

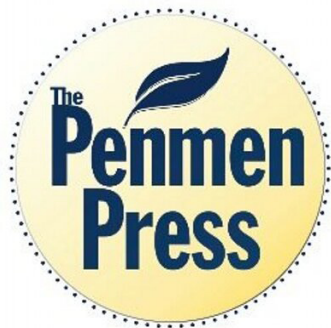
THE PENMEN PRESS

Volume XXIII, Welcome Back

September 7, 2016

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September 7, 2016:
First Day of Semester



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GUSTAFSON WELCOME CENTER WELCOMES STUDENTS



Megan Palmer

Gustafson Welcome Center progress as of Aug. 11

Annie Boghigian
Penmen Abroad Editor

Upon returning to campus in the fall, it is impossible not to notice the construction occurring at every turn. New projects make Southern New Hampshire University (SNHU) a perpetual hard hat zone, between the new dorm building and the William S.

and Joan Green Center for Student Success and the fast budding Gustafson Center.

The Gustafson Welcome Center is named for University President (1987-2003) Dr. Richard Gustafson, who served during a period of growth and transition as New Hampshire College became SNHU. His innovative spirit and dedication to the university are reflected

in the new building.

"The Gustafson Center really embodies the spirit of a lifelong engagement with SNHU," said Executive Director of the Office of Alumni Engagement Kristi Durette. Next to SNHU's commuter student parking lot and across from Belknap Hall, SNHU is getting ready to complete their new Gustafson Welcome Center.

According to Capital Projects Associate Vice President Monther Mardini, the Gustafson Welcome Center is projected to be completed in December of 2016. The building will house undergraduate, transfer, and international admissions as well as the Career

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EDITORIAL

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The Southern New Hampshire University Penmen Press is a news publication produced by Southern New Hampshire University students and funded largely by the Student Government Association of the University. It is our responsibility to inform the SNHU community about events on and around campus. The Penmen Press 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 Penmen Press is published biweekly during the academic year and is printed by the Concord Monitor. To contact the newspaper, please e-mail us at penmenpress@snhu.edu.

Extra! Extra! Read all about it!

We are looking to fill several editorial positions for the 2016-2017 academic school year. We would like to fill these positions ASAP in order to provide the proper training. Positions that are available for application and interviews are:

Staff Writers | We are always looking for new staff writers and contributors to the Penmen Press! No interview or application for these positions necessary.

If interested, please e-mail penmenpress@snhu.edu with your information!

WELCOME BACK FROM THE EDITORS

If the title of this special edition of The Penmen Press didn't fully get the message across... Welcome back! The new semester is on its way, and we at The Penmen Press are happy to welcome you to the campus. Whether it's your first day or soon to be one of your bittersweet last ones, The Penmen Press will be here to tell your story.

During the 2015-16 school year, The Penmen Press saw dramatic changes. With an incredible increase in staff members, we published 13 issues. Under highly focused and dedicated leadership, we achieved two awards at the Leadership Banquet: Excellence in Programming for our large turn out to see "Inside Out" on Columbus Day Weekend, and the Unsung Hero for last year's Editor in Chief and his hard work at making The Penmen Press what it is today.

As a way to better serve

the community, we also formed teams to support many charity events in and around Southern New Hampshire University (SNHU), including Give a Little Feed a Lot, Making Strides Breast Cancer Walk, and Relay for Life, during which we had two giant Sumo Wrestling suits where students wrestled faculty members and each other. President Paul LeBlanc even officiated one of the matches. The White Ribbon Campaign and Relay for Life were events we were eager to take part in through co-sponsorships.

Yet, despite the success The Penmen Press saw in the past calendar year, there is no rest for the restless, and new ideas are already buzzing around our newsroom. It's a new semester, it's a new year, and it's always a new newspaper.

This year, we intend to continue working diligently in our mission to tell SNHU's

story and give the campus a voice. Throughout the year, we will cover the news stories you hear, the news stories you don't, and the news stories that make SNHU, SNHU.

However, our jobs don't just end with the newsroom. Students can be sure to see us distributing newspapers every other Thursday, co-sponsoring events on campus, and even having a few of our own.

Be sure to check us out at the CAPE Welcome Back Bash on Sept. 9 and in The Last Chapter Pub on Oct. 7 for the Second Annual Columbus Day Movie Night.

With one of 13 issues under our belt for this year, we are already planning the next. If you're interested in contributing to the newspaper, be sure to stop by Robert Frost 301 on Wednesdays at 2 p.m.

We hope to see you there, and welcome back.

GUSTAFSON WELCOME CENTER

Continued from page 1

Development Center, Alumni Engagement, and SNHU's Marketing department.

Senior Amber Lyon works in SNHU's Admissions department and will be moving to the new location. "I'm so excited to be able to move into the new building during Winter Break," said Lyon. She is a SNHU tour guide and plans to utilize the

new building to the best of her ability.

According to Durette, "It's such a tribute to President Gustafson's role in building the special place that SNHU has always been to those who have come to be part of the community."

Senior Alyssa Steeves believes the new Gustafson Center will be a great addition to

the SNHU campus, stating, "I think it'll be nice to have a bigger building to house important offices on campus. It will be more welcoming for potential students."

Construction will continue through the duration of the Fall semester, and current projections mark its grand opening for the month of December.



Construction on Gustafson Welcome Center

NEWS

CCEL TO CONDUCT EIGHTH ANNUAL GIVE A LITTLE, FEED A LOT

Nicole Clark
News Editor

The Center for Community Engaged Learning (CCEL) will be conducting their Eighth Annual Give a Little, Feed a Lot event on Saturday, Sept. 17. CCEL has partnered with the NH Food Bank to hold this annual food drive around the Manchester community.

Before the food drive occurs, student volunteers will drop off bags to specific locations to raise community awareness of the food drive and to inform them how and when their donations will be collected. These bags will act as markers for the volunteers to go out to pick up food on Sept. 17.

CCEL works closely with the NH Food Bank to have a truck reserved for the non-perishable pick-up. They map out routes of the Manchester community for bag drop off and food collection, as well as spread the word to get as many people involved as possible.

This is not just an event for Southern New Hampshire

University (SNHU) students. Friends, professors, faculty members, and alumni are welcome to volunteer as well. Everybody is encouraged to come out and give a helping hand to collect all of the nonperishable items left out by Manchester residents.

Prior to the event, volunteers can create teams to col-

lect food with throughout the event through a Qualtrics link (bit.ly/GALFAL2016). Each team will be assigned a specific area of the Manchester community to collect bags of nonperishables from. When the team are out collecting the donations on their route, they will receive a shopping cart to make it easier to bring all of

the bagged donations to the next destination.

At the end of the day, all of the collected items are piled up into large holding crates that are then loaded into a truck. The truck drops the nonperishables off to the NH Food Bank where they are sorted and then distributed to people of the Manchester community.

Not only is the staff of the NH Food Bank appreciative, but all the people and families who will receive these items will be more than grateful.

Registration starts on the Green Space at 9:30 a.m. on Sept. 17. Any questions can be answered by CCEL, located in Stark 14 or through emailing serve@snhu.edu.



The staff of the Center for Community Engaged Learning (CCEL) after the Seventh Annual Give a Little, Feed a Lot event where 198 volunteers collected over 7,000 pounds of food for the NH Food Bank

CAREER DEVELOPMENT TIPS FOR A MEMORABLE YEAR

Jason Whitney
Contributing Writer

The Career Development Center hopes everyone had a great summer and is ready for a great year at Southern New Hampshire University (SNHU).

A few things happened at the career center while students were away for the summer. New staff members who are excited to start working with the SNHU community were hired, new programs and resources were developed to help students get more from their SNHU experience, and many rocks were blown up for the construction of the Gustafson Center that students should be sure to visit Career Development in when it opens in December.

It is a new school year and therefore a new opportunity to add to your Penmen Story. Whether you are new to SNHU (shout out to the

class of 2020) or a senior, excited to leave your mark before graduation, your time is now to do things your future self will thank you for.

Here are three things students can do to have a memorable year at SNHU as well as prepare them to achieve the career they want.

Get to know people: You are part of a community of dedicated faculty, academic advisors, residence directors, coaches, and career staff. SNHU is the place to get outside your comfort zone and ask questions. You can learn something from everyone you meet. Talk to people and connect. The people you meet today and the relationships you build can become the network that can help you tomorrow.

Get involved: New friends, new experiences, and good times. Get out and about on campus and beyond. Join a club or start one, volunteer, participate in

an internship, study abroad. The bonus is that you are building skills you need and making memories. Getting involved in these pre-professional experiences, especially internships, will help you be competitive for the jobs you want.

Be more than your major: Your time at SNHU is about learning who you are and want to be while pursuing your interests. Do not limit yourself by saying, "I'm a [fill in the blank] major." You are so much more than what you study in class. It is okay if you do not know what you want to do with your major. Meeting with a friendly and helpful career advisor at the Career Development Center is a great way to explore your options.

The Career Development team is looking forward to seeing you at one of our events this semester. Follow Career Edge (careeredge.snhu.edu) to stay up to date.



The Career Development Center hosts many events to help prepare students for their future

NEWS

THE LEARNING CENTER IS HERE TO HELP

Evan Bodi
Melanie Friese
Contributing Writers

The Learning Center (TLC) would like to welcome new and returning students to campus for the 2016-2017 academic year.

TLC, located on the second floor of the Shapiro Library Learning Commons, is a division of the student success team, and its mission focuses on offering University College students various tutoring services for disciplines such as business, math, and writing. Tutoring services are available at various times Sunday evening through Friday afternoon during the undergraduate academic school year.

While tutoring is one of the main services the office offers, it is called The Learning Center and not "The Tutoring Center" for an important reason: its unwavering commitment to positively impact both the academic, as well as personal, well-being of students.

When asked about the services provided in the Learning Center, Evan Bodi, Marketing and Outreach Graduate Assistant, stated, "In addition to tutoring, we offer mentoring services, student success programs, Conversational English for international students, and

hold on-campus events with other organizations that improve a student's well-being."

Some of these events include "JumpStart," a week-long program before the fall semester to help incoming freshmen adjust to college life; "Are You Smarter than a Tutor," an annual spring semester tradition aimed at bringing tutors and intellectually motivated students together to compete for prizes; and "Stress-Less Fest," co-sponsored by both TLC and The Wellness Center leading up to finals week to help students manage end-of-semester stress.

While its on-campus involvement is strong, TLC will be looking at ways to increase its positive reach on the Southern New Hampshire University (SNHU) community for the upcoming academic year.

Bodi continued, "We are committed to continue growing our efforts of reaching out to various on-campus organizations and co-sponsoring events that benefit our students while strengthening the SNHU community. We can't wait to let you know about these exciting events in the future."

To review its mission statement and walk-in tutoring schedule, as well as find out more about TLC, visit its page on mySNHU under the offices tab.

KICK OFF THE YEAR WITH CAPE'S WELCOME BACK BASH

Megan Palmer
Editor in Chief

The Coordinators of Activities and Programming Events (CAPE) will be starting the 2016 Fall Semester with a brand new event aiming to bring students together as they start their new year together. On Sept. 9 from 10 p.m.-1 a.m., CAPE will be hosting the first Late Night Welcome Back Bash in the Student Center and surrounding areas.

Justin Tersliner, CAPE Late Night Chair, stated that, "The Welcome Back Bash was created to give students something to do on a Friday night after 10 p.m. The Welcome Back Bash (WBB) provides a 'social stimulant' on a Friday night when students are looking for something to do."

In hosting this event, Tersliner continued that The WBB seeks to "further CAPE's mis-

sion to provide educational and entertaining events to the students by adapting to the changing needs of the student population."

The WBB will be host to an array of activities co-sponsored by other clubs and organizations on campus. Currently, these include, but are not limited to: Bingo sponsored by CAPE and the Office of Student Involvement; Giant Jenga sponsored by the Office of Residence Life; Ring Toss sponsored by Phi Delta Beta; Temporary Tattoos sponsored by Generation Equality; and Super Smash Bros sponsored by the Gaming Club, among others.

In addition to the activities organized by the clubs and organizations on campus, students can also grab a bite to from the popcorn and cotton candy machines, the Munchiez Food

Truck, and Miss Polly's Food Truck all while listening to music provided by Radio SNHU.

Tersliner, as well as the entirety of CAPE expresses their excitement for this upcoming event. Tersliner stated, "This event has been in the works since Apr. 2016. It involved a lot of emailing potential co-sponsors, brainstorming what would bring students out of their dorms and to the Student Center, and trying to get co-sponsors to share my vision of what late night programming at SNHU could be."

He concluded by encouraging all students looking for something to do to attend, sending the following message along to anyone interested: "Do you like free food, free prizes, and having fun? Come to the Welcome Back Bash to meet new friends and enjoy a one-of-a-kind night!"

Do you love writing and want to be involved in a student-run organization on campus? Try writing for the Penmen Press!

We meet every Wednesday at 2 p.m. in Robert Frost, Room 301. E-mail us at penmenpress@snhu.edu for more information!

HEADLINING THE SUMMER NEWS

Stephen Denis
Staff Writer

The subject of politics dominated the news this summer, between the presidential race and gun violence.

As the Democratic Party has officially nominated Hillary Clinton for President of the United States, some party officials have expressed their support and relief. During the primary season, there were numerous examples of voter fraud (examples include Ariz., R.I., and Calif.), which in each case resulted in Clinton coming out on top of the delegate count.

Then, on July 22, WikiLeaks publically released 20,000 emails exposing key figures within the Democratic National Convention (DNC) of tipping the scales against rival Presidential Can-

didate, Bernie Sanders. Chairwoman of the DNC, Debbie Wasserman Schultz, soon resigned, before finding a new position within the Clinton campaign. These scandals make the "lesser of two evils" argument a much tougher sell to Sanders' supporters and undecided voters.

Interest in Third Party Candidates from the Libertarian and Green Party are at an all-time high this election season. The names Gary Johnson and Jill Stein have become more familiar to people, and the chance to see them appear on a debate stage has risen.

On the subject of gun violence, three tragic shootings occurred within a four-day span in early July. In the case of Philando Castile, he was a licensed gun owner, a fact he made clear to

the officer who ended up shooting him, as Castile attempted to provide identification. Some headlines summarized the event as a black male killed by police for exercising his right to bear arms, and it took several days for the National Rifle Association (NRA) to respond to the event, similar to the response time to the Orlando shooting in June.

Two days later, a gunman opened fire on, and killed, five police officers who were responding to a peaceful protest of the recent killings. Donald Trump and other conservatives have stated that recent shootings or terrorist attacks could have been prevented if the victims carried guns. There were dozens of open carry protestors on scene at the time of the Dallas shooting, and the outcome was no different.



The Learning Center provides services like tutoring, mentoring, student success programs, and Conversational English

OPINION

ALL WORK, NO VACATION

Gabriel Carrio
Arts & Entertainment Editor

With the end of the school year comes the end of a lot of hard work and the beginning of a long period of rest. Once school comes to a close, it's time to finally start having fun instead of focusing on studying and classwork.

It's the chance to do things you couldn't during the semester, like travel the country, or even the world. It's the chance to go out and experience things you didn't have time for while in class. You, your friends, and your family can spend time together and enjoy living life before school starts back up in September.

For many, this is not the case.

If you're like me, you work every single day to keep your living arrangements, to keep your kitchen stocked with food, and to afford to

come back to school in September.

If you're like me, traveling and relaxing are far away dreams that you're nowhere near reaching yet. Rent, utility, food, car payments, bills, bills, and more bills.

All of these need to be taken care of and need to be taken care of. There's no time to go out and have fun while you spend all your time working for that sweet, sweet cash.

I'd love nothing more than to quit my job, or take an extended vacation and spend some quality time with my friends and family in far-away places, or even just in the living room of my own house. But I can't. I don't have the luxury. And I feel for everyone else who shares my situation.

We'll get there one summer. Just not this one. Or probably even the next one.

SUMMER ADVENTURER

Nicole Kenney
Copy Editor

Summer vacation! This is the time to see new sights and try new activities. During the school year, our time is limited to the point where we are lucky if we can get a decent night's sleep every now and then.

Summer break allows students almost four full months of complete freedom to utilize however we see fit. These days are precious and should be spent traveling far and wide, and living care-free while we still can.

As an incoming senior, my last summer break was not one I wanted to waste. After graduation, reality sets in and vacations that last one week are usually the most freedom people can get from time to time.

To commemorate my last long vacation, I spent one full month overseas in South Korea. I traveled roughly 11,000

miles across the world, by myself, to meet people I had only previously known online.

This is what summer is all about: letting loose and escaping your comfort zone. After doing probably the craziest thing I have ever attempted in my life, I advise everyone else to do something similar. Sure it was scary and nerve-wracking, yet the fun I had greatly outweighed any of my fears.

Summer break ends just as abruptly as it begins. Once the back-to-school season starts, our short-lived time of freedom is over. Summer vacation is full of once-in-a-lifetime opportunities that come and go as quickly as the season does; there is no guarantee that the real world will allow reckless trips just for the heck of it.

With that reason alone, summer breaks should not be spent with your year-round, day-to-day hum-drum activities. Any deviated path from your normal routine can lead to something amazing.

THE UGLY TRUTH

SNHU LACKS SUMMER INVOLVEMENT FOR STUDENTS

Bryan Creevy
Opinion Editor

During the school year, Southern New Hampshire University (SNHU) has so much to offer its students, from cookouts to karaoke to movie nights and so on.

However, all of that dies down once the summer begins and most of the students go home. The SNHU community seems to lose that togetherness that we feel while all joined together on campus, but it shouldn't have to be that way.

Four months is a long time to have a community be apart for. A few friends may get together from time to time over this period, but many people will go without contact.

SNHU should have events go on at least once a month on campus to get students and faculty together in the summer months in an environment with no stress, where homework and essays are no longer a worry.

Some SNHU students

agree. Senior Jesse Wyman said, "I think it's a great idea; SNHU can have a summer lock-in or something. It would be awesome for people who don't really have a chance to see their friends all summer."

SNHU could host a different themed event once a month. In May, as Wyman mentioned, a day of movies and indoor events at the pub followed by a lock-in would be a great way to kick off summer events.

June could host a beach themed event where the Green Space and Larkin Field get turned into beach themed areas with activities like sand castles and Slip-N-Slides.

July could host a barbecue and field sport events followed by fireworks since it is a patriotic month, and August could host an ease into the school year type event where students and faculty can just mingle and have a fun time while SNHU can also provide opportunities for students to make sure



they're all set and prepared for the upcoming semester.

These types of events should be open for freshman students, as well, as it could provide an extra opportunity for them to meet their fellow SNHU Community.

"Usually, when a new year is coming up, a lot of

people are nervous, especially freshmen," said, junior Justin Mercer. "Having some over the summer events for students could help build an early bond with the freshmen and the upperclassmen."

SNHU is a university that gets so involved during the Fall and Spring semesters,

but students feel a lack of involvement from their school during the summer.

Throwing summer events would be a great way for SNHU to stay involved while also providing opportunities for friends to meet and freshmen to get an early start in their college experience.

ARTS & ENTERTAINMENT

SWISS ARMY MAN: A COMEDIC VENTURE INTO LONELINESS

Gabriel Carrio

Arts & Entertainment Editor

Directed by “Daniels” (Daniel Kwan and Daniel Scheinert), “Swiss Army Man” is an independent film released on June 24. Starring Paul Dano and Daniel Radcliffe, “Swiss Army Man” follows the journey of a bitter runaway named Hank (Dano).

In the film's opening we see a series of little arts and crafts type projects with messages such as “Stranded, plrsdr help,” “I'm so bored,” and one that sets up a major theme of the movie: “I feel so alone.”

Hank, exhausted of all hope, attempts to hang himself. He spies a body washed up on the beach in front of him, and his hopes return. It turns out the body is just a dead man, and a gassy one at that. In fact, the body is so gassy that Hank rides it away from the island like a jet ski.

The film's beginning gives a perfect representation of what style of comedy the rest of the film will go for. Ri-

diculous, sometimes gross-out, surreal humor. The entire film is rather dreamlike, as the dead body eventually comes alive enough to speak.

The body is given the name Manny (Daniel Radcliffe), and as the film progresses and Hank and Manny become closer friends, we see that Manny is not, or at least was not, an ordinary man. His body has come equipped with a vast set of abilities, from pouring water out of his mouth like a shower head, chopping trees in half when his arm is pulled back far enough, and loading his mouth like a gun and firing its contents when hit in the back of the head.

With Manny's toolset, and Hank's drive to get the two of them home, the pair survive in the woods and bond over what the world is like, as Manny has no memory of his previous life, or what life even is. The movie's tender and emotional moments come from Hank's explanations of what it is like to love, to be loved, and the nervousness one feels when they're

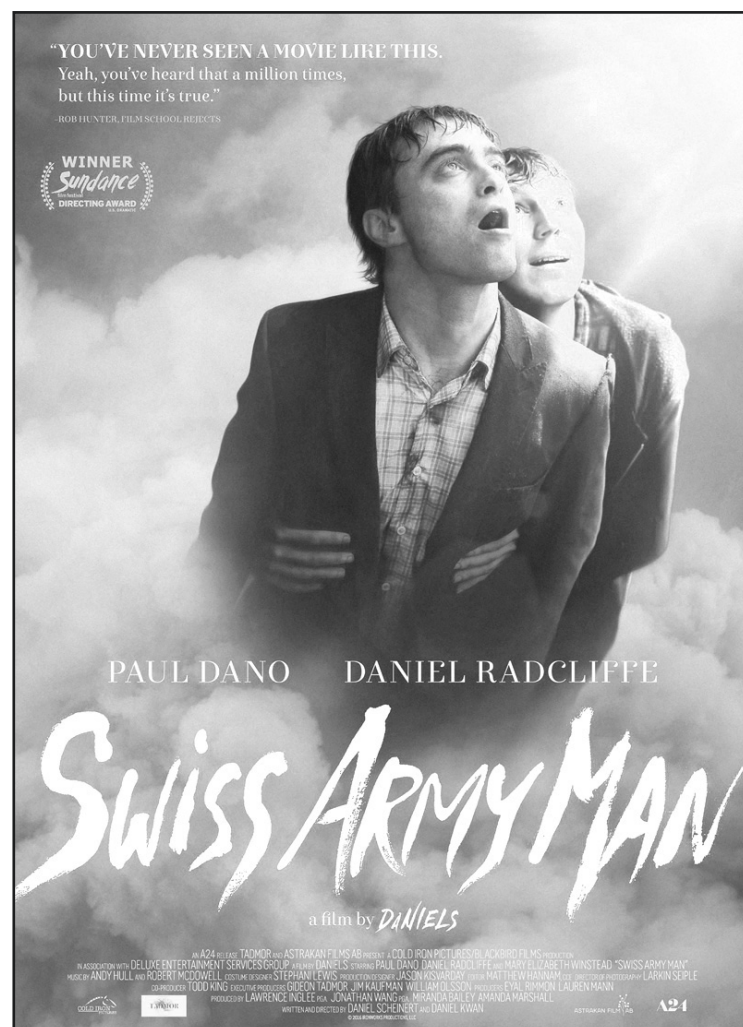
attracted to someone.

As mentioned before, a large theme of the movie is loneliness, and it is delivered through Hank's telling of his own life, his dead mother and his bad relationship with his father, and his feeling that no one in the world cares about him, nor does he think they should. He thinks he is unworthy of love, all the while trying to help Manny understand what love is.

The ending of the film is up to interpretation. Or maybe it is not. I am not entirely sure, but I think that is what the directors were going for, which adds to the surrealism. No spoilers—you will understand when you see it.

I did not want to get too into detail about “Swiss Army Man,” because I think anyone would be better off watching it rather than having it told to them. In this writer's opinion, “Swiss Army Man” does no wrong and gets a 10/10.

Side note: the soundtrack was sung almost entirely by Paul Dano and Daniel Radcliffe.



THE CONJURING 2: A HORROR SEQUEL DONE RIGHT

Nick Klotz

Staff Writer

Sequels aren't usually kind to the genre of horror. Once in a while you get an “Evil Dead II” or an “Aliens”, but more often than not an additional entry serves no more purpose than to cash in on an established name. This rings true now more than ever in a time where the biggest blockbuster movies are sequels, reboots, or something in between.

“The Conjuring 2” tries to subvert these expectations. The sequel to the 2013 original sees the return of paranormal investigators Ed and Lorraine Warren (Patrick Wilson and Vera Farmiga) as they investigate yet another haunting.

This time they're taken overseas to north London and into the home of a divorced mother of four. The couple struggles with their desire to help with their special skills



New Line Cinema

even though they're putting themselves in danger.

These two are responsible for grounding the movie, with terrific performances from Wilson and Farmiga. There were scares aplenty, but the time spent in between with the investigators and the

family gave them some real weight. When the characters were in peril, I felt truly concerned for their safety.

Speaking of scares, director James Wan proves why he's one of the best directors working in the genre today.

What sets this movie

apart from the crowd is how unafraid it is to draw out tension and truly earn its scares. One particular scene involving a creepy painting of a nun stands out. It actually made a couple of people in my audience laugh, not because it was funny, but because Wan

had them held by the throat so long they were relieved when it was finally over.

I did find myself squirming in my seat at times, and not just because of the scares. The film's 134-minute runtime can feel indulgent, especially for horror.

However, at no point did I feel the plot was meandering. The story was strong enough that I wanted to see it through to the end.

Does “The Conjuring 2” justify its existence? It accomplishes everything a sequel should. It builds upon the original in a meaningful way, while being different enough in plot and setting to not feel like a retreat.

Just don't go in expecting to break new ground in the genre. It's standard haunted house fare, but the movie knows that. Instead, “The Conjuring 2” seeks to perfect the tried and true formula, and it manages to be a lot of fun in the process.

ARTS & ENTERTAINMENT

WARCRAFT: A FUN SUMMER FANTASY ROMP

Addison Thyng
Staff Writer

"Warcraft" the movie is based on the game of the same name made by Blizzard Entertainment. The game series has spawned multiple sequels, spinoffs, and the most successful MMO of all time, "World of Warcraft."

Millions of people have fallen in love with this world and its lore, putting a lot of pressure on the game's film adaptation.

From someone who has limited knowledge of the property's lore, I'm happy to say "Warcraft" is a fun, enjoyable, if slightly flawed, fantasy adventure.

One thing people must know going into this movie is that you don't need any prior knowledge of the material in order to enjoy the film. While knowing the lore may make it more fun it is totally sustainable without having played the games.

That being said, the film does spout out a lot

of information relatively quickly, and, if you aren't paying attention, you may be confused on some names and plot devices that become more important later on. But if you do catch onto the names and the way the movie's world works it is a standard "unite to fight a common enemy" story.

What makes this movie work is the design and production of the film.

The armor and weapons may be implausible, but that added to the charm for me. The movie seemed like it wanted to more fun than realistic.

What adds to the theme of being enjoyable over logical are the giant CGI orcs running around with real actors.

It is very obvious that the orcs are not there but in the end I did find myself getting invested in their story arc just as much, if not more, than the human characters.

If you can accept these characters aren't really in

front of you then the story does its job well.

The film well-mixes its scenes of action, political debates, mystery solving, and emotional moments, without overwhelming the viewer with too much dialogue or fantasy babble, and without being too full of action that it's a brainless summer fluff movie.

In summary, if you go in and accept everything as it is and want a fantasy film with a bit of a brain and some good action, it will do its job. But if you want a hard, edge of your seat fantasy drama a la "Lord of the Rings" or "Game of Thrones," you will be disappointed.

Without having played the games before, I did enjoy myself very much and was blown away by this film, which I'd had little expectations for. It surprised me so much that I hope Blizzard will get a chance to continue the story of orcs and men. 9/10



Wowhead

BREAK FREE AND EXPERIENCE FURI FOR YOURSELF

Mustapha R. Price
Staff Writer

"Furi" is a rare breed of game. It combines the classic "bullet hell" style of retro games like "Galaga" with the quick-witted parry-dependent nature of a "Dark Souls" to make a great blend of action and tactics. This consecutive boss brawler has no grunts for you to do battle with. It's just you and the fierce warriors who stand to destroy you.

You star as a nameless protagonist, who wakes up in a prison and attempts to get free. As you escape this cosmic entrapment, you will do battle with the guardians. These beings each have specialties and themes relating to the past of your playable character.

Whether you're zipping and dashing around the map to avoid an onslaught of enemy fire, or getting up close and personal to unleash devastating sword combos, you

never stop moving in "Furi."

This game requires a reactive and proactive mode of thinking. There's room to wiggle on your style, al-

beit not much. If you decide to be more forward you can trigger attacks from enemies early on.

Enemies have attacks

that can be parried, and attacks that must be dodged; there's never room in this game for comfort to set in. In a sense, this is part of

what makes the game so intense.

"Furi's" visual style and atmosphere are reminiscent of the stylings of "Afro Samurai" and some other older anime. It combines elements of urban themes with bushido art, and some pretty deeply rooted philosophy. For instance, the old sage character in this game has headphones similar to "Dre Beats" on his head.

Smaller segments of story come in between the boss gauntlet as you're given context for some of the characters before you proceed to battle them. This is narrated by a friendly character with an interesting perspective.

"Furi" has interesting combat, unique visuals, consistent style, and underlying culture. All of these elements make it an example of the truly great content a player can find in modern games. This title, available on PC and PS4, is well worth a purchase.



The Game Bakers

HEALTH & WELLNESS

COLORING FOR STRESS RELIEF

Kayla Durant
Health & Wellness Editor

When picking up the last school supplies that were overlooked, it might be crucial to purchase a coloring book with kaleidoscope designs this school year.

Recent trends have shown adult coloring books becoming more popular and widespread, which is leading to stress relieving health benefits. Although, some experts argue that as it may decrease stress levels, it also decreases a person's creativity.

Jacqueline Howard, from CNN, points out that in 2015, twelve million adult coloring books were sold compared to 2014 in which only one million were sold, showing an increase in the trend. In a study conducted by Girija Kaimal of Drexel University, the lev-

els of stress hormone, cortisol, decreased when adults ranging from eighteen to fifty participated in artistic activities.

Professor at New York University and art therapist, Mary Grace Berberian explains this phenomenon, "coloring allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety."

So, in focusing in on the perfect color combinations, people tend to push the stress inducing thoughts to the background and momentarily stress is alleviated. Since adult coloring books are such a new trend, the research is fresh and expert opinions are bound to change. For the moment, though, coloring in the lines seems to provide a respite from the real world.



SUNSCREEN'S GOT IT COVERED

Kayla Durant
Health & Wellness Editor

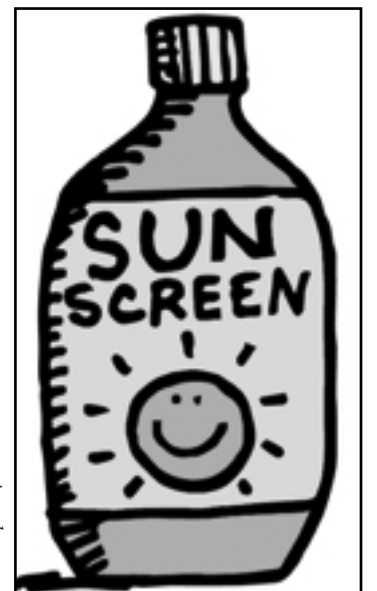
Normally, looking for the best sunscreen has been finding the highest Sun Protection Factor (SPF) and comparing name brand prices to generic prices. However, there are some other factors that are also important when deciding on the best sunscreen suited for an individual.

According to R. Morgan Griffin in her WebMD feature titled, "Choosing the Best Sunscreen," she states that finding a sunscreen with broad spectrum protection against both Ultra Violet A (UVA) and Ultra Violet B (UVB) rays. If the sunscreen does not have a multi-spectrum protection than it is only protecting against the sunburn causing UVB rays. UVA rays do not cause sunburns, however they penetrate deep into the skin and are the main cause of wrinkles and premature aging, according to the Environmental Protection Agency.

In Griffin's article, he also explains how to know which SPF value is best for each individual. For example, someone who burns easier or faster should apply a higher SPF sunscreen and reapply frequently. Morgan

advises, "If you'd normally burn in 10 minutes, SPF 15 multiplies that by a factor of 15, meaning you could go 150 minutes before burning."

Like most things, sunscreen is only useful if utilized correctly. It will not be effective unless it is reapplied as instructed or after swimming. Wearing sunscreen can seem like a chore at times, but, ultimately, it protects against harmful UVA and UVB rays that can escalate to skin cancer and various other complications.



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PENMEN ABROAD

LOCATION HIGHLIGHT: AIX-EN-PROVENCE, FRANCE

Annie Boghigian
Penmen Abroad Editor

"Aix is a perfect location from which to branch out and visit other countries nearby. With trains and buses running right from the center of town, you really do have Europe at your fingertips," said senior Alexis Cobb. Cobb studied abroad in her spring semester of 2016.

In Aix-en-Provence, France, students have the option of studying abroad for a semester, a year, or for a summer. Students also have the ability to be fully immersed into the culture of the town with homestays. Homestays allow students to live with a family (or a single person) for their time abroad.

Cobb lived in a homestay situation with a French woman. "My host mother did not speak any English, so right from the get-go I was forced to use my previous French knowledge to communicate, further solidifying my use of the language,"

said Cobb.

The Institute for American Universities (IAU) has over 40,000 students and many classes for SNHU students to choose from.

IAU has "a campus located just minutes from both the Mediterranean Sea and the Aix-en-Provence town center, it is the perfect place for both academics and relaxation!" according to the Study Abroad 2016 brochure.

"My favorite part of the experience was definitely the markets. There was a food market every day of the week right near school... Strolling around the markets with friends while munching on a baguette is truly amazing," said Cobb.

Cobb has advice for SNHU students who have not studied abroad. "I think everyone should study in Aix, as there really are so many opportunities for everyone, and the people of Aix, and especially those at the school, are some of the nicest I have ever met!" said Cobb.



Alexis Cobb with a friend at the Carnaval d'aix en provence

STUDY ABROAD DIRECTOR RECOMMENDS FALL FOR TRAVEL

Annie Boghigian
Penmen Abroad Editor

"I had the absolute time of my life last semester and would not trade it for the world," said Nicole Dunlevy in this year's Study Abroad pamphlet. Dunlevy studied abroad in Florence, Italy in 2015.

Southern New Hampshire University (SNHU) offers fourteen different locations for students to pick from to Study Abroad, ranging from Vina del Mar, Chile to Skovde, Sweden. There are also different options for students to pick from regarding how long they will be staying. Some programs are semester-long stays while others can be year-long.

In most locations, students have the option of picking between homestay living or campus living while abroad. Students are assigned to a family (or a single person) to live with for their stay while abroad when in a homestay location. Campus living will offer a dorm building or apartment for students to live in.

The Director of SNHU's Study Abroad program has also provided some tips for students on when to study abroad. Director Stefano Parenti strongly suggests students

study abroad in the fall semester of the school year.

"The Application Process has much more time between deadlines and Visa procedures -- you can relax more, so to say, compared to the spring applicants," said Parenti.

Parenti also talked about why it is better to study abroad in the fall because of, "The harvest! Most countries have REAL food (i.e. not heavily processed, fresh, local...) and the fall is time for harvest!!"

Parenti also mentions that the days will be longer in the fall for students to enjoy more sunshine and warm weather.

"Last but not least, have you ever seen Christmas decorations in a foreign country? You know we start decorating after Halloween... It's not much different abroad!" said Parenti.

Students have many options when planning on studying abroad. They can decide between studying abroad in the spring or fall and can choose between homestays or campus dorm buildings, as well as semester-long stays or year-long stays. Interested students who would like more information are invited to contact studyabroad@snhu.edu.



Aix-en-Provence, France

HOW TO SNHU

SO YOU WANT TO BE A WRITER

Laurelann Easton
Copy Editor

You're a new student on campus, freshman or otherwise, and you love to write. However, your schedule does not have you in any writing courses!

If you're a writer, you want to be working on your craft as much as possible; one of the best ways to do so is through courses, like introduction to creative writing, or one of the workshop classes. Even without being in these classes, you can always look to the following options that can keep you involved with your writing on campus.

The first, and likely obvious option, is to hook up with the Creative Writing Club! They meet every Monday in Robert Frost 301 starting the week after the Involvement Fair. Their meetings run from 6-7pm, and they like to get everyone together for a group dinner after-

ward. Look for this club at the Involvement Fair to start getting their weekly emails about where they will meet.

The next opportunity for writers is Southern New Hampshire University's (SNHU's) literary journal, *The Manatee*. Students can write short stories and poems, and submit them for consideration to be published in the yearly spring publication. There is no limit to the word count of submissions, and you can submit as many pieces as you would like.

If you would like to be even more involved with *The Manatee*, they are always looking for more students interested in working as editors. There is no credit for being an editor, but it is a great addition to a resume.

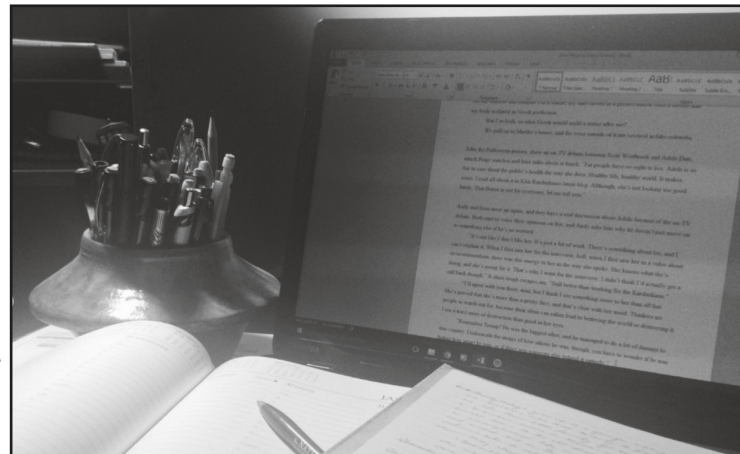
For those who want something that publishes more frequently, *The Penmen Review* is your cup of tea (or coffee, if that's what keeps your writing pistons firing). This online

publication is always open for submissions, even during the summer.

They accept original poetry, essays, book and script excerpts, and short stories. For poetry, they request that submitters keep it to no more than three poems per submission cycle, which begins on the first day of each month. For anything else, they request that submissions are kept under 2,500 words.

If you're into a different kind of writing, the final way to be involved in writing on campus is with this very newspaper! Staff writers can receive three credits a year, and writers are welcome to bring new ideas to the table at the weekly meetings.

Whatever you choose to participate in, keep your creative muscles active and don't let them go to waste when there isn't a class to push you. There's always a place for writers here at SNHU.



Laurelann Easton

**Follow Penmen Press
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THE DO, RE, "ME" OF MUSIC ED

Katie Leonard
Staff Writer

For those lucky few who chose to pursue a BA in Music Education, many adventures wait within your next four years at Southern New Hampshire University (SNHU).

As a Music Education major, you will not only be expected to take the maximum amount of credits, but also to perform in SNHU ensembles and be a member of the SNHU collegiate National Association for Music Educators (NAfME).

Dealing with the course load alone in college will prove to be a challenge. It will be important for you to know all of your music professors because they will be the ones to help you get through the next four years. The staff includes Dave Bresnahan, d.bresnahan@snhu.edu; Sophia Santerre, s.santerre@snhu.edu; Rick Cook, r.cook@snhu.edu and many other talented professors.

All majors have their challenges, but music education majors tend to have the busiest schedules on campus. The best advice that was given to



Katie Leonard

me as an incoming freshman at SNHU was to stay as organized as possible. Keeping your classes syllabi in all of your notebooks is one way to help start to keep yourself organized.

Professor Dave Bresnahan will be your go-to professor during your four years. Dave will be your advisor after your freshman year. He will also be your professor for all practicum classes.

You may feel like you are thrown into things fast here,

but in the end, you'll be happy that you were. SNHU prepares their students for the jobs that are out there. Take full advantage of any and all networking opportunities, because the professionals that you meet here are going to be the people who help you get your first job teaching.

All music majors: you're going to do amazing things here. Sing, play, yodel your hearts out. From all of us already here, good luck in your next four years at SNHU!



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HOW TO SNHU

HOW TO PARK LIKE A PERSON

Bryan Creevy
Opinion Editor

Whether you're a freshman or a returning student, having a car on campus is practically a necessity. Whether yours or your best friend's, a car is going to help you with a lot of your college experiences by allowing you to get off campus and explore.

However, the trouble that comes with a car on campus is definitely the parking, as it is a fight for those close spots. Here are some tips to help you snag those close-up parking spots as often as possible.

1. Park your car mid-day: It may sound silly as it is the busiest time of the day, but that is exactly why it is your prime time to steal some sweet parking spots! While everyone is going to work or going off campus for whatever reason, a lot of the pristine parking spots become available for other students.

2. Park your car on the weekends: Most weekends leave the lots at least a quarter empty since



a lot of students go home or on adventures for the weekends. This often leaves many spots open near your dorm.

3. Avoid going out past midnight: I know that it is a big part of being a college student, but leave campus that late at your own risk. Chances are, you will be forced into the farthest spot

from your dorm.

4. Communicate with your friends: If you see an open spot and you or your friend/roommate has a car, contact them immediately! Sit in the close spot right at the end to prevent anyone else from getting the spot as they run down with your keys or theirs in order to secure the park-

ing space for you two.

5. Always carry your keys: To acquire a spot quicker through method #4 faster, always carry your keys. You can call your friend down immediately, or, if no one is around, make a dash for your car and hope no one beats you to it.

6. Always make your rounds:

Some spots that are close to dorm entrances are in places you can't spot from the street. Always take the extra 30 seconds to see if there are any available close spots. You may get lucky and someone may be leaving as soon as you arrive.

7. Arrive early: If you come to campus at the beginning of the semester or back from a break early, the lots are almost guaranteed to be empty. Come as early as you can, and you're almost guaranteed a spot closest to your door.

These are the ideal tips to work into your Southern New Hampshire University (SNHU) life in order to make parking much less of a hassle throughout the school year. They might not always work, but, from experience, they are the best ways in order to keep yourself from constantly parking hundreds of meters away from the entrance to your dorm. Work them into your schedule, and hopefully you'll never be forced to the Freshman Lot or the basketball courts.

TALKING TO PROFESSORS: EASIER THAN YOU THINK

Megan Palmer
Editor in Chief

College. The big seven letter word that sends shivers down the spines of stage-walking high school seniors. But here's a little secret... most high school teachers instilling all of those university fears in you have no idea what college is actually like today. The mantra seems to be "Professors don't really care about you; you're going to be all on your own."

Like, have they never heard of office hours?

College is not about doing it all on your own. More than anything, college is about building your support network and using it to get you through the craziest, most stressful two to four years of your education life. And it starts with your professors.

When it comes to talking to professors, the first thing to do is introduce yourself. One of the advantages of going to a relatively small school is the small classes. Whether you like it or not, your professor will know who you are at some point. So you might as well have it be on your terms. After your first class,

hang around, say hello, get to know them. Give your professor a face to attach to your name.

Once you've introduced yourself, the rest is smooth sailing. Office hours are a must know. If you know when and where to find your professor, the rest can take care of itself. And actually use those office hours. I'm not a professor, but if elementary school taught me anything, it's that teachers live under their desks and only power on when there's a student around with an open ended question.

Wait... no? That's not what they do? Okay, but I imagine they get bored. So the point still stands that you should use office hours. Bring your questions, your funny stories, your thoughts on the material. Set yourself apart and get to know your professors. They might just turn out to be really great friends.

One other great way to talk to your professors is via email, but there are a couple of things to keep in mind. You know how many emails you get as a student? Multiply that by a hundred and you have your profes-



sor's inbox. It's a great way to talk to someone, but don't forget about standard business hours and don't expect an immediate answer.

When it comes right down to it, professors can be your number one ally - as long as you go to their classes and don't play Pokemon Go the entire time.

For real, I mean that bit. You know who you are.

Professors aren't as scary as they seem. Believe me. They're people too.

HOW TO SNHU

COMMUTERS: WHERE TO EAT

Katerina Wilhelmi
Creative Editor

There are many benefits to being a commuter at Southern New Hampshire University (SNHU). For example, one can learn to efficiently budget their time. Living off campus also significantly reduces one's tuition bill.

The only difficulty to being a commuter at SNHU? Finding the right place to eat.

There are a few different places to eat on campus; the obvious is the Dining Center. The Dining Center features many different types of cuisine ranging from salads to Chinese food. The next place to eat at would be the Penman Place, where students can buy different types of food from salads to Chef Boyardee.

Lastly, is The Cup of Love Café located in the Hospital-ity Building. Here, students can enjoy coffee, hot chocolate, breakfast sandwiches, and a variety of other delicious foods for a decent, low price.

There are also many restaurants to eat at around SNHU; some of them are considered a must eat.

One of these places is the Red Arrow Diner located on Lowell Street (open 24 hours). The Red Arrow Din-

er was featured on Diners, Drive-Ins & Dives, and is a great place to get delicious Belgium Waffles.

Another must eat is the Airport Diner next to the Holiday Inn on Brown Avenue. The Airport Diner is a part of the accredited Common Man chain and is open until midnight. This diner features some of the best Grasshopper Pies in the Manchester area.

There are many places to enjoy lunch as well. Mr. Mac's is a delicious mac & cheese restaurant on Hooksett Road. It features dishes ranging from Philly Cheese Steak Mac & Cheese to Garden Veggie Mac & Cheese. Students also receive a discount on Tuesdays when they order from Mr. Macs.

A delicious Chinese food place to consider is the Thousand Crane Restaurant on Elm Street. The restaurant looks like a hole-in-the-wall place on the outside, but inside it is beautiful and can accommodate a large group of people. Thousand Crane features many options of Asian Cuisine including Sushi, Tempura, Chop Suey, and Roast Duck Noodle Soup.

The Tap House Grille, is another great option for lunch or dinner. It was voted



Red Arrow Diner

The Best of New Hampshire 2016. Located on Hooksett Road, this restaurant showcases a variety of beers on tap and a vast wine selection (for those old enough to drink). The farm-to-table philosophy gives this restaurant a comfortable atmosphere. It is unlike other pubs.

Finally, for dessert, though it is acceptable to eat there anytime, is the Ben and Jerry's Ice Cream Shop on Elm Street. Ben and Jerry's is a creative ice cream chain that many people enjoy as it caters to many different dietary and craving needs. It is only a short drive from the campus and it is a must eat for anyone and everyone.

With these restaurants in mind, students won't have to worry about where to eat; they will only have to worry about what they're in the mood for.

HOW TO TALK TO YOUR RA

Mustapha R. Price
Staff Writer

Being a new student on any campus is hard. Often times you may find yourself trying to adjust to a new atmosphere, being around new people, and following a new set of rules.

It's perfectly fine to be confused during one's adjustment period. In fact, it's encouraged to be honest with yourself about those feelings. One of the best resources on campus to help with adjustment is your designated Residence Assistant (RA).

While the reputation of RAs may not be great (due to teen media's portrayal of us as blind, angry policy enforcers) we do have an innate desire to help our residents. Still, sometimes it's hard to even know what you should talk to your RA about.

If you at any point feel as though you need direction or help of any kind, talk to your RA. Even if we don't have the answers, we have access to countless resources around campus and can refer you to numerous departments.

If people in the room next to you are too loud, and you don't feel entirely comfortable confronting them, talk to your RA. We won't make a big deal out of it if we don't have to. We'll address your complaint in a way that helps everyone in

your surrounding space.

We're students too, and we care about your safety and health. We also understand the workload associated with classes. We can work with you to make every aspect of your experience here (be it academic, social, emotional or otherwise) better.

It's also important to note that there are some awkward moments. If your RA comes along while you're breaking any kind of policy, they may have to document you. It's not personal, it's just for the sake of ensuring everyone's safety. Though that's arguably less awkward than the person who gets locked out of their room in a towel and has to come to you to let them in. Still, learning to embrace those moments and laugh them off is a key part of being an adult.

Don't feel intimidated by your RA. They're a student and a person just like you, and likely want to befriend you and have a pleasant conversation. Whether you're struggling with a class, need to vent about a harsh situation in your life, or mediate a conflict with a roommate, your RA is there for you.

So after your opening floor meeting, take a chance to go stop by and visit with them. Get to know their personality. Get know your RA.

SMART TEXTBOOK SHOPPING: DON'T BREAK THE BANK

Laurelann Easton
Copy Editor

The new semester rolls around, and one of the biggest questions after the cost of tuition is how much your wallet will be crying after buying all the hefty bricks that are required textbooks.

College students are notorious for being broke, starring as the classic image of sitting there with your empty pockets turned out and your hands spread open in helplessness.

Do not be a stereotype! Buying the full list of textbooks does not have to be that painful and sad.

A student's first instinct should be to look to Amazon, a site known for holding low prices on some of the best items. This website is sometimes the

cheapest bet on textbooks, but there is another lesser known website that may be better.

DirectTextbook.com is a wonderful site that allows students to search for a particular book, and then returns a list of various websites with links that sell that book. This includes showing multiple listings from Amazon, but it also brings more sites to compare on one screen.

With this website, students no longer have to waste their time in switching between tabs until they have deduced the lowest possible price for a single book. In this case, the lazy way just happens to be the best way.

One thing to always keep in mind is that sometimes the shipping cost outweighs the good, low price of buying anywhere but the school bookstore. There have been times where

it is cheaper to simply use the bookstore, though this is not the golden rule.

Carefully check how much shipping will cost, because there is always the option of picking up the book for free from the school bookstore in the Student Center.

Never let a low price distract you from an agonizingly high shipping cost.

The final thing to remember is that a teacher may not even end up using the required textbook that can be found on the syllabus. Email the teacher before you assume you will not need it or it is too late to get the textbook in time to do homework.

Be a smart textbook shopper this fall and for the semesters to come. Your wallet will thank you.

accidentalsuperwoman.blogspot.com



HOW TO SNHU

MEAL PLAN PLANNING

Rebecca LeBoeuf
Editor in Chief

Most students have either one of two problems: their meal plans are loaded or they are scouring for food by the end of the semester.

For the students, most likely with the required freshman meal plan, who will have hundreds of dollars leftover by the end of the year, there are many ways to spend every dime of it.

The first is to eat as many meals in the dining hall as possible. If it is impossible to eat three meals a day, be sure to stop and get snacks in between classes, club meetings, and nap times. Meal plan money can be spent in the dining hall, Penmen Place

(the convenient store located in the Student Center), or in the Academic Center Complex and Webster Hall cafes.

Another way to steadily spend money is by inviting friends to stay the night or offer to pay for other people in line (especially upper classman with smaller meal plans).

During the remaining two weeks of the school year, Penmen Place stocks up on bulk items so students can use up their meal plans on these products. A few cases of soda, some bags of chips, and some cleaning supplies would satisfy many family members at home or be great for personal hoarding.

On the other end of the spectrum, there will be students

scavenging for food by Thanksgiving because they have already used up their whole meal plan. To those people: leftovers cure home sickness, provide some home-cooked food at school, and conserve meal plan money. There is a way to deposit money into meal plans online, so sweet talking parents, grandparents, and other family members could result in a couple hundred dollars onto the meal plans of their starving students.

Buy bread and peanut butter. Like grade school proved, the simple meal of a peanut butter sandwich at lunchtime everyday never gets old. It's nutritious, delicious, and inexpensive.

Befriend someone with a car (or take the bus or walk) and go grocery shopping a couple times a month at the Hannaford's two miles from campus. Better yet, befriend freshmen with a lot of money left on their meal plans. If worst comes to worst, the Last Chapter Pub offers free snacks and drinks whenever it is open.

It's possible to utilize meal plans to the fullest. Each time a card is swiped, the remaining balance appears on the cash register. Be sure to check this weekly to know if sharing or scavenging will be necessary.



unique venues

ROOMMATE: YOU HAVE ONE, NOW WHAT

Nicole Clark
News Editor

As a freshman, you sit by your computer in mid-July to find out where you will be living on campus, but the most important part about finding out where you will be living is who you will be living with. The second that people see the name of the person that you will be living with, you are off to social media to see who your new roommate is. Admit it or not, everybody does it.

New students wonder if they will be compatible with their roommates and hope they will get along with no problems. Some people end up loving their roommate from freshmen year and end up living with them for their next four years at Southern New Hampshire University (SNHU). This person can become your best friend who you can be with all hours of the day, grab lunch together, hit the gym,

and even head over to the field to watch a soccer game.

On the other hand, some people don't even get along with their roommates. Never be afraid to tell your roommate how you feel. If the room is too messy, communicate with each other and have a cleaning day. Or if something is bothering you speak up, it is your room too. Try to make things work out and get along for the one year.

In the first couple months if things are terrible you are always able to switch to a different room. This is not uncommon and its easy to do with the help of the right people over in the office of Residence Life. This office is the place to go with any questions or concerns. They always want to make sure you feel comfortable and safe in your living environment.

Most of the time you should be out and about, not stuck in your room. The library is beau-

tiful and is open early in the morning to late at night. This is a place where you can study, grab a snack and even watch a couple episodes of your new favorite Netflix series. The Last Chapter Pub is a place where you can go to shoot some pool and catch up with some friends.

If you get along with your roommate great, meet up with some others to go to an event or study in the library. But if you don't, it's no problem at all, so find some good hang-out spots and bring some of your friends from class with you.

Good luck with you roommates this year! Everybody is in the same boat: nervous, excited, and unsure of what it will be like to live with someone new.

Everyone is adapting to their new life styles and surroundings, so give it some time to feel comfortable. After the first week it gets easier and begins to feel like home.

30 TIPS FOR FRESHMEN

Bridget Downey
Staff Writer

1. Eating alone is not only okay, it can be nice and a good way to have time to yourself. Make waffles and take them up to your room to eat in bed every once in a while.

2. Making friends takes time and effort. Don't give up too quickly.

3. Your roommate won't always end up being your best friend, but try to make it work. It's your room, but it's theirs too. Compromise is a valuable skill.

4. Learn how to say yes to hanging out with new people and trying new things.

5. On the other hand, learn how to feel okay saying no. Don't feel pressured into doing anything you don't feel comfortable with.

6. Invest in a Netflix account. After a long day of classes, nothing is better than being able to relax for a bit in front of Doctor Who or an episode of Friends.

7. Make time to work out. Your health is important, and it will always make you feel better. Even if it's just a walk around to explore the campus. It's worth the time and the endorphins.

8. If your first class is at noon, don't stay in bed until then. Get up, shower, swing by the pub or the dining hall, and start your day off right.

9. Nothing feels worse than staying in bed all day when you feel sad.

10. You're going to miss home. This is okay. There are a lot of people surrounding you who feel the same way.

11. It's okay to go home on the weekends if you really want to. Count yourself lucky if you can consider two places home.

12. You're allowed to spend as many weekends as you want with old friends or your boyfriend/girlfriend. All the people you love don't have to just be the new friends you meet at school.

13. Don't listen to everything other people say. If you want to go home every weekend, do it. If you want to drive two hours to see your boyfriend/girlfriend, go for it. You're an adult.

14. Long distance relationships can not only just work out; they can be great.

15. If he/she needs to break up with you to "experience college", he/she is going to use you

as a backup. Do not be available. You deserve to be with someone who isn't going to want to just have a guaranteed hook up on breaks.

16. Talk to new people in your classes and smile at people on campus. Everyone loves meeting friendly people.

17. Be nice to the people who work in your building. They could end up being life-long friends, and chances are high they'll just let you back into your room when you forget your key.

18. Call your mom every Sunday, and do not forget about your dad.

19. You're always going to need your mom. When you get really sick and can't get out of bed, call her. She will know exactly what to do.

20. Accept that you're not going to know everything going on in your high school best friend's life.

21. Try to know what's going on in your high school best friend's life.

22. Take advantage of the free dining hall food no matter how bad you think it is. You're going to miss it when you start running low on your dining plan.

23. Always have comfort food on hand. Sometimes you're just going to need to curl up with Oreos and milk, and drift to sleep with Netflix in front of you.

24. Invite people from your hall out with you. Everyone is always looking for something to do, and it's nice having friends who live right next to you.

25. It's okay if you don't want to spend all of your time hanging out in the dorms even though everyone else might.

26. Explore the town you're in. Find the place that serves the most delicious late night goodies (hint: it's the Red Arrow on Lowell St.).

27. Take advantage of being surrounded by so many people who are your age. It will be harder to find people who are similar to you after we graduate.

28. Go to bed at a reasonable time. It takes time to adjust to a college class schedule.

29. Read the syllabus. The first class of the semester is all about it, but read it over yourself.

30. About 75% of the things you learn during your time here happen outside of the classroom; take advantage of it.

HOW TO SNHU

ADVICE TO FRESHMEN ATHLETES

Aleisha Bourgault-Callahan
Staff Writer

Whether you're trying out for varsity, a club team, or intramural, becoming an athlete as a freshman can be difficult. Balancing school, social life, and work can be overwhelming.

When asked about what his biggest piece of advice to incoming freshmen would be, junior Ryan Slatky said, "it's very time consuming so staying on top of your school work is a must. Being in shape is the biggest piece of advice in my opinion because after the first couple weeks it's very obvious who is in shape and who is not."

Sophomore Danielle Humphreys added, "They shouldn't be afraid to try. Whether they end up playing for the school teams or just intramural, it is a good way to make friends and have a good time. The school has a lot of fun teams to be a part

of."

Staying on a healthy diet is essential for any athlete, but staying healthy while living on campus can prove to be challenging. Slatky advises, "Having a diet is really essential for college athletes. I'm lucky enough to have my parents only ten minutes away so I just go home and eat all the time. A combination of pasta, chicken, steak, and salad are what my normal meals contain. As for someone who has to resort to the dining hall I would suggest staying away from the fatty foods and try to eat as clean as possible. I rarely eat in the café."

Humphreys added, "It's hard to stay on my diet since the school doesn't always have healthy options. I try to stick to salads and meats and fruit but it's okay to have a cookie every now and then because I'm always active." For incoming freshmen athletes, there are a lot of

healthy options in the dining center including the grill and the salad bar. Balancing what you eat is important, but even more so when you're on a sports team.

Being a freshmen athlete can be tough; however, you can also make a lot of friends and create tons of memories "The best thing I remember is our fall soccer season. I love playing under the lights and having so many people come and support us. Having the support of the school and people cheering us on is what we all love," Humphreys said.

Slatky also added "The best thing I remember about being a freshman student athlete is starting my first game and building not only teammates, but kids that will be my friends for a long long time." Being in college can be a tough time, but making friends and finding people with like interests can really help your freshmen year turn into a good one.



snhuphem.com

INTERNATIONAL STUDENT LIFE HACKS

Jingyin Wen (Wyndee)
Staff Writer

Watching the Beverly Hills, 90210 when I was little, I imagined myself walking on the American campus, lying on the lawn and chatting with friends under the sunshine... Well, when I really became an international student, I realized things are not that easy and dreamy. In this article, I am going to share with you what I have learnt from my past year at Southern New Hampshire University (SNHU); hopefully my advice and life hacks can help you with the upcoming campus life as well.

First of all, when coming to another country with a completely different environment and population, it is exciting and scary at the same time! No matter how far from our home us international students travel to reach new schools, it is best to start getting familiar and enjoying their new life right away.



dreamstime

We can explore the campus and visit the city, join school activities, or even join an interesting club. There are many ways to meet people and make new friends.

International students are always labelled to be independent. As most of us come here alone, with fam-

ily thousands of miles away, it is basically like being the "orphan abroad".

There are many things we need to learn to deal with such as managing a spending budget and keeping up with chores. In some situations, we just need to solve the problem by all means; it is a way to accelerate our

process to becoming mature.

Sometimes we may think "Life would be so much easier by having a friend from a similar background to guide us and help us." It is natural to get close and comfortable with a group of people from a similar cultural background. However, we should not just limit our social circle. It is better to get out of the comfort zone to make friends in different cultures.

Above all, the crucial part of being a student – international or not – is studying. We know that those parties and social activities would be fun, but there should be a balance of academics and socializing. Especially for many of the international students, we might have problems with the different education system as well as different teaching styles.

We need to discipline ourselves to put time and effort into studies while maintaining a free and no family control environment, and trust me: you will gain improvement and confidence

in your academics with hard work.

Lastly, let me list a few tips of my personal advice:

Learn some basic cooking skills; it is a good way to save money and the flavors of your hometown cuisine are probably not the same that are served on your new campus.

Stay in touch with the professors and advisors. They are very friendly and reachable in solving academic and life problems.

Don't waste time spending all day indoors; there is always something more fun and meaningful to do outside. Even just going out for a walk or getting some snacks from the supermarket nearby can help relieve stress and brighten the day.

I hope these tricks are educational or entertaining at least, and that they help you get through the tough beginning to a semester at a new school as an international student.

Have an awesome semester!

CLUBS AND ORGANIZATIONS

THE MANATEE

The Manatee
Contributing Writer

"The Manatee" is Southern New Hampshire University's (SNHU) literary journal for undergraduate students on campus. The journal gives students the chance to see their work in print. "The Manatee" publishes once every year in the spring, and it typically accepts submissions through the end of December.

All undergraduate on-campus students of any major are welcome to submit their short stories, poems, and artwork for consideration. There is no submission fee. Those accepted receive two free copies of The Manatee.

The editors of "The Manatee" also select one top-choice out of each of the three submission categories to feature at the beginning of the journal.

The Spring 2017 issue is the tenth one that will be published, and the editorial staff look forward to doing some-



The Manatee

thing special to celebrate this milestone.

If students wish to be more active with "The Manatee," they can become a part of the editorial staff. This looks great on the resumes of those who hope to work in publishing.

Being a part of the staff is

not a huge time commitment, but those who wish to be a staff member should expect to put time into it. There are open roles in reading and editing, budget management, and social media or marketing.

Students who plan to submit work to "The Manatee" are

not restricted from being a part of the staff, and vice versa.

All question in regards to working on The Manatee, or about the submission process or the guidelines can be sent to manatee@snhu.edu.

"The Manatee" needs your voice!

THE PENMEN PRESS

The Penmen Press
Contributing Writer

The Penmen Press is Southern New Hampshire University's (SNHU) on-campus newspaper, dedicated to hearing the voices of the community and telling SNHU's story. An established club for over 20 years, The Penmen Press publishes issues every two weeks featuring on-campus news, events and opinions.

The Penmen Press meets every Wednesday in Robert Frost 301 at 2 p.m. to hold staff meetings to discuss journalism, current and upcoming issues, and events that the club hosts and/or attends.

Last year, the club became more involved in the SNHU community, and formed teams that participated in charity events including Give a Little, Feed a Lot, The Making Strides Breast Cancer Walk, and Relay for Life. The Penmen Press also organized the First Annual Columbus Day Weekend Movie Night, screening "Inside Out" in the Pub with over 100 students in

The Penmen Press



attendance.

The Penmen Press also co-sponsored many events with other clubs from the White Ribbon Campaign with the Women's Center to Open Mics with Creative Writing Club.

This upcoming year will be another exciting one for The Penmen Press, and all students are welcome to join. Regardless of a student's major, the newspaper presents unique and relevant experience in every aspect of publi-

cation from writing to editing, layout to business and financial management.

Students can learn more about at the Involvement Fair on Sept. 14 at 2 p.m. or by attending the first meeting on Sept. 7 at 2 p.m.

STYLE CLUB

Style Club
Contributing Writer

Southern New Hampshire University (SNHU) Style Club is a fun and fabulous group of students who come together to discuss the latest trends of the twenty-first century, along with hosting different events and activities on campus.

Originally, the Fashion-Merchandising Majors created the Style Club at SNHU. As the years went on, the club members found it beneficial to expand the club to students of all majors.

Fashion and style surrounds everyone, whether it simply may be deciding on what to wear in the morning or reading about the latest trends in People or Vogue magazines. Everyone is born with his or her own style taste; some modify the style to what their interests are.

A Cat Walk in Her Shoes is a charity fashion show that Style Club has hosted on campus every year for the past six years. This is one of their biggest events, and it is usually held during the spring semester.

All proceeds from A Cat Walk in Her Shoes go to the charity of their choice. In the past, they have worked with English For New Americans (ENA). This is a non-profit organization that works closely with refugees that would come to America to earn a better living. For the 2016 fashion show, Style Club decided to work with the Children's Hospital at Dartmouth Hitchcock, also known as C.H.A.D.

The club has student models that sign up and volunteer their time for the event. Each year the executive board members for Style Club pick a new theme for the fashion show. Last year's show was Flashback Friday. All of the clothes that were in the show were related to the '90s decade.

Style Club is a great way to meet new people and to get involved on campus.

The club tries to meet once a week, usually during free period on Wednesdays from 2-3 p.m.

CLUBS AND ORGANIZATIONS

CAPE

CAPE

Contributing Writer

The Coordinators of Activities and Programming Events (CAPE) organization's mission is to address the changing needs of the Southern New Hampshire University (SNHU) campus community through intentional programming. The club strives to continuously improve the quality of student life at Southern New Hampshire University (SNHU).

CAPE has eight executive board members: the President, Vice President, Publicity Chair, Business Manager, Weekday Chair, Late Night Chair, Weekend Chair, and Signature Events Chair.

Each position has different events to program and tasks to do. The President plans Welcome Back Weekends for the fall and the spring semesters as well as runs the club meetings. The Vice President plans the Fall Major Concert and SNHUstock. The Business Man-



CAPE

ager oversees the budget and takes notes. The Publicity Chair creates graphics and runs the social media accounts. The rest of the executive board members plan events that go along with the title of their chair.

CAPE would not be able to plan as many events as they do without the help of the campus community, which is why most of the executive board

members have committees. By having committees club members can join, SNHU students, themselves, can plan the type of events that they want to see.

CAPE meets on Mondays at 6:30 p.m. in the Penmen Room. With a new executive board, the club is excited to come up with unique ideas for the 2016-2017 school year. Time to get programming!

CAKE DECORATING CLUB

Cake Decoration Club

Contributing Writer

Southern New Hampshire University (SNHU) Cake Decorating Club (CDC) is a fun and creative club that involves baking and decorating cake and other desserts. This club is open to any student who enjoys baking, not only students in the Culinary Arts program.

CDC's mission is to create beautiful cakes and treats for club members and events on campus, and to have fun while doing so. CDC strives to listen to each club member and develop agendas based on what they want to learn.

Some of the desserts they have made in the past include cupcakes with different types of buttercream, cake pops, decorated sugar cookies, and many other treats. Members have the ability to ice their own cookies or frost their cupcakes however they want. In addition, CDC teaches club members many new techniques and are always look-

ing for more ideas.

Annually, CDC co-hosts with the Culinary Student Association (CSA) to develop a competition called Culinary Clash. This event gives students the opportunity to compete against each other in either a cupcake battle or a wing battle. This event is not only fun for participants of the competition, but for the audience as well.

In the past, the club has also participated in Relay for Life, Accepted Students Day, and Celebrating SNHU 2016. This year, CDC plans to participate in even more events and co-sponsor with other clubs as often as possible.

The club meets once a week, on a schedule planned around when the kitchens are free and the schedules of club members. There are even CDC uniforms for each member to use throughout the year.

CDC can be found on Facebook at SNHU Cake Decorating Club, Instagram at cakedecoratingclub, and Twitter @SNHU_CDC.

CREATIVE WRITING CLUB

Creative Writing Club

Contributing Writer

The Creative Writing Club is an on-campus organization for writers of all levels and interest to meet, collaborate, and (of course) write.

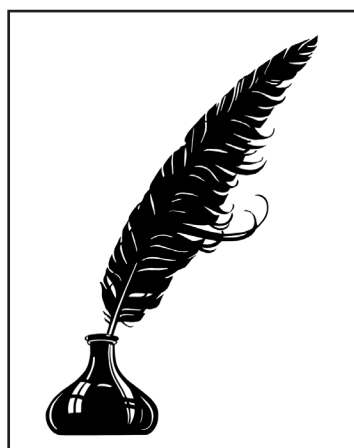
The club provides a non-judgmental and open space for students to discuss personal writing with other writers in the Southern New Hampshire University (SNHU) community.

The club meets in Robert Frost, room 301, on Mondays from 6-7 p.m. Most meetings consist of open writing to various prompts, but students are also encouraged to bring their own writing for feedback from the group.

Students are welcome to share writing in the form of poems, short stories, or excerpts of longer works.

The club employs writing prompts each week that are meant to help students hone in on a particular area of writing to develop aspects of their writing they would like to improve.

In the past, Creative Writing Club has held Open Mic Nights and Literary Jeopardy. This semester, they plan to have poet Melissa Castillo-Garsow come to perform her



clipartkid

poetry and talk with students about her writing. They intend to continue to bring writers to the campus when possible.

Last year, they held write-ins during November for National Novel Writing Month, and they would like to continue doing alongside regular meetings this for those interested.

Creative Writing Club is a place where students can go to improve upon their writing, or just use the meeting as a consistent time to focus on their writing.

For more information, the club can be reached via snnhu email at creativewritingclub@snhu.edu.

SUPERVISION AND CURRICULUM

ASCD

Contributing Writer

The Association for Supervision and Curriculum Development (ASCD) is an educational club committed to developing leadership, improving instructional practices, and expanding educational resources for current and future educators and students.

Southern New Hampshire University (SNHU) ASCD meets every third Tuesday of each month during free period, 3:30-4:45 p.m., in Robert Frost 228.

ASCD often welcomes guest speakers to attend meetings who are either in the field or are knowledgeable in areas that will help club members develop skills needed to be successful in the education department at SNHU and beyond.

During meetings, the club discusses strategies and personal experiences in order to share ideas with peers and talk through different situations teachers are faced with everyday.

Last semester, the club took a field trip to a book warehouse where club members added to their collection of books, both



ASCD

for their classroom and teacher resource books. Continuing with the theme of books, ASCD ran a book drive and collected almost 500 books for Weston Elementary School in Manchester. When the club members delivered the books, they also spent time at the school, reading to students who needed the encouragement to read.

Each September, ASCD hosts the School of Education Welcome Back BBQ for students to mix and mingle with fellow education ma-

jors and the school of education faculty. This year's BBQ will be on Tuesday, Sept. 20 from 3:30-4:45 p.m.

This semester, the club is also hoping to hold a panel where students can ask questions to experts in the field. Their second annual on campus conference will be held during the spring semester on Apr. 8, 2017.

Email Emily App (Emily.app@snhu.edu) with any questions.

CLUBS AND ORGANIZATIONS



Generation Equality

GENERATION EQUALITY

Generation Equality
Contributing Writer

Generation Equality is Southern New Hampshire University's (SNHU) Gender, Sexuality, and Romantic Minority (GSRM) advocacy group and club. They meet every Thursday at 5 p.m. in Hospitality 308, and then have family dinner in the Dining Hall at 6 PM.

The club is open to all members of the community and their allies. Generation Equality is, first and foremost, a family where students can find support and a safe space for personal expression.

Students can get involved by attending the weekly meetings or

a variety of events the club hosts.

Annual events include a National Coming out Day (NCOD), a Valentine's Day Lip Sync Drag Show, a Gender & Sexuality Panel, and a NOH8 photoshoot. Other events are spread throughout the year, but the aforementioned are the most notable.

All events are open to the entire campus. No prior attendance to meetings is necessary, however students are highly encouraged to attend the weekly meetings too.

Follow Generation Equality on Facebook, or Twitter/Instagram/Tumblr via @GenEqSNHU. Questions can be emailed to the club at generationequality@snhu.edu.

PEER ADVISING LEADERS (PALS)

Peer Advising Leaders
Contributing Writer

The Peer Advising Leaders (PALs) program is a group of select student leaders who help first-year and transfer students transition to life and academics at Southern New Hampshire University (SNHU).

PALs are available for drop-in and walk-in hours from 9 a.m. to 4 p.m., Monday through Friday. Additionally, PALs can answer general advising questions, including questions about meal plans, student involvement and organizations, commuting, housing, resources on campus, class selection, professors, read-

ing program evaluations, and program selections.

More specifically, PALs partner with students to engage new students in the classroom, on campus, and in the community around them. Moreover, the mission of the PALs program is to support new students in their first year at SNHU through mentorship, engagement, partnership, education, and accessibility.

These trained members of the Academic Advising Office not only provide direct mentoring and advising to their peers, but help with orientation, outreach to students in person and via e-mail regarding academic progress, and in-classroom and

on-campus events.

This semester, PALs will host workshops on reading program evaluations, academic planning, reading the academic catalog, identifying courses to take for the next term, identifying prerequisites, and working one-on-one and in group settings to guide students through registration.

PALs teach students the ins and outs of life at SNHU, involving them in navigating the social, academic, and extra-curricular spheres of life as a college student. Ultimately, PALs serve to help students author their own story from picking a major or joining a club to finding a life-long passion.

On Campus Advising



Psychology Student Association

PSYCHOLOGY ASSOC.

Psychology Association
Contributing Writer

The Psychology Student Association (PSA) is an organization with a goal to bring students with an interest in psychology together and provide opportunities for them to deepen their knowledge in the field and learn about the different jobs and opportunities pertaining to psychology.

Students do not need to be a psychology major or minor to be a part of the organization. In the past, the club has hosted movie nights, finals relaxation events including planting herbs and flowers and creating sand art, hosting lie detection events, and bringing

guest speakers including professors from other colleges and a person that was in contact with the Unabomber.

PSA also attends conferences each year where they compete in events like the Psych Cup and listen to the latest research in psychology.

PSA meets every other Tuesday at 3:30 p.m. in Robert Frost 315. This semester, the association will be hosting a movie night as well as cosponsoring with other clubs to hold relaxation events near finals, and teaming up with Jayme's Fund to make bears to donate to children living in difficult circumstances locally and all around the world.

CLUBS AND ORGANIZATIONS

THE CENTER FOR COMMUNITY ENGAGED LEARNING

CCEL

Contributing Writer

The Center for Community Engaged Learning (CCEL) has the goal of creating a civically engaged campus where all students are committed to social action. Through leadership and educational experiences, the CCEL designs opportunities to connect the Southern New Hampshire University (SNHU) campus to the community.

The CCEL can be broken down into three divisions: Service Learning, Service Projects, and Alternative Break. Service Learning courses apply concepts studied in class while addressing community needs over the semester. Service Projects are one time volunteer opportunities in areas such as food and housing, animals, children and families, and disabilities. The Alternative Break Program organizes one week volunteer opportunities, both interna-

Center for Community Engaged Learning



tional and domestic, over the winter and spring breaks. For Winter 2016 and Spring 2017, the trips will pertain to education, refugee resettlement, access to clean water, and rural

poverty.

September is filled with opportunities for everyone to get involved on campus and around the city. On Saturday, Sept. 17, at 9:30 a.m., SNHU

will host the Eighth Annual Give a Little, Feed a Lot food drive. Last year, the CCEL had 198 student, staff, and faculty volunteers who collected over 7,400 pounds of food for the

NH Food Bank.

For more information on how to get involved, stop by the CCEL office, soon to be located in the Green Center, currently located in Stark 14.

OMEP



OMEP

Contributing Writer

OMEP is an international organization that defends and promotes the rights of the child and their access to education and general care worldwide. OMEP is a new club on the Southern New Hampshire University (SNHU) campus and is only the fifth student chapter in the United States.

The club will hold their

meetings on the last Tuesday of every month during free period (3:30-4:45 p.m.) in Robert Frost 229. As a new organization on campus, SNHU OMEP has brainstormed different collaboration ideas with other clubs on campus, as well as recruited and increased membership.

Last semester, the club decided to pick a focus for the organization, since child advocacy is an extremely broad topic. They decided to focus on work-

ing with UNICEF, as their mission statement is fairly similar to that of SNHU OMEP. UNICEF is a United Nations program that provides long-term humanitarian and developmental assistance to children and mothers in developing countries.

With that said, last fall the club put together first aid kits for a program called BRING IT in Manchester and delivered them to the program to help the children there.

Upcoming events include bringing speakers from UNICEF to campus to explain what they do, a simulation activity on campus in the fall where students and staff can come and experience what it might be like if their life situations were different, and collecting supplies to fill backpacks for children in Manchester who are unable to afford new supplies. Lastly, OMEP intends to volunteer at Kids Kitchen and after school programs, as well as participate in various community service activities.

The club has a lot of great ideas in the works and encourage others to join and share their ideas. Email Emily App (emily.app@snhu.edu) with any questions.

COLLEGE REPUBLICANS

College Republicans

Contributing Writer

The Southern New Hampshire University (SNHU) College Republicans are a group of students from all corners of the Republican Party, with the simple goal of achieving a Conservative voice around the campus. The club aims to provide members with guest speakers and priority internships within the political fields, whether it is in law enforcement, campaign work, media, or journalism.

The mission of the SNHU College Republicans is to encourage thoughtful and responsible citizenship, promote conservative principles among the student community, cultivate student leadership, establish the university as a political think-tank, promote the university in a positive manner, and support the Republican Party.

The College Republicans meet every Wednesday at 7 p.m. in the Corcoran Conference Room, located in the Student Center.

In the College Republicans' one full semester of existence, they have brought several guest speakers to SNHU, including representatives from the Bush, Cruz, Christie, Rubio, Graham, Trump, Kasich, and Ayotte campaigns. They also had the honor of hosting gubernatorial candidates, Chris Sununu, Ted Gatsas, and Frank Edelblut as keynote speakers. NH-GOP Vice-Chairman Matt Mayberry, former NHGOP Chairman Fergus Cullen, and NH House Representative Josh Moore have also come to speak with the club.

At the end of the academic year, the SNHU College Republicans held their first annual year-end barbeque for the entire campus to come and enjoy in the Green Space to kick off finals week.



College Republicans

SPORTS

VOLLEYBALL AIMS TO IMPROVE

Matt Martin
Sports Editor

The Women's Volleyball Team at Southern New Hampshire University (SNHU) rode out a tough season last fall. In 27 total matches, the Penmen compiled a record of 12-15 averaging 11.98 Kills per Set

(K/S), 16.8 Digs per Set (D/S), and 11.13 Assists per Set (A/S). They earned some hard-fought victories in matches against rivals Stonehill, Assumption, and St. Anselm's while losing some nail biters to Bentley, Merrimack, and Post.

This season, the Penmen are looking to improve their

play, but they will have to do so without libero Maeghan Higgins, setter Catherine Cotton, and defensive specialist Nina McGouldrick who have departed SNHU due to graduation.

Junior Marisa Coronis, who won the 2014 Northeast-10 (NE-10) Rookie of the Year Award, gave her input on some of the team's main goals and on how they will go about achieving those goals.

"The team's main goals this season are to work as hard as we possibly can and hopefully that hard work will lead us to hosting a playoff game at home," said SNHU's middle hitter. "We've been making some appearances in the NE-10 tournament the last few years and we're hoping to get back there and get a shot at make it further than we did in 2014. The work we put it should pay off for us in the long run."

Women's Volleyball starts the season at the Raider Classic tournament in Shippensburg, PA. At the start of the regular season, the Penmen will be at NE-10 rival Merrimack College on Tuesday, Sept. 6 at 7 p.m. Then, in the SNHU Fieldhouse on Tuesday, Sept. 13 at 7 p.m., the Penmen will host Queen City rival Saint Anselm's College.

then have a week off before they play their home opener against

MEN'S XC PREVIEW

Matt Martin
Sports Editor

Southern New Hampshire University (SNHU) Men's Cross Country team was a strong group of runners in the Fall of 2015 with one of the team members running all the way to the NCAA Division II (D-II) Finals Meet in Joplin, Missouri.

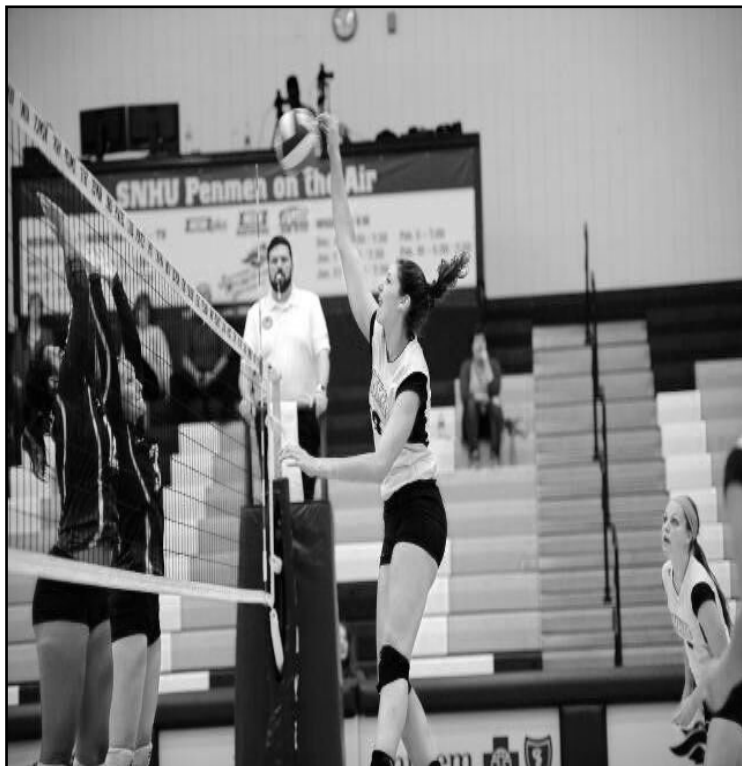
As a team, the Penmen dominated many meets last year. They placed high in the standings in big races such as the Shacklette Invitational, the UMass Dartmouth race, the Northeast-10 (NE-10) Championship, and the NCAA East Regional meet.

But, that was last season. This season, the team has new goals with a new Assistant Coach added to the staff recently. His name is Nick Agulia and Senior Nacho Hernando-Angulo offered these comments regarding the coach and the upcoming season.

"Since we've been working with Coach Agulia for the past year, we are all on one page," said Hernando-Angulo. "We're working extra hard and I know this will be a great season. We still need to improve though by following the strategy our coaches lay out for us, but we have no limits. Improvement comes with hard work and I know SNHU can make the top 3 at Nationals this year and I know we can make history. Hard work always pays off."

Hernando-Angulo ran at the NCAA D-II National Championship in 2015 and he hopes he can do the same this coming season with some fellow Penmen running by his side.

The Penmen Men's Cross Country team begin the fall season at Stonehill College in the NE-10 Preview Meet on Sep. 3 before they travel to Hopkinton, MA for the Bruce Kirsh Cup on Sep. 17.



Marisa Coronis (right) skies for a kill against Merrimack early last season



Men's Cross Country will come back strong this fall

FIELD HOCKEY HOPES TO TURN THE TIDES

Matt Martin
Sports Editor

After going 1-17 in the first season for the team in 2014 and 2-16 in the second season this past year, Women's Field Hockey at Southern New Hampshire University (SNHU) is out to prove a few things. The fall of 2016 will mark the third season SNHU has had a Field Hockey program and the third season that the program is looking to turn the misfortunes around.

The Penmen will have to turn things around without eight of the team's 2015 members. Cassandra Nickerson, Sarah Gluck, Austen Theroux, Melissa Chisholm, Rachel Goldstein, Melanie Epstein, Alanna Lovejoy and Alyson Gluck have all graduated. Sophomore Forward Alyssa

Scott gave some insight on just what the Field Hockey Squad intends to do make the changes necessary in order to win.

"Last season, we displayed strong chemistry and got a taste of what it's like to win," Scott said. "That feeling gave us motivation to work harder for the fall so we can be in the best shape we've ever been. Coach Munson always encourages us on and off the field by pointing out our individual strengths, but she also steers us right when we need to make improvements. We're getting stronger and more competitive through workouts and practice and it's going to show this year."

Women's Field Hockey opens up the season against the Belmont Abbey College Crusaders in North Carolina on Friday, Sep. 2. The Penmen



Jill Piacitelli (left) scrambles to make a save during 2015-2016 season against Merrimack

SPORTS

WOMEN'S SOCCER GETS FIRED UP FOR NEW SEASON



The 2015-2016 squad huddles up after a practice

Aleisha Bourgault-Callahan
Staff Writer

Last season, Southern New Hampshire University's (SNHU) Women's Soccer Team finished with a record 11-5-2 having their best season since their trip to the NCAA East Regionals in 2012.

Women's Soccer placed fifth in the race for the Northeast-10 (NE-10) President's Cup with Merrimack, Bentley, Adelphi, and Stonehill above them. The Penmen did make it to the NE-10 Quarterfinals in the 2015 season where they fell short of an NE-10 Title opportunity in a 2-1 overtime loss against NE-10 rival Merrimack eliminating their chances at national playoff contention.

Over the summer, Women's Soccer flew to Dallas to participate in a clinic held by FC Dallas. With SNHU becoming the first college to partner Major League Soccer (MLS), they hope to en-

courage MLS players to pursue degrees while also pursuing a professional soccer career. The players from both teams demonstrated the "science of soccer" to local female youth in Texas.

With the success of last season and the new found skills at their backs, the Penmen look to go further this season than they have any other as they strive to obtain victory in an NE-10 Title game. "I think the team this season is going to be unstoppable. If we all work together and have the same goals in mind, there's no way we can't achieve all of our goals," said sophomore Danielle

Humphreys. "We're really hoping to be the first Women's team here at SNHU to bring home NE-10 Gold." If the Penmen hope to win that gold, they'll have to get by many teams including Post who SNHU will host in their first home game Sep. 7, 2016 at 4:00 p.m. on Larkin Field.

MEN'S SOCCER: HIGH EXPECTATIONS AFTER 19 WIN SEASON

Aleisha Bourgault-Callahan
Staff Writer

Fall is right around the corner and that means Southern New Hampshire University's (SNHU) Men's Soccer team will be kicking off another season. The Penmen are hoping to make a repeat appearance at the Northeast-10 Championship game where they won the title against Adelphi last season. Overall, the team went 19-1-1.

This year, the Penmen will have a lot of new faces on the field this season as the team lost quite a few seniors and graduate students. Most notably will be the absence of last year's Defensive Captain Dominic Samuel. Samuel played as a defender for SNHU from 2012-15 where he appeared in 87 games, including the National Title Game in 2013, and scored 15 goals. Recently, Samuel was drafted and signed to the Rochester Rhinos of the United Soccer League. In his 16 appearances so far, Samuel has yet to score a goal.

Sophomore goal keeper Daniel Milton had this to say about this year's team and



Rayane Boukemia (left) and Sebastian Stezewski (right) bring it at game against Post University during the 2015-2016 season

what he is looking for too the most this season.

"I feel confident with the team. There are many new faces this year so I'm looking forward to see how well

we work together and what kind of chemistry we build," Milton said. "I want to take part in as many games possible this season, hopefully win another conference title,

and make push for a national championship."

Men's soccer opens the season with a two-game home stand. The first game will be on Saturday, Sep. 3 at

1:30 p.m. against the Bloomfield College Bears and the second will take place on Wednesday, Sep. 7 at 7:00 p.m. against the Post University Eagles.