



the

OBSERVER

Volume XVIII, Issue VI

December 8, 2010

www.snhuobserver.com

Manchester, NH

"Examinations are formidable even to the best prepared, for the greatest fool may ask more than the wisest man can answer."

-Charles Caleb Colton

Spirou Records 500th Career Coaching Victory

Michael Ghika
Sports Editor

On Saturday, Nov. 13, the SNHU men's basketball team opened its season with a 76-65 victory over Thomas College at the SNHU Fieldhouse. In the process, head coach Stan Spirou recorded his 500th career collegiate victory, making him just the sixth head coach in New England men's college basketball history to reach the 500-win plateau. He is just the 11th active head coach in Division II to attain the milestone.

Spirou, a Manchester resident, now has a career coaching record of 501-253 in his 26 seasons at the helm of the Penmen.

In a tribute to Spirou's 500th



Men's basketball coach Stan Spirou got his 500th coaching victory on Nov. 13.

career victory, the university and athletic administration honored the winningest coach in program history with a pre-game ceremony on November 23 prior to the team's matchup with UMass Lowell. Alongside Spirou were his wife, children, grandchildren, and the athletic department faculty, while the fans, his players, and his opponents gave a standing ovation.

"As a family, the pride we feel is something that just can't be explained in words," said his wife, Patricia, a marketing professor in the SNHU School of Business. "But the smiles on everyone's face and the tears of happiness that were shed [during the ceremony] demonstrate how we feel about Stan."

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Discounted Software to Aid Student Achievement

Patrick Trouve
Copy-Editor

One of the services that SNHU offers its growing student body is an assortment of technology-related resources at a reduced price or free of charge. SNHU's Office of Instructional Support fosters relationships between the university and various software companies to make these resources available.

SNHU students can buy software for prices far less than the standard retail price. Instructional Support offers students the opportunity to purchase technology bundles for reduced prices. Certain bundles are useful to all students, while others benefit students engaged in information technology courses. For example, students are able to purchase the Microsoft Office

Suite for a discounted price. For students who purchase these packages, Instructional Support provides tech support for students with software-related issues that may arise.

SNHU also offers individual programs necessary for a large range of university offered programs. For example, students can purchase Acrobat 9 Professional software for a mere \$68, while it would cost the student close to \$450 if purchased independently. Also, programs as essential as Microsoft Word can be purchased through SNHU for a massively reduced cost. Essentially any program a student at the university would need is made available in a wallet-friendly fashion.

"All students need Microsoft Office," said Aaron Flint, manager of Instructional Sup-



libgccaz.edu

RefWorks

RefWorks is one of many software options SNHU offers

port. "Unless it came bundled with their laptop, the Microsoft Student Select program would save them over \$400 compared to retail for Office Professional 2010."

Flint added that graphic design students need Adobe software and the program can save them up to 80% compared to retail pricing.

Flint also noted that some software, available to all students and faculty, is absolutely free of charge and can be accessed whenever needed. One program, RefWorks, is a convenient tool students can use to construct a bibliography for any writing assignment. The program helps to collect references, format them into one of many available styles, and even generate in-text citations.

"[RefWorks] works with Microsoft Word and is very helpful for organizing research and allowing you to focus on writing your paper and not having to format the bibliography," said Flint. Instructional Support even offers individualized training on the use of RefWorks.

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DECEMBER IS: SAFE TOYS AND GIFT MONTH



mechamber.com

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Letter from the Editor

Tim Callahan

Editor in Chief

Hello, again! This issue marks the last one of the fall semester, so take a break from all of your work and enjoy it while you can.

I would like to thank the wonderful Observer staff for making this paper possible. To be able to print as often as we do in comparison to years past is nothing short of remarkable, and each issue serves as a monument to your hard work and dedication. It's a pleasure to work with each one of you.

Additionally, the words of encouragement and appreciation that the Observer receives from people around campus are very much appreciated in turn, and they help to justify the work that we are all doing. Thank you!

The News section is fairly lengthy once more, and we hope that the topics covered are both relevant and interesting. As covered by contributing writer Tricia Williamson, Sodexo is introducing a new, healthier option for meals: the Balanced Way Plate. Also, for all of the Facebook junkies out there, the social media company is planning to offer a brand new service to its website; turn to Sam Cohen's article on page 6 to find out. The Opinion section has a few interesting articles and perspectives, so be sure to drink your Ovaltine. Excuse me, be sure to peruse those. Make sure to enjoy some of your favorite features, like Chad's Cult of the Classic, Voices and Faces, and Where's Petey (of course). There are a number of profiles this issue, including ones about The Learning Center and the International Student Spotlight. Be sure to check those out!

Much of this paper would not be possible without outside contributions from Prof. Chambers's Introduction to Journalism class and others as well. We are very much grateful for your submissions, and we hope that they continue in the future. Once again, thank you!

On behalf of the entire Observer staff, I congratulate Coach Spirou on his 500th win; that really is quite a feat, and we hope that Michael Ghika's article covers it in a manner that is appropriate for the momentous event.

I wish all of the students, faculty and staff the best of luck during the upcoming finals period. This is always a very stressful time of year, so I hope that people take the time to relax and enjoy events and services offered around campus whenever possible. Also, I hope everyone enjoys the holiday season and the subsequent break that accompanies it; it is certainly welcome after being swamped with work at the end of every semester. Until next semester, you stay classy, SNHU.

Where's Petey?

www.snhu.com



Everyone's favorite feature is back and just in time for finals. So relax, put on some music to set the mood, and enjoy yourself!

The answer to last issue's "Where's Petey?" was 16, which would have taken you to the page where you would have enjoyed Petey's beautiful face. It actually is quite... beautiful. Anyway, before this gets even more awkward, a clue...

An unladen swallow leaves Boston heading directly towards Los Angeles. An identical swallow, encumbered by a one-pound coconut, leaves Los Angeles heading directly towards Boston at exactly the same time as the first... No,

we're just kidding. We'll give everyone a break from thought this issue since this is the time of the semester when everything is due. Just turn to page 9. Congratulations! You win! What's your prize? That is your prize! Call it a thank you for actually taking the time to read this. It's the gift that keeps on giving. Now, go do some work!

-The Observer Staff

p.s. That comment about Petey's face being beautiful was really an obscure "Men In Black" reference. I mean, we're not THAT weird.

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

News

Discounted Software to Aid Student Achievement

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Although the software is technically purchased through the manufacturers, Flint explained, SNHU does its best to promote the discounted prices. While the software creators allow the discounted student rates to build firm customer bases once the students graduate, Flint added that SNHU offers them simply to provide more opportunities for university students.

"While SNHU is not in the business of helping [software companies] build a customer base, we do realize that their products are widely used in virtually every industry, even within SNHU itself," said Flint. "If students will be using the software anyway, why not let them take advantage of the reduced pricing?"

Regardless of intent, Flint explained that universities need to participate in this generous undertaking in order to provide a valuable resource to its students. These students taking advantage of these programs would certainly seem to appreciate all the university offers, aiding them in their academic ventures.

"Given the fact that certain programs are required to complete many classroom assign-

ments, it is good to know that the university can offer these programs for reduced price," said senior Griffin Spencer, a sport management major. "Being that college costs are daunting enough, a discounted price for particular software is certainly beneficial."

Overall, university administrators are more than pleased with Instructional Support's efforts at providing these services. Doing so is instrumental in improving student achievement.

"Learning to use computers and software effectively is a basic skill that every college graduate needs," said Nicholas Hunt-Bull, Associate Vice President of Academic Affairs. "Making software available to students that allows them to do that is something that the university has a responsibility to do." "[Some students] need very advanced software, and we are proud of the University's efforts, through Instructional Support and alliances with outside vendors, to give student the tools they need to succeed in their courses," he added.

For more information on the various software discounts available to SNHU students, visit the Instructional Support blog at <http://is.snhu.edu>.

Grand Re-Launch of the Petit Café

Kristin Staine
Contributing Writer

On Friday, Dec. 10, the SNHU community will be invited to celebrate the grand re-launch of the Petit Café in Webster Hall. The upcoming event, which will be an open house, will take place from 9 a.m. until noon.

For Sue Losapio's OL-317 Small Business Management class, the students were looking to redesign and reopen the Petit Café. The students presented other projects as options, but the class felt that the Petit Café would be a good choice since it is part of the SNHU community. Losapio separated the

class into five different groups: management, marketing, sales, partnerships, and finances. Each group is vital to the project and contributes a great deal.

"The students are phenomenal and have put so much work into the project; it's very exciting to see our plan coming together. I'm very proud of all of the students," Losapio said.

The students have partnered with Sodexo to provide the food and beverages for the café. The marketing group sent out surveys to all business students and professors looking for input on which new hours and food offerings they would like to see at the new café. The sales team went around to different class-

rooms in Webster Hall promoting the survey and the re-launch of the Petit Café. As a result of handing out the surveys, the class received 260 responses, and around half of them did not know or utilize the Petit Café.

"We are looking to re-market the Petit Café and make it a viable and convenient option for the students to look for when they are craving a snack," said senior Casey Mickle, a business major in Losapio's class who is part of the marketing group.

For all those interested, please join in on the grand re-launch of the Petit Café on Friday, Dec. 10 in Webster Hall.



the Petit Café

Winter Weather Closes in on SNHU

Mark Hennessy
Contributing Writer

As the fall season comes to a close, SNHU students can be sure of one thing: winter in New Hampshire is approaching fast. Manchester is located right in the middle of the so called "snow belt," and SNHU can expect to see its share of the white stuff this coming winter.

Locals have their own way of predicting if this winter will be a mild one or if it will be filled with nor'easters and shoveling.

Christopher Goupil, 22, a long time resident of Manchester, said, "It sounds strange, but I can usually tell how severe the winter is going to be by the number of acorns that pile up

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Career Development Center Guides Students in Internship Experience

Kara Giannelli
Contributing Writer

SNHU's Career Development Center is a useful and valuable organization eager to help students build working relationships and create opportunities after college. The department and its staff provide a wealth of information that every individual student can use to help achieve their goals.

"Students can use the Career Development Center for both personal and professional growth," said Katie Perry, the outreach coordinator for the CDC. "Through our services, resources, and events, students are able to learn about their personal interests and goals while connecting them with their professional dreams and developing those dreams at the same time."

One program the CDC

offers is SNHU Recruit. It is designed to help students find an internship, most commonly during their junior and senior year.

The first step to get involved in SNHU Recruit for a student is to visit or e-mail the CDC and sign a letter of intent which says the student wishes to fulfill an internship in the future. Once

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Grandma Kills Own Granddaughter

Marissa Twombly
News Editor

On November 30, Carmela Dela Rosa, 50, was arrested and charged with murder. Carmela was at a mall outlet with her granddaughter and family members on their way to a parking garage where they crossed a pedestrian bridge connecting the mall to the parking garage. Then, Dela Rosa threw her 2-year-old granddaughter over the railing six stories to the pavement. The child survived the fall but later died while she was at a local hospital.

Tawny Wright of the Fairfax county police stated how disgusted she was by this incident: "It's very tragic. It's atrocious and I don't know who does that. We don't know why people do what they do but these things do happen. Unfortunately, it's not the nicer side of life."

Carmela Dela Rosa was taking care of her granddaughter during the day and neighbors had nothing but nice things to say about her and the way she took care of her granddaughter. Russell Jackson, in shock, stated that Carmela was a "[g]ood grandmother. She was happy, she was proud of that baby, it was her only granddaughter. I can't picture her doing that."

According to WMUR, Carmela was with her family at the mall, and unfortunately, the family witnessed the horrific incident. The family responded by saying it happened so fast that nobody was able to save the child. Dela Rosa has been arrested and charged with aggravated malicious wounding and held without bond. According to app.com, Dela Rosa has now been charged with murder because her granddaughter has died in the hospital.



Carmela Dela Rosa killed her 2-year-old granddaughter.

Source: nmmr-app.com



The Bridge where Carmela Dela Rosa threw her granddaughter off.

New Academic Majors at SNHU

Russell Dudas
Contributing Writer

New academic majors and minors are being offered this year, and more are soon to come. The academic programs at SNHU are constantly changing to better the education offered and to offer practical degrees for students going into the working world. The best way for students to learn about the new pro-

grams is by "word of mouth and teachers," Dr. Richard Ouellette stated.

Both Lorraine Patusky, chair of the University Curriculum Committee, and Jessica Garcia, the assistant director of Academic Advising, referred me to Ouellette in the Registrar's Office. When speaking with Ouellette, he mentioned that the

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Career Development Center Guides Students in Internship Experience

Continued from page 03

the student is entered into the system, a link on his university BlackBoard account will appear as "Pre-Internship Seminar."

The link provides a detailed syllabus and a competency test. According to the website SNHU Recruit, the student needs to answer 28 out of 31 questions correctly. Once the test is completed, the student needs to set up a meeting with a counselor, who will then discuss the important aspects of one's education including major, minor, and what to potentially gain from the internship. The CDC then helps students go through options for possible internships.

"The CDC was instrumental in helping me find an internship," said senior Theresa Vogel. "Their employees were wonderful, and their resources helped me get an internship with the marketing department at JAMN 94.5."

The office also helps students put together cover letters and resumes they need to apply for internships.

The next step is to begin applying for opportunities of interest, where the CDC helps students every step of the way until finding the right fit.

"Not only does the Career Development Center provide resources to find jobs and intern-

ships, but the CDC also offers services to help a student prepare for the search" said Perry. "From resume reviews to networking opportunities to mock interviews, there are numerous chances for students to prepare for their search and future career."



Career Development Center

Local Woman Trying to Set World Record for Longest Bra Chain

Rachel Dobinski
Contributing Writer

Kimberlee Sullivan Simpson, a local New Hampshire resident, has joined forces with Athena's Goddess, a company for women, in a fight against breast cancer. She is collecting bras with a five dollar donation to try and beat the Guinness Book World Record for the longest chain of connected bras. This fundraiser is called Athena's Cup, and the funds being collected are benefiting Susan G. Komen for the Cure and the Gloria Gemma Breast Cancer Research Foundation.

Sharon Epstein of Athena's said that over 21,000 bras have been collected to date, and organizers are encouraging their communities to empty drawers and donate worn bras to Athena's Cup at their local Pride events.

Many people understand the struggle and strength it takes to watch someone battle cancer, or even experience it firsthand. Athena's wanted to honor the survivors and the memory of

those who lost their lives by encouraging people to decorate their bras in dedication to them. Every bra represents a different breast cancer story and exemplifies the impact it has on lives.

"We are so grateful for the support of the Pride community," said Jennifer Jolicoeur, Mother Goddess and President of Athena's Home Novelties. "With breast cancer affecting one out of every eight women in the United States, there are so few of us who don't know someone affected by the disease."

Athena's hopes to reach its goal of 169,000 bras by October 2011, just in time for cancer awareness month. The bra-chain will be on display across different parts of the country to show the project's progress and to try and encourage more donations. On October 9, the bra-chain will be judged by the Guinness World Record professional in Woonsocket, RI at the annual Autumnfest festival. Athena's hopes the bra chain will stretch up to 100 miles.



<http://athenascup.blogspot.com/search/la>

Donator Who Lost Her Mother

Four Loko to Calm Its Caffeine Content

Patrick Trouve

Copy Editor

Phusion Projects, the Chicago-based beverage company responsible for the manufacturing of Four Loko, has recently announced its plans to remove caffeine and other stimulants from the popular beverage. This decision comes in response to an FDA brief concerning the dangers of mixing a significant amount of caffeine—an amount within each can of Four Loko—with alcohol.

Four Loko is a malt beverage available in 23.5 ounce cans. Each can boasts 12% alcohol by volume, as well as considerable amounts of caffeine, taurine, guarana and other ingredients commonly found in most marketed energy drinks. However, federal officials believe that the mixing of these aforementioned stimulants and strong alcohol content can result in severe health problems.

The drinks, sometimes called “blackout in a can,” faced initial scrutiny following incidents at Central Washington University and Ramapo College in New Jersey after several students were

hospitalized following the consumption of Four Loko.

“Prohibiting these drinks will literally save lives, preventing potentially deadly mayhem and overdrinking,” said Connecticut Attorney General Richard Blumenthal in an interview with the Washington Post. Blumenthal is one of many government officials aiming to eradicate Four Loko and other alcoholic beverages like it.

Up to one year ago, the FDA had circulated letters to over 30 companies manufacturing similar drinks, alerting them of suspicions of the drinks’ legality and safety. Phusion Projects, in particular, continued to be as cooperative as possible, going so far as to offer a product with a lower alcohol content and putting a bold “WE ID” label on each can.

The problem that most proponents of banning the product have with the drink is the effects that large amounts of alcohol and caffeine can produce; some believe that the mixture can cause consumers to not realize how drunk they are—due to the caffeine—and therefore consume far more alcohol. This, propo-

nents of the ban say, would lead to hospitalization and possibly death in consumers nationwide.

Aside from hospitalizations across the country as a result of overconsumption of Four Loko, the product is being pointed at as a possible cause of suicide. Jason Keiran, a 20-year-old sophomore at Florida State University, shot himself after consuming at least three cans of the product. According to ABC News, Keiran became so distraught and manic after consuming the drinks that he picked up a friend’s gun and, whether accidentally or not, shot himself in the head. Keiran’s parents have since sued Phusion Projects claiming the content of their beverages caused their son’s erratic behavior.

Ultimately, Phusion Projects believes that removing the caffeine and other stimulants from its drinks will allow the distribution of the product to continue and remove the beverage from the shroud of negativity in the public eye. It seems as if the only option for other companies like Phusion Projects, if they wish to keep their products on the shelf, is to follow suit.

Students Are Using School Resources

Kyla Payne

Contributing Writer

December is finally here and most students become glued to their desks with homework and studying for finals. Being studious is important, but it doesn’t always mean all work and no fun. The SNHU campus provides many activities for study breaks while encouraging everyone to use campus facilities.

This year, more than ever, students are using school resources like the library and the new Wellness Center. The faculty and staff are excited to see the huge crowd of students on campus.

“The campus feels vibrant. No matter where I go, there are always students enjoying the campus, and that’s a good thing” said Jet Goldberg, director of the Wellness Center.

Kathryn Gowney, the dean of the library, said, “This is the busiest the library has ever been. Students are using the books more frequently and all that the library offers.”

Along with using the educational resources, students are also attending school activities, which have dramatically increased since last year. Kendra Ring, a representative of the advertising chair of Coordinators of Activities

and Programming Events, said that, “every event that CAPE has held has been well-attended.”

Advertising has been essential in promoting the major events on campus. Ring thinks most of the students on campus generally like going to events such as comedian shows and bingo nights.

With a large freshmen class, clubs and organizations have worked really hard to maintain positive energy on the campus.

“Students are being vocal about wanting to know where the activities are on campus,” said Goldberg. “This is why the school calendar, which is easily located on mySNHU, has been created.”

MySNHU was launched on Friday, Oct. 29. SNHU encourages all students to retrieve school information from the mySNHU portal. This site was designed to be a one stop access to everything a student would want to know on a daily basis. The site also shows information about events that students might want to attend.

Students can maintain a balance between schoolwork and enjoying student activities. Compared to past years, students are using campus resources more often.



healthrelatedinfos.com

Four Loko has gained serious popularity over the last year



Keyboard with pencil

Winter Weather Closes in on SNHU

Continued from page 03

in my yard. There are a ton of them out there this year, which is something I haven't seen since 2007."

If there is any truth to Goupil's method, we could be in for record snowfalls. The winter of 2007-2008 brought Manchester record snow falls as the Queen City saw more than 120 inches that year. Current seniors remember that winter well as it came during their freshman year at SNHU.

"Freshman year was insane," said senior Lauren Lyons "I remember that there was a ton of snow on the ground all the time. I loved it because class was canceled all the time."

"The worst winter we've had since I've been up here was definitely freshman year," said Ashley Faria, senior. "Coming from Rhode Island, I had never seen a winter like that before. It was crazy."

If we really are in for another severe winter, students should plan accordingly. They should have plenty of warm clothing like jackets, gloves, and water proof boots. Students

should also make sure that their vehicles are in proper condition before introducing them to New Hampshire winter roads. Follow these small steps and everything should be fine.

"Make sure to dress warm," said junior Derek Vance. "Coming from northern Vermont, I always make sure to dress in layers when I know it's going to be a cold one."

Vance, who is also employed by SNHU public safety, offered

this advice: "Students who have cars should also check the color coded snow removal schedule every time it snows or else their cars could get towed."

Students should also make sure to enjoy themselves with activities such as sledding, building snowmen, and having snowball fights (these things are not just for kids). Waking up in the morning and finding that class has been cancelled for the day isn't bad either.



Snow Owl

What Will Facebook Do Next?

Samantha Cohen
*Arts and Entertainment &
Clubs and Orgs Editor*

With millions of people using the social networking website Facebook, it is no wonder the company is trying to expand its horizons. On November 12, The New York Times announced Facebook's plans to add an email service to their list of fortes.

As many know, Facebook users are able to utilize the chat function to converse online with their Facebook friends, and users also have the ability to send private messages to anyone that has an account.

In addition to chat and messages, Facebook allows people to update their location. For example, if you just stopped in at Dunkin' Donuts in Manchester, you can let your friends know through a recently added application. With those very convenient communication methods, an email function will not only add to Facebook's repertoire, but it will also get its name out there even more.

With these plans, Facebook will have an opportunity to become extremely competitive with other leading companies.

"All of the e-mail vendors should be worried — Google, Yahoo, MSN," said Jeremiah Owyang, an analyst with the Altimeter Group, who was not

briefed on Facebook's plans. "All of those platforms have been trying to add social networking features to their services."

Michael Arrington from TechCrunch has even dubbed the Facebook webmail as a Gmail killer.

Though this does make Facebook a competitor, 7News WHDH stated that, "Although blogs had been speculating that Facebook would announce an e-mail service to rival Google Inc.'s Gmail and others, Facebook said e-mail was just one component of its plans."

Although Facebook's email service is under wraps and not much is known about what is going to actually happen, TechCrunch explained that it is understood that one of the perks of having a Facebook email account is that you can access it through your regular Facebook login page. That way it is an easy way for people to check their page and their emails. Since in today's day and age everything is about expediency, people will most likely love the convenience factor.

Time will only tell how successful Facebook's email launch is and how much it will affect other email vendors. Also, since so many people use Facebook and all it has to offer, the email service and its easy access will surely be a hit among Facebook users.



The Facebook logo

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Dining Center, December 1st

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SNHU to Hold First Winter Ball

Andrea DeMore
Contributing Writer

SNHU's Coordinators of Activities and Programming Events has been working to put on a Winter Ball. The idea originated with CAPE but has grown to include the Hospitality Student Association, Outreach, SNHU Dance, the Student Government Association, RadioSNHU, and Inter-Greek Council.

The event will be held Saturday, Dec. 11 in the small gym and will last from 8 p.m. to midnight. Rather similar to those high school dances that used to be held several times a year, this event is open to all students and even their guests (granted they've been registered and can procure a ticket). The ball is semi-formal and is also a black and white themed event. The aforementioned tickets are free and need to be reserved on snhutickets.com and brought to the event.

The Facebook event page that has been created states, "There will be beverages, refreshments, a beer & wine tent (all attendants must be 18+ and bring legal ID), a dance floor, raffles, a snow globe photo novelty, and more!" Attendees should bring a 'gently loved' piece of clothing—that is free of stains or rips—to the event to donate to Families in Transition.

Maryna Demetri, a junior and member of the CAPE executive board, has been a large contributor to the planning of this event. After the leadership banquet of 2009, Demetri thought to herself, "I haven't been able to dress up like this since dances in high school"

She realized that, as an e-board member, she would have a bit more say and brought the idea up to the other members of the e-board. Once past that stage of approval and considering the scale on which this event would

be (hopefully encompassing the entire campus), the e-board members decided to include several other organizations on campus in order to receive proper funding and plan a successful event. Demetri has high hopes for the event, especially because CAPE is one of the organizations on campus that prides itself on listening to what the students want and making that happen if it is easily within reach.

Sophomore Kristine Nicholson thinks students are rather excited about the impending dance.

"I'm really excited, I've missed the dances that used to be held in high school," Nicholson said. "I'm going to hang out with my friends and dance—hopefully there's some good music—and I'm going to spend some time relaxing before the craziness of finals starts."

For more information, check out the event on Facebook or email CAPE at cape@snhu.edu.

Sodexo to Introduce "The Balanced Way Plate"

Tricia Williamson
Contributing Writer

Sodexo, SNHU's dining service, is offering an alternative way of balanced eating to SNHU's Dining Hall. Starting Monday, Dec. 6, General Manager Dan Van Avery and Sodexo dietetic intern Samantha Wong teamed up to add balanced meal options to the menu.

The new program, called "The Balanced Way Plate," combines healthy sources of protein, carbohydrates, and unsaturated fats that are full of health-promoting nutrients that will help keep students full longer.

According to Wong, Sodexo first introduced the program to colleges this summer, where it received many positive responses. The program is quite successful at Plymouth State University in Plymouth, N.H., so SNHU has joined other colleges and universities in adopting "The Balanced Way Plate."

Sodexo will add "The Balanced Way Plate" to the Traditions section of the order stations in the Dining Hall. SNHU will offer a meal each day which consists of 50% fruits and vegetables, 25% protein-rich foods, and 25% whole grain and fiber-rich carbohydrates. The

plates will provide nutritional and comfort foods, and every day the plate offered will change. For a plate to be considered "balanced," it must contain less than 600 calories per meal, less than or equal to 35% calories from fat, 3 or more grams of fiber, and less than or equal to 800 mg of sodium.

Some meals that will be offered include a French-dipped sandwich, barbecued chicken, stir fry, a turkey dinner with potatoes, gravy and carrots, and there will be desserts like the Balanced Way Cookie, which is made with applesauce instead of oil to cut back on the amount of fat.

Eating healthier is now going to be easier at SNHU. "The Balanced Way Plate" is a simpler way to eat healthy because there is a "cry for more healthy food options" from the students, Wong explained.

"It's great when people have something in front of them ready-made instead of having to choose healthier options for themselves," Wong added.

Sodexo will offer "The Balanced Way Plate" on a trial-and-error basis. It will take some time for the program to become popular, but General Manager Van Avery thought it was a good idea to bring some alternative options to the Dining Hall.

Elizabeth Smart Goes to Trial

Marissa Twombly
News Editor

Eight years ago in the middle of the night, Elizabeth Smart was abducted from her home by knifepoint where she thought she was having a nightmare. Smart remembers how she was awoken.

"I remember him saying that I have a knife to your neck, don't make a sound, get out of bed and come with me or I will kill you and your family," Smart recalled.

Smart said she thought it was just a nightmare because she was half asleep; then, she heard it again and was wide awake.

Smart said, after she was awake, David Mitchell, her kidnapper, made her put on tennis shoes and leave her family behind, including her 9-year old sister who was in the same bed

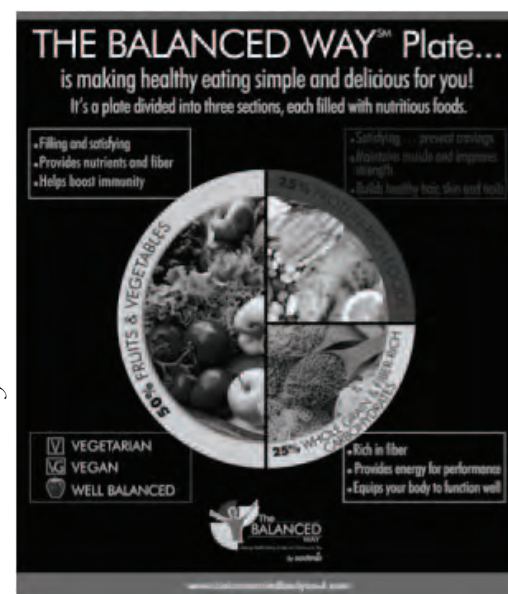
as her. "It was just indescribable fear," stated Smart.

Many people are not aware that Elizabeth and her family knew who Mitchell was. Her mother, Lois Smart, had hired Mitchell (everyone thought his name was Immanuel) because he was a supposed homeless street preacher and she needed handy work done around the house. The night of Elizabeth's kidnapping, her 9-year old sister woke up her parents and said, "a man has taken Elizabeth with a gun and that we won't find her. He took her either for ransom or hostage."

During Smart's nine months in captivity, she was sexually abused, and she stated that Mitchell posed many threats to her and her family. According to WMUR, this case had been put off for so long because of questions about Mitchell's mental health.

Mitchell has been charged with kidnapping and unlawful transportation of a minor across state lines. In defense for Mitchell, his attorneys are claiming that Mitchell was so impaired at the time of the alleged crime that he can't be held legally responsible. In contrast, the prosecution plans to show that many experts have examined Mitchell and believe that he is faking his mental illness to avoid persecution, and he is very capable of standing trial. That was contradicted in Court on November 30 when Mitchell suffered an apparent seizure during trial and was rushed to a hospital.

If Mitchell is convicted of his crimes, then he could face the rest of his life in prison. There are over 22 witnesses to be called, and we are in for a long trial that could last more than six weeks.



The Balanced Way Plate

Spader Found Guilty in Mont Vernon Case

Maranda Twombly
Creative Editor

Early Sunday morning on Oct. 4, 2009, Kimberly Cates was murdered, and her daughter Jaimie Cates was in critical condition from attempted murder. Police dispatched officers to the scene where Jaimie Cates had made a 911 phone call. The investigations of Steven Spader, Christopher Gribble, William Marks, and Quinn Glover followed that very same day.

With the investigation under way, the murder charges for Quinn Glover and William Marks were dropped based on evidence and knowledge that Steven Spader and Christopher Gribble were the ones who murdered Kimberly Cates and attempted to murder her daughter Jaimie Cates, according to WMUR.

On Monday, Oct. 25, 2010, day one of the Steven Spader trial was underway. The trial

lasted until Nov. 9, when the jury reached a verdict of guilty on all accounts of murder.

According to WMUR, there were many who testified against Spader, including Marks and Glover, two of the four who were there the night of the murder. The four boys' intentions were to rob the home in Mont Vernon, when Marks and Glover found Gribble and Spader murdering the victims in the home.

MSNBC discussed the involvement of Autumn Savoy, a friend of the four boys, in the murder. Savoy illustrated how Spader and Gribble admitted to the murder and discussed in full detail the accounts of the incident. Savoy then helped the two destroy any evidence in the case by dumping their clothes into the Nashua River and coming up with an alibi for both Spader and Gribble.

During the trial of Spader, David Cates, husband and father

of Kimberly and Jaimie Cates, gave an emotional testimony recounting his feelings, family, and artifacts stolen from the home by the four boys. Also, experts testified in the trial about evidence discovered such as clothing from the river, possible weapons, fingerprints, and tire tracks.

Unfortunately, the majority of evidence discovered was ruled out, according to WMUR, because no distinct link could be made to any of the four accused. The clothes from the river were identified as belonging to the four boys; however, any evidence was destroyed because of the amount of time the clothing was in the river. The weapons found were clean, and could only be possibly linked based upon the wound marks of the victims. The fingerprints discovered in the home did not belong to any of the accused, and the tire tracks may have belonged to Gribbles's car, but could not be

one hundred percent accurate.

Many feared that none of the victims could be named as guilty because they could not be linked to being there the time of the murder, despite the descriptions from Marks and Glover. However, while imprisoned, Spader wrote down all accounts of murder, and even used his name in what he declared was a dream, according to WMUR. Based upon the testimonies of all those who testified against Spader, the jury used this written letter as a confession along with the testimonies.

On Nov. 9, 2010, the jury came back with their verdict that Steven Spader was found guilty on all accounts. "The verdict on six charges, including first-degree murder, was reached just 90 minutes after jurors began deliberating," WMUR reported. WMUR.com has the live video from every day of the trial online for those who wish to view any of it.

New Academic Majors at SNHU

Continued from page 04

professors in each major seem to have more knowledge of what is in the process of being changed and can be a great resource for students curious about their options at SNHU. The process for adding new majors starts within each department, so the teachers from the department can be the best sources of information for students.

The undergraduate course catalog is updated "July of every year," Ouellette described, but some of the newest programs were not included by the deadline. Not included in the undergraduate catalog from 2009-2010 are a Bachelor of Arts degree in middle school mathematic education and a Bachelor of Arts in music education.

Ouellette went on to describe other recently changed and added programs, including the Associates of Science degree now available for culinary students. Ouellette described how it was a more "traditional" degree compared to the previous Associates of Applied Science degree. The B.A. in political science has changed names to law and politics. New minors include applied mathematics, music, and social media marketing.

SNHU will now be offering undergraduate certificate programs for justice studies majors. Students will be able to choose from crime and criminology, law and legal process, policing and law enforcement, and terrorism and homeland security.



Clockwise beginning top left: Christopher Gribble, Quinn Glover, William Marks, Steven Spader.

Opinion

How Desperate Has Our Country Become?

Kyla Natali
Opinion Editor

It's December, and you know what that means: finals, papers, and presentations! While writing one of the many papers that I have due, I decided to take a Facebook break. While opening up the internet, I noticed that MSN.com posted a rather interesting article. Over the Thanksgiving holiday, two women shoplifted over a thousand dollars worth of merchandise from T.J. Maxx. How did they get away with it? According to police officer called to the scene, they hid the items in areas of excessive skin, also known as fat rolls. The items stolen were not small trinkets that one could possibly stow in a belly button crevice. Clothes, boots, and purses were among the items stolen.

This news story certainly begs the question: Has the point of obesity reached its peak in America, or is the economy honestly that bad?

After watching the news snippet regarding saddlebags and her trusty sidekick, my stomach hurt for two reasons: one, my abs received a good workout from laughing; two, American citizens have reached a new low.

Working in retail, I did encounter some customers who openly said they could not afford the luxuries of new clothes or shoes because of financial woes. Clearly, many people have felt the hard-hitting consequences of the economic downturn over the past couple of years.

I have also chased down a number of teenage shoplifters who enjoy stuffing merchandise in random articles of clothing; is the fifteen dollar theft charge worth going on your record? Granted, I am not specialized in law enforcement, but I would say no.

Secondly, you know you have a problem when after you run out of places to put things, your stomach pooch is the next option. If those two women could focus the energy they used shoplifting those items into a weight loss program, they might have a chance at becoming healthier. However, this all depends on their parole.

Granted I'm not a dietician, or an economist; however, over the years, I have developed a type of logic sometimes referred to as common sense. This sense tells me that many things about American society, such as tackling obesity, need to change. What do you think?



Women guilty of shoplifting



Can We Just Discuss: Politically Incorrect

Chad Marden
Photo Editor

It's time to talk a little more seriously for a second, folks. I'm sure I mentioned it once here at the paper, and multiple times among friends, but this topic seems to keep coming up around me recently. I've never been shy about saying my piece before, and that's why I'm going to just come out and say it – I am deeply offended by euphemistic language and political correctness.

From my perspective, politically correct language is just another form of intolerance.

And this one is far more insidious because it comes disguised as tolerance. By suggesting a level of shame is attached to an existing title given to a condition or group of people, even if the people involved are only tangentially related to the title, we are inadvertently attaching shame to those people. In short, what we call "political correctness" is nothing more than cleverly concealed, institutional prejudice.

For this reason, I can't help but feel that a lot of the people are, at best, unknowingly conditioned by sociological norms to the point of detriment. Such reinforcement of thought severely

limits the scope of interpersonal relations by inadvertently suggesting that there's "something wrong" with someone outside of their classification.

I'm willing to bet anything that if we cared less about the content of our language and focused more on the context in which it's used, not only would we all be able to get along better, but most of these conditions that we euphemize that truly ARE unfortunate would get the attention they deserve. But, as it stands now, they don't and we don't. And I honestly feel that half the reason is because of our euphemistic language – that language which takes the life out of life.

Thanksgiving Halftime

Lauren Head
Layout Editor

From October to January 1, we are bombarded with advertisements for the holidays. In October, there are Halloween ads to buy the newest Halloween costumes, decorations, and, of course, candy. Then, between November and December, it is time to get ready for the holiday season. Then, immediately after Christmas, the New Year's ads flood our televisions. However, the media has forgotten a day that lies in between Halloween

and Christmas, which is Thanksgiving. Each year, Thanksgiving advertisements keep becoming shorter and shorter while Christmas ads become longer. I say this because last year they had Christmas decorations out the second week in November, and this year it was the day after Halloween. Many of us do look forward to Thanksgiving; yet, it is no longer a time to celebrate what we are thankful for, but more of a rest stop in between two other major holidays.

Thanksgiving is a day that

we celebrate with our family, and realize what we are thankful for. You would think that in a recession, and with the unemployment rate still high, Thanksgiving would be something people would look forward to as a day to relax. However, as I sat with my family watching the Patriots versus Lions game, the only commercials I saw were for black Friday. Maybe we should we look back and be a thankful for what we have, and not buy into the commercialism.

Have an Opinion? Write about it in the Observer! E-mail the Observer at observer@snhu.edu

Clubs and Orgs

Learning More About the Learning Center

Samantha Cohen

Arts and Entertainment & Clubs and Orgs Editor

The Learning Center, located in Stark Hall, is a great resource for students here on campus. Some may say it is a hidden gem because not much is known about it unless you utilize it. Both Chad Detjen and Kathy Willis are professors who work extremely hard at making the Learning Center a successful place for students to achieve their absolute academic best.

Chad and Kathy were nice enough to answer some questions to inform the general public of SNHU about the Learning Center.

Chad, the business tutoring coordinator, addressed some general questions about the Learning Center:

What is the Learning Center?

"The Learning Center is an academic support unit that assists our students in developing the skills and confidence to achieve their academic goals and increase their self-awareness as learners," explained Detjen. "Promoting a supportive educational environment, The Learning Center provides comprehensive, student-centered programs, resources and services."

What else besides tutoring does the Learning Center offer?

"Besides tutoring, the Learning Center offers peer mentoring for students who need help with study and organizational skills. Peer mentors assist students with time management, exam prep, test taking and note taking," Detjen said. "Additionally, the Learning Center offers workshops on various topics as

well as final review packets for math and accounting. On the week of December 6, the Learning Center will be offering various activities to help students escape the stressful end of the semester. The Learning Center wants students to know that we are here to help all students with their academics. We can help a student who is struggling in a course or help a student go from a B to an A."

Who can use these services?

"Our walk-in tutoring services are open to any SNHU student," said Detjen. "Continuing Education and Online students are welcome to attend any of our walk-in tutoring. Graduate students are also eligible to attend walk-in tutoring. We provide individualized 1-1 tutoring for undergraduate day students only."

Are professors involved?

"In both math and writing we are fortunate to have several members of the faculty who volunteer an hour a week in walk-in tutoring. Students can certainly benefit from having the opportunity to work with faculty as well as our peer educators," Detjen added.

In general, what information would you like to get out there for students about the LC?

"The Learning Center has tutoring for any course that is offered to undergraduate day students. If we do not currently have a peer educator for a particular course, we recruit, hire, and train a qualified student who has excelled in the course," Detjen explained.

"The Learning Center has two classrooms, a computer lab, and a comfortable study area with a couch, which are available to students as quiet study areas.

These areas are ideal for students who are looking for an alternative to studying in the dorms or library."

What would you like for the SNHU campus to know about your specific area?

"Peer Mentoring is a service offered to all SNHU undergraduate day students. Our goal is to help students become better at time management and study skills," Detjen said. "All of our mentors are trained to help students with these areas and all mentoring is done on a 1-1 basis. Aside from mentoring, the Peer Mentor program offers workshops as well. Mentors go into classes to present on topics like time management, exam prep, test taking and note taking. We recently began offering help with presentation skills."

If you are a student who is struggling in any of these areas, feel free to contact Chad Detjen.

How does a student become a tutor/mentor?

"Students who are interested in becoming a tutor or mentor should set up an interview with the appropriate coordinator. The Learning Center is always looking to hire motivated students," Detjen explained. "In order to qualify, students must have a 3.0 GPA and at least a B in the subject area in which they tutor; most tutors have an A in the course they tutor. Additionally, students must have at least one semester completed at SNHU in order to tutor."

Do you offer walk-in?

"Walk-in is only offered for tutoring and not mentoring," said Detjen. "All mentoring is done on a one-on-one basis,

A Job Seeker's Letter to Santa

Chance Clutter

Contributing Writer

To: Santa@northpole.com
From:partyboy@gmail.com
Hey Santa,

I only have one wish for this year...I want a job when I graduate. Can you throw something my way?

Sincerely,
Graduating Student

To: partyboy@gmail.com
From:Santa@northpole.com

Dear Graduating Student,
Ho Ho Ho! Although I cannot grant you a job after graduation (contractual obligation with NAFTA), I can give you a gift that will keep on giving your whole working life: the gift of networking. You see, most jobs are not acquired by applying on websites, nor do jobs just fall in your lap because you want them to. Around 80% of the time, jobs come from the connections and contacts you make long before you ever need a job in the first place. So, your holiday vacation is an excellent time to start actively networking with relatives and old friends. You can even reach out to new and former contacts by sending holiday cards to break the ice. With that in mind, let me show you my networking "Naughty and

Nice" list.

The Naughty List:

- Students who wait until after graduation to start building their network.
- Students who do not explore opportunities through internships, informational interviews, volunteer work, or joining clubs and organizations.
- Students who are not professional with all communications (e.g. not using professional email address, silly voicemail message, inappropriate pictures on facebook, or even starting an email with "Hey").
- Students who don't follow-up. Students should be building relationships, not just using people. Find a way to give back to others that help.

The Nice List:

- Students who are active in the job search and not just waiting for others to "throw something their way."
- Students who talk to EVERYONE (literally, every person you know has contacts you may want to get to know... start talking to them)!
- Students who send a thank you card every time someone offers their help. Right away. Every time.

Best Wishes,
Santa

It's your career. What have you done lately?



clipart

Santa Claus

Please turn to page 11

Learning More About the Learning Center

Continued from page 10

so there are no walk-in hours offered for mentoring.”

What is the most satisfying thing about your job at the Learning Center?

“The most satisfying thing about my job is helping students,” Detjen explained. “I love meeting a student who is struggling and seeing him or her succeed. There is no greater feeling than seeing a student achieve his or her goals. I enjoy being able to see a student grow academically and reach his or her potential.”

Kathy Willis, the faculty member who is in charge of the math tutoring addressed some more specific questions:

How do you get students to know about math tutoring?

“During the first few weeks of each new semester, I visit the math classes so I can introduce myself to students. It’s a great opportunity to talk with students and let them know about the different types of tutoring which are available,” Willis said. “The visits also allow the students to ask any questions they may have about math tutoring. All of the math professors post the walk-in schedule and contact information in their Blackboard site, so tutoring information is readily available to students.”

What is the most satisfying about your job at the LC?

I am fortunate to work with students in a variety of math courses,” Willis explained. “I enjoy seeing the progress of students as they work to improve their skills and confidence in mathematics. Witnessing these

transformations helps me reaffirm the mission of the Learning Center. It’s inspiring to see the growth that students are able to achieve when they are fully invested in their learning.”

What are some future plans for the LC?

“As the student portal through mySNHU expands, we will be able to make more learning resources available to students. We are also working to include more faculty resources. Our goal is to include as many subject areas as possible,” said Willis.

“The Learning Center staff is excited about our end of the semester ‘Stress-Less Fest’ which combines our traditional end of the semester review and exam prep sessions with some fun and relaxing activities for students,” Willis added. “The four day fest held from Dec 6 to 9 offers a wide array of activities such as a self defense workshop, an aerobics class, a Wii Family Feud game, cookie decorating, and exam prep workshops. On Thursday, February 3, the Learning Center will host ‘Are You Smarter than a Tutor?’ We invite different student groups to put together a team to compete against our tutors.”

Anything else you would like to include?

“This semester, the LC staff has been outreaching to students by offering test taking and time management workshops in the residence halls. We also have held accounting walk-in sessions in Windsor Hall to help students prepare for upcoming exams,” said Willis.

The Learning Center Walk-In Tutoring Schedule

MONDAYS

Course:

Accounting 201 & 202

Time: 7:00-8:00pm

RM: Stark 12

Course:

Economics 201 & 202

Time: 7:00-8:00pm

RM: Stark 12

Course: Finance

Time: 7:00-8:00pm

RM: Stark 12

Course:

Information Technology 100 (IT 100)

Time: 7:00-8:00pm

RM: Learning Center

Computer Lab

Course: Math

Time: 1:00-2:00pm

RM: Stark 10

Time: 2:00-3:00pm

RM: Stark 10

Time: 7:00-8:00pm

RM: Stark 10

Course: Writing

Time: 11:00-12:00pm

RM: Stark 12

Time: 7:00-8:00pm

RM: Stark 10

TUESDAYS

Course:

Accounting 201 & 202

Time: 3:30-4:45pm

RM: Stark 12

Time: 6:00-8:00pm

RM: Stark 12

Course: Math

Time: 10:00-11:00am

RM: Stark 10

Time: 12:30-1:45pm

RM: Stark 10

Time: 2:00-3:15pm

RM: Stark 10

Time: 3:30-4:45pm

RM: Stark 10

Time: 6:00-8:00pm

RM: Stark 10

Course: Writing

Time: 3:30-4:30pm

RM: Stark 10

Time: 6:00-8:00pm

RM: Stark 12

WEDNESDAYS

Course:

Accounting 201 & 202

Time: 2:00-3:15pm

RM: Stark 12

Time: 6:00-8:00pm

RM: Stark 12

Course:

Economics 201 & 202

Time: 2:00-3:15pm

RM: Stark 12

Time: 6:00-8:00pm

RM: Stark 12

Course: Finance

Time: 2:00-3:15pm

RM: Stark 12

Time: 6:00-8:00pm

RM: Stark 12

Course:

Information Technology 100 (IT 100)

Time: 6:00-8:00pm

RM: Learning Center

Computer Lab

Course: Math

Time: 2:00-3:15pm

RM: Stark 10

Time: 6:00-8:00pm

RM: Stark 10

Course: ESL Writing

Time: 11:00-2:00pm

RM: Stark 10

Course: Writing

Time: 2:00-3:00pm

RM: Stark 10

Time: 6:00-8:00pm

RM: Stark 10

THURSDAYS

Course:

Accounting 201 & 202

Time: 6:00-8:00pm

RM: Stark 12

Course: Math

Time: 12:30-1:30pm

RM: Stark 10

Time: 6:00-8:00pm

RM: Stark 10

Course: ESL Writing

Time: 11:00-2:00pm

RM: Stark 10

Course: Writing

Time: 6:00-8:00pm

RM: Stark 12

FRIDAYS

Course:

Accounting 201 & 202

Time: 11:00-12:15pm

RM: Stark 10

Course: Math

Time: 11:00-12:00pm

RM: Stark 10

Course: Writing

Time: 1:00-2:00pm

RM: Stark 10

SUNDAYS

Course:

Accounting 201 & 202

Time: 6:00-8:00pm

RM: Perkins Room (Library)

Course: Math

Time: 6:00-8:00pm

RM: Perkins Room (Library)

Course: Writing

Time: 6:00-8:00pm

RM: Perkins Room (Library)

Want people to know about your club? Having an event?

Write about it in the Observer!

e-mail at observer@snhu.edu

International Student Spotlight: Li Shen

Samantha Cohen

*Arts and Entertainment &
Clubs and Orgs Editor*

Tell us a little bit about yourself.

Hi, there! I am Li Shen, a first-year doctoral student of International Business at SNHU.

Where are you originally from?

I originally came from mainland, People's Republic of China.

What are some major cultural differences between the U.S. and your home?

Political attitudes differentiate subtly among the citizens of the U.S. and China in certain circumstance. I actually am quite accustomed to American culture after I came here since there is barely a difference between the U.S. and my home. Somehow, I figured out a few of my Chinese fellows are more open than the American fellows are.

The food is definitely a huge issue. Although I don't like the fast food here, I do prefer the way Americans eat vegetables as salad, which could keep vitamins in the veggies. In China, we stir fry all the veggies and only obtain some fiber from them, but no vitamins.

What do you do for fun?

Reading, walking, travelling, pondering, watching movies, drawing

Are you involved on campus? If so, which organizations?

I am very involved on campus with International Student Association, International Drama Club, SNHU Chorus, Eco & Fin Club. In 2009, I had to give up some of the organizations since I prepared my internship and application of D.B.A. (Doctoral of Business Administration).

Do you work on campus?

Yes, I used to work in the former cafeteria in 2008, and I worked for the Audio & Visual Studio and Student Affairs Office during this summer. Also, I was working for my marketing professor as a research assistant, and now, I am a teaching assistant of the marketing department of the School of Business.

How long have you been in the U.S.?

Roughly 2 years.

What made you decide to come to SNHU?

SNHU in New Hampshire is a safe place to stay. [It is] also reasonable [because] living expenditures are attractive.

Diverse student nationalities shorten the bridge of cultural shock, the small-sized teaching model offers me tons of opportunity to get exposed and enlightened, [there is] no GMAT or GRE score requirement for applying to the graduate program—but when one goes

to the doctoral program, GMAT or GRE is a must—[there are] batches of appealing internships or job positions around school since it's located near metropolitan cities such as Boston and New York.

How do you like it here at SNHU?

Fair play is the best thing I have here; thus, all my hard work is paid off. People are friendly and honest which makes me feel myself.

Is your family in the U.S.?

Yes, my dearest husband is here with me.

Do you have any brothers or sisters?

No. I have some cousins though.

What's the hardest part about being so far away from home?

I really miss my family and all my friends.

What are some of your hobbies?

My hobbies are dancing, singing and drawing.

Have you traveled anywhere other than New Hampshire?

Yes, I have been travelled to Vermont; New York, N.Y.; Boston and Salem, Mass.; Orlando, Miami, and Atlanta. My journey is to be continued.

Please include anything else you would like to share!

I am on Facebook; add me!

Peer Educator of the Month: Jason Bays

Samantha Cohen

*Arts and Entertainment &
Clubs and Orgs Editor*

To continue our spotlight on peer educators, Jason Bays is the Peer Educator of the Month for November. He is a hard working student athlete who also works diligently with other students to help them achieve academic success. Jason answered the following questions about his tutoring experience:

What subject do you tutor?

I tutor in writing as well as a broad array of subjects when peer mentoring such as study skills and time management.

How did you get the job as a peer educator?

Chad Detjen, the mentoring coordinator in the Learning Center, was my English 121 professor. He explained about the Learning Center and said he would like me to join. The Learning Center staff was very welcoming.

Who do you tutor? Is there any group you specifically target?

I am the classroom assistant for Professor Rojas's classes. I meet with each student in his class at least once a semester to review their papers. There are roughly 70 students that I regularly meet with to go over their papers and guide them through the writing process. I occasionally do walk-in hours in the Learning Center where anyone can come in and be tutored. The rest of the time, I work one on one with students in writing as well as peer mentoring and work with the second start program.

What's the best part of being a peer educator?

I enjoy working with students and guiding them in the right direction to achieve success. In regards to classroom assisting, I look forward to presenting on the ways to approach writing assignments in the Justice Studies class to make the process

easier. It is always important to explain the ways to go about the assignment, and with having the objectives in mind, it's essential to make the process of writing much less stressful. In addition, I like working one-on-one with tutees in facilitating an open discussion and having them, through open conversation, find out the best way to incorporate information to make their paper better. When peer mentoring, I like getting to know the tutee on a personal level and making connections from which there is understanding on what personally motivates them. This is imperative in working on time management and goal setting.

What would you like the SNHU campus to know about your job as a peer educator?

I believe the Learning Center as a whole and all of the peer educators serve as resource for students. It is not uncommon for writing tutors to actually go to a math tutoring session and vice versa. There is always something that can be learned through working with other people.

In your opinion, what's the best part of the peer educating program?

The best part is working with people all the time. There is always something to learn. The peer educating program is very supportive. From the professional staff to the tutors, everyone is working toward the goal of being accepting, supportive, and helpful.

Do you have any advice for students interested in becoming a tutor?

I think students who are interested in becoming a tutor should consider talking to other tutors to find out why they enjoy it so much. It would be beneficial to stop by the Learning Center and actually see tutoring

Please turn to page 13



Li Shen

Li Shen

Beards for Testicular Cancer

Rae LaFont
Contributing Writer

November is most known for Thanksgiving, but November also gives guys (and girls) a legitimate reason not to shave for an entire month.

Phi Delta Theta hosted the second annual No Shave November. No Shave November was all about pledging not to shave your beard, legs, armpits, or any other hairy part of your body for a whole month.

However, the real reason for No Shave was to raise awareness about testicular cancer.

"It's about itching your shaggy beard and realizing that your itch is saving testicles," said Ryan Burns, vice president of Phi Delta Theta. Last year the Thetas came up with the idea as a beard competition.

"One night in October, when we were watching Family Guy, someone made a joke to have a photo-shopped photo of

Peter Griffen holding his chin in his hand as balls," Burns says. This is how they came up with the idea and decided to take it a step further by donating the money raised to a foundation.

All donations are going to the LiveSTRONG Foundation, as most of the participants are males. The Lance Armstrong Foundation offers resources for those recovering from any type of cancer.

"We wanted to stretch out to the 'SNHStudents' on campus and tell them that you can make a difference. By not shaving, you are making a statement that you are willing to change your appearance for the sake of saving others," Burns said.

By Nov. 3, there were already 30 people signed up. Each participant signed up on the team webpage, where they could make their own donation page. All money came from donations the participants collected.

Participants raised \$500 by Nov. 29th and \$650 at the end of November. The wristbands that were given away in the café raised \$160 alone.

In addition to pledging, the Thetas had an event, "Testicle Toss," which was held in the pub. Prizes were gift cards to Subway and Best Buy.

Many students have their own reasons for participating in this event, whether they knew someone with cancer, were doing it to support the cause, or participated just for fun.

"I'm doing No Shave November to support the survivors of testicular/prostate cancer like my grandfather, and to see just how manly I can look after 30 days growth," said junior, Travis Morin.

People all over the nation are involved in No Shave November. Not shaving saves money and saves lives.

Peer Educator of the Month: Jason Bays

Continued from page 12

taking place. It is important to always be positive.

Academically, what do you gain as a peer educator?

I have learned so much through working in the Learning Center. Through helping others, I have learned to continuously apply what I tutor with into my own academics. Also, we all mess up and make mistakes. Last week, I was helping someone with time management and later that night I discovered I had an eight page paper for Professor Painchaud due the next day that I had not started (I hope she is not reading this). Obviously, it was not the best time management on my part, but I worked hard that night to get it done. Ultimately, it comes down to staying positive and committed and recognizing we are all going to make mistakes, but it is how we go about working hard to achieve success. I am reminded of that all the time, especially as a peer educator.

What do students gain from being peer educated rather than seeking help from a professor?

I think the environment is much different being with a peer educator as opposed to a professor. It is much more relaxed and the conversation can often times be much more candid, which allows for more learning to take place. There are no pretenses working with a peer educator and they have an understanding as they have taken the same class as well. With this in common, it makes it much easier to relate.



Jason Bays

Jason Bays

Yearbook Committee to Chronicle College Memories

Patrick Trouve
Copy Editor

Of the various clubs and organizations at SNHU, few serve the valuable purpose of allowing alumni to always remember the fonder memories experienced here. The Yearbook Committee, a campus institution for over 10 years, has continued to provide an annual publication providing graduating seniors with a way to never forget their four years at college.

"This book is a nice way to keep memories even after many years of graduating college," said Radmary Bernabel, the Yearbook Committee President. "The yearbook publishes photos and information about important events, sports, clubs, faculty, and most importantly, senior portraits."

The committee oversees all operations pertaining to the yearbook. From design and layout, photos, advertising, and the mar-

keting of the publication, committee members work tirelessly throughout the school year to ensure an excellent yearbook.

"The yearbook is important because it has been a part of Southern New Hampshire University for more than ten years," said Bernabel. "We as a university set ourselves apart by offering the Yearbook to students. The yearbook creates an even closer knit community between students."

With only eight current members, the Yearbook Committee is actively looking for new members to bring new ideas and creativity to ultimately benefit the yearbook. Being a member, Bernabel explained, is very rewarding while not requiring large amounts of time on the part of each member.

"It is a club that does not require a huge commitment," said Bernabel. "For example, taking photos at events like at Bingo or Dances is a rewarding

experience. You get to attend events and take photos while still having fun."

Perhaps the biggest incentive to joining this particular club is having a hand in the crafting of the yearbook that will be distributed to all interested seniors.

"[By] being involved in the yearbook, you get to have a say of what should be in the Yearbook and how the Yearbook should look," added Bernabel.

Those interested are more than welcome to attend the committee's weekly meetings held every other Wednesday at 3 p.m. in the Yearbook Office located across from the Campus Bookstore.



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Creative

“The Easel”

Maranda Twombly
Creative Editor



Monet has been seen as a man who “scribbled art,” so to say. He created paintings that would appear blurred and messy up close; however, when viewed from afar, the painting transformed into a beautiful masterpiece. One of the greatest impressionist painters of his time, Monet basically coined the term “impressionism” with his painting titled *Impression, Sunrise*. Born November 14, 1840, Monet grew up in Paris, France. In April of 1851, Monet enrolled in Le Havre secondary school of the arts. He began selling his charcoal drawings in the streets, which ultimately began his famous career. Monet had a love of nature, which in return was usually the scene of choice in his paintings. At the age of 86, Monet passed away in Giverny, France on December 5, 1926. Depicted left is a portrait of him, and to the right is *Impression, Sunrise*.

Claude Monet

"This Is the Time" Maranda Twombly Creative Editor

This is the time
To bring the cheer
To bring the joy
Once every year

This is the time
To show our love
To show our gifts
And everything above

Christmas time
Is a time for giving
Is a time for happiness
And there for living

This holiday season
Think of those who care
Think of those who give
Even time to share

Everyone is fortunate
To have those to be there
To have those in their lives
And have those to care.

i Tunes Top 10 Hits

1. Firework by Katy Perry
2. Grenade by Bruno Mars
3. The Time (Dirty Bit) by The Black Eyed Peas
4. What's My Name? by Rihanna & Drake
5. We R Who We R by Ke\$ha
6. Raise Your Glass by P!nk
7. Christmas Lights by Coldplay
8. Bottoms Up (feat. Nicki Minaj) by Tery Songz
9. Just the Way You Are by Bruno Mars
10. Black and Yellow by Wiz Khalifa

"Holiday Hands"
Chris Mehu
Contributing Writer

Hands are held in Christmas time, or the holiday in
February filled with hearts from two.
Not many ever expect it to happen before it does no
one ever knew.
Where are we walking?
Questioning is in mind but the feeling is too con-
suming.
Every time this happens, the future is not overlooked,
I'm becoming new.
Girl, there's no stress of what we need to do.
Your decorated tonight in this holiday, like the sweet-
est cake, you're too much for me to chew.
She's happy she can't hide it she's smiling.
Holiday Hands
In the company of you, like water and the sun to a
plant we grew.
Baby girl, your pages remain unwritten, can I read
them through?
Silence in this new moment doesn't require talking.
Our legs are tired but the force of the holiday keeps
us walking.
Everyone's around but all I can see is me and you.
Holiday Hands

"After That Night"
Chris Mehu
Contributing Writer

Cold is the moment and the feeling that is felt.
Never do I have it in mind to pour this cold on you.
Steaming is that body you couldn't even care to know.
How do some prepare for this, like a storm it erupts within me.



Maranda Twombly Creative Editor

Pink Love

Cyan Magenta Yellow Black



Maranda Twombly Creative Editor

Inspiration

Arts & Entertainment

Potter Fans Flock to Midnight Premiere of “Deathly Hallows”

Gianna Grisanty
Contributing Writer

On Friday, Nov. 18, in Hooksett, N.H., more than 1,000 Harry Potter enthusiasts crowded the Cinemagic and Imax Theater for the midnight release of “Harry Potter and the Deathly Hallows: Part 1.”

“We had about 1,500 tickets sold for the midnight showing,” said Holly Mcneil-Turner, SNHU senior and Cinemagic employee,

Tickets for the film went on sale a month prior to the film’s release. The Imax theater at Cinemagic, which seats 359 people, was sold-out within one week.

“We opened up five other individual theaters and all had sold out by the time the movie had started,” said Mcneil-Turner.

Many moviegoers arrived at the cinema as early as 6 p.m. to wait in line. Fans waited in the lobby until the theaters were ready.

“We bought our tickets online ahead of time so we didn’t really have to wait in line,” said SNHU senior Angela Palladino. “We got there at 11 p.m. and went right into the theater, the only downfall was that the theater was full and we pretty much had to sit in the front row.”

Potter Fans wore t-shirts, hats and sweaters that represented their favorite Hogwarts School of Witchcraft and Wizardry Houses. “There were hundreds dressed up from head to toe in Harry Potter apparel,” said Mcneil-Turner.

After its opening weekend, “Harry Potter and the Deathly Hallows, Part 1” seemed to be the only contender on the box office charts. According to MTV.com, the film made an estimated \$125.1 million, which makes it the best opening weekend of any previous “Harry Potter” film.

The final installment of the series, “Harry Potter and the Deathly Hallows: Part 2,” will be released in July 2011.

Cult of the Classic: “Attack of the Killer Tomatoes” (1978)

Chad Marden
Photo Editor

Coming off of two legends of b-grade cult classic cinema, “Zardoz” and “Killer Clowns from Outer Space,” I felt compelled to close off this season with one last cheesy movie. The greatest coincidence of “Attack of the Killer Tomatoes” is that one of the biggest scares of this decade was the Spinach/E Coli outbreak this year.

In this movie, the country is inexplicably invaded by super intelligent, murderous tomatoes. Mason Dixon (David Miller) is contracted by the government along with Lt. Wilbur Finlet-

ter (J. Stephen Peace, credited as Rock Peace) to deal with the threat while all the while trying to keep the news away from reporter Lois Fairchild (Sharon Taylor).

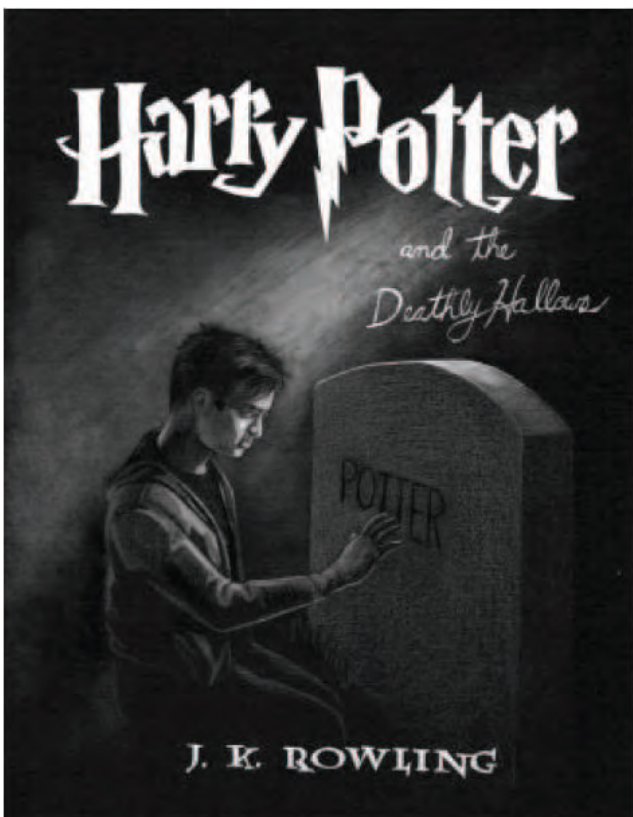
This movie breaks all the rules of good movie making. The plot moves far too quickly to build up suspense, and a lot of the jokes might be considered in bad taste. However, not even five minutes into the movie, it’s clear that the director had no intention of being serious. Besides which, it’s clear that the movie isn’t about a crisis; it’s about how we would handle this type of crisis. Most of the film is dedicated to poking fun at ill-informed citi-

zens, alarmist media figures, and droning bureaucrats too ignorant to know how to handle the problem. This makes the film a thought-provoking social commentary cleverly disguised as a parody comedy (thought provoking... never thought I’d say that here).

This film received several scathing, venomous reviews by critics as one of the worst films ever made when this movie was first released. In all fairness, I don’t think this movie deserved the abuse it got. For being a cheesy and silly b-grade film made on a budget of less than \$90,000, this was one of the most intelligent movies I’ve seen in some time.



The scariest thing about this giant – That’s a CHERRY Tomato!



Harry Potter and the Deathly Hallows book cover

Seen a movie, an event on campus, or any other entertainment scoop? Write about it! Send an e-mail to the Observer at observer@snhu.edu today!

An Artist Among Us Brings a New View on Books

Christopher Ballou
Contributing writer

Gail Smuda, a professor of art and art history at SNHU from Concord, N.H., creates art using everyday material in a unique and intriguing way: she creates art using books.

After learning more about art, Smuda started to create art books in the early 90's. Art books are different types of books that she finds or creates using different materials, and she stitches different designs into the pages of the books. She installs pictures, words and anything else that inspires her.

Smuda has always had a passion for art. However, she was in her early 30's when she realized that art is what she wanted to do for a living. Smuda first started this journey by taking an adult education class on art and ended up loving it; it was because of this that she decided to attend Palm Beach College in Lake Worth, Florida.

"I originally wanted to do ceramics; however, with ceramics you usually have to produce many of the same things over and over again and that would drive me crazy," she said. "A teacher I had suggested that I take a painting class, so I did. During the class, other students had asked me how long I had been painting, so I told them about fifteen

minutes. They were astonished with how fast I picked it up."

The first exhibition that her work was shown in was while she was still in school. She entered a piece into a contest with a friend from class. Her friend got first place and she got last; she was shocked. The two then entered another contest a few weeks later with the same pieces of art and her friend got last place and she got first. At this point, she realized that people see art differently, and this encouraged her to create art she liked, rather than what she thought people wanted.

According to her website, "My work is mixed media with three areas of concentration: books, mixed media and fiber, and frequently a combination of these media," said Smuda. "For me, artist books provide a means to convey ideas and imagery on a scale that is both intimate and personal. When people see my work, I'd like them to be able to discover the layers of meaning, layering materials, images and ideas. I'd like to think that people are able to gain access a little at a time and always, upon returning to the work, find something new to discover."

Smuda's work has been in art shows and exhibitions in 47 states, as well as shows in Ireland, Australia, and Italy. Currently, her work is being shown

in Plymouth, N.H.

Smuda has been teaching art and art history for more than 30 years and has been teaching at SNHU the last six years. According to Christie Cole, a junior at SNHU, "Smuda brings a unique and interesting flare to art and art history, which no other teacher that I have had before does."

After teaching for over 30 years, it is evident that Gail Smuda is extremely passionate about art, and it shows through her teaching.

According to Gail Smuda's website, "To paraphrase Lucy Lippard in 'The Lure of the Local,' I feel art should be specific enough to engage people on the level of their own experiences while layered, complex and unfamiliar enough to hold people attention once they have been attracted. It should be evocative enough to make people recall related moments in their own lives, while provocative and critical enough to make people think about issues beyond the scope of the work and to call into question superficial assumptions."

For more information about Gail Smuda, you can visit her website, Gailsmda.com, where you can find out information about her as well other pieces of art she has created and items that are for sale.



Gail Smuda, Italian views

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Sports

LeBron's Self-inflicted Wounds Have Hurt Image

Michael Ghika
Sports Editor

Looking back decades from now, will anyone actually remember when an 18-year-old named LeBron James became the face of the NBA overnight and rejuvenated a horrifically bad franchise?

He was on the cover of Sports Illustrated as a high school product and was hyped up as the next best thing. He certainly did just that, averaging 27.8 points, 7.0 rebounds, and 7.0 assists per game in his seven seasons with the Cleveland Cavaliers. In the process, he won two MVPs and led the Cavs to the playoffs five times, including an NBA Finals appearance in 2007.

But this summer marked what was an extraordinary NBA free agent class, as James, Dwyane Wade, and Chris Bosh were each set to earn max contracts (5 years, \$100 million) on the open market. The only question was where each would land. Nobody could have predicted at the time, however, that all three would collectively agree to sign with the Miami Heat in the prime of their careers.

Offseason discussions predicted a 70-plus win season with the Big Three in tow down south, but the Heat have barely remained over the .500 mark six weeks into the season, as chemistry issues and depth concerns have plagued the team.

James, once renowned for being the de facto best player in the league and a marketing powerhouse, has now single-handedly tarnished his image so much that many compare his current popularity with that of Tiger Woods.

"The Decision" was an hour-long ESPN special in

which James publicly announced his decision to sign with Miami, making a spectacle out of the obvious choice even after Bosh and Wade had inked their deals. Those who are pro-LeBron may make the argument that the special raised over \$3 million charity, but James could have just written a check if that was his chief concern. Ultimately, LeBron's decision to carry out "The Decision" transformed him from America's most beloved athlete into its most hated overnight.

Just prior to the beginning of the season, LeBron surged to the forefront of the public eye once again with the Nike Rise commercial which posed the question, "What should I do?" The campaign, despite its creativity, was poorly received and most recently drew attention from the legendary Michael Jordan, whose latest shoe commercial clearly challenges LeBron's recent career transition.

As for the Heat, potential power struggles between the three individual players and blame games with the head coach have taken center stage thus far in 2010-11. Looking ahead, the

constant question will remain of how the team can afford to put talent around them, especially considering that their three combined salaries leave little room for the team to take on additional payroll.

Nevertheless, the ensuing drama has grown more mystifying the more it unfolds. In Boston, Ray Allen (35), Kevin Garnett (34), and Paul Pierce (33) make up a considerably older Big Three, but they have been to two NBA Finals together and are experienced veterans who would never allow such discourse in their locker room. The average age of Miami's trio is just 26.

So what do we make of the Heat? They have a five-year window (where James, Wade, and Bosh are all under contract) to compete and contend for an NBA title. Perhaps they do just that and then sign extensions and continue their successes well into the latter half of the decade. But if not, this marriage could very well go down as one of the greatest team failures in the history of sports, with James ready to begin a new chapter in his legacy at just 30-years-old.



Once a role model, LeBron James' and his image have been drastically altered.

SAAC to Reinstate "Penmen Pride" Seating Section

Christie Cole
Contributing writer

SNHU's Student Athlete Advisory Committee will revive the student section this year at all campus sporting events. It will be called the "Penmen Pride" section.

The new section will be introduced next semester on Wednesday, Feb. 2, 2011 at the men's and women's home basketball games against Saint Anselm College in the SNHU Fieldhouse.

The SAAC seeks to encourage more student-athlete involvement on campus. This section is not just about supporting SNHU athletics, but it is also meant to create a bond of togetherness

for the university. The goal is to get all students, faculty, and the community to participate.

Fans may be asked to pay \$3 to join the Penmen Pride section, but there currently is consideration to have the Student Government Association cover those costs. The benefits will include a free t-shirt, featuring the Penmen logo, with the slogan "Get Some Pride" on the front. Fans will also gain exclusive access to sit in this section for all SNHU sporting events. They will allow the first 25 people, including students, faculty, and the public, to join the section and get free t-shirts on Feb. 2.

"The main goal in bring-

Please turn to page 19



SNHU men's basketball player Greg DeSantis hopes the Penmen Pride section will be a success.

Spirou Records 500th Career Coaching Victory

Continued from page 01

Spirou has led SNHU to a 20-win season 14 times during his quarter-century run as head coach. His legendary path included a stretch run from 1993-95 in which he led the Penmen to back-to-back Final Fours and an Elite Eight appearance, posting a 84-15 record over the three-year span. His teams also reached the NCAA Regional for nine straight seasons from 1990-1999.

"Stan's record speaks for itself," said SNHU President Paul LeBlanc, who also spoke at the Nov. 23 ceremony. "Very few coaches have ever matched that level of excellence over a sustained period of time."

Spirou has also taken on admirable community endeavors over the years, including basketball camps at SNHU and also in his native homeland of Greece. The head coach has also volunteered his time as a coach for the New Hampshire Special Olympics team.

"Stan's legacy is more meaningfully manifested in the lives he has shaped and the way he has represented the university as well as the community," added LeBlanc. "Those are the real measures of the man and something that can't be captured in any mere number."

The effect that Stan has on his players is also one of his strongest attributes. Senior center Tory Stapleton recalled that, while other coaches were skeptical of an injury he sustained years ago, Spirou provided him with a chance.

"Stan gave me an opportunity to play four years here and work towards a master's degree, so I thank him for that first and foremost," said Stapleton, who has played in over 60 career games for Spirou. "As a coach, Stan treats us all like men and has never asked for anything but for each of his players to give their all on the court."

In program history, four head coaches combined for 378 victories over a 22-year stretch prior to Spirou's arrival in 1985. Spirou, now 60, reached that win total in just his 18th season despite the fact that competition and recruiting methods soared to new heights in college hoops throughout his current tenure.

All in all, Spirou's fulfilling career has spanned parts of four decades on his way to becoming the most prolific head coach in the history of SNHU athletics. His coaching accomplishments on the court are rivaled only by few, and his influence as a role model and motivator will only grow stronger the longer he remains at the helm of the program.

SAAC to Reinstate "Penmen Pride" Seating Section

Continued from page 18

ing back the student section at SNHU is to create an atmosphere where students, athletes, university faculty, staff, and the greater Manchester community can come together and partake in an exciting and enjoyable game environment while supporting our athletic teams," said junior Megan Smith, SAAC e-board member and a member of the SNHU women's basketball team.

"The atmosphere is a big part of basketball because the crowd is so close to the court," said sophomore Greg DeSantis, a member of the SNHU men's basketball team.

SAAC wants to get students more involved at the games to cheer on student athletes such as DeSantis and Smith. Meanwhile, players also want the crowd behind them to boost morale and provide momentum in an effort to ultimately achieve victory.

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"Winning begets fan support; but, just as winning leads to more fans, so too do more fans lead to more winning," said Smith.

When athletes see other athletes supporting them, they will take the time to return the favor by attending their games as well. This is the cycle that SAAC wants to start, as it hopes this section will spread to other sporting events beyond basketball.

For more information, feel free to attend future SNHU sporting events over the course of the winter and ask a SAAC member more about the "Penmen Pride" section.

Week 13 NFL Scours

Texans vs Eagle final 34 - Eagles
Saints vs Bengals final 34 - Saints
Bears vs Lions final 24 - Bears
49ers vs Packers final 34 - Packers
Jaguars vs Titans final 17 - Jaguars
Broncos vs Chiefs final 10 - Chiefs
Browns vs Dolphins final 13 - Browns
Bills vs Vikings final 38 - Vikings
Redskins vs Giants final 31- Giants
Raiders vs Chargers final 28 - Raiders
Cowboys vs Colts final 38 - Cowboys
Rams vs Cardinals final 19 - Rams
Panthers vs Seahawks final 31- Seahawks
Falcons vs Buccaneers final 28 - Falcons
Steelers vs Ravens final 13 - Steelers

Spotlight @ SNHU: Chef Vicki Connell

Marissa Twombly
News Editor



Cooking Matters, No Kid Hungry

When Chef Vicki Connell was about 10 years old, she discovered the art of cooking. Her mother would work outside the house while other mothers in her neighborhood did not.

"I think she felt guilty," Connell said about her mother who always wanted to spend "quality time" with Connell. She started a 4-H club where other girls on the street would do sewing, knitting, cooking and baking projects. As her mother was very busy, she did not have a lot of time for cooking, so when Connell was of age, she was handed the reins of cooking dinner. She was even making the grocery lists and finding new recipes to try.

As a high school student, Connell worked at Corey Square Pizza next to Manchester Central High where she met an adult who was relying on minimum wage to support her family. One night, she drove the co-worker home and was invited inside.

"There was almost no furniture, and the apartment was really pretty shabby. Her kids were all sleeping together in a bed. She must have slept on the couch," Connell said.

This experience made Connell think of this woman in a very different way and realized how much this woman needed her minimum wage job.

"I was making money to buy name-brand jeans my parents wouldn't buy for me and put gas in the VW bug I got for my 16th birthday," Connell explained. "She was feeding those little kids and paying rent for that one room."

Connell attended UNH as a Hospitality major. As a freshman, she struggled in school and ended up changing her major to food service management where she received a two-year degree.

In 2000, Connell started working as a volunteer with Operation Frontline.

"A chef and a nutritionist team would teach a series of six classes, one class a week, that taught people how to buy food that was nutrient dense and unprocessed and then use scratch cooking techniques to create more meals for less money," Connell explained.

"I have taught Operation Frontline classes at some very unique places, including the NH Youth Development Center, The Upper Room of Derry, the NH Food Bank, Families in Transition, and Riverbend Community Mental Health," Connell added.

Since then, Chef Vicki Connell has been inducted into the Cooking Matters Hall of Fame by Share Our Strength where she was recognized for her volunteer work with Operation Frontline. Congratulations, Chef!

Voices and Faces: What is your favorite winter activity?



"I enjoy making snowforts and sculpting snowmen."
– Christopher Stigers



"My favorite one would have to be a snowball fight."
– Jacob Moon



"I like to watch snowmen melt."
– Jessica Jollotta

HAPPY HOLIDAYS!

Photos: Chad Maden, Layout: Lauren Head