



# THE PENMEN PRESS

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## THE DREAM SHARE PROJECT COMES TO SNHU

Corey Davenport  
Staff Writer

On Tuesday September 25, the Dream Share Project came to Southern New Hampshire University for an hour long movie and subsequent workshop that encouraged the audience to follow their dreams no matter what they were. This event was held in the Banquet Hall in the Dining Center. The creators of the movie, Chip Hiden and Alexis Irvin, were there to show their work, run the workshop and provide time for a Q&A session.

The movie started off by introducing the audience to Mr. Hiden and Mrs. Irvin. It gave some background as to where they attended college and what they had for jobs at the time. Hatred toward their professions inspired them to break the norm of today's society, quit their jobs, and head out on a trip across the United States. They

wanted to find people who had followed their passions and see what advice they had for young people like them.

The results they got were amazing. They conducted tons of interviews with successful and passionate business owners from all over the nation. The interviewees were from a wide

range of professions; to name a few, there was an Olympic skier, a project runway designer, and an original member of the Latin Kings of Comedy. Their message was all the same, "follow your dreams."

The movie provided some academic incite. Hiden and Irvin found people from multiple col-

leges and universities that specialize in psychology and sociology. The role of these specialists in the movie was to identify why people often do not follow their dreams. They supported the idea of following dreams and gave statistics that reinforced the idea. One commonality that the psychologists agreed on was that people who are employed in jobs they enjoy lead healthier lives.

When the movie was over, Mr. Hiden and Ms. Irvin proceeded to lead the audience in a workshop. This workshop had several exercises that helped individuals focus on what their dreams were and how to go about fulfilling those dreams. They also made the audience define success for themselves; this was so that they could understand what they personally thought being successful was, as opposed to what others thought.



SNHU Career Development Center with Alexis Irvin (far left, back row) and Chip Hiden (far right, back row), the creators of the Dream Share Project

Please turn to page 03

## HOW FAR A LITTLE KINDNESS CAN GO

Rachael Hali  
Staff Writer

On April 20, 1999, two students, Eric Harris and Dylan Klebold, entered Columbine High School in Columbine, Colorado and opened fire on their fellow classmates. This attack lasted for an hour, killing a total of 12 students, one teacher, and finally ending with Eric and Dylan taking their own lives. The aftermath of this massacre is one that still holds heartache in many family members and friends.

The first victim of the Columbine shooting was Rachel Joy Scott. Known as joyous as her middle name suggests, she was a seventeen-year-old teenager enjoying and living her life up until the day of the shooting. With Rachel's death came grief and remorse, but what also came was light. Rachel was a writer, among other ambitions, but it's her writings and ideals that she will be known for. Her journal was found among her belongings and with it a

### Rachel's Challenge

challenge for the world to take.

"I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go."  
— Rachel Scott

This was a challenge taken from Rachel's paper called "My Ethics, My Codes of Life". The paper describes what kindness and compassion meant to Rachel and what it could mean for other people.

With this challenge,

Rachel's dad, Darrell Scott, and stepmother Sandy Scott started Rachel's Challenge in order to reach people in schools, businesses, and throughout the world to encourage them to make small acts of kindness a part of their lives.

The person who brought Rachel's Challenge to SNHU was Tessa Sullivan. Upon asking Tessa why she thought Rachel's Challenge was a good event

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### OCTOBER: BREAST CANCER AWARENESS MONTH



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# EDITORIALS

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## LETTERS FROM THE EDITORS

Welcome back!

I hope you all had a wonderful summer. Although the days of sun and sand are slowly fading into cooler nights and breezy afternoons, I don't see it as a bad thing. I, for one, am beyond ready to leave the summer of 2012 in the dust and embrace the 2012 / 2013 year. I am dedicated to making this year a year of firsts, a year for the fearless in all of us. This is my final year at SNHU. As a senior my philosophy is "go big or go home." I hope to bring that positivity through out my personal and professional life.

Here at the paper we are attempting to take on this mindset. The first step, as you may have noticed, is our name change. Formerly the Observer, we are now back and determined to be better than ever as the more relevant, more school-spirited, Penmen Press. My partner in crime, Sarah Silvestriadis, and I have been working hard to make this change count and we hope that it shows throughout this school year.

In the wave of newness, we will also be introducing a brand new feature. An anonymous advice column for students called "Ask Serena." Just send your troubling questions about school, relationships, drama, sex, or college life in general to [penmenpress@snhu.edu](mailto:penmenpress@snhu.edu) to have your questions answered by Serena. Your name will be kept completely confidential and your questions taken seriously. We all have questions that we need more advice for than just our friends, so ask Serena for next issue!

Here's to what I think is going to be a fantastic school year, not only for the Penmen Press but for all aspects of our college lives.

Thanks for reading!  
**-MEGAN KIDDER**



I have been waiting all summer and all of September to finally work on the newspaper again! I don't know exactly what I did to keep myself occupied without all you readers, but I'm thrilled to be back in action again with my partner-in-crime Megan!

Welcome to the new and improved student newspaper: The Penmen Press! We are so glad to finally be able to call it that, we were waiting for the right time to debut our new name and the start of the new school year was perfect. The staff has big things planned for this year, like finally getting our website up and going. We will give you more information closer to our site opening. We have a couple of new regular columns coming your way, be sure to check out "The Ugly Truth" in the Opinion section about boys and girls alike, sex and relationships. Feel free to write back and rebuttal Emily and Eric at [penmenpress@snhu.edu](mailto:penmenpress@snhu.edu).

I hope that this year students can get excited about the newspaper again, and if you have any suggestions or ideas for us please email us, we love hearing from our dedicated readers as well as first time readers.



Happy October!  
**-SARAH SILVESTRIADIS**



# NEWS

## HOW FAR A LITTLE KINDNESS CAN GO

*CONTINUED (from Page 1)*

... to bring to campus and why she felt it was important to bring Rachel Scott to campus, Tessa replied:

"I worked on this event for a year and I thought it was incredibly important to bring Rachel's Challenge to campus because I am a huge advocate for small acts of kindness. I also believe every small act of kindness and compassion counts and can make a huge impact on someone's life that may need it the most. Her legacy of spreading kindness was carried on by her

parents therefore starting "Rachel's Challenge," and ultimately a chain reaction."

Rachel's presence was in Walker Auditorium Wednesday, September 26 as her thoughts, words, drawings and most importantly her heart were portrayed to the students of SNHU.

"Rachel's Challenge was an excellent program that shows that if we believe in ourselves completely we can make a difference," said student Miranda Prizio.

Student Joseph Abis also shared his thoughts about the presentation, "Having grown up during this shooting and finally hearing about it now was rather eye opening. The message that she had at such a young age was so powerful and so strong.

It was a message that a lot of adults don't even understand. Walking away and knowing how far kindness or a smile can go was very inspiring."

"It has been a long time since I have felt so moved by a program. As a Student Affairs professional I believe in the power and impact that each of our students may have upon the world around them. This event underlined and reaffirmed this ideal," said DaVaughn Vincent-Bryan.

These reactions and the reactions of many on campus said a lot about the positive effect one person's views and life can have and how it can inspire many, and as Rachel says "...start a chain reaction."

For more information about Rachel's Challenge go to [www.rachelschallenge.org](http://www.rachelschallenge.org).

## DREAM SHARE PROJECT

*CONTINUED (from Page 1)*

These exercises were used to help give direction and support for those that wanted to or were pursuing their dreams.

Their message of following dreams was received positively by the entire audience.

There were several questions for Mr. Hiden and Ms. Irvin that ranged from questions about the movie to questions about their dreams and experiences.

Talking to some SNHU students only enhanced the feeling that the event was a success. Colleen Grady was one student who was impacted by the film. Her reaction was, "Inspiring, it makes you feel like everyone's dreams are reachable."

Other students were just as excited, and many of them talked to Mr. Hiden and Mrs. Irvin after the event was over.

There were t-shirts and opportunities to exchange email addresses with the creators. Mr. Hiden summed the whole night up by saying: "Time is the most valuable resource. Use it wisely to follow your dreams."

## SNHU FACULTY AND STAFF LEARN ABOUT DIVERSITY

**Ashley Bogle**  
*Staff Writer*

One week before classes resumed at Southern New Hampshire University, faculty and staff members returned to campus for their Opening Day. Annually, on this day, they learn about all the new changes that took place on campus over the summer, as well as get the opportunity to listen to speakers that SNHU brings to campus. The speaker this year was Jessica Pettit, a Social Justice and Diversity Consultant and Facilitator, as self-described on her website. She spoke for about an hour and a half about diversity and acceptance in the work place. The topics of which she spoke about led perfectly into what the next

presenters had to talk about.

Before classes ended for the summer, as well as over the summer, students were asked if they would be willing to participate in a panel to educate faculty and staff members about what it's like to be an LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Other) student at SNHU. Six students volunteered for the task of opening up in front of 100-150 faculty and staff members, which included some of their previous, current, and future professors. All of them identified their sexuality to the crowd, making it the largest group they had ever come out to besides Facebook and other social media outlets. Some of them haven't even come out to certain family members yet. The event was a huge deal for those six students.

After speaking about what it's like to be an LGBTQ+ student on campus, the students received a standing ovation from the crowd. For the first time in SNHU/New Hampshire College's 80 years, faculty and staff members were educated about how certain actions, whether big or small, affect students in positive and negative ways. Many of the attendees were shocked to hear some of the stories the students had to share about discriminating acts performed by students and even some of the faculty members present in the room. It was a huge eye opener. Other faculty members couldn't have been any more proud to see their previous students speaking in front of the crowd about such a sensitive subject. Some were even overjoyed and brought to tears after hearing that the simplest

acceptance they showed meant the world to one of their students.

Many faculty and staff members had questions after the event about everything from acceptable terminology to how students handled the discriminating acts that had happened to them. Overall, there was a positive light at the end of the morning. Although the training was a mandatory event for faculty and staff members, not everyone showed up. But those who did were not the least bit disappointed that morning. Many expressed, after the panel discussion ended, that the Opening Day on August 29, 2012 was the best Opening Day they had been to since they started working at SNHU.

# NEWS

## HOMECOMING 2012

Welcoming Alumni, Students,  
Families and Friends to Campus

**Audrey Borque**  
*Contributing Writer*

Homecoming Weekend 2012 is October 19-21, with events planned throughout the weekend on campus and around town to welcome and engage alumni, students, families, and friends of Southern New Hampshire University.

In past years, the university has celebrated Alumni Weekend and Family Day separately; this year, the offices of Student Life and Alumni Relations are working closely with a variety of departments and organizations to transform the experience into a collaborative Homecoming Weekend extravaganza.

Festivities will kick off on Friday, October 19, at 4:00 PM., with the official ribbon cutting ceremony at the newly reconstructed Robert A. Freese Student Center, followed by an all-campus reception to celebrate the university's 80th anniversary. The massive renovation to the Student Center was made possible by matching donations from alumnus Rob Freese '89 and the Student Government Association, which began putting aside a portion of the student activity

fee in 2004, with the goal of providing funds for renovation and maintenance of the Student Center.

Later in the evening, C.A.P.E. (Coordinators of Activities and Programming Events) will present Sip, Snack and Snap Night in the Student Center, giving all members of the SNHU community the chance to explore the new space, enjoy complimentary refreshments, and create commemorative photo mugs.

On Saturday, October 20, campus will be alive with celebrations of athletics, art, music, food, community, and class reunions. Event highlights include: athletic events, 2nd Annual Fall Run/Walk, Jazz Brunch, Penmen College, 3-year Scholarship reception, SNHUFest Street Fair and All-Campus BBQ, Native American Festival, University Address by President Paul LeBlanc, Family Dinner & Show Off Show, Greek Night, etc.

For the full schedule and to register for events, please visit <http://alumni.snhu.edu/Homecoming2012>. Please contact the office of Alumni Relations at [alumni@snhu.edu](mailto:alumni@snhu.edu) or 603-645-9799 with any questions and to get involved.



**2012**  
Homecoming Logo,  
by Patrick Owens '15

## IT'S A BUGS LIFE



**Megan Kidder**  
*Co-Editor-In-Chief*

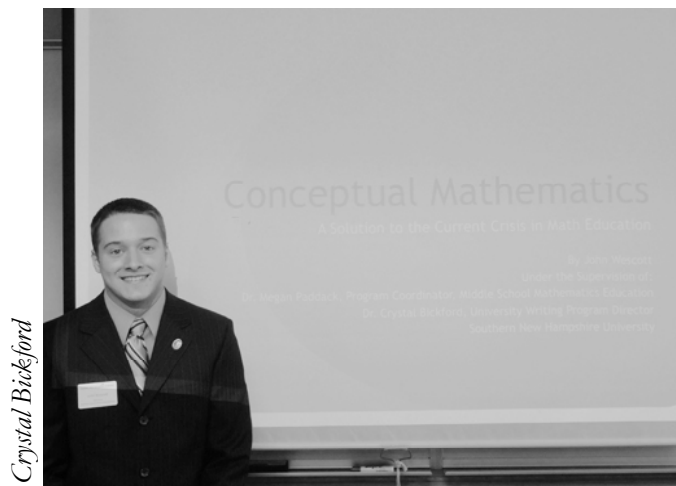
Latched on to window screens, crawling on doors, hiding in the crevices of classrooms, it is hard to miss the newest edition to the Southern New Hampshire University campus. The Western Conifer Seed Bug (WCSB) has decided to enroll this fall semester. MSNBC reports that the WCSB population has seen a dramatic increase this year compared to last few. The pesky bugs have become such a problem that universities, establishments, and households have had to take action against the invasion. SNHU's own Office of Residence Life issued an email throughout campus about the WCSB on the premises.

What do these bugs do? Are they dangerous? No. The WCSB is more commonly known as a Stink Bug. These insects don't bite or sting their human companions; they only leave a putrid smell after being squashed in hallways, classrooms, and dorms. Being located in the Northeast, a large number of these insects are not uncommon. They reside in pine trees, laying their eggs in the pine needles. According to SNHU's Residence Life, these bugs are sprouting up all over campus because of the early Fall season approaching and dropping temperatures. The bugs "aggressively" find their way to warmth as the colder

seasons creep up. They can crawl through tears in screens, open doors and windows, and even attach themselves to students' backpacks until they get indoors.

The oppressive amount of these insects is the only real cause for concern around the SNHU campus, but they do pose a threat to local crops. If one of these little guys should crawl through a door crack or an open window, avoid squishing the bugs. Not only is the scent unpleasant but also it can attract more of the WCSB to the area. Sweep, vacuum, or flush them.

## UNDERGRADUATE RESEARCH DAY RETURNS TO SNHU



*Please turn to page 05 for story*



# NEWS

## CRISIS IN SYRIA: A VIEW FROM SNHU

Travis Morin  
Staff Writer

*For a year and a half the nation of Syria has been in a state of constant crisis. As the Arab Spring of 2011 toppled regimes in Tunisia, Egypt, and Libya, the people of Syria took to the streets to protest the government of President Assad who has ruled since assuming power from his deceased father Hafez al-Assad in 2000. While the early months of the protests saw the Assad regime use brutal police tactics to put down the demonstrations, the situation has since spiraled in to a full-fledged civil war between forces loyal to the regime, and a rebel army composed almost entirely of defected soldiers. The conflict has resulted in more than 30,000 casualties, and a bulging humanitarian crisis both in Syria and in neighboring countries trying to absorb the influx of over 250,000 Syrian refugees. In this interview, Fateh Kalaf, a Southern New Hampshire University student who lived in Syria until he was 15 years old, shares his thoughts on the violence taking place in his native country.*

**PICK UP OUR NEXT ISSUE ON OCTOBER  
24TH TO READ THE INTERVIEW WITH  
FATEH KALAF**

## UNDERGRADUATE RESEARCH DAY RETURNS TO SNHU

CONTINUED (from Page 4)

Sam Doe  
Copy Editor

Next semester, Southern New Hampshire University will host its second annual Undergraduate Research Day. Students will be given the opportunity to undertake a research project of their own choosing, and will present their findings on April 3. A panel made up of students and faculty will judge the presentations and award cash prizes to three students who perform the best in three categories of excellence.

Research will be focused on attempting to answer a yes or no question, which will require participating students to formulate and defend an opinion based on research.

Students will have two presentation options at the end of the project. Those who wish may join a panel of students with similar topics, each of whom will give an oral presentation. Or, students may choose a visual presentation, in the form of a poster, with oral supplements as needed in response to viewer questions.

Any and all students interested in Undergraduate Research may attend a workshop being offered on October 10. At this workshop, students will have a chance to explore their interests and learn more about the project. Those who then wish to participate in the program will have until December 1 to declare the focus of their project and what they expect to prove. Students will be required to submit a complete abstract of their work on March 1.

Research topics need not be relevant to any given student's major or current classes. Dr. Karen Erikson, Dean of Arts and Sciences, says that one of the purposes of Undergraduate Research Day is to give students a chance to work outside the limitations of normal academic situations; it will allow them a chance not only to take direct control of their education, but also to be a source of knowledge rather than a receiver of it. Erikson goes on to say that she has high hopes that the project will help bring a "culture of research" and of curiosity to SNHU.



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# OPINION

## He's a Prick, Just Accept It

**Emily Winters**  
*Opinion Editor*

So you're waiting around for that special guy to call. The one you saw at the party or the club. You made the eye contact from across the room. You met halfway and he bought you a drink. You know the guy is a douche when he uses the line 'Are you from Arizona, cause I wanna make out with you,' but you ignore that because he's cute and you need some attention from the male species. And suddenly you found yourself in his room. It's a little too much attention male attention, but everybody has those weekends (at least, that's how you justify it in your own mind). Post-activities, you give him your number and he promises he'll call. Now here you are, three days later: no text, no call.

You might as well shit on your own face and spare him the trouble.

Movies we've watched and books we've read our entire lives have told us that men actually like us when they actually don't. And just when we start to accept the fact that they don't like us, we have a girls night and sit around listening to our friends give excuses for why that guy isn't calling. "Maybe he lost his phone." "He's probably really busy. I mean, he's on the baseball team."

The ultimate question is: do YOU text HIM? And the

answer is unequivocally NO, but we do while he's sitting around playing Madden with his friends. For the record, he's not texting you because he's trying to figure out how to tell you that he is, in fact, not interested in texting you. He's not interested in a relationship. And he's probably not interested in hooking up again because there are 500 other girls out there just like you.

The biggest problem with boys is that they are, in fact, BOYS. I know you're thinking that, by this age, boys have become men. But they haven't.

So your options are to:

A) Be a landshark and sleep with everyone without feeling (but you'll probably become a social pariah, so be ready for that)

B) Don't hook up with anyone and join the nearest convent

C) Go to the party and have an effing blast, but skip the hook up and the heartbreak

Answer: C, totally C.

But since we know we can't possibly commit to C every time, go ahead and have your hookup... but don't wait for the call, sweetie. Grab your girlfriends, a tub of Ben and Jerry's and rent He's Just Not That Into You, instead.

## She's Needy, Just Accept It

**Eric Beebe**  
*Staff Writer*

You're just finishing up that game of Madden with your buds and you realized there's a ridiculous amount of texts in your phone from that girl from Friday night. It could be three, it could be fourteen, but either or is just crazy. You start wondering why you two exchanged numbers, especially since you're reasonably sure that Friday was the only Friday you'll ever want to spend with her. It's not like she was bad-looking, but who needs the attachment? That's the problem, isn't it?

One answered text leads to another, and sooner or later she's demanding an answer to why you haven't responded in the last ten minutes. Now the question is whether your response is going to actually answer any of her questions, whether you should go straight into the "we're not even dating" talk, or whether you should dodge the bullet altogether. The last seems tempting, until you realize that if you couldn't even avoid running into

her in the café the next morning, you two are probably bound for another awkward reunion soon enough. Whatever happens, you're digging yourself a deeper hole.

Some response is probably better than none. After all, you'll probably have to see her again since she walked out with your only clean pair of gym shorts. Eventually, most of us bite the bullet. Unless you're positive the two of you will never cross paths again, one uncomfortable consolation talk will be better in the long run than countless awkward encounters following no resolution. And there's the real problem: why's there always have to be a resolution? Or even a problem to begin with? The answer always seems to be the same: girls want to believe a hookup leads to something more, and guys aren't looking to wife-up until they're thirty.

# THE UGLY TRUTH

## WE DON'T HAVE TO HAVE OUR FUTURE PLANNED OUT

**Sasha Leston**  
*Staff Writer*

Ever since I started attending Southern New Hampshire University in 2011, I have been asked countless times what my major is. When I respond with "I'm in the Business Program", there's always the follow up question: "Oh, do you want to start your own business when you graduate? I bet you have some great ideas!"

The truth is, I don't

know if I want to start my own business. Sure, it would be nice. But the reason why I chose this as my major is because it interested me, not because I already know exactly what I want to do when I graduate.

We shouldn't feel pressured into mapping out our lives before we've even had a chance to explore all the possibilities in our major.

So, yes, I may start my own business someday. I may not. The culinary students may become professional chefs, or maybe not. And the creative writing majors may become poetic geniuses, like Taylor Mali, but we don't know for sure.

Don't feel that you have to have everything figured out. You'll find your own path with time.



# ARTS & ENTERTAINMENT

## CONCERT REVIEW: BOYS LIKE GIRLS & THE ALL-AMERICAN REJECTS

**Megan Kidder**  
*Co-Editor-in-Chief*

To those concertgoers whose roots lie in the Pop-Rock genre, the long awaited return of Boys Like Girls (BLG) and The All-American Rejects (AAR) was a sight for sore eyes. After an over three year hiatus, Boys Like Girls headlined their hometown show in Boston, Massachusetts at The House of Blues in late September. Playing for a full house, the three-band lineup charmed a crowd of ages ranging from preteens accompanied by their parents to twenty-something year olds who have followed the bands from their start.

Opening for the U.S. Fall 2012 tour was semi-newcomer, The Ready Set. The sugary pop music exuded from their skinny jeans as throngs of hormonal “fan girls,” squealed. A recognizable song to the crowd was the band’s incessantly played radio hit, “Love Like Woe.” This annoyingly catchy tune succeeded in getting the audience prepared for the two star performances.

Having released their first hit single, “Swing, Swing,” ten years ago, The All-American Rejects returned to the stage with finesse that only seasoned rock-stars could uphold. Front

man Tyson Ritter, may have looked older and mentioned his status as an “old man,” multiple times but still wore his white and black striped leather pants like a professional. Ritter didn’t seem “old” in his bold climb up the House of Blue’s mezzanine to serenade fans stuck with standing room seats. With entertaining props like a flashlight microphone, AAR made their set visually stimulating as they performed their greatest hits from albums, “Move Along” and “When the World Comes Down.”

The home-team enthusiasm radiated from the venue, as Massachusetts’s own BLG took the stage as the closing act of the night. Eye-candy lead singer, Martin Johnson, barely needed to sing the choruses to the band’s songs due to the echo of the audience members singing along to every syllable. A backdrop of twinkle lights set the mood for the slower tunes like, “Thunder,” which the band crafted into a mash up with the intro harmonizing of popular song, “Some Nights,” by the band Fun. Seeing BLG welcomed back to Boston with open arms was a promising indicator that Boys Like Girls and The All-American Rejects are making a comeback.



Jessica Silva

*House of Blues, Boston*

## TELEVISION RECAP: DOCTOR WHO

**Ricky Riley**  
*Contributing Writer*

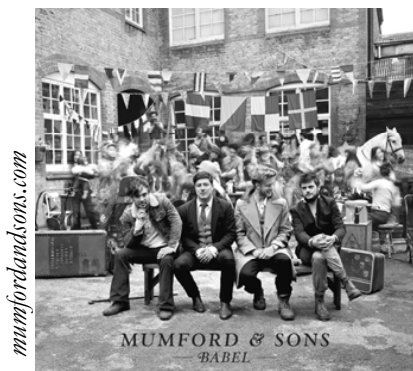
Throughout Matt Smith’s tenure as “the Doctor,” viewers have come to love his companions Amy Pond, Rory Williams, and River Song. An Egyptian queen, dinosaurs on a spaceship, a revenge-seeking cyborg, and an alien invasion cannot take away the real life issues that plague the time lord and his friends. Doctor Who is a show about the relationships of people and their emotions, not the time traveling or the science fiction. In “Asylum of the Daleks,” the Doctor and his companions must travel into an Asylum where insane and malfunctioned Daleks are kept. The Daleks

asked the Doctor to close an open force shield that was damaged when a space ship crashed into the prison planet. While there, action ensues; the Doctor gets help from the lone survivor of the wreckage, Oswin, who was turned into a Dalek along with her crew. Oswin created her own reality in which she believed that she was cooking soufflé’s to past time. What makes this the best episode of the season is that it asks the question, who are we? What is real? The Doctor defeats the Daleks with the help of Oswin, who wipes the Daleks of any memory of the Doctor. Unfortunately, Oswin’s reality and memory is also wiped. The themes of loneliness and sacrifice were apparent throughout the season. Traveling alone has made the Doctor darker and

time apart has changed his relationship with Pond. She loves the Doctor, and this season gives viewers insight on just how much by putting her in situations where she must pick Rory or the Doctor. In the final episode, “The Angels Take Manhattan,” she decides that Rory is more important to her and decides to live in a room (which the weeping angels trapped them in) for the rest of their lives. When the second part of season seven returns, River Song, the Doctor and his new companion have a large task. Their adventures must be entertaining but also thought provoking and emotional because the Doctor is just too complicated for anything less. Hopefully, the Doctor returns back to form.

## ALBUM REVIEW: MUMFORD & SONS “BABEL”

**Jessica Silva**  
*Creative Editor*



mumfordandsons.com

*Babel*, the long-awaited sophomore album from English folk-rock band Mumford & Sons, dropped on September 24. Three years after the release of *Sigh No More*, the band’s first album, fans are thrilled to have another album filled with even more raw, lyrical honesty. The deluxe-addition includes a mix of fifteen ballads, portraying the back-and-forth course of a rela-

tionship.

In “Whispers In The Dark,” front man Marcus Mumford sings, “But a brush with the Devil can clear your mind/And strengthen your spine.”

“There’ll be no value in the strength/Of walls that I have grown/There’ll be no comfort in the shade/Of the shadows thrown” he continues in one of the album’s best songs,

“Lover Of The Light.” It is a positive plea to remain hopeful and “love the one you hold.” While the band does not stray from their usual folk twang, the simplicity of these lyrics is the core of the album. Although it is not as strong as the first album, *Babel* is bound to sell records and hopefully even take home a few Grammys this year.

# HEALTH & WELLNESS

## DEFEAT THE FRESHMAN 15

**Jeff Kaiser**  
*Staff Writer*

Let's be honest, school food is not the healthiest thing in the world. College food, in general, has always received a bad reputation. This food traditionally tastes unappetizing and is not known for being a healthy choice. Now this being said, the food at Southern New Hampshire University tastes much better than the food at other universities. However, being a flavor junkie is not wise because it can be the flavor that leaves a bad taste in your mouth in the long run. Making the healthy choice is not as hard as some might think. Here are a few changes that college students can make in their diet to make sure staying in shape is a priority.

1. Replace the ranch dressing. A lot of people think that because they are eating a salad, it is a healthy choice. This is not always the case. Putting ranch dressing on a salad, adds calories. Instead of ranch, try lite Italian or lite French dressing.

2. Drink coffee or hot tea with your meal. As we all know, coffee and tea contain caffeine. According to Kathleen M. Zelman, licensed nutrition for Web MD, one benefit to caffeine is that it can actually increase metabolism. She says, "Some ingredients in energy drinks can give your metabolism a boost. They're full of caffeine which increases the amount of energy your body uses. They sometimes have taurine, an amino acid. Taurine can speed up your metabolism and may help burn fat." Soda has caffeine as well, but with such high concentrations of sugar, it ends up doing more harm than good.

3. Pick grilled chicken over a cheeseburger. Chicken is a healthy food because it is full of lean protein. Zelman

says, "healthy sources of protein include lean beef, turkey, fish, white meat chicken, tofu, nuts, beans, eggs, and low-fat dairy products." Cheeseburgers on the other hand are more processed and have a greater fat concentration.

4. Surprisingly, eating more will actually help people lose weight. Zelman also states "eating more really can help you lose weight -- eating more often, that is. When you eat large meals with many hours in between, your metabolism slows down between meals. Having a small meal or snack every 3 to 4 hours keeps your metabolism cranking, so you burn more calories over the course of a day. Several studies have also shown that people who snack regularly eat less at meal time."

As a college student, it can be hard to find healthy food choices. Even if the food choices presented may not seem healthy at first, finding a way to make any food healthier is easier than most may think. Whether that is putting a lighter dressing on a salad, drinking coffee instead of soda, or eating small nutritious snacks throughout the day, each will increase healthy eating habits. With healthier eating habits, that freshman 15 will be a problem of the past!

## HOME AWAY FROM HOME GYM

Who hates going to the gym? For a variety of reasons, many students raise their hand for this question. One reason may be the dislike of monotonous routines like walking on the elliptical or lifting weights. Another may be that students are more self-conscious about themselves, especially when it comes to working out in front of other people. Regardless of the reason, there is still the social pressure to be working out. The good news is that working out in the gym is not the only medium to stay in shape.

Each week a variety of exercises students can perform right in their dorm will be profiled and discussed, along with related health and diet tips. The challenge of this article is to its readers. If going to the gym is not enjoyable, turn on some music and try doing ten minutes of exercise in your dorm each day. Then each week, add a new exercise to that routine. Soon, those ten minutes will turn into 30 minutes. If ten minutes is all the time available, still workout but switch up the exercises preformed. To be committed to working out, students must enjoy what they are doing.

A popular workout method many people enjoy and the one that will be profiled this week is yoga. "Yoga Point" is the official online site of Vidya Gurukul University. This is a yoga school located in India, where its teachers spread the practice of yoga. There it states that yoga is not only a great exercise for toning, but also for relieving stress and centering oneself. There are ten different types of yoga styles, each of which focus on a particular area of the body, mind, or soul.

**Alicia Frazier**  
*Health & Wellness Editor*

These styles are: Bhakti, Karma, Patanjali's Ashtanga, Jnana, Hatha, Kundalini, Swara, Raja, Kriva, and Mantra.

Yoga poses are called an asana. Different poses target individual areas or issues. There are poses designed to tone muscles all over the body. In addition to benefiting the body exteriorly, yoga is internally beneficial because there are also specific poses to target the digestive system, spinal cord, breathing, metabolism, etc.

Another positive factor about yoga is that it may not grow as boring and repetitive as the gym because each pose is different. When doing yoga, it is important to count by the number of breaths taken. Always inhale through the nose and exhale through the mouth. Yoga is measured by form and strength, not by how sweaty one becomes. Timing how long poses are held by the number of breaths versus by just counting, forces the pose to be held longer. However, it is more beneficial to have the correct form and hold it for a smaller amount of time than to hold the incorrect pose for the entire count. Now, it is time to try some yoga! First, it is always important to stretch.

Slowly inhale while raising the arms above the head. Then slowly exhale, bending down to touch the ground. Inhale to return to the normal position. Lie flat on the ground with hands beside the body. Keeping the right leg flat on the ground, raise the left leg without bending the knee. Keeping it straight, rotate the left leg in a circular motion. Repeat this procedure with the right leg. This exercise will benefit and strengthen leg muscles, abdominal muscles, and the hip joint.

For more information about yoga and types of poses, go to [www.yogapoint.com](http://www.yogapoint.com).



# SOCIAL MEDIA

## CAREER FAIR CO-SPONSORED BY JUSTICE STUDIES ASSOCIATION ON OCTOBER 20, 2012

**Kaycee Gnatowski**  
*Social Media Editor*

The Justice Studies Association (JSA) will be co-sponsoring with the Alumni Relations Office a tri-function event including a Career Fair on Saturday October 20, 2012 at Robert Frost Room 110 from 1-5 PM. The event will host justice studies agencies from the local, state, and federal levels.

On this date, the Alumni Relations Office will also be presenting Tom Foley, an Adjunct Professor of Justice Studies and former Col

onel of the Massachusetts State Police, who wrote "Most Wanted: Pursuing Whitey Bulger" at the Robert Frost Walker Auditorium from 1:00 - 2:30 PM. Professor Foley will be discussing the pursuit and capture of the notorious Whitey Bulger. The book chronicles his time as the supervisor of the case that led to Whitey Bulger's indictment.

Books will be available for sale and signing. In addition, numerous alumni have been

invited, including Commissioner Ed Davis, Boston PD, Chief Paul Keenan, Quincy PD, Chief Karen-Lee Moody, US Probation and Pretrial Services-Maine, Chief Thomas Tarr, US Probation and Pretrial Services-New Hampshire, Deputy Chief Stephen Dubois, Portsmouth PD, Chief James Sullivan, Hampton PD, Chief Paul Donovan, Salem PD, and numerous others, to speak to our students.

campus wide events, one at the end of each semester. They have already started to plan the campus wide event for the end of the fall term.

To start off, the RLC of Discovering New Hampshire didn't want to stay on campus all year, so they decided to travel around New Hampshire to different events, sites, and activities. With their Program Director Beth Anderson leading, these ladies plan on joining with Cape for an off campus trip to one of the many interesting sites of New Hampshire.

While Discovering New Hampshire takes their program on the road, Program Director Michael Biancucci and the rest of Don't Stress are all about how stress is everywhere, especially as the semester comes to a close. Their program is about how to reduce that stress with exercise. For their end of semester event Don't Stress plans on renting out the small gym and inviting everyone to come down and play games, learn breathing techniques, listen to music, and have a good time.

As Don't Stress is releasing the pressures of everyday SNHU life, Paradigm Shift is coming at SNHU students with an "Express Yourself" theme. Through this program, led by Tyler Murphy, they hope to show the campus how self-expression can be communicated in different and personal

ways using all forms of media. For their end of semester event, Paradigm Shift will be holding an Open Media night. This will be set up like an art exhibit in which the students of Southern New Hampshire University get to submit work in all different forms of media in order to express themselves.

Last, but not least is Straight Edge, a program based on not using alcohol, tobacco, or other recreational drugs, headed by Program Director Matthew Danis. The term "Straight Edge" comes from a movement that started in the late 1970's and early 1980's as an alternative way to express independence in a fast changing era. Their end of semester event will be a movie night, watching Edge, which is a documentary about how the Straight Edge movement began, what it's about, and the evolution the movement has gone through over the years.

As can be seen the RLC programs are vast and many and should interest a lot of the SNHU population. More information will be provided on these events in the coming months.

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## COMING SOON: RESIDENTIAL LEARNING COMMUNITY EVENTS

**Rachael Hali**  
*Staff Writer*

The Residential Learning Communities (RLCs) are a collection of programs based on a group of students who come together to learn and spread knowledge about an overreaching theme. Lead by their joyous Director DaVaughn M. Vincent-Bryan with the help of his Assistant Coordinator Alexander Villagoomez, the RLC program gives a voice to students who wish to better themselves and their school.

The RLCs work by having a Program Director for each of the groups in the community. This year there are four groups: Discovering New Hampshire, Don't Stress, Paradigm Shift, and Straight Edge. Each of these groups will put on two



DaVaughn M. Vincent-Bryan

# SOCIAL MEDIA

## A NIGHT OF MAGICAL WONDER

David Scroton  
*Staff Writer*



David Scroton

On Friday October 28, Southern New Hampshire University had a welcomed guest put on a magic show for all the students. This magician's name is Mat Franco, who has been doing magic since he was only four years old. Most of the tricks he performed were card oriented. Now, while most magicians focus on astounding the audience with their tricks, Mat's show focused more on being fun and humorous.

His tricks included taking a \$20 bill from

one girl and writing her name on it and putting it in his pocket.

Later on, he pulled out a packet of ramen noodles from one of his briefcases and handed it to the girl to inspect for any holes or tears. Upon her realizing that it was perfectly sealed, he opened it and pulled out the flavor packet. But, instead of powder inside, it was the twenty the girl had given him.

For his next trick, he called a guy and a girl up on stage and gave them each ten cards and told them to hide them

somewhere on their body. Once they were done, he stalled for time a little by making small jokes and noises.

After that, he counted to three, twice and told the kids to pull the cards out.

As planned, the girl now only had seven cards and the guy now had thirteen. The show was a huge success, keeping the audience entertained and laughing for the full hour of his performance. It was a fantastic sight to see, and Mat will always be a welcomed guest on our campus from now on.

## FUN TIMES WITH THE SISTERS OF PHI OMEGA PSI

Lauren Sousa  
*Staff Writer*

After a fun filled summer it is time to get back into the swing of things, and the Phi Omega Psi sisters are doing just that. Over the summer the sisters were able to get some community service in, work the NASCAR races, and plan many fun events for this upcoming semester.

The NASCAR races were in Loudon, NH and even with the hot summer sun the sisters still had a great time! They enjoyed going back to NASCAR to volunteer on September 22 and 23. While the school year just began a month ago, the sisters have already been able to take part in some great volunteer opportunities. On Saturday September 8, a team of sisters volunteered in the Give a Little, Feed a Lot Food Drive. They were able to fill five shopping carts by walking around various neighborhoods and collecting non-perishable food items. It was wonderful to see so many families giving food to those in need and the sisters encourage everyone to try to give back as much as they can this

semester!

The sisters also helped out with Rachel's Challenge, a touching program dedicated to the first victim in the Columbine Shooting, which hopes to help bring a community closer together by asking them to do little things to better each other's day.

Aside from volunteering, the sisters could be seen at the Inter-Greek Council (IGC) block party on September 5. This event was a lot of fun and it was great to have the Greek community come together to host an event for the entire school. Some of the events during the block party included an inflatable baseball game, inflatable basketball game, palm reading, tarot card reading, frisbee and sunglass spin art, glitter tattoos, ice cones, and many more. The next day the fun continued with the Phi Psi Barbeque in front of Washington Hall. Participants enjoyed burgers, hotdogs, sodas, games, music from Radio SNHU, tie dying, bracelet making, alumni visitors, and a chance to

meet potential new members. The fun did not end there! IGC hosted a beach party on Larkin Field Sunday September 9. This event had a huge inflatable slide, popcorn, pretzels, mini corndogs, music, and beach balls - everything needed for a great day at the beach. Anti-hazing week took place from September 24 to 28 which included an anti-hazing brunch with a speaker from Alabama, the viewing of the movie HAZE, as well as several other things. With fall coming into full swing the sisters are talking about enjoying apple picking and corn mazes to celebrate the season. With the month of October comes Homecoming weekend, which will take place October 19-21. The sisters look forward to seeing their alumni sisters and catching up on some old memories.

Questions about RUSH, sororities in general, or Phi Omega Psi? Contact [brittney.freckleton@snhu.edu](mailto:brittney.freckleton@snhu.edu) or [PhiOmegaPsi@snhu.edu](mailto:PhiOmegaPsi@snhu.edu).

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# CREATIVE

Megan Kidder  
*Co-Editor-in-Chief*

## PART ONE

It was October. The fourth to be exact. A Thursday at 9:17 A.M. if anyone was keeping score. I was running early for what seemed like once in my life so I decided to stop into the coffee shop near my new apartment instead of drinking the wretched brew at work or settling for lackluster drive-thru java.

I had been eyeing Salinger's coffee shop on the corner of Mayberry and Cedar since I had moved in. The shop lived on the rounded corner of a red brick building. Brunette canopies jutted from the store length windows, shading the black iron tables and chairs outside. It was captivating, a postcard from the most charming spot in Paris besides the Eiffel Tower, dropped into my mid-sized American city.

The smell of cinnamon and coffee grinds floated through

the air as I walked away from my embarrassing attempt at parallel parking and continued down the sidewalk. A smooth modern jazz was audible underneath layers of strangers chatting and traffic.

I pushed back my dark brown hair with oversized sunglasses and scanned the color chalk upon the folding chalkboard on the sidewalk. I padded down the worn pathway, enjoying the chance to be taking my time instead of rushing. Little did I know, this break in my busy routine would lead to something bigger. Life has a way of making you bump into things.

Today it would introduce me to Seth.

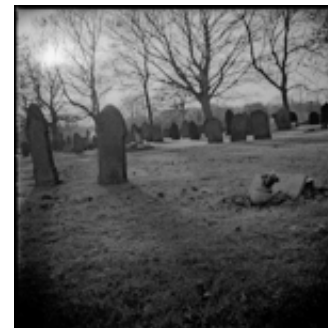
## THE CEMETARY

Howling through the stones,  
Whipping through lost souls,  
The wind brings terror to the living.

Rising over the land of the dead,  
The moon casts an eerie shadow,  
Creating fear in those who dare to enter.

Haunting loved ones' final resting place,  
Frightening even the most courageous of hearts.  
The cemetery is where nightmares go to play.

Rebecca Mitchell  
*Staff Writer*



## I \* \* \* \* YOU, BECAUSE

Dahvin Greenfield  
*Staff Writer*

There's always something to hate about one's mannerisms. People speak more openly about their insecurities than their religion. Nervous habits spread amongst the partygoers like wild fire. Nervous chatter slithers between sealed lips and tackles our tongues.

We boomerang insults off of each other, because a compliment is foreign self-hatred (I hate you because I love you for that). The remainder of coffee in my cup gives me an excuse to keep talking. How rude of me to leave the room, when I am still thirsty. We act selfless as a way to be selfish. "I did this for you. I did that. Now I want, I need!" Handshakes and hugs aren't suitable gifts for those who give and give. Apologetic text messages sent to those who

actually care are deleted, because words should be generated in only the mouth.

You there, sipping your coffee and picking at your biscotti, I hope you are taking notes. Yes, notes. Yet, I know in the corner of your notepad—which you call your "brain"—you are doodling my face, jawless. Why don't you just admit that you think I talk too much? You are forever anonymous until you speak. Compliments don't count as conversation. You see, we already went over this. You find me attractive; therefore, you find yourself far from beautiful. But, what if I called you attractive? It's crazy how much we sacrifice the moment our mouths open.

You purchased a pastry to go with your beverage, because you wanted something to

pinch, poke and pick at. Don't get me wrong, you can go ahead and pick on me. Pick on me; punch me; stand up and yell anything you want. No one is here. Well, no one who would care. You don't need an audience to speak up; no one comes to a coffee shop in hopes for a show. As you can tell, I did not buy a biscotti or scone to go with my coffee (cappuccino to be more specific). I don't want to choke on something delicious as you feed me garbage. Most garbage isn't worth much and that's why we put it out on the street for others to pick up, drop off, and pick up.

But this time, I'm listening.  
For real.  
Go ahead.  
Tell me what you hate about me.

# CREATIVE



*"Through" by Rachael Hali*

**Dahvin Greenfield**  
*Staff Writer*

## OPEN WEEKLY

Her mouth's a mail slot, slit by envelopes,  
Emptied on Fridays by boys (pockets filled  
With packs – sometimes gum, sometimes cigars, too)  
Who loosen their jeans – belts buckle their knees –  
Before one boy holds her like a green torch;  
Her white gown curls in the wind and rises  
Like a curtain above the boy's blonde brows.  
Underwear, laced and dry, that graffitied her  
Dress with pink – a thin trinity – led him  
To wonder if the thong could peel like skin of a banana  
Down her leg, border  
Her heels, and slip off like a hula-hoop.  
He felt her fingers fold on his waistline.  
Fingertips were wet and tasted like stamps:  
He knew this. She opened her mouth, just to  
Be filled again with packages: cigars?  
No. Candy? No. Envelopes? Maybe so.

**Brendan O'Donnell**  
*Contributing Writer*

## ODE TO A STINKBUG

Six-legged damsel, pheromones of the Gods.  
You adorn windows, white boards, and light fixtures  
like holiday tinsel left up past April.

Brown marmorated stink bug, I adore you  
when you tangle yourself in hair, a lover's braid,  
refusing requests to leave off and die.

Silly shield, there are no orchards in the dorms  
or halls. In your craven pursuit of sugar, you  
infested our homes and hearts and wallets.

You eat my tuition dollars, chew them up  
and spit them out like the delightful poison  
used by SNHU's ineffective pest removal.

You have taken the road less travelled, and  
Winter beckons beneath pheasant foliage. Soon,  
you will hide and hibernate, and I fear the lonely black.