

THE PENMEN PRESS

Volume XXII Welcome Back

September 2, 2015

penmenpress@snhu.edu

Manchester, NH



September 2, 2015:
National Blueberry Popsicle Day



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Tyler Leighton and snhu.edu

THE HEART OF CAMPUS GOT A LITTLE GREENER

Tyler Leighton
Co Editor In Chief

Southern New Hampshire University (SNHU) has always taken pride in its forward movement and innovation. This has been seen in many renovations, "green" updates, and programs to benefit the student body.

The most recent "green" update has been the construction of a green space in what used to be a parking lot. The summer provided students with updates and promises of a finished space by the start of the 2015-16 school year.

Emotions over this new project were mixed, with many commuters concerned about parking while others were just happy to have a place to play Frisbee. Michelle Hegenauer, on-campus sophomore says, "I'm really excited for the Green Space! I think it will add a lot to our campus!"

On the other hand, commuter Laurelann Easton stated, "I don't see why we needed a green space for people to use when people seemed to be using the area in front of the library in that way; it mostly just reduced a lot of parking which isn't very helpful."

Second year resident Stephen



Tyler Leighton

The Green Space under construction over the summer.

Denis says about the new Green Space, "It's a shame there will be snow covering it for 5 months of the year."

Other renovation projects in the works are also highly anticipated by all members of the SNHU community. Among these is the construc-

tion of The Gustafson Welcome Center which is set to break ground some time in December. Another will include the renovation work being done on the old library which is soon to become a permanent home to many resource offices.

The Green Space will offer

new opportunities for all students, commuters and on-campus alike. Whether it's a place to congregate, to sit and play the guitar, to enjoy a picnic, or throw around a football, this new addition to the SNHU campus will be one to enjoy for years to come.

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WELCOME BACK TO SCHOOL

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LETTER FROM THE EDITORS

**Tyler Leighton
Bryan Creevy**
Co Editors in Chief

Back at SNHU again? Isn't it grand? Yeah, I thought they'd finish that road by now too.

Two matters at hand! Another year at SNHU means a new edition of the Penmen Press and this year we decided to try something new. We designed this special Welcome Back issue of the Penmen Press for new and returning students to bring them up to speed with what happened last year and what happened on campus over the summer. Also, we wanted to offer the clubs and organizations on campus a place

to share their stories beyond the sweaty gymnasium.

On September 24, the first issue of the Penmen Press this year will be distributed in the Student Center.

If you have any interest in writing, public relations, graphic design, or just about any other major this school offers, we would love for you to join the Penmen Press. Joining is as easy as coming to a meeting once a week, Wednesdays at 2 p.m. in Robert Frost Room 301.

Joining the Penmen Press can be hugely beneficially to all students. Not only does it look great on a resume with multiple leadership opportunities available, but

students who contribute to the Penmen Press are able to gain 1.5 credits each semester they work on the paper, which equals one elective class every year you don't need to take! All you need to do is write some 200 word articles, sell a few ads, and write some tweets!

We hope to see you at our meetings and would love to welcome any and all new members. Our staff is working hard at writing a paper that can both inform and entertain students in ways that we never have before. All we ask for this year is that you give the Penmen Press a chance. Take a look for yourself.

From all of us here at the Penmen Press... Welcome back!

VOLUNTEERS WANTED

Megan Palmer
Copy Editor

The Center of Community Engaged Learning (CCEL) is proud to announce the seventh annual Give a Little, Feed a Lot food drive. With such, they are looking for volunteers who want to give something back to their community and make a positive change.

Taking place Saturday September 12 (rain date September 13) from 9:30-12:30 p.m. students, staff, faculty, and alumni will join together in service to gather pre-constructed bags of food from the North End of Manchester.

Last year, 156 volunteers worked together and collected more than 5,960 pounds of food for the New Hampshire Food Bank. Over the past six years, CCEL has collected more than 40,000 pounds of food.

Those seeking to volunteer can sign up in the CCEL

office located in Stark 14 or by visiting the CCEL Facebook page.

For more information on how you can get involved and

find your place on campus, stop by the CCEL Open House on September 23 between 2-4 p.m. in Stark 14 or email seve@snhu.edu.

Center of Community Engaged Learning



Last year's Give a Little, Feed a Lot food drive.

HOW TO SNHU

LIFE IN MANCH-VEGAS

Tyler Leighton
Editor In Chief

Southern New Hampshire University (SNHU) is a school that has many great amenities. Almost every day there's an event on campus. The only problem is that poor advertising and general disinterest from the student body means that most of these events are left unattended. As a result, oftentimes new students who are looking for food or fun find themselves stuck in their dorm rooms or driving the streets of Manchester and Hooksett in search of almost anything.

Food is one of the most vital resources to all college students, and although the Dining Center is consistently delicious, it's important to preserve meal plan money.

Luckily, just a mile away from campus is Hooksett Road, home to Taco Bell and KFC, McDonald's, as well as local establishment Mr. Mac's. All of which are within walking distance of SNHU, or if you plan on dining at any of these restaurants consistently, a weeble's wobble of campus.

Also residing on Hooksett Road is the Hooksett Cinemagic movie theater, home to every new release that you can think of as well as many cult classics. Although, if it's a more extravagant movie going experience that you're looking for, the Regal Hooksett 8 and you're willing to drive to Technology Drive in Hooksett offers soft recliners and a rewards program.

Last year it was also possible for students to receive "Free" Regal movie tickets by redeeming six bottles of Minute Maid juice, which is available at both Penmen Place and the Dining Center.

A car is a very important thing to have at SNHU. In order to satiate the college shopping need, going off campus is often the best option. Unless you're willing to spend \$60 on a school branded sweatshirt, you'll have to take your business elsewhere; most likely to South Willow St. in Manchester.

South Willow Street is notable because it holds nearly every business or store that you can imagine: Barnes and Noble, if you're looking for textbooks; Newbury Comics; Five Below; Five Guys; Chipotle; and Taco Bell, which is notable because it's open until 3 a.m. unlike the Taco Bell / KFC on Hooksett road which closes at 11 p.m.

But, the best attraction is the culmination of many: The Mall of New Hampshire, which is home to over 125 specialty stores, as well as Buffalo Wild Wings, and is open Monday to Saturday, 10 a.m.-9 p.m. and Sunday 11 a.m.-6 p.m.

For an average college student it can be hard to find rides. That's why delivery food was invented. Mr. Mac's (603-606-1760), Pizza 9-1-1 (603-625-2201), and Domino's Pizza (603-668-2252), as well as a few other restaurants all deliver straight to dorm rooms, so watch out for the delivery cars. SNHU is a great university but it can't supply everything that the average student needs.

That's why everyone should go out and explore Manchester and Hooksett and whatever other part of New Hampshire you end up in. Not only because of clothes, food, and books, but because staying on this campus every day is a waste. Funspot, the world's largest arcade is only an hour away, Hampton beach is only an hour away, Boston is only an hour away! Take advantage!

CONVENIENCE AT PENMEN PLACE

Bryan Creevy
Editor In Chief

When arriving at Southern New Hampshire University (SNHU) for the first year, locating the Dining Hall isn't that difficult a task for students, but that isn't the only location on campus where students can stop by for a bite to eat.

The Penmen Place is a small café located in the Student Center right across from the Bookstore and it has its many uses that the Dining Hall can't provide. The Penmen Place includes a small area where students can order a variety of breakfast sandwiches and meals and get their early morning cup of Starbucks. Right across from that counter is a few aisles of snacks and microwaveable meals.

Fortunately, anything bought from this mini convenience store can be paid for using your student meal plan, so if students are living on West Side and don't feel like making the trek across campus to the Dining Hall or if there is just too much money left on their plan by the end of the semester, the Penmen Place is the place to go to make full use of all the funds on your meal plan.

During the regular week days, the Penmen Place is open at 7:30 a.m. The counter where you can



The Penmen Place sign located in the Student Center.

get your coffee closes at 6 p.m. while the convenience section closes at 7 p.m.

The convenience store sells frozen snacks and meals; microwaveable meals like Beefaroni and Ramen Noodles; dairy products like cheese sticks; Lunchables; bottled water, soda, and juice; chips and 12-packs of soda; candy; and the popular F'Real Milkshakes.

Other than Starbucks, at the counter, students can pick up ba-

gels, a variety of egg and cheese meals, English muffins, scones, cookies, Danishes, hot chocolate, and many other options.

The Penmen Place is a vital part of living the SNHU life as students tend to visit it quite often during the school weeks. Students can utilize it for any spur of the moment cravings during the school year or even to just stock up on what was forgotten while moving in.

DEALING WITH WIFI WOES

Jesiree Carrera
News Editor

At Southern New Hampshire University (SNHU), there is a wide assortment of advanced technology like the 3D printer, the Raspberry Pi, and Innovation Labs with different programs that students can utilize to get the full potential out of their classwork and assignments; however, there seems to be one glitch: the WiFi.

As with many different campuses and other places that allow many users onto their WiFi systems, it can be slowed down more and more due to the student body and the professors constant access. SNHU has been working on adding more WiFi routers so that the amount of access points for

everyone on campus can work faster and more efficiently.

One major problem with adding the different access points is the difficulty connecting to a stable and solid connection while wandering around the campus. With more and more routers being added, the system's connections tend to bounce around and do not supply a strong connection to the users.

With the WiFi on campus, it has been suggested to avoid using wireless printers from one's dorm room. While the Information Technology (IT) Help Desk has been trying to come up with other solutions to their WiFi woes, students should realize that with the

Please turn to Page 4

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Muse Paint Bar on Hanover Street in Manchester.

HOW TO SNHU

GOT MUNCHIEZ?

Matthew Martin
Sports Editor

Starting this fall, the late-night food run will not have to be McDonald's, Pizza 9-1-1, or Red Arrow. Instead, stay on North River Road and grab a quick bite to eat from fellow Southern New Hampshire University (SNHU) students.

In the early spring of 2015, the Munchiez Food Truck debuted briefly at the Granite Bowl flag-football tournament and just before finals week to give on-campus inhabitants an idea of when the truck can be expected to be under operation. This was a trial run for both students working the

truck and those getting food.

This food truck is a SNHU student found-and-run business on-campus. Munchiez serves up the basic fried foods that cure the crave for something greasy on the weekends late at night. Their menu includes chicken tenders, French fries, onion rings, mozzarella sticks, juicy burgers, hot dogs, and much more.

The truck will be open to SNHUs on Thursday, Friday, and Saturday nights from 10 p.m. until 2 a.m. When the tummy starts to growl at the stroke of midnight this year, swing on by Munchiez Food Truck and enjoy a tasty and satisfying treat.



SNHU's new Munchiez food truck, read and open for late night buisness.

THE LEARNING CENTER

Annie Boghigian
Health & Wellness Editor

Southern New Hampshire University (SNHU) offers a multitude of options for students who have fallen behind in a particular class or who are simply looking to better their knowledge of a subject. Tutoring options include walk-in tutoring, one-to-one tutoring, professional tutoring, and mentoring.

Some students may also have classroom assistants in their classes to help with subjects such as writing, math or IT. Math Tutoring Coordinator Kathy Willis explains that classroom assistants are "an additional resource for students for assistance with questions regarding assignments or reviews for exams."

Walk-in tutoring is one of the most popular forms of tutoring. With specified times throughout the week, students have access to tutors in the Library Learning Commons, found on the second floor of Shapiro Library, without making an appointment.

One-to-one tutoring on the other hand, assigns students to a single tutor with an assigned time

during the week. In order to obtain a one-to-one tutor, students have to attend three walk-in sessions.

According to professor and Writing Tutoring Coordinator Selina Marcille, "All tutoring services are free and a student just needs to come to The Learning Center and complete a "Request for Academic Assistance" form indicating the areas they need help."

Students also have the option of gaining a mentor. "Mentoring focuses on improving collegiate skills like time management and organization," said Marcille. Marcille then went on to explain "SNHU Writes," a new blog created to help students by providing tips and resources. It will be launched in the fall for all SNHU students.

Tutoring for the fall 2015-2016 school year will start on Sept. 8. Any student looking for additional support in a class is encouraged to stop by the second floor of the Library Learning Commons to sign up for one-to-one tutoring or get the schedule for walk-in tutoring. The schedule can also be found online under the tutoring tab on students' my.SNHU account.

WIFI WOES

Continued from Page 3

amount of traffic throughout the campus, the WiFi will be slow and it may be difficult to connect at times.

If the connection still doesn't get better after a few hours or so, students can head over to the IT Desk in the Learning Commons or to the IT Help Desk in Exeter.

SPEND THAT MEAL MONEY

Katerina Wilhelmi
Creative Editor

Hello and welcome to Southern New Hampshire University (SNHU). SNHU is a beautiful place to learn and discover new things. It's also a great place to eat.

Each new student, freshmen and transfers alike, receives a \$1,600 meal plan. To some, this amount may not seem like enough; however, as you will find out by the end of the year, it really is enough and more.

Many students have hundreds of dollars left over at the end of the school year. It's possible

to request that Sodexo return the extra money to you but they will only return a small percentage of the leftover funds after taking out a predetermined fee. That's why it's important to make sure your plan is at \$0 come summer time.

There are a lot of ways to spend that meal money. For example, you can spend it at the Penmen Place, which is the campus' convenience store located in the Student Center or at the dining hall, where there are many places to spend meal money that serve delicious food.

Another way to spend meal money is to befriend a commut-

er. Commuter students have less money on their meal plan, so paying for their food will benefit both parties. Athletes usually run out of meal money the fastest. This is because they physically tax themselves day after day. Paying for your friends is a great way to get rid of that extra cash.

Even if you find yourself with extra money it isn't necessarily a bad thing. At the end of the school year in spring you have the option to donate any amount left on your meal plan to the New Hampshire Food Bank.

By following these tips, you can be sure that your meal money will not go to waste.

BLACKBOARD HELPS STUDENTS

Jesiree Carera
News Editor

Blackboards were great back in the day for knowing what the assignments were and finding out the assignments' due dates to hand in on time to the teacher.

Nowadays, Blackboard is a great tool for communicating with professors and the rest of the class, figuring out the assignments, and getting updates on what is happening in class that day or even possible extra credit opportunities. Each student has their own Blackboard linked to their MySNHU page for easy access.

Most professors tend to utilize Blackboard to introduce themselves and upload their contact information so that their classes know how to contact them as well as when their office hours are. They may also use it to post their syllabi for their different classes over the semester.

Not only are most of the class assignments up on Blackboard, but it is also very useful when it comes to starting class discussions so that one may ask questions about upcoming assignments for the entire class to know. By starting class discussions, one can gain insight into what is expected from the proj-

ect or paper, or simply acquire opinions about the progress.

Whenever one uses Blackboard, they have to realize that it will most likely be down or undergoing maintenance, especially at the most crucial points like right before a deadline. Students should make sure to stay on top of their assignments so that they don't have to worry when the website is down.

A great way to be able to use Blackboard is by downloading the app. It provides an easy but mobile way of knowing the information and even lets you upload some of your assignments to your professors.

HOW TO SNHU

SURVIVING THE LOWER SUITES

Mary Shakshober
Staff Writer

So you receive your room assignment and see that you are in Merrimack Suite 2, Ossipee Suite 1, or maybe Winnepesaukee Suite 3. Congratulations, you've been recruited by the Lower Suites.

Despite the luxurious name of the Lower "Suites", unfortunately this residence area is far from luxury accommodations. The Lower Suites residence area receives very mixed reviews based on personal living style preferences. For someone who enjoys being around and sharing space with other people, the Lower Suites is probably a great place to live as far as the

social aspect of the adjustment to school.

However, someone who likes alone time and values privacy might not benefit from the setup of the area because of the unique way that the Lower Suites are designed. While most college dorm buildings are large and have three to four floors, the Lower Suites residence area is a cluster of three separate buildings that each have three "suites" within them.

One "suite" is like the equivalent to a typical dorm "floor" with about twenty people per suite. Each suite is set up almost identically with two front entrances that lead directly outside with no lobby area first.

Welcome Back Issue Once

walking into the door of a suite one can expect to see straight in the common room and up the set of stairs. There are typically five or so double rooms, single rooms, and the common room on the first floor while the rest of the double rooms, single rooms, and bathrooms are on the second. Each "suite" has two women's toilet stalls and two sinks with a separate shower room with two women's showers. This same set up is made likewise for the men's facilities.

Everyone has their own opinions of the Lower Suites, so make your own and try to make the best out of the situation. At the very least, the insane walk to get to anywhere on campus is good exercise!



The lower suites residence area near parking lot 5.

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

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

BARGAIN BOOKS

Jesiree Carrera
News Editor

College tuition, room and board, and the freshman meal plan is enough to put a financial strain on a person, even with financial aid in the form of scholarships, grants, and student loans.

With most freshmen taking about five classes in their first semester, the new money problem becomes worrying about finding the books for those classes.

While going through the school bookstore is the best way to make sure that it is the correct edition of the book,

it is probably the most expensive way to buy all of the books that are needed for all of the classes that semester. A better solution is to look online for cheaper prices.

Some of the best websites to use are Chegg.com, Amazon.com, Bigwords.com, AbeBooks.com, or DealOz.com. Most of the websites give you an option to buy new, used, or rent just as the Southern

HOW TO FRESHMAN



Freshman orientation banner welcomes new students.

Megan Palmer
Copy Editor

Alright, listen up. I know you're essentially an adult. Big world. New campus. The world is your oyster, the sky is your limit, you're a free, majestic bird now soaring over your campus kingdom.

You think you know everything and hey, maybe you do. Maybe the next couple hundred words are self-explanatory. Who cares, read them anyway.

Here are some common sense guidelines on how to be a freshman. But they can apply to just about any university goer, so don't feel excluded upperclassmen. Here goes.

Number one. For the love of god, go to class. Seriously. You're eating ramen and salted peanuts to sustain a life screwed over by the cost of tuition, at least get your money's worth. Learning is fantastic.

Read the syllabus—or at least skim it; c'mon, professors work hard on that stuff. And speaking of professors, talk to them! They're people too and office hours can be your best friend.

Don't bother with awful people. Public education is basically 13 years of that drama. Don't waste today on it too.

Talk to your parents every now and then. Grandparents too. They'll

probably send you cash.

Feel overwhelmed. And homesick. And sad. And then learn how to deal with that and turn it into something that will make you stronger.

Also, it's cool not to know how to deal with said stuff on your own. Luckily enough, there are professionals and counselors, advisors and professors who want to see you succeed and are here to help. Needing that isn't shameful.

Shower. And do laundry. And clean your room.

Don't pour your bong water in the common room sink.

Always back up your files. Dropbox is a lifesaver.

Write stuff down. Take pictures. You'll be happy you do.

If you're going to post your college shenanigans on Facebook, don't. You never know who is watching. Like Grandma. Or your high school English teacher. Or your neighborhood priest.

No excuses. You have no reason not to do all the things you said you would. No reason not to go to class, do your work, join a club, exercise more, or ask out the attractive person who lives in your dorm. In the words of Shia Labeouf, "Just do it!" In the words of myself, nut up or shut up.

And above all, be you, be present, and go for it.

New Hampshire University (SNHU) Bookstore does.

While checking to see what books are needed for the first semester, make sure to check the edition, quality, and availability of the book. If these don't match the required book for the class, it may not be the correct book used in the course.

During the first days of classes, students should ask

their professors which books they can purchase the PDF version for or if they truly need to bring their copies of the books to class. Most professors may not need the students to bring the textbook to class or they may even allow the students to bring in nooks, tablets, or laptops to access the electronic PDF copies of their books and readings.

HOW TO SNHU

ROOMMATES: FRIEND OR FOE

Katerina Wilhelmi
Creative Editor

It's a Thursday afternoon and you've just come home from school. You are ready for the weekend to come so you can relax. As you walk up to the mailbox you say a silent prayer that the acceptance letter you are desperately hoping for is here. There it is, the big envelope from Southern New Hampshire University. Finally, the next chapter of your life can begin!

Here comes the fun part: picking a roommate. By joining the SNHU class of (insert graduation year here) you can meet new people and potential roomies. By getting to know people, you can figure out what you are looking for in a roommate. There are so many concerns that a lot of incoming freshman have. What if they smell, what if they're too loud, what if they're mean, or



Sony Pictures

Disclaimer: do not try this in your dorm.

what if we just don't get along?

All of these concerns are legitimate, but there are a lot of ways to solve any issues that may come up. Resident Assistants are always there to support you, and Resident Directors are very help-

ful as well. Confronting the issue head on is better than avoiding it. Roommate contracts are a great help to solving any issues that may arise. Roommates can seem like your enemy at times; but they can also become your best friend.

OH NO, IT'S THE RA

Jesiree Carera
News Editor

Knock, knock, RA on Duty!" is not normally what people want to hear within their dorms.

Resident Assistants are specially chosen from an interviewed pack of applicants and trained to deal with problems within the residence halls. Each floor has at least one and they are responsible for door tags, bulletin boards, and the events for the floor.

They will also have floor meetings depending on what needs to be discussed. Within the first week or so, they will conduct ice breakers to get to know their residents and get everyone acquainted with one another.

Not only will they do this, but they will also state the rules and common knowledge for everyone living within that area. Most of them will have the common area covered with posters that let residents know about the quiet hours, Public Safety, and where to place their trash.

Besides the rules, Resident Assistants are also useful for asking questions about the campus, clubs, and classes to take, as well as about roommates and the general space that is shared in the dorm.

To get along with a Resident Assistant, make sure to follow the rules within the dorm and be nice and courteous to the other suitemates.

Keep Up With SNHU!

Facebook - /SNHUOnCampus
Instagram - /SNHUOnCampus

Twitter - @SNHUOnCampus
Pinterest - /SNHUOnCampus

HOW TO MANUEVER THE DINING CENTER

Mary Shakshober
Staff Writer

Okay, so you walk into the big building next to the library known as the Dining Center. Now what? The Southern New Hampshire University (SNHU) Dining Center is a little bit different than most schools' dining halls.

The SNHU Dining Center does not function under a "swipe in, swipe out" basis, but instead everyone is charged after they get their food and pays a set price for each item. Anyone can go up as many times as they'd like to get more food, but expect to have to pay after each time.

With all of this said, whether or not a person uses up all of their meal plan money is dependent only on how much food they bought. All freshmen receive the Penmen Gold meal plan that provides for about \$1600 per semester. So go ahead and buy the good stuff!

The Dining Center itself is open from 7:30 a.m.-11 p.m. Monday-Friday and Saturday and Sunday from 8:30 a.m.-11 p.m. but only certain stations like the Mill City Grill and La Trattoria serve food all day. The



DineSNHU

Fast Eddy making a mean omelette. Get there early to beat the line!

other stations only serve food during normal meal hours.

The Dining Center, despite what some chronic complainers say, has a variety of food and you can almost always

find something that you'll like. Food stations include Sushi Sushi, Salad Toss, Mill City Grill, Global, La Trattoria, Traditions, Fiesta Zone, Ultimate Deli, as well as soups and pre-packaged

foods and drinks.

Some of the crowd favorites are the Mill City Grill, Global, La Trattoria, Traditions and Fiesta Zone.

While you might wait for

a little while in line at the Mill City Grill, it's usually worth the wait. This station has burgers (cheeseburgers, veggie burgers, turkey burgers, and specialty burgers), various kinds of grilled chicken sandwiches, steak subs, French fries, onion rings, and the always popular "go-to" choices, the "Chicken Grilla" and the chicken tender basket.

The Global station is, typically, made-to-order cuisine with a menu that changes on a daily basis. Popular items are maple-pecan chicken, rainbow tortellini, and the chicken pesto BLT. Traditions is the one hot cuisine station that is not made-to-order food.

Traditions is home-style, buffet style food (although you still do not serve yourself). Pasta with red sauce or Alfredo is always available at this station and other changing options like baked chicken, mashed potatoes and more. At La Trattoria, anyone can order a custom calzone, personal pizza, flatbread, or slices of pizza.

Finally, at the Fiesta Zone students can get taco salads, quesadillas, loaded fries, burritos and other Mexican food options.

HOW TO SNHU

SENIORITUS: HOW TO BEAT IT

Natasha Sudiaman
Guest Writer

Seniors at Southern New Hampshire University (SNHU) return from their summers with feelings of stress and a developing case of the infamous senioritus. After three grueling years of late nights typing on laptops, reading textbooks until eyes turn red, and searching for the right career path, graduation is finally within reach.

Yet, when students get to their final year, it is easy to lose hope and allow stress to take over. There are four important tips to keep up motivation and avoid feeling lost.

The first tip is to talk. Talk to professors, talk to the career development center, talk

to family members, and most importantly, talk to employers. Even if a senior currently has an internship in a desired field or is going to graduate school, it is still better to make the effort to communicate with professionals.

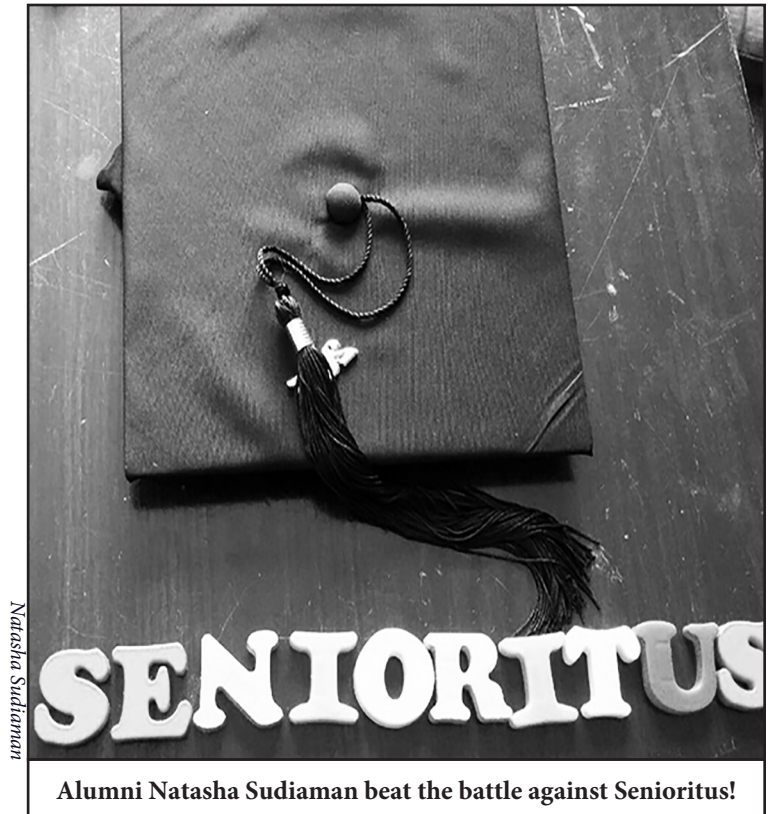
Plans are not always set in stone. Graduate school may prove to be unfitting and the job market is constantly changing. Seniors should develop a network of professionals to open possible opportunities and just to talk, especially for times when stress gets too high.

The second tip is to have fun and remember to take a break sometime. Seniors should try doing some SNHU activities. Join clubs, attend a concert, go on a school trip,

eat late night breakfast, watch a movie in the Pub, dine at the Quill, and get that 3D statue printed while there is still time.

The third tip is not to forget to map out goals for the future. Consider making a plan to pay back student loans and figure out a solid career path. Don't allow senioritus to take over. Remember that passing classes is still a job and keeping this mentality in the workforce is the key to success.

The final tip for seniors is to smile and remember their accomplishments thus far. Jumping into the real world after SNHU can be a scary thought. Take it one day at a time and keep the end in mind.



Alumni Natasha Sudiaman beat the battle against Senioritus!

SURVIVING SNHU 101 - AND MORE

Tyler Leighton
Editor In Chief

There are dozens of courses offered at every university: lit classes, biology, and math classes just to name a few. All of these schools take these courses and make them their own, offering completely original classes to their students.

Ever since Southern New Hampshire University (SNHU) stopped teaching "Breaking Bad," there seems to be a lack in the "originals." The only originals left are SNHU classes: 101, 202, 303, and 404. And it isn't very original when we all have to take them.

New students must be curious about what SNHU classes are. They are mandatory for graduation no matter what ma-

jor you study, and they're only worth one lousy credit!

The SNHU course catalog describes SNHU 101 as "the first in a 3-course sequence (SNHU-101, 303, 404) designed to support your academic, personal, and professional development."

All that sounds just great but doesn't really sound like a class. The classwork required in a SNHU class varies greatly, and seems entirely dependent on the professor. Some require biweekly journals graded mostly on participation. Other teachers have weekly homework that they grade harshly.

The lesson here is to look up your professors on a certain professor rating websites. This happens because several SNHU classes aren't taught by actual professors; often they

are taught by employees of the university, causing the grading system to be incredibly inconsistent.

The best thing to be said of SNHU classes is that they can sometimes make you think about your life after college. SNHU 303 and 404 are specifically designed for this.

If you take these moments seriously you can learn about many internships, jobs, and even how to properly assemble a LinkedIn profile. SNHU classes are a necessary evil. Necessary because you need to take them and evil because of how inconsistent each class is.

But by treating each SNHU class as a place to think about and prepare for your future all students on campus can benefit from taking them.

Do you love to write? Do you want to get involved on campus? Do you want class credit? JOIN PENMEN PRESS!

GET INVOLVED: JUST DO IT

Rebecca LaBoeuf
Copy Editor

As you enter college, you have probably been advised to join clubs and become involved on campus hundreds of times. From academic advisors to family, tour guides that first showed you around the campus to wise college graduates, everyone has told you their life changing stories about their involvement in college or their regrets because they were not. Even if joining a club doesn't turn out to be life changing, it will still help you acclimatize to college.

Southern New Hampshire University (SNHU) has a wide variety of clubs that you can join. There is bound to be a club here that you would enjoy participating in. Plus, if none of the clubs SNHU offers peaks your interest, it is easy to form your own club. Joining clubs will not only result in perfect excuses for homework breaks, but it will also help you meet other students that have similar interests as you.

Involving yourself on campus through clubs and organizations is one of the fastest and easiest ways to make you feel like you truly belong here. You get to do something that you're interested in or passionate about



Just DO IT!

alongside others who share those feelings while making the campus a more exciting place to be.

You should make every effort to attend the Involvement Fair to see all of the clubs that SNHU has to offer. Perhaps through joining one you'll make lifelong friends and even discover something new about yourself.

SUMMER FILM REVIEWS

JURASSIC WORLD

Tyler Leighton

Arts & Entertainment Editor

Let your nine year old self rejoice; dinosaurs are back! That's what "Jurassic World" proved this summer breaking the record for the highest box office opening weekend ever on its way to becoming the third largest grossing film of all time. The record breaking performance was unexpected, given that the film is, at times, largely unspectacular.

Another of the summer's many reboot sequels, "Jurassic World" escalates the premise of Jurassic Park in the perfect way. This time the park is open. It's been open so long that attendance is dropping off, people aren't satisfied with the same old dinosaurs.

This leads the park's scientists to genetically engineer a new dinosaur, it seems unlikely that they stopped to think if they should, and of course it escapes and wreaks havoc on the vacationing masses, which is unfortunately just the start of a needlessly confusing plot.

Jurassic World is, a by the numbers, summer popcorn blockbuster. Huge action set pieces that don't have any relation to the plot or actual suspense. They just serve as road bumps, slowing the protagonist's progress in reaching the end of the movie.

What's odd about the film is that there is a character, Lowery (Jake Johnson) whose entire character is explaining to the audience that the original Jurassic Park was "legit"

compared to the new version. It doesn't take a genius to realize that this is the filmmakers' referencing the original movie's superiority.

In fact, multiple characters speak meta-dialog bemoaning their bosses constantly asking for larger thrills and more "teeth." It doesn't feel genuine when "Jurassic World" then transitions into an unnecessary special effects heavy actions scene.

All of these issues are excusable, but the biggest slight against "Jurassic World," the most unforgivable thing this movie does, is waste the talents Chris Pratt, as well as every other actor, but mostly Chris Pratt! Easily one of the most charming and funny male actors currently in Hollywood, is left acting each



MovieWeb

scene as stiffly as possible.

"Jurassic World" does what it sets out to do just well enough, and shows no desire to change the formula for blockbusters that have proved so suc-

cessful in the past. The formula makes for a dumb but incredibly watchable movie, one that will surely be repeated for the next several installments of the Jurassic series.

FANTASTIC FOUR



Steadfast

Tyler Leighton

Arts & Entertainment Editor

There's something beautiful about watching failure. This attempt at a Fantastic Four reboot was a disaster from start of production to the time it reached theaters and the final film is a constant reminder of this fact. But with all of that being said, "Fantastic Four" is a film that's well worth your time even if it's only real appeal is seeing \$122 million burning on screen in front of you.

Marvel's First Family has had a poor history in the film realm. From the rarely seen 1994 Fantastic Four film produced by Roger Corman, to the poorly reviewed, but somehow made enough money to justify a sequel 2005 film, to now.

The 2015 "Fantastic Four" is... not fantastic. In fact, the movie is so bad that it's difficult to write about. The plot is non-

existent; aside from the titular four getting their powers, nothing happens. Plot threads are introduced and never referenced again. All in all, the film is a total disaster from beginning to end.

The only reasons this film is of note are the stories detailing why the film was a disaster. There are dozens of rumors on the internet casting both Fox, the producing studio, and Josh Trank, the director of the film, as the culprits of this cinematic crime.

The claims are various and largely unsubstantiated, but what is painfully evident after watching the film is that "Fantastic Four" was heavily reshot and edited into a film that didn't mesh with Josh Trank's original ideas.

It's difficult to cast blame without the entire story, which is sure to be revealed at some point given the film industry's allergy to secrets, but Trank's premise for the film was an interesting and new take on The Fantas-

tic Four's powers. Which was having four "teenagers" body's change in ways that are painful and scary.

Except, these changes are waking up with your body engulfed in flames for reasons you don't understand and having every inch of your body, inside and out, taken over until you aren't recognizable. The finished film only references this idea in a few scenes but doesn't resolve them.

The newest addition to The Fantastic Attempts is impossible to recommend with any sincerity. It's too boring to be so bad it's good; it's the exact opposite. The movie is so bad you wonder why paid actors would willingly speak these clichéd terrible lines.

Morbid curiosity is the only real reason to watch. This film has become synonymous with studio interference, infamy strong enough to make "Fantastic Four" one of the most notable films of the year.

MAD MAX: FURY ROAD

Tyler Leighton

Arts & Entertainment Editor

Did you watch "Mad Max: Fury Road"? If not, your summer was terrible. It doesn't matter what you did, nothing can compare to the two hours of fuel injected, super-charged, masterclass of action that ran down critics when hit theaters last May.

It isn't inexcusable if you missed Fury Road. In all honesty, the film had everything going against it being a passable film. This half reboot, quasi-sequel of the Mad Max franchise whose last film, "Mad Max Beyond Thunderdome," came out 30 years ago. In the time between the Mad Max films, the series' director, George Miller, spent his time on two other franchises: the family films "Babe" and "Happy Feet."

That's why there were little in terms of expectations for this return to the wastelands of post-apocalyptic. But luckily Miller, who's 70 years old, kicked Hollywood on their collective behinds with Fury Road.

"Mad Max: Fury Road" is a film made up of a single car chase. Max (Tom Hardy) finds himself once again thrown into the middle of another character's story. This time, it's Imperator Furiosa, (Charlize Theron) who's attempting to rescue the wives of Important Joe. Suffice to say, he takes this poorly.

He leads his war party after Furiosa, which is made up of fully customized cars and trucks created to plow through the desert. One rig is made entirely of speakers, drums, and sports a guitarist who shoots flames into the sky.

The story sounds as though it was crafted by a 12 year old with an unhealthy obsession for chrome, and in the hands of another filmmaker it could have come off like that in the movie. The multiple action scenes are incredible combinations of fighting and driving that are expertly filmed. But no matter how impressive the action is, it isn't what makes "Mad Max Fury Road" a great movie.

Miller's greatest contribution to the film was his focus on adding character building moments during nearly every scene of the film. It's also a great compliment to the cast that they were able to use these nuances to develop their characters instead of dialogue. Tom Hardy, billed as the lead actor, doesn't say more than a couple dozen words throughout the entire film.

If you haven't seen "Mad Max: Fury Road" you owe it to yourself to watch it. If you have seen "Mad Max: Fury Road" you owe it to yourself to watch it again. It's beyond the best action film of the year. In all honesty, Fury Road is one of the greatest films produced in the last 20 years.

GET INVOLVED

THE LEARNING CENTER

Learning Center
Guest Writer

The Learning Center is an academic support office that assists Undergraduate Day students to achieve their academic goals, whether it be bumping a “B” grade up to an “A” or passing a course that the student previously failed.

Students work with Peer Educators to master course material and learn study skills to help them succeed.

Undergraduate Day students are welcome to walk in to one of the designated Walk-In Tutoring times, or set up weekly meetings with a one-to-one peer tutor or peer mentor for those that would like more individualized

assistance.

With a variety of programs ranging from the Scholarship Retention Program to the NCAA Academic Eligibility Assistance Program and Commit to Success, the Learning Center has a program to help you meet your academic goals!

We also host a variety of campus wide contests and events including the “Are You Smarter than a Tutor? Team Trivia Game” in the Spring semester.

Stop by our office, located on the second floor of the Library Learning Commons.

Say hello, meet our staff, grab a tutoring schedule, request a mentor or tutor, and enjoy the semester!



twiiter.com

SAVE THE DATE
INVOLVEMENT FAIR
SEPTEMBER 9th
2 - 3:30 p.m.

HOSPITALITY

HSAS Staff
Guest Writer

Greetings and welcome back from the Hospitality Student Association! The Hospitality Student Association is a fun experiential organization on campus that lets students discover more within the Hospitality industry.

In the past, we have taken tours of Anheuser Busch Factory, Verizon Wireless Arena, Omni Mount Washington Resort, and much more. Last year we were fortunate enough to take a group of dedicated members to Walt Disney World in Orlando, FL to participate in a two day training and leadership program. What other way to learn about hospitality than from the number one

hospitality company in the world!

The association meets every other Tuesday from 6-7 p.m. starting on September 15 in Hospitality 306. During these interactive meetings we discuss current trends within the industry, go on tours of local hospitality properties, make decorative center pieces for local events, and so much more!

We are always looking for new members, and especially members that are outside of hospitality majors. If Hospitality Student Association sounds like your kind of organization, feel free to email us at hsa@snhu.edu or visit our table at the involvement fair; we have some great giveaways as well! Hope to see you soon!

CAREER DEVELOPMENT CENTER

Megan Palmer
Copy Editor

Southern New Hampshire University (SNHU) has many resources available to students; some of which they may not even know they can utilize.

One of these that often goes unnoticed is the Career Development Center. Located in the lower half of Merrimack Hall, students often forget that this resource is available to them, or simply don't know the treasure trove of help and guidance it can offer.

Its services include everything from resume building to cover letter writing, job searching to internship information to networking. In addition, the Career Development Center can simply

be a great place to partake in exploratory conversations that can help students find their way.

Associate Director, Jessica Erb shares her passion and welcome not only for the center itself but for the students she works with. She states that one of their goals for the year is to “increase involvement/engagement with the students.” This can be seen in one of their outreach programs which will bring the center to the students with walk-in hours every Monday-Friday 2-2:30 p.m. which will actually take place in the student center.

Erb encourages all students to visit the Career Development Center and wants to destroy the notion that “it's the office you go to in your very last year when you're in crisis mode.” Contrary

to popular misconception, the office's doors are open to students in all stages of their career at

SNHU, always ready to guide them in their career beyond.

One event all students should put on their calendars is the upcoming Career Expo, October 7 at 2-5 p.m., which will welcome over 90 employers with job and internship opportunities.

Heading into the 2015-16 school year, the center welcomes all students—new and returning—with open doors and open arms, stating, “There may not be a Fairy Job Mother but you do have the Career Development Center team. The real magic occurs when you get actively engaged with your career growth.”



Career Development Center

GET INVOLVED

DIVERSITY INITIATIVES

Diversity Initiatives Staff
Guest Writer

The Office of Diversity Initiatives works with students, faculty, and staff across the university to create a welcoming and supportive campus environment.

All students who self-identify as a person of color (African American/Black, Asian, Hispanic/Latino, Native American), a person of Caribbean or African diaspora

descent (Dominican, Haitian, Jamaican, Puerto Rican, etc.), a member of the LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning) community or of multiracial/cultural heritage, as well as those who are allies of diversity are invited to connect with us as we “educate and celebrate” diversity on our campus. Diversity is you!

Some events that we put on are the Unity in Our Community Dinner during our Unity Week in September as well as

celebrating National Hispanic Heritage Month. We will celebrate Ally Week in October and have our second Annual Ugly Sweater Extravaganza during the holiday season.

These are a few examples of the many events the Office of Diversity Initiatives puts on. Be sure to Like us on Facebook (SNHU Office of Diversity Initiatives) and follow us on Twitter (@SNHUDiversity) to find out about upcoming events to attend!



Diversity Initiatives Office

STYLE CLUB

Style Club Staff
Guest Writer

StyleClub is all about loving and learning fashion.

It gives students that are interested in marketing, public relations, advertising, and graphic design a chance to use their skills and promote the club.

Students that join this club will also plan our biggest event “A Catwalk In Their Shoes Fashion Show,” which takes place during the spring semester.

This club is a great way for students to get involved about

something for which they are passionate, as well as a way to maybe try something new!

It is a place of opportunity, seeing many of its members go on to amazing positions, internships, and careers in the industry.

If you have a love for fashion and want to meet some amazing people along the way, then Style Club is the place for you!

Follow us on Instagram @snhu_style and like us on Facebook SNHU Style Club to stay updated on our upcoming events, fashion tips, and more!



Style Club

FBLA

FBLA Staff
Guest Writer

Are you a business major looking to meet other business majors? Or are you curious about improving your professional self? Southern New Hampshire University's chapter of Future Business Leaders of America-Phi Beta Lambda (FBLA-PBL) is where you should be if you answered yes to either of those questions.

Our mission is to bring business and education together in a positive working relationship through innovative leadership and career development programs. We aim

to make learning and experiencing the real world fun!

We participate in service projects, co-sponsor events with other clubs, and attend the National Leadership Conference every year (which is now open for all members to apply to and qualify for).

Our meetings are every other Monday at 5 p.m. in the Corcoran Conference Room of the Student Center.

The first meeting of the fall semester will be held on Monday, September 14. We hope you attend and meet this year's E-Board, and become a member today!

Hogwarts Club Staff
Guest Writer

The Hogwarts Club at Southern New Hampshire University (SNHU) is a magical organization that brings the world of Harry Potter alive.

Don't worry about the fact that your eleventh birthday came and went without an owl delivering your acceptance letter, for Albus Dumbledore once said, “It matters not what someone is born, but what they grow to be.”

So even if you were born a muggle, by joining Hogwarts Club, you can grow to be a powerful witch or wizard.

At the Involvement Fair, you will receive your ticket to the Hogwarts Express through Platform 9 ¾. Then, upon your acceptance, you will prepare for the upcoming year by making your own wand and being sorted into your house, which will become your Hogwarts family.

HOGWARTS CLUB



Geijyon Taen

Members will take part in classes that Hogwarts School of Witchcraft and Wizardry offers, such as Divination, Potions, and Care of Magical Creatures.

The club owns all seven Harry Potter books as well as the eight movies for those who are not as familiar with the Wizarding World to borrow.

We will also put on events such as the second annual Yule Ball in the fall and the first annual Triwizard Tournament in the spring.

If you're a Harry Potter fan, please join us! Just remember that the Forbidden Forest is off limits to all students and magic is not allowed outside of school.

Extra! Extra! Read all about it!

We are looking to fill several editorial positions for the 2015-2016 academic school year.

Advertising Manager | This role includes corresponding with local businesses and selling ad spaces to those businesses.

Opinion Editor | This role includes brainstorming opinion article ideas, delegating tasks to staff writers, writing articles, and editing all opinion pieces.

Involvement Editor | This role includes writing, and having others write, articles about upcoming events, campus offices, initiatives, groups, and organizations on campus.

GET INVOLVED

CENTER OF COMMUNITY ENGAGED LEARNING

Generation Equality Staff Guest Writer

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

The club is open to all SNHU students. By attending the weekly meetings, students can become involved. Generation Equality is most importantly a family where students can find support and a safe place for personal expression.

Annual events include Transgender Day of Remembrance, a Valentine's

Day Drag Show, a Gender & Sexuality Panel, and a NOH8 photoshoot.

Other events are put on throughout the year, but the aforementioned are the most notable that Generation Equality hosts.

Our events are not only open to the members of the club, but to the entire campus.

Students that participate in the events are highly encouraged to also attend the weekly meetings. Follow Generation Equality on Facebook, or Twitter/Instagram via @GenEqSNHU.

Questions can be emailed to the club at generationequality@snhu.edu.

We look forward to seeing you soon!



Generation Equality

RADIO SNHU

RadioSNHU Staff Guest Writer

RadioSNHU is a music oriented club that allows students to express themselves through their love of music with their own radio shows. The radio shows are broadcasted online for anyone to listen to.

That is not all RadioSNHU has to offer, though! We are very active in the Southern New Hampshire University (SNHU) community because we consistently DJ and provide

music to events across the campus.

The club also holds an annual concert, "Rock the Night Away," that was formerly known as One Night Stand. We also host a well-known monthly music game show called Name That Tune. "Name That Tune" gives students the opportunity to test their musical knowledge for a chance to win some cash!

This year, RadioSNHU plans to continue these events and possibly add more! We look forward to another great year.



RadioSNHU

OUTREACH



Outreach

Outreach Staff Guest Writer

Outreach is all about giving back to the community. We meet once every two weeks to reflect and educate on social issues. On the off week, we go and do community service events around New Hampshire.

Last year, this organization won two awards at the Leadership Banquet, and we couldn't be more proud of our members! We won the "Excellence in Programming" award for an on-campus event called Stop Hunger Now, which packaged over 2,500 meals to feed the less fortunate.

We also won the "Organization Academic Achievement Award" for having the members with the highest overall GPA.

Next year, we will be meeting on Thursdays at 5 p.m. in the Corcoran Conference Room in the Student Center. Every month will have a different theme starting in October with "Helping our Veterans." In October we will be doing the event "Pease Greeters" and will be welcoming home soldiers coming home from war.

If you are interested in our club, please email us at outreach@snhu.edu and make sure to visit us at the Involvement Fair.

Do you have any comments or concerns about the paper, an article, or anything going on at SNHU?

Write a letter to the editor!

Send it to penmenpress@snhu.edu

GET INVOLVED

GAMING CLUB

Gaming Club Staff
Guest Writer

Are you a fan of video games, tabletop games, or just games in general? Have you ever wished there was someplace you could go to share your love for games with other people?

Then the Southern New

Hampshire University (SNHU) Gaming Club is the club for you!

The SNHU Gaming Club is a community that promotes comradery in doing what we love to do: play games! In addition to weekly meetings, the Gaming Club also holds major events such as League

of Legends and Super Smash Bros. Tournaments, as well as tabletop campaigns if that's more your style.

If this all sounds like fun to you, check out our meetings every Friday at 6 p.m. in the Corcoran Room which can be found in the Student Center next to the pub."



Gaming Club

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

INTERNATIONAL STUDENT ASSOCIATION

ISA Staff
Guest Writer

The International Student Association (ISA) is an organization focused on embracing the diversity of students at Southern New Hampshire University (SNHU). Our goal is to bring international and domestic students together through various activities, and to share knowledge about one another's own culture and experiences.

Throughout the year, ISA holds events that will be beneficial for students who would like to learn about cultures from around the world. The events give students a chance to create relationships among other international and American SNHU students.

Some of the celebrations that

we will have this year include Eid al Adha, Diwaly, International Dance Evening, Minute to Win It, International Wellness Event, Lunar New Year, Nawraz, Holi Festival, presentations about different countries, and the International Gala.

The International Gala is ISA's biggest event. It is an April evening where SNHU students showcase traditional music, dancing, and food from their native country in the gymnasium.

Don't forget to visit our table at the Involvement Fair on September 9 where you can sign up to be updated about our events!

For more information about ISA please email us isa@snhu.edu and join our Facebook group @ SNHU International Student Association.



International Student Association

Do you want to become a published writer or artist?
E-MAIL MANATEE@SNHU.EDU TODAY!

GET INVOLVED

DRAMA CLUB

Drama Club Staff
Guest Writer

The Drama Club at Southern New Hampshire University (SNHU) is a fun and welcoming club for anyone with an interest in theatre.

Anyone can join and audition, whether you did drama in high school or if this is your first time acting.

We will put on one major production a semester; this fall it will be "12 Angry Men."

The rehearsal times will be chosen after the play is casted so we can effectively work around everyone's schedules.

We generally will meet twice a week with a couple weekend rehearsals if needed to get the play ready to present.

Not interested in act-



ing? That's fine, you can also help out with tech and work with the lighting and sound to ensure that we produced the best performance that we can!

If you have any interest at all, come talk to us at the

involvement fair and we will give you any further information you want!

Everybody is welcome to join; we want to see you get dramatic!

We hope to see you come act with us this year!

CANNAWARENESS GROUP

CannAwareness Group Staff
Guest Writer

CannAwareness Group is regarded as the most controversial group on campus, and for good reason. However, a lot of the faculty and student body don't understand that we are strictly an educational group that is aiming towards spreading proper education of the cannabis plant.

We want to help people make well-informed decisions on the controversial issue. CannAwareness focuses on learning the positive and negative aspects of cannabis economically, environmentally, medically, physically, politically, and socially.

It is a crucial moment in history to become a member of CannAwareness as cannabis acceptance, science, and laws are

changing. As a part of the group, students can truly make a difference with the education they learn and pass on to others.

CannAwareness Group regularly holds meetings that consists of visual and discussion-based learning that revolves around cannabis news that is released every day. Whether it is a new study, a news article relating to the emerging cannabis industry, a legislative bill being presented or passed in a state, or anything else related to cannabis, each meeting is as informative and awe-inspiring as the last.

We plan to continue the educational influence with on- and off-campus events such as documentary screenings, conventions, rallies, etc. along with proper advertising and social media campaigns.

CENTER OF COMMUNITY ENGAGED LEARNING

CCEL Staff
Guest Writer

Tucked away in Stark 14 resides the office responsible for connecting the Southern New Hampshire University (SNHU) campus to volunteer opportunities in the city of Manchester and beyond.

The Center for Community Engaged Learning (CCEL) envisions a campus where all students are civically engaged and committed to social action.

Student leadership is at the core of the Center's operations- student staff have the chance to be leaders in service and volunteerism on our campus! The CCEL has three program areas: Service Learning, Service Projects, and Alternative Break.

Students taking service-learning classes have the opportunity to spend time meeting real community needs through service that's connected to the class. Service Projects are one time volunteer opportunities open to any student.

The Alternative Break Program organizes one week volunteer opportunities that occur both internationally and domestically over the winter and spring breaks: look for information sessions in the first two weeks of September to learn more! Contact us via serve@snhu.edu. Find your passion and make a difference!



Center of Community Engaged Learning

STUDENTS GOING GREEN!

SEA Staff
Guest Writer

Hello to the Southern New Hampshire University (SNHU) community! We are Students for Environmental Action (SEA), your place for all things green.

As many can guess, our club is all about creating environmental awareness and spreading our love for this planet throughout the community.

Come join us for our park/beach clean-ups, our trip to Wolf Hollow, and many of the other events we put on.

Anyone is welcome to our meetings that are held every Tuesday at 3:30 p.m.

You can like us on Facebook at S.E.A. at SNHU and/or email us to be added to the club's email list.

These are the best ways to get meeting reminders and information for all current and upcoming events.

If you have any questions about the club, email us at sea@snhu.edu. Hope to see you soon!

SPORTS

WOMEN'S CROSS COUNTRY

Matthew Martin
Sports Editor

Southern New Hampshire University (SNHU) Women's Cross Country finished with some quality places this past season.

These girls put in some strong races at the UMass Dartmouth Invitational (12/38); the Paul Short Invitational (11/35); and the James Early Invitational (7/44).

In the NE-10 Championship, the lady Penmen runners came in at 5/14. At the NCAA East Regional, a solid finish to the day came in at 8/27. Their best outing came at the Bruce Kirsh Cup where the girls placed third out of nine.

The only senior from 2014, Melissa Stacom, is the only runner at this time who could be leaving the team if she does not return for graduate school. Lex Butler will once

again be the head coach of the team and all eyes will be on superstar Stacey Wojcik. Wojcik will enter her senior year. A fantastic runner, she also excels off the field. This past year, Wojcik was awarded the NE-10 Scholar-Athlete Sports Excellence Award.

With some off the field accolades at their backs, the Women's Cross Country team looks to have another strong season.



Stacey Wojcik became the second athlete in program history to qualify for the NCAA cross country championship as an individual.

WOMEN'S SOCCER

Matthew Martin
Sports Editor

Last season, the Women's Soccer Program finished the season with a record of 6-10-2. With the last two seasons being losing seasons, the girls hope to improve and hopefully reach the NCAA Division II Championship. Last time that was accomplished was in 2012.

Also in the spring, Southern New Hampshire University (SNHU) lost to Dowling in a penalty kick shootout after neither team scored in regulation nor in two overtimes.

Head Coach Elie Monteiro will enter a second season at the helm. The SNHU alumnus ('97) and former University of Massachusetts (UMass) Lowell River Hawks' coach is hopeful



2014-15 Women's Soccer seniors.

that the girls can come together and end this season with a winning record and as anyone hopes, win it all.

The team potentially might have to do that though, without midfielder/forward Jennifer Arnold, midfielder/back Olivia Boivin, and back Tara Murphy

who were the three players pictured on Senior Night. Whether one, two, or three of those ladies return or not remains to be seen.

Penmen Women's Soccer season opens on September 4 at 7 p.m. on Larkin Field against Caldwell.

MEN'S TENNIS

Matthew Martin
Sports Editor

The Men's Tennis Team is one of Southern New Hampshire University's (SNHU) teams that has spring and fall season each year. This team is also looking to have a re-bound year after finishing last season with 4 wins and 12 losses.

In the fall, SNHU shut out rivals Franklin Pierce and St. Anselm's and in spring, big wins came over St. Michael's (8-1) and American International (9-0). Wins over division rivals can be uplifting, but sometimes

it's not enough. As long as Evan Eaton and Brad Malenich do not become graduate students, the Penmen may need some rookies to lace up the old tennis shoes and hit the court.

Whether Eaton and Malenich stay or not remains to be seen. Greg Coache will enter his fifth year as head coach of the Men's team. Coache is currently 58-40 as coach and looks to repeat the 2013-14 where Coache led his crew to an 18-6 record and an NE-10 Championship. Hopefully, the Penmen can repeat that banner year this coming 2015-16 season.



2014-15 match against Assumption College

WOMEN'S TENNIS



2014-15 senior Diana Vanvakitis, the Most Improved Senior for the East Region.

Matthew Martin
Sports Editor

Penmen Women's Tennis had a very good year finishing last season with a record of 12-6.

At one point during the season, the girls went on an incredible 10-game winning streak where they bested Conference Rivals Assumption 6-3; St. Anselm's 9-0; St. Michaels 6-3; New Haven 9-0; American International 9-0; Franklin Pierce 8-1; Saint Rose 8-1; Le Moyne 5-0; Bentley 9-0;

and Stonehill 5-4.

Greg Coache will enter his ninth season as head coach of the team and he has had a very successful tenure tallying a record of 118-45. He has also lead the team to three NE-10 Championships and five visits to the NCAA Regional Matches.

Jamie Hann and Diana Vamvakitis were seniors last year and Sara Schollgen, a grad student, may be need to be replaced on the team if they do not return for another year. The first game is September 9 at 3:00 p.m. at Stonehill.

SPORTS

WOMEN'S GOLF

Matthew Matin
Sports Editor

Women's Golf had a shaky year last year, placing last in every event except for the Le Moyne Invitational where they finished fifth out of seven.

Matt Arvantis, who became coach of the lady golfers in March of 2013, will start another season as coach this fall.

The team's only senior in the 2014-15 season was Elizabeth Rennie, and she will most likely return to play, should she return for grad school.

Otherwise, the team is young with no seniors entering the 2015-16 season.

Come out and support the Lady Penmen Golf team.



SNHU Athletics

Aimee Cawlina led the team with a 10th place finish at the Northeast-10 Championship.

MEN'S GOLF

Matthew Matin
Sports Editor

Golf at Southern New Hampshire University (SNHU) occurs during the fall and spring months. Last fall, the golfers of SNHU were very strong finishing third in two events, second in four events, and first in two matches at the St. Rose Fall Shootout.

Spring, however, was not kind to the team as the only notable finishes came at the Mike Bello Invitational where the boys brought home third place and a fifth place finish out of 13 at the Dowling Memorial match.

Not teeing off with the team this year will be Ernie Lupi of

Bradford, MA and Hooksett, NH's own Austin Fox as both have become SNHU Alumnus and will not rejoin the team unless one or both are to become SNHU graduate students.

As for the coach, it will once again be Matt Arvanitis. Arvanitis has coached the team since 2005 and is now also the coach of the women's team which he began coaching in 2013.

Arvanitis, who once qualified for the US Open, as well as the rest of the team, are looking to rebound after their spring season.

They will be starting their season September 4 against St. Anslem at Lake Sunapee CC- New London NH.

MEN'S SOCCER

Matthew Matin
Sports Editor

Fans can expect just about a whole new team this coming fall for the Southern New Hampshire University's (SNHU) Men's Soccer team. With the departure of a total of 11 players and top-active winning head coach in Division II, Marc Hubbard (117-20-16), who accepted the head coach job at the University of New Hampshire (UNH), the team may need to do some rebuilding on their bench as a good number of those National Championship team members are moving on.

The Penmen are coming off another fantastic year where the boys compiled a record of

17-1-2. SNHU had an excellent year off the field, too. Four Penmen were named to the NE-10 All-Academic Team. Keegan Campbell, Miguel Carneiro, Jonathan Lupinelli, and Sebastien Stezewski all received this honor.

In addition to the previous names, Dom DiMaggio has moved on. DiMaggio left as the number two record holder for most shutouts in his career with 26. Those will be big shoes to fill as well as the shoes of star Defender Callum Williams and Forward Pierre Omanga, who left in 2013.

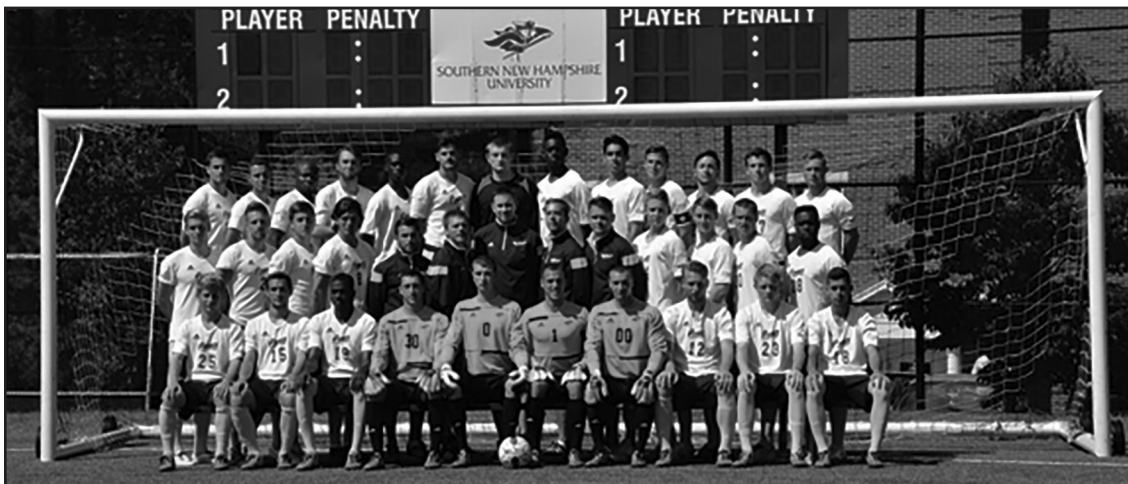
Williams just signed a professional contract with KA Akureyri of Iceland first division and Omanga signed to FC of Finland first division according

to snhupenmen.com.

The coaching may not change as much, however. Hubbard started his coaching tenure with the Penmen in 2008 as did the man who will succeed him, Josh Taylor. Taylor, an assistant under Hubbard since '08, is a graduate and former soccer player of the New England College Pilgrims.

Although the Penmen may not have some of the familiar faces fans are used to seeing on the field, the Kings of Larkin Field are on tap for yet another successful season.

Come out and support SNHU Men's Soccer when they open up the season at home against Chestnut Hill on September 6 at 4 p.m.



SNHU Athletics

2014-15 Men's Soccer Team.



SNHU Athletics

Junior Jake Nutter won medalist honors at the Northeast-10 Men's Golf Championship.

Do you love writing & want to be involved in a student-run organization on campus? Do you want to earn an extra credit? Try writing for the Penmen Press!

SPORTS

MEN'S CROSS COUNTRY

Matthew Martin
Sports Editor

Men's Cross Country will start the 2015 season coming off a strong tenth place finish out of 28 at the National Collegiate Athletic Association (NCAA) East Regional Championships on November 9, 2014. Other strong meets from last year include 10/34 at the UMass Dartmouth Invitational and a fantastic 4/38 finish at the James Early Invitational at Stanley Park in Westfield, MA.

Coach Lex Butler of Men and Women's Cross Country will be entering yet another year as the head coach and now the former Colorado (CU) Buffalo All-American will be the head coach of the up and coming women's track and field team. Butler adds that to his long resume of coaching jobs which includes the

Naval Academy and CU.

The team will almost entirely stay the same unless some new additions are added to the squad. Seniors Chris Low and Tom Philips as well as graduate student, Devin Bennet, will return and run again this season for the Penmen. Men's Cross Country is also one of the three SNHU sports teams to capture an NE-10 Academic Excellence Award from this past school year. A soon to be senior Michael Bisbee was named to the NE-10 All-Academic Team this year for Cross Country.

The Men's Cross Country Team will kick off their season Saturday, September 5 at the Shacklette Invitational and at Saint Anslem College. This will then continue Saturday, September 19 at the UMass Dartmouth Invitational. Wishing these Penmen the best of luck!



SNHU Athletics

2014-15 Men's Cross Country.

WOMEN'S FIELD HOCKEY



SNHU Athletics

2014-15 Women's Field Hockey.

Matthew Martin
Sports Editor

The Women's Field Hockey team will start out this year on Sunday, September 6 at high noon on Larkin Field against St. Thomas Aquinas.

After going 1-17 in its Inaugural Season, the Southern New Hampshire University (SNHU) Field Hockey Penmen look to improve greatly from winning their opening game and then going on a seventeen-game losing streak.

Off the field, goalkeeper Cassandra Nickerson was named

to the Field Hockey NE-10 All-Academic Team this past year. Freshman and soon to be sophomore Amaris Taylor was named to the NE-10 All-Rookie team for her phenomenal rookie season.

Also notable among last season successes was one for SNHU junior Marissa Bensone who was named a Gladiator by SGI/ National Field Hockey Coaches Association (NFHCA) Scholar of Distinction.

As well, the Penmen were one of 20 Division II teams to receive the National Academic Team Award for having over a

3.0 team GPA.

Head Coach Julie Munson will enter her second season as coach of the team. Former University of New Hampshire (UNH) Field Hockey goalkeeper and coach of Harvard and James Madison University, hopes the team will use the disappointing season last year as motivation for this year.

The team may be taking the field without senior forwards Alanna Lovejoy and Sara Back-off. Also questionable to return due to graduation is defenseman Sara Dalba. Fans will just have to wait and see if they return.

WOMEN'S VOLLEYBALL

Matthew Martin
Sports Editor

The Southern New Hampshire University (SNHU) Women's Volleyball Team had a strong year last year compiling a record of 17-11.

Highlights from last season include a six-game win streak and a trip to the NE-10 Tournament for the first time since 2003. The girls unfortunately lost to Stonehill in the quarter-final game this past season.

Peter Viteritti will enter his fifth season as head coach of the team. The eleventh coach in program history has coached at Eastern Connecticut State, East Stroudsburg University, and he inherited the Holy Cross team after they went 0-23 in 1997. Viteritti coached them to win a

total of 23 games over his last two seasons there.

The Penmen had six freshman this year which means the team is still fairly young. Kendra Mikuta was the only senior on the team last year which means the team may only have one spot free for an incoming player.

Seniors this coming season will include Maeghan Higgins, Emma Houlihan, and Nina McGouldrick. Eyes are also on soon to be sophomore and NE-10 Rookie of the year Marissa Coronis who led the team in kills (268) and blocks (50). Volleyball season will open with a tournament at Rollins College in Florida on September 4-5 and then at home against Assumption on September 8 at 7 p.m.



SNHU Athletics

2014-15 Women's Volleyball defeated New Haven for the first time in program history in November 2014.