in debt

Solutions



- 43 Museum manager
- 44 Why face
- 48 Degrades
- 49 Dormant wisdom
- 50 Music system
- 53 Lover of Daphnis
- 56 Time of fasting
- 57 New Mexican art colony
- 58 Traditional
- 59 Innate
- 60 Sheep-ette

Dismiss the Unreasonable

Dismiss the unreasonable
 Push back the ugly and tainted
 The power seekers
 Consumers of the unnecessarytimefillers
 The who's whocares
 Trying to fill the void in their
 blackestbottomlessvessel
 Never enough ultimatebeautifulperfect to
 quench the need
 The sun
 The soft breeze
 The scent of balsam
 The sound of unselfish love
 Where the peace finds me
 Forces me to hold quiet
 Is my all
 Yet will never be enough
 To give the sugarcoatedsavvyhook
 So long. What was I thinking?
 You are not the gift
 But the shinythrowawaywrapping.

2/04 daiseyblurr

CAPE March 2004 Events

- March 16th: St. Patrick's Day Movie Night in the Pub @ 7:30pm.
 March 18th: Comedian Rob Parvonian in the Pub @ 9pm. Doors open @8:30pm.
 March 21st: Coffee House with Kristin Diable in the Pub @ 5:30.
 March 26th: Band Zox in the Pub @ 9pm. Doors open @8:30pm.

Also, look forward to some of these events the first week in April:
 April 1st: Comedian Rick Bronson in the Pub @9pm. Doors open @ 8:30pm.

April 4th: Scary Movie Night in the Pub @ 7:30pm.
 Keep an eye out for Whatever Wednesday Events in April as well.

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The new team on the Field

By Lindsay Frydryk
Staff Writer

This spring marks the first official varsity season for women's lacrosse. Last year, a little over a handful of women came together to learn the sport and work as a team, looking forward the entire time to when they became varsity. In the fall they hosted a tournament that brought together the division-two national champions: Stonehill, Merrimack, and Franklin Pierce. These games, as well as the recent pre-season practices, have helped the women to develop their skills and knowledge of the sport. The first game is only a few weeks away, and having that in mind the team has been putting in the time and effort to make their name known.

The bringing together of a new team means new coaches as well. Head coach Mary Squire is well prepared to take the job. After playing lacrosse in high school she went on to play at

Temple University. Squire now has over 15 years of coaching experience, as well as being a lacrosse official. Helping her lead the women is assistant coach Lorrie Kuhn, who also played at Temple University. Co-captains this year are senior Kristen King and sophomores Steph O'Neil and Lindsay Frydryk. Together the coaches, captains and team are working to gain the respect of the school and their competition.

Now that the weather has improved the women have moved out of the gym and onto the turf field. Practices consist of drills combining skills such as passing, catching, scoring and dodging. It can get challenging for the women because they don't have all the players they would like, but they use that as determination to improve with who and what they have. Not only do the women use the field to improve themselves, they practice with time in the pool, playing ping pong for hand-

eye coordination, and even use the basketball courts.

"I am looking forward to this inaugural season. Coach Squire has worked wonders with the numbers she has and has definitely gotten us prepared for the NE-10 this year. I have goals of making the NE-10 tournament, although it may be a lot to ask for a first-year program. I have a lot of faith in the team. We are extremely dedicated, and our hard work should pay off," said O'Neil.

While most everyone else at SNHU is kicking back and relaxing during Spring Break, these women will be returning to campus early. They want all the practice time they can get to prepare for their first game, which is March 23 against American International College. Come show your support to the players as they compete in their first home-field game. They have learned a lot in the past few weeks and would like to show it off.



Brian Flaherty looks to lead the Penmen into the new Lacrosse season

- Sports Information Department photo

Spring pre-season in full bloom for men's lacrosse team

By Lindsay Frydryk
Staff Writer

of 15-0. With this win the men have high hopes for the new season, and for improving their 5-7 record from last year.

Spring is just around the corner, and with that in mind the men's lacrosse team has already begun to prepare for the season ahead. During this time the men have the advantage of practicing and playing on the new turf field. This is already an improvement from last year, when the men's first time on the field was their first game. Old and new players are coming together to form a team that will work together with hopes of making it to the Northeast 10 tournament. The men are determined to make a new name for themselves, this school and division-two sports.

Leading these men this season are returning head coach Paul Calkins, who has been at SNHU since 1989, and assistant coaches Doug Mumford and Ray Summers. Co-captains this year are junior Rob Gartmayer and sophomore Mike Hutnick. Together these men are putting together more conditioning for the team, mentally and physically. This proved true on Feb. 22 when the men played Daniel Webster College, beating them with a shutout

Hutnick is certainly proud of this year's team and is looking forward to what's to come. "The team is strong all around this year. It starts with all three of our talented goalies, moving to the powerful defensive unit, then all the way to the scoring end with the speed that our mid-dies possess. Overall, it is the best team in years," he said. Senior player Gary Giard said, "The team has grown not only in size, but in skill and team unity also. We are the best team this year that I have seen in all four years."

When the rest of the school leaves for Spring Break, the men will be staying on campus for the week. They are not going away this year mainly because of the advantage they have with the turf field. During that week the men will be having double-session practices, as well as a few scrimmages on the first and last weekend of the break.

For the fans of lacrosse, the men are planning on stepping it up to give you a better show of how they've improved. The team encourages everyone to go to the games and give their support.

Win prizes and support the new team!

By Laura Cunningham
Contributing Writer

Come and support the women's lacrosse team on March 23 at 4 p.m. on the turf field for their first home game of the season. It will be the first-ever women's varsity lacrosse game to be played at Southern New Hampshire University. Come and be a part of history! When you attend, you will be given the chance to win numerous prizes and possibly tickets to upcoming **Red Sox** games! Bring out your school spirit to support the women's team in their inaugural season. Come on out and cheer on the players!



Tim Fewster - "En fuego!" 4-0 with two shutouts, a 96.8% save percentage and 1.09 Goals Against Average over his last four games.

-Jason C. Dotson photo

Penmen hockey

By Katelyn Duggan
Opinion Editor

The SNHU hockey team faced off against Worcester State College and recorded a 5-3 victory after a five-game losing streak. Sophomore Matt Sheridan banked in his fifth goal of the season in the first period, followed by two WSC goals. The Penmen re-took the game after junior Chris Russo and sophomore Brent Bousquet netted powerplay goals to give the Penmen a 3-2 lead. After a goal from WSC, the second period ended with a shot and goal from junior John Lavery, upping the team 4-3 over WSC. Senior Dave Yazinka had the lone goal of the third period

off an assist from Russo and sophomore Chris White.

The Penmen hockey team took on Connecticut College and was outscored 5-2. Junior Jason Olitch and Russo recorded the goals for the Penmen in the second period.

SNHU then matched up against Assumption College at home and posted a 4-3 victory over the Greyhounds. Two unanswered Assumption goals in the first lifted the Penmen to rebound in the second period, when sophomore Ryan Deery cut the lead in half off a pass from Russo and Sheridan. The third period resulted in three more goals for the Penmen. Yazinka, junior Pat Doherty and senior Mike

Flynn all added one more to the Penmen's score, helping the team to a 4-3 victory. Sophomore goaltender Martin Stehl had a strong night in goal, turning away a total of 30 shots, helping the team to their victory.

SNHU then traveled to Boston to face off against Wentworth, and unfortunately were unable to call it a "W." Doherty had the lone goal for the Penmen in the third period, which was followed by fourteen penalties combined for both teams; SNHU tried to battle out a victory, but, regrettably, they were unable to, and the final score was 6-1.

The SNHU hockey men rebounded in their next game against Assumption

College and were victorious against the Greyhounds again. After a scoreless first period, the second period opened with a goal from Assumption, soon followed by an SNHU goal from junior Kurt Lytle. White then followed with another goal off a pass from Hurley early in the second period. After ending the second with an Assumption goal, SNHU took over the third period, with goals from Lytle and Hurley to bring the final to 4-2. Sophomore Tim Fewster was strong in goal turning away 34 shots for the Penmen.

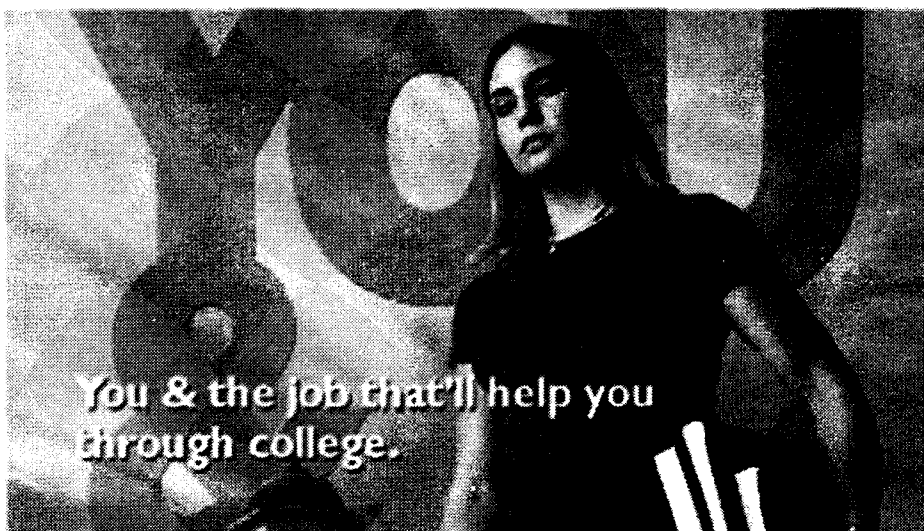
The Penmen's next game against Franklin Pierce College was a big night for the team. Fewster had a shutout in net, and the team had a 4-0 victory. Senior Dan Brown put the Penmen on the board in the first with a shot off a pass from Russo and White. After a scoreless second period, senior Brian DaRos put one past the FPC

goaltender, followed by back-to-back goals from Yazinka and Doherty.

Fewster recorded his second shutout when the team took on Suffolk University and battled them to a 0-0 OT tie. This shutout marks the first time in hockey program history that SNHU has posted back-to-back shutouts. Fewster recorded 33 saves for the Penmen, making a total of 67 in his past two games.

SNHU took on Castleton State College and dominated the game. The first period held five goals for the Penmen. Yazinka, Olitch and freshman John Burnett all recorded a goal while Flynn banked in two past the CSC goaltender. The second period Yazinka and Olitch managed to sneak two more in the net, while Burnett and Flynn each scored another in the third, a hat-trick for Flynn on his last regular-season home game as a senior. The Penmen recorded a 9-1 victory and look forward to playing well and tough in the upcoming NF-10 tournament

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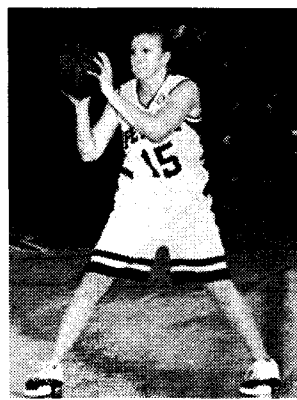
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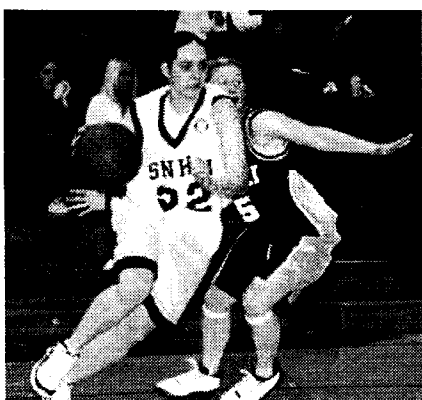
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Our Seniors in Action



Amy Stilphen has over 500 career points and 300 rebounds.

- Jason C. Dotson photo



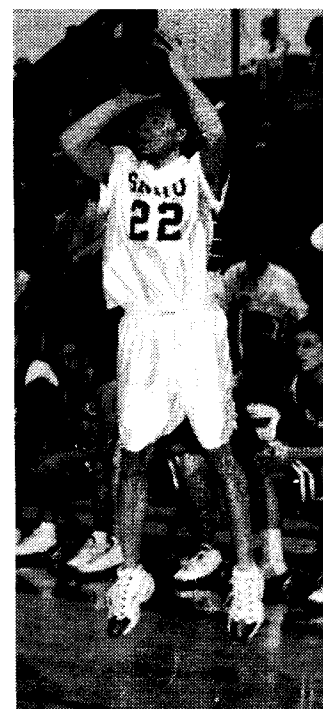
Ana Lavilla scored 484 points for SNHU.

-Jason C. Dotson photo



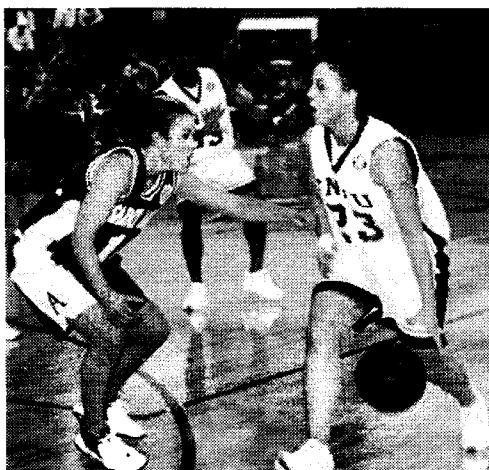
Colleen Quinn was the 5th player to join the 100 3-point baskets club.

- Jason C. Dotson photo



Mark Yeaton was the 6th player to join the 100 3-point baskets club.

-Jason C. Dotson photo



Lisa Brown scored 289 career points.

-Jason C. Dotson photo



Sara Scott has 426 career rebounds for the Lady Penmen.

- Jason C. Dotson photo



Thanasi Souflis is only the 4th player to record 100 blocks in a season.

-Jason C. Dotson photo



Dan Brown has 23 career assists for the Penmen.

-Jason C. Dotson photo



Mike Flynn has tallied 67 points for the Penmen during his career.

-Jason C. Dotson photo



Brian DaRos scored his first career goal on Feb. 21, 2004, for SNHU.

-Jason C. Dotson photo



Darren Catalano netted 25 career points.

-Jason C. Dotson photo



David Yazinka has seven career goals for the Penmen.

-Jason C. Dotson photo



Namdi Williams compiled 633 career points.

- Sports Information Department photo

This could have been your photo-essay. Come to an Observer meeting and find out how to get your work published.

Meetings are Tuesdays at 11:45 in Robert Frost Room 201.



Sports



THANK YOU, SENIORS!

By Jason C. Dotson,
Layout Editor

Statistics provided by
SNHU Sports Information
Department

For college athletes their college career is made up of practices, games, late nights and a whole lot of determination and dedication to not only their sport but also to their school, their schoolwork and their fans.

For many athletes when it comes time to play in their last regular-season home game (or match, depending on the sport), there are many events to look back on. This last home game also hits many senior athletes with a sense of finality. The end of a career is upon many of them, for most collegiate athletes will not play their sport at the next level.

"Senior Night" is when SNHU takes a moment to acknowledge the contributions of its athletes and says "thank you" for their hard work and commitment to their sports. On Feb. 19 both the men's and women's basketball teams had their "Senior Nights" (to make it even more special, both teams won their games). Hockey fans

got a chance to say "good bye" to their seniors on Feb. 25 (in a 9-1 victory over Castleton State College).

As SNHU athletics reaches the end of the winter sport's season, we have to say "good bye" to many senior athletes. This is the Observer's tribute to the senior athletes to whom we have to say "good bye."

Women's Basketball

Lisa Brown: Lisa played in 88 of a possible 104 team games in her four years at SNHU. Her career was hampered by injuries, but she still was able to net 289 career points.

Ana Lavilla: Ana has played in 74 of a possible 78 games during her time at SNHU. She has served as tri-captain on this year's team. Although Ana lost her sophomore season to a knee injury that kept her sidelined the entire year, she was still able to score 484 points, 243 assists and is in the top ten in SNHU history in steals with 161.

Colleen Quinn: Colleen has played in 100 of a possible 104 games at SNHU. Recently she became only the fifth player in SNHU (and NHC) history to make 100 3-point baskets. During her

career she has tallied 651 career points and 120 3-point baskets. Colleen has served as a team captain twice and is also one of this year's tri-captains.

Sara Scott: Sara has played in 102 of 104 games in her four years at SNHU. She has lead the team in scoring over the last two seasons. Over her four years she has scored 704 points and pulled down 426 rebounds. Sara scored her single-game, career high in points with 21 earlier this year against the College of Saint Rose.

Amy Stilphen: Amy has played in all of her possible 104 games at SNHU. She has amassed over 500 career points, 300 rebounds and 100 steals. Amy was the third of the tri-captains on this year's team.

Men's Basketball

Athanasios Souflias: Thanasi has started in all 53 games over the past two years for the men's basketball team and in 104 of 110 for his four years at SNHU. This year he became just the fourth player in SNHU history to record 100 blocks in one season. Thanasi has 553 career points, 377 career rebounds and 110 career blocks.

Namdi Williams: Due to a career plagued by injuries Namdi has been able to play in only 89 of 110 games for SNHU. He proved to be a valuable part of the team when healthy enough to play. Namdi has compiled 633 career points and 398 rebounds.

Mark Yeaton: Mark transferred here from the University of New Hampshire after his freshman year. In his three years at SNHU he has become the 38 person in the 1,000 point club and the sixth person to score more than 100 3-point baskets. Mark's career totals include 1,126 points, 307 rebounds and 243 assists.

Hockey

Dan Brown: Dan played in 87 of a possible 100 games for the Penmen hockey team. He has six career goals and 23 career assists for a total of 29 points. This year for the Penmen Dan has two goals and six assists for a total of eight points.

Darren Catalano: Darren has played in 60 of a possible 74 games in his three-year career at SNHU. His most prolific season was during his sophomore year when he scored nine goals and six assists for 15 points. Over his three years Darren has 15 goals and 10 assists

for 25 points.

Brian DaRos: Brian is a three-year team member and has played in 15 games over that time. He scored his first career goal for SNHU on Feb. 21, 2004, in the team's 4-0 win over Franklin Pierce College.

Michael Flynn: Michael is a four-year member of Penmen hockey. Over that time he has played in 87 of 100 games. He has 29 career goals and 38 career assists for a total of 67 points. This season he has scored 10 goals and six assists for a total of 16 points.

David Yazinka: David has played in 72 of 100 games in his four years on the Penmen squad. He has bounced back this season from an injury that cost him most of his junior year. This season he has six goals and nine assists for 15 points. Over his career David has tallied seven goals and 22 assists for 29 points.

Senior year should not be looked at as the end of a career, but rather as the start of one. We at the Observer hope that all of the above student athletes are as successful with their future endeavors as they were here in their respective sports. Thank you, seniors. It has been a lot of fun watching you play!

Four indicted in steroid scandal, including Bonds' trainer

By Shannon McCaffrey
(KRT)

WASHINGTON — Four people — including the trainer of baseball slugger Barry Bonds — were indicted on federal charges Thursday, accused of involvement in a global sports-doping ring.

The 42-count indictment alleges that a San Francisco-based nutritional supplements company distributed illegal steroids to Major League Baseball and football stars and Olympic track and field

athletes. None of the athletes was charged or even named in the indictment.

But a parade of well-known sports figures including Bonds, track star Marion Jones, pro football linebacker Bill Romanowski and boxer Shane Mosley testified before the federal grand jury that was hearing evidence in the case late last year.

The Justice Department crackdown came after President Bush, a onetime owner of the Texas Rangers baseball team, condemned steroid

use by professional athletes in his State of the Union address last month.

The indictment was announced Thursday at a news conference by Attorney General John Ashcroft, Food and Drug Administrator Mark McClellan and Internal Revenue Service Commissioner Mark Everson.

"Steroids are bad for sports; they're bad for players; they're bad for young people who hold athletes up as role models," Ashcroft said.

The charges include conspiracy to distribute steroids, possession of human growth hormone, money laundering and misbranding drugs with the intent to defraud.

The indictment names Victor Conte Jr., the president and chief executive officer of Bay Area Lab Cooperative (BALCO), along with company vice president James Valente; Greg Anderson, Bonds' personal trainer; and Remi Korchemny, the coach for champion sprinters Kelli White of the United States

and Dwain Chambers of Britain.

The indictment alleges that BALCO distributed a cream and liquid that contained testosterone and tetrahydrogestrinone (THG), a previously undetectable steroid.

The legal papers contained what they said were excerpts from e-mail messages in which Conte provided instructions about how to mask illegal trafficking.