

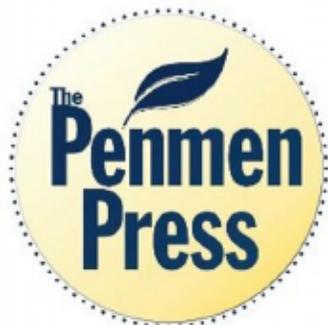
# THE PENMEN PRESS

Volume XXII, Issue 4

November 4, 2015

penmenpress@snhu.edu

Manchester, NH



November 4:  
Appreciate Your Elders Day



What's Inside:

News | Front & 3-5

Editorials | 2

Opinion | 6-7

Arts & Entertainment | 8

Creative | 9

Health & Wellness | 10

Sports | 11-12

Featuring:

Editorial | Page 2

New Sound on the Block | Page 3

Battleship Recap | Page 5

Ugly Truth | Page 6

Bathroom Navigation | Page 7

Netflix of the Week | Page 8

Fit Tip | Page 10

Men's Golf | Page 11

Soccer Wrap-Up | Page 12

## HOMECOMING: DO YOU BELIEVE IN MAGIC?

Nicole Clark  
News Editor

Alex Del Greco  
Staff Writer

A magical weekend took place at Southern New Hampshire University's (SNHU) 2015 Homecoming. This annual Homecoming was held Oct. 16 through Oct. 18 and was run by Alumni Engagement and Student Involvement Teams.

Each year, this event is held to bring the SNHU Community together through fun, games, and other activities.

To kick off the weekend, there was an alumni, family, and friends golf tournament that was held at Passaconway Country Club in Litchfield.

There were many innovative workshops like showcasing hands-on baking of pizza and chocolate at the



The Green Space filled with students, family, and friends to enjoy the activities and festivities as well as the brisk fall weather.

Hospitality Building, and a workshop on how to use 3D printers which took place in library.

On Saturday, there was

the fifth annual homecoming 5K run/walk to start off the day. Then a street fair lined the middle of campus with games, pumpkin painting,

and carnival rides.

The new green space was

Please continue to page 2.

## ASCD HOLDS FIRST ANNUAL CONFERENCE

Megan Palmer  
Copy Editor

The Association for Supervision and Curriculum Development (ASCD) student chapter at Southern New Hampshire University (SNHU) held their first annual conference on Oct. 24 in the Academic Center.

The brainchild of ASCD President Renée Morrisette, the conference was formed with the goal of bringing new ideas from the field to students.

Morrisette stated how the aim of this conference was for upcoming educators, not ones already in the field. Unlike many conferences she had attended, this new ASCD endeavor was "about the students. It's geared towards students."

The day featured breakoff sessions for students to attend. These were geared towards the emerging educator featuring topics such as "Opening the Doors for Your First Job", "Surviving Your First Year Teaching", and "Cultural Story Telling: Bridging

the Gap Between Home and School for Non-English Speakers". Students attended the sessions that best pertained to the interests of the student.

The schedule included keynote speaker Nabil Migalli who spoke about multicultural perspectives in education. His presentation allowed for audience participation and for students to share their opinion and ideas about diversity in the classroom.

Lunch gave the students in attendance the ability to discuss what they had learned with each other and to share their thoughts about the day.

Elementary Education Major and freshman Dakota Hamele had positive comments regarding the conference's importance. She stated, "It helps me to prepare today to be a better teacher tomorrow."

The day concluded with a panel discussion featuring the speakers from the day. This portion provided students the opportunity ask questions and for the presenters to share their



Education Majors having lunch at the ASCD Conference.

personal experiences.

When asked why they keep doing what they're doing in education despite the struggles, educator Tina Proulx (McLaughlin Middle School) ended the day with the response,

"I keep doing it because I learn more from the kids. Every year. Why would I want to do anything else? All these families that touch you. It doesn't feel like a job."

ASCD flew high on the success of their first conference.

# EDITORIAL

## THE PENMEN PRESS STAFF 2015-2016

CO-EDITOR IN CHIEF	Bryan Creevy bryan.creevy@snhu.edu
CO-EDITOR IN CHIEF	Tyler Leighton tyler.leighton@snhu.edu
MANAGING ASSISTANT	Brendon DiBiasio brendon.dibiasio@snhu.edu
ADVERTISING MANAGER	Ceilene Mitchell ceilene.mitchell@snhu.edu
ADVERTISING MANAGER	Jaime Mailloux jaime.mailloux@snhu.edu
CO-COPY EDITOR	Megan Palmer megan.palmer@snhu.edu
CO-COPY EDITOR	Rebecca LeBoeuf rebecca.leboeuf@snhu.edu
NEWS EDITOR	Nicole Clark nicole.clark2@snhu.edu
OPINION EDITOR	Jesiree Carrera jesiree.carrera@snhu.edu
ARTS & ENTERTAINMENT EDITOR	Tyler Leighton tyler.leighton@snhu.edu
HEALTH & WELLNESS EDITOR	Annie Boghigian anna.boghigian@snhu.edu
SPORTS EDITOR	Matthew Martin matthew.martin1@snhu.edu
CREATIVE EDITOR	Katerina Wilhelmi katerina.wilhelmi@snhu.edu
FACULTY ADVISER	Jon Boroshok j.boroshok@snhu.edu

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

### Extra! Extra! Read all about it!

*We are looking to fill several editorial positions for the 2015-2016 academic school year. We would like to fill these positions ASAP in order to provide the proper training. Positions that are available for application and interviews are:*

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

If interested, please e-mail [penmenpress@snhu.edu](mailto:penmenpress@snhu.edu) with your information!

## IT'S NOT ALL DOOM AND GLOOM

The Penmen Press is a publication that differs from any other on Southern New Hampshire University's (SNHU) campus. This is because students often come to us with problems and concerns that they have about the events on campus.

We at the Penmen Press feel that printing these stories is one of the primary duties of our publication. We're able to give students the platform to vocalize their opinions of the campus as a whole in ways that will get more recognition than posts on Twitter or YikYak.

This year, we've printed articles critiquing parking on campus, construction updates, and the ever popular and present story, "What's the Deal with SNHU Internet?"

These opinion pieces are constantly brought up in our meetings and are often

submitted by students outside of our organization. They are often written in frustration, anger, and sometimes even with a bit of malice (we tend not to print those ones).

But what we rarely print are articles about the solutions to those problems. That tends to be because the solutions aren't nearly as divisive to the student body as the problems. No student is going to be opinionated when more Wi-Fi access points are added campus. They're going to be angry and motivated to write when they can't connect to the Wi-Fi to do their homework.

In short, opinion is often a section that is predicated on what's abnormal. On what we perceive as being flaws, and what we believe needs more attention by the campus.

We wanted to write this editorial to recognize that when

things go right, students don't have an opinion. When things are fixed, students don't have an opinion.

We wanted to acknowledge that the Penmen Press has been given the joy to see that a lot of what we have been critical of in our opinion section this year is being addressed.

We've had meeting and been sent emails showing us that the University, Facilities, and the staff members on campus are thinking about what we write and taking it very seriously.

So thank you to every member of the staff and faculty that have been reading our rants and tirades.

Thank you for reading our passionate arguments and recognizing that the opinions of the student body are important. And lastly, thank you for supporting the Penmen Press.

## HOMECOMING

Continued from Page 1

used to show off many organizations working in collaboration. It had bounce houses, obstacle courses, and food trucks to check out too. There were also giant hamster balls that students could climb into and race with one another.

Freshmen A. Cuddy said, "As I glanced at the carnival rides I surveyed a sea of jubilant faces from kids and parents alike."

To wrap up the night, SNHU featured fireworks, Magician Michael Kent, and Big Money Bingo.

Many families and friends attended this event and there was something for everybody to enjoy.

Shannon Conway a freshman at SNHU said, "Homecoming this year was great! Having my family and my best friend there was really special to me."

Homecoming presented an opportunity for students with their family and friends to enjoy all SNHU has to offer.



SGA's Homecoming Penmen Pride Polaroid Project winners Brianna Ouellette, Arianna Woodward & Kimberley Withers.



Fireworks celebrate the SNHU Community in vibrant color.

# NEWS

## NEW SOUND ON THE BLOCK

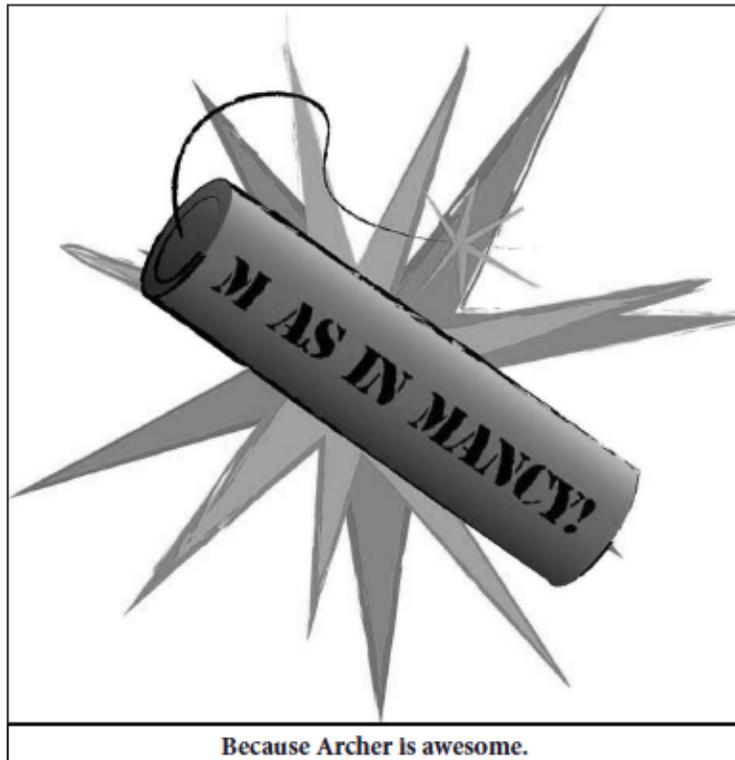
**Bridget Downy**  
Staff Writer

For years, the Last Chapter Pub in the Student Center has been the on-campus hot spot for entertainment of all kinds. Whether it be music, comedy, or a club event, the Pub is a good go-to for Southern New Hampshire University (SNHU) students' night out of the dorm with some friends. On Tuesday, Nov. 10 at 5 p.m., a few new acts will hit the stage.

"Since almost everyone in the band graduated, we have a new lineup and a new sound," says lead vocalist and senior, Matt Sandstrom. "We're playing more alternative songs, covering bands like Franz Ferdinand, Modest Mouse, and Muse."

Three of the four members have indeed left campus, so the new sound is a necessary change with the new members. The band now includes Ryan Beretta on bass, Juan Gomez and Cenker Inanoglu on guitar, Jameson MacNeill on Drums, and Matt on vocals.

Formally known as HAM, the band has changed their



Lexi Emerson

Because Archer is awesome.

name as well "M as in Mancy because Archer is awesome." says drummer Jameson MacNeill.

Along with a new sound for the main attraction, a new pair will be joining in on the action. "Richie [Oliver] and I are psyched to open up [for the rock band]! We'll be new

and classic rock songs with likable lyrics and funny energy," says Logan McCarthy.

"You're going to have a lot of fun listening to some great songs, old and new." Richie Oliver adds.

The two acts will take the stage on Tuesday, November tenth beginning at five P.M.

## CALL ME CRAZY

**Lexi Emerson**  
Staff Writer

On Monday Nov. 9 at 8 p.m. in the Last Chapter Pub, Coordinators of Activities and Programming Events (CAPE) is hosting a guest speaker for a Late Night Event.

CAPE's Call Me Crazy is a 90 minute conversation about guest speaker Joshua S. Walker's life. It will cover the time from before he was diagnosed with Bipolar disorder, to the success in not letting his disorder define him, and all the ups and downs in-between.

Walker is hitting Southern New Hampshire University as part of his 2015-16 tour of the United States where he will be visiting college campuses and mental health support groups along the way. He has already preformed in over 30 states, and previous reviews of his lecture have been positive.

His lecture is inspired by the Think Different campaign by Apple inc. in which their advertisements stated, "Here's to the crazy ones. The misfits, the rebels, the troublemakers, the round pegs in the square holes. The ones who see things

differently. They're not fond of rules and they have no respect for the status quo. You can quote them, you can disagree with them, you can glorify or vilify them. About the only thing you can't do is ignore them.

"Because they change things. They invent. They imagine. They heal. They explore. They create. They inspire. They push the human race forward. While some see them as the crazy ones, we see genius, because the people who are crazy enough to think they can change the world, are the ones who do."

He is touring to exploit the stigma that surrounds mental health disorders, and highlight the importance of promoting mental health as a problem in America.

Walker's lecture may be part of his national tour, but it is customized to suit the audience it is catering to. Making it a one of a kind event.

As stated on Walker's personal webpage [www.crazylecture.com](http://www.crazylecture.com) "Call Me Crazy is more than a feel good lecture, it's a feel EVERYTHING lecture!"

## BUSINESS IDEA SLAM

**Bryan Creevy**  
Editor in Chief

Southern New Hampshire University (SNHU) will be hosting a Business Idea Slam that is open to all students, whether Business Majors or not, in the Academic Center (ACC) first floor Learning Commons on Nov. 9 at 5:30 p.m.

The Slam is to allow students who have a business idea to present it without having to go through the formal process of creating a Business Plan. All presenters will have time to quickly explain all points of their idea, and then there will be a discussion where members of the audience can comment letting the presenter know their thoughts on the idea.

"You don't need a business plan, you don't need a Power-Point presentation, you don't need anything," said Craig Ahlquist, the Entrepreneur in Residence and a former SNHU

student. "All you need is your idea and the willingness to chat about it."

The Slam can be compared to the television show "Shark Tank," where people present their ideas to investors. Students will be speaking in front of students, faculty, alumni, and some local businesses who will give feedback and advice on where to move the ideas forward.

"It can be any idea, and no idea is crazy," said Ahlquist, "and often times, it's something you've experienced in your own personal world, and it's something that frustrates you, and you're like 'Gah! There's a problem. I think I have a solution.'"

One idea that was presented in the past was a three-piece jar of peanut butter. The student who introduced the idea was always frustrated getting the last bits out of the jar, so his idea was to have a bottom section, a top section, and a cap so when the top section is clear of peanut but-

ter, you can remove it and make a smaller jar that's easier to get all the peanut butter out.

"The biggest benefit of this... for the student that has the idea... is 'Maybe I'll actually pursue this, and this will be the start of it, and I'm getting some really good advice from some seasoned people,'" said Ahlquist. "The other really important piece of this is just interacting, doing public speaking, getting up and talking to a room full of people, getting their constructive criticism and feedback about all of those things. When you get out in the job market, that is what you're going to be doing."

This is the first Business Idea Slam of this academic year; however, SNHU has hosted five Slams in total in the past two years.

If any student wants to present in the Business Idea Slam, they can send an email to [entrepreneur@snhu.edu](mailto:entrepreneur@snhu.edu) or Craig at [c.ahlquist@snhu.edu](mailto:c.ahlquist@snhu.edu).

81 WEBSTER ST. MANCHESTER, N.H.  
603-623-5458  
STANLEY'S BARBER SHOP HOURS ARE AS FOLLOWS,  
TUESDAY, WEDNESDAY & FRIDAY: 8am-6pm  
THURSDAY: 8am-7pm SATURDAY: 7am-1pm

# NEWS

## THE PERKS OF BEING A PENMEN

Shannon Collins  
Staff Writer

As college students, being broke practically defines us. Trying to save money, any way we can, has become a staple of being in college. So, when you want to ditch the dining hall to shop 'til you drop why not save some money while you're doing it? There are a lot of places around Southern New Hampshire University (SNHU) that offer great discounts to students.

As a new student here this semester it took all of a day before I heard people talking about how amazing Mr. Macs is. The best part about finding out that I can get delicious mac 'n' cheese delivered to my dorm was finding out that they also offer a 20% discount to students on Tuesdays just by showing your student ID.

Is your sweet tooth craving Half Baked ice cream? Go to Ben & Jerry's in Manchester, show your student ID and save 10%



Petey Penmen loves it when you use your SNHU ID card for local discounts.

on your order. Also, look around campus for Pizza 911 coupons or call and order to receive a free small cheesy bread with any purchase.

Looking for something fun to do off campus? Paint, drink, and eat at Muse Paintbar is now offering a 10% off discount just for SNHU students. In order to

receive the discount, go online to make a reservation and enter code SNHU10 at checkout. They welcome groups of 1 to 50 and no prior art experience is needed.

Bored on a Friday night? The Manchester Monarchs offer SNHU students tickets for only \$5 to Friday night home games. To get your tickets, go to the box office and show your student ID.

If you're like me, you've already started shopping for the holidays. Trying to save money during this time can be quite a challenge, but the Merrimack Outlets have an easy solution to help alleviate some of the stress. At their guest services department, show them your student ID and receive a coupon book with over ninety offers to various outlet stores. Now that is one stop shopping and saving at its finest!

Don't have a car on campus but want to visit these awesome places? Visit the concierge desk in the Student Center and get your free Manchester bus pass. All of these discounts are super easy and allow you to have fun without breaking the bank. The money-saved can help pay for next semester's textbooks!

Doctor Charlene

## GET YOUR WRITER ON

Laurelann Easton  
Staff Writer

If you are a writer, then November is your month! November is marked by the international event National Novel Writing Month (NaNoWriMo). For each day of the month, participants are challenged to write 1,667 words a day that builds up to the grand total of a 50,000 word count goal! This number can be reached through a short story, novel or whatever the writer chooses.

This can seem like a daunting feat, but writers all over the world participate in this challenge to start writing more often and just get words down on the page. Any editing can be saved for later, but during the process a writer can discover just how far they are able to push themselves.

Sara Howe, Creative Writing Coordinator, described NaNoWriMo as "a chance to connect with other writers and something to light the fire of your imagination!" She recommends writers to at least attempt the challenge "because it forces you to write—and to write through writer's block because there's no time to be blocked."

Sometimes just being able



to successfully push through the sky-scraper high block is a big enough accomplishment, even if the 50,000 words is not reached. Whether you are new to writing or a seasoned writer, NaNoWriMo holds something for everyone. The month-long event engages writers with others in their area of the same goals and interests, whether through online contact or by meeting in person.

Write-ins are held for people living in a similar area to meet up and write together. Southern New Hampshire University's

Creative Writing Club will be holding write-ins for the month of November instead of its normal meetings in room 206 of the ACC, from 6 p.m. until 7 p.m. or later. For any questions about the meeting or the event overall, students can email [creativewriting-club@snhu.edu](mailto:creativewriting-club@snhu.edu).

Students expressing an interest can plunge into the NaNoWriMo world at [www.nanowrimo.org](http://www.nanowrimo.org) to create an account, home in to the New Hampshire region, and get those imagination juices flowing!

# NEWS

## OXFAM AMERICA HUNGER BANQUET: LASAGNA, SOUP, OR RICE

Sara Afifi  
Staff Writer

Driven by noble motives to raise awareness for humanitarian causes, the Outreach Association at Southern New Hampshire University (SNHU) has organized the "Oxfam Hunger Banquet" event that took place on Thursday, Oct. 29 in the Penmen Room.

With more than 50 participants, a poverty and social class stimulation was initiated to sharpen the attendees' perspectives on how "poverty" and "hunger" are more than just two words to classify social classes around the world and in the U.S.

Surprising facts, numbers, and statistics were relayed by the three speakers of the event: Rachael Straehle, President of the Outreach Association; John Santaosuosso, The Association Vice President; and Anthony Prouk, Center for Community Engaged Learning Representative.

They highlighted that, "More than 2.2 billion people live in poverty, and about 795 million



Dozens of students came to eat and learn about how hunger affects people across the world.

people suffer from chronic hunger," Rachael said. When being asked about the main purpose of the initiative, Rachel affirmed that "it is a mission to end poverty around the world by raising awareness within USA".

The event started with a random classification of attendees into three social classes; Upper,

Middle, and Low income. With the low income members setting on the floor, a sense of an abstract discrimination was purposely ensured to provoke the inner thoughts. Not only this, but three tables had been placed around the room with food on them.

Unfortunately, if you be-

longed to the low income social class this limited your food to eat rice. There was some more luck if you were a middle class member as you got a little better soup and bread. You were extremely lucky if you belonged to the upper class because then it meant you were setting at a table to be served with a complete meal of

lasagna with a spoon and a fork.

The reflection following was so deep, embodying how the three very distinct groups felt about the food or on a broader scale about being limited or privileged with food options.

Painfully, members of the low income class expressed how they felt discriminated upon by only having a one option.

Generously enough, lasagna was served to all the attendees in an attempt to spread equality hoping it is going to be the case in real life where hard work does not guarantee hunger and poverty prevention.

By asking Katie Fiducia, a SNHU undergraduate student, about why she wanted to attend the banquet, she said that she would like to know more about this issue because she feels that by knowing more she is going to figure out many ways to serve the case.

A sense of responsibility has been generated among attendees not only to sympathize with poverty and hunger by offering love and respect to those who suffer around the world.

## ROCK THE NIGHT AWAY

Addison Thyng  
Staff Writer

RadioSNHU will be putting on their third annual concert, "Rock The Night Away", on Nov. 7 at 8 p.m. in the Last Chapter Pub. Logan McCarthy, current Promotions Director for RadioSNHU, walked us through this year's concert.

This year's "Rock The Night Away" (previously called "One Night Stand") will feature local bands from the Boston area with the headliner being Dan Mastersan. This will be Mastersan's third performance at Southern New Hampshire University (SNHU).

"I used to play soccer with Dan Masterson in the Norfolk Lions Youth Soccer program," says McCarthy. "He has released three studio albums and a live album of his shows performed in the UK. His music style is clean, fresh rock and pop with stunning vocals and wonderful lyrics."

The event will also feature local musicians George

Woods and Keeping Company as opening acts. "George's music is a burst of bluesy, happy sunshine and I'd call Keeping Company's genre optimistic folk," McCarthy continued.

SNHU Drama will also be performing Improv games during the intermissions while the bands are setting up.

Ben King, Vice President of SNHU Drama and host of the Rock the Night Away event, said, "This show is unlike the others. All three performers know each other personally, so it makes the show more personal. They're each supporting each other."

"People should come to Rock the Night Away to unwind, relax, jam out, and support local musicians doing what they love to do," McCarthy said.

The event is 100% free and will have lots of free pizza and maybe even some Radio SNHU memorabilia that will be given away. All students are encouraged to attend for a night filled with music, friends, and fun!

## BATTLESHIP ANYONE?

Katerina Wilhelmi  
Creative Editor

Campus Recreation hosted live action battleship at the pool in the Athletic Complex on Oct. 25. Campus Recreation procured four canoes for the event. There was one lifeguard on duty, a referee, and a student filming the event on a Go-pro camera.

There were six teams at the event in groups of three; each team was given two one gallon buckets, a paddle, and a floatation device. The goal was to fill the opposing team's canoe with water.

Andrea Onyski, a member of Campus Recreation stated, "We looked at what other colleges were doing for events, and we saw that a lot of colleges did battleship. We wanted to promote the pool because not a lot of people use it or know that it's there."

Matt Montminy, a sophomore at Southern New Hampshire University (SNHU), was a participant in the event on the team SNHU-boats. "It was my



Team Yeah Buoy paddled their way to victory.

first intermural event, I really enjoyed it. A lot of people got into it. It's definitely a unique event."

There were eight rounds that the teams went through. The winning teams would face off in the semi-finals and then again in the final "battle."

Finally, at the end of the eve-

ning, the teams SNHU-boats and Yeah Buoy faced off. After several minutes of intense paddling and bucket bailing, the winning team was Yeah Buoy. Team members of Yeah Buoy included: Annika Forestone, Alexandria Pellerin, Brian Cronin, and Grant Hock. This event was truly one of a kind.

# OPINION

## NETFLIX...

Tyler Leighton  
Editor in Chief

There's a lot of fun to be had on Netflix, the streaming app has a massive presence on college campuses. That's why recently a new term has been created just to describe Netflix dates. That is when you ask a friend or significant other to "Netflix and Chill" and boy do we have a lot to watch while we chill.

It has been an odd start to the year for a lot of students. I've been constantly busy and just haven't been able to keep up with the Internet. "What are those?!" Am I right? When I finally did hear about "Netflix and Chill" my friends all knew that it was the right way to spend time together. I'd bring the Netflix so long as they brought the chill.

It helps that there are so many amazing things to watch on Netflix and it's great that we now have this chance to hang out and see them. There are movies, TV shows, and so many documentaries about any number of random people, places, and things. The library is so large that nearly every noun has some kind of representation.

Speculative theory documentaries are a particular documentary type I enjoy. That's a fancy title for documentaries that make massive claims with little evidence, but there are a ton of experts and scientists ready to attach their names to these films. You may know them better as conspiracy theory documentaries.

Did you know that there are lizard people that run the higher functions of our government? Did you know that there is irrefutable proof that there are alien bases on the moon? Did you know that Stanley Kubrick made "The Shining" to prove he faked the moon landing, to satisfy his love of minotaurs, to comment on the genocide of the Native American and the Holocaust? Try watching that movie the same way again! Well now you'll have time to because of "Netflix and Chill."

There are so many great and informative documentaries on Netflix that I used to watch alone. Now, just because I said I wanted to "Netflix and Chill," I always have somebody to endlessly watch them with. I just hope he/she can pay attention to the details because they make you think.

## ... AND CHILL

Megan Palmer  
Copy Editor

Netflix. The almighty treasure trove of documentaries prime and waiting to be chilled to. Oh, you know the ones I mean. That one quick scroll to the Netflix section you only touch on boring Friday nights as you prepare to gaze into your partner's eyes by the dull glow of your television.

Crazy historians, disgruntled scientists, tons of unprovable "facts." The overwhelming number of documentaries that scrutinize every pixel of every NASA photo ever, crying about how the government is lying to us and blah blah blah. Who could ask for better background noise for hanging out with your significant other?

It's the perfect equation: cold fall night, warm blankets, the good old yawn and stretch the arm around the shoulders, and a movie about moon aliens we don't care about... wait. Are you actually watching this? Are you really watching sleep-deprived, caffeine-induced, home alone on a Friday night scientists talk about how every single crater and shadow on the moon looks like an extraterrestrial nuclear war base? You are; of course you

are. That's okay, you're right. That picture was kind of interesting so now can we get back to... Hellooooooo! I'm over here! Me! Y'know, your lovely and wonderful girlfriend! Just. Chilling. Hanging out. Looking all cute and smelling nice and completely disinterested in Buzz Aldrin talking about the mysteries of the deep.

Oh good, you're looking over here. About time. You're smiling that's a good sign. You're leaning in, going to profess your undying love and.... "SPACE ALIENS ARE SO RAD AND EVERYTHING IS A CONSPIRACY!" You've got to be kidding me. This is a joke. My life is a joke. I don't think you fully understand the implications of the "Netflix and Chill." You got the Netflix part for sure but I think you missed the memo on the "and chill". And now we're back to Buzz Aldrin.

He's just chillin'. On Netflix. Having a grand time I'm sure, talking about aliens. What a stellar Friday night. I really don't think you understand why I'm here. Annnnnnd.... the credits are rolling. Thank God that's over, and I didn't even have to lose my cool. Now we can just chill and such. Wait, nope you're leaving. That's great.

THE UGLY TRUTH

## MIDTERM MADNESS

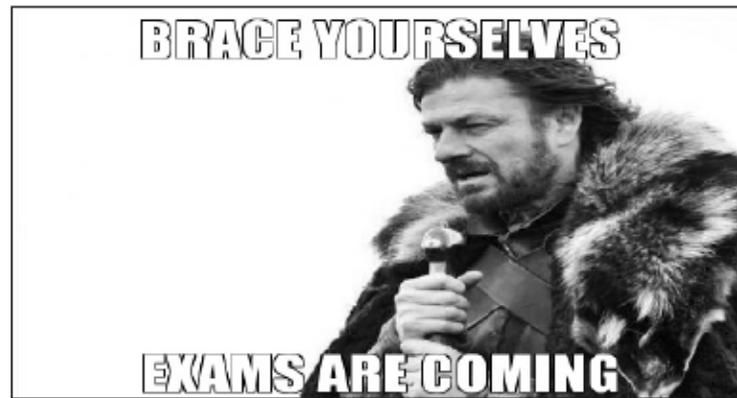
Bridget Downey  
Staff Writer

As October rolls by, we all have a lot to think about. We have midterm week that's driving us all crazy and it's getting colder, so we need to reorganize our closets with appropriate clothes as the temperature drops from a comfortable sixty to a frigid thirty in under week.

But mostly we worry about midterms.

Late nights in the library are commonplace as we desperately try to remember what we learned in those early September classes while wondering how half the semester has already gone. There's hardly time to talk with friends in the Dining Center with books covering every square inch of the table, and, while many midterms are papers, getting out of class early doesn't sound nearly as awesome when you spent a week

HBO Network and beta.diyol.com



studying for a test that took a half hour to get through.

Finally, those last two weeks are now behind us and another road block comes. We await the grading process.

It's those few fragile days where we check Blackboard every night after dinner to see if our professors have finished going over all our hard work with the red pen to end the anticipation.

And when they do, we have

a chance to breathe in the chilly New England air and take a moment to ourselves before getting back to the real world of books and regular homework. We get to think about Thanksgiving, Black Friday scrambles, and Christmas.

As long as we remember finals is somewhere in between all that, simply coming right around the corner, we might just get through the semester.

## POST MIDTERM BURNOUT

Jesree Carerra  
Opinion Editor

Now that midterms are over, students can finally relax. Oh, wait. That is completely false. After midterms and the anticipation of looking through your grades, struggling with getting all of your assignments in, and trying to balance your work and social life, you're wiped of any sort of energy that you had at the beginning.

Post midterms, students look dead or close to it with bags under their eyes that could pass for designer. You could tell that midterms were done with all of the students walking around like extras from the Walking Dead set.

Do we ever get a break as students? No.

We get the constant and daily rag of "It's on the syllabus!" and "Did you do that essay yet?"

from our professors and classmates. Then, we struggle to focus on our gigantic towering pile of assignments, distracted by all of the fun Autumnal things like playing in the leaves, apple cider, Halloween costume shopping, or lazy day weather with Netflix.

Now, we not only have to think about finals that are slowly creeping up on us, but the projects that are due at the end of the semester, the dwindling amount of money left on our food accounts, and the anticipation of heading back home just to hear that we've gained more than a few pounds.

The resting bitch face (RBF) is more than explainable at this point in time. We're college students. We're stressed, overwhelmed, and done with the semester, only to realize that there's still another half left before we can enjoy our upcoming winter break.

# OPINION

## THE STRUGGLE OF LONG DISTANCE RELATIONSHIPS

Lexi Emerson  
Staff Writer

I feel I should give a disclaimer before getting into this. I am questionably the wrong person to write this. I am not an expert, nor do I have a plethora of personal experience on every type of relationship.

I am just a college girl in a relationship with a man in the military. Months and miles separate us from seeing each other, which makes our relationship the best and worst I have ever had.

Everyone has heard the

clichéd phrases like "distance makes the heart grow fonder." People who say this have not been in a long distance relationship before because phrases like these are hogwash.

Distance does not make the heart grow fonder. It makes you tough, sometimes it makes you sad, and often it makes you bitter. Truthfully, distance breaks your heart a thousand times, and it is your relationship, not the distance that puts it back together.

Distance means checking your mailbox daily for letters or your phone for texts and missed

calls. It means going out of your mind trying to make plans that fit both of your schedules and it means being disappointed when things just don't work out.

Now your heart would be just as content with seeing your significant other every day. It would be just as fond of their smile, and the way they say your name when they are half asleep. It is not the distance that makes you love your partner, it's your partner.

It isn't all hell though. There is something soothing about the level of commitment you and your partner have to have to

engage in such a tough relationship.

There is unquestionably a level of trust that is higher than in most relationships. There is complete faith that you belong with each other and are both willing to put in incredible amounts of effort to make it work.

Now, not all long distance relationships have this, but the ones that actually last? You can bet your mediocre midterm grades and the balance remaining on your food plan that they do. Long distance relationships require a certain level of com-

munication and the ability to be independent in your relationship.

In the end though, there is a peace of mind that if you can survive the distance, your relationship can survive anything; and the peace of mind that your relationship is far more than a physical one.

That is where the admiralty of long distance relationships really lie. They are hard, sure. Most days they are almost unbearable, but the end goal, seeing each other after months of separation, that moment itself makes it all worth it.



## BATHROOM NAVIGATION

Amanda Fakhiri  
Staff Writer

Bathrooms. They are an icky part of dorm life. The toilets are clogged, the showers flooded, and the sinks are full of hair. People have their sneaking suspicions regarding who their floor's culprit is, but what can they do about it? This person is anonymous, sneaky, and calculated.

Whether you're the person committing these dirty deeds or the victim of the malicious attacks, listen up! Clogging the toilet, leaving your hair in the shower, and throwing the paper towels on the floor is just not cool.

You're a grown adult and your mom is no longer here to pick up after you. Plus your Resident Assistants (RA) and cleaning

staff don't want to see your leftover dinner.

This ongoing problem needs to end. So, next time you eat a big Sodexo meal and you're feeling it, here are some tips:

1. Poo-pourri: A small bottle of this citrus smell covering goodness is available via Amazon for the low cost of \$5.

2. Toilet paper: Yes, the toilet paper can be a problem. But, it's all we've got, so let's try not to use fifty million pieces; that's the start of all your problems!

3. The plunger: Located in a stall near you! That red rubbery thing with the brown wooden-handle. It's a nifty little device you can unclog the toilet with, and if you don't know how to use it, your RA is a great resource.

4. Bodily fluids: Now this one

will be brief. Before you leave the stall, wipe the seat! Were you not taught anything as a child?

With these tips, all seems fine and dandy. But another problem that victims of the bathroom complain about are shower attacks.

Individuals tend to leave earrings, bobby pins, and chunks of hair chilling in the shower. The last thing we want when we are getting in the shower is a bunch of nasty leftovers. So once you're done and dressed, go back, check the shower, and pick up your stuff.

Be mindful of your floor mates. Use the tools your mama gave you before she let you fly off like the beautiful butterfly I'm sure you are! I mean honestly, what would she say if she knew you were throwing your germy paper towels all over the floor?

## PAIN IN THE (C)LASS REGISTRATION

Jesree Carrera  
Opinion Editor

While it's a complete relief that midterms are over and done, class registration is right around the corner. If you're somehow one of the lucky ones graduating at the end of this semester, consider yourself saved from the stress of choosing your classes.

Due to our busy schedules, we barely have time to ourselves, much less checking in with our advisors just to be put on a list so we can register for the spring semester. Now, you have to find a time that you can meet, talk about your plans for next se-

mester, and determine which classes you still need in order to complete your degree.

You also have to go through the lists, pick out which classes sound interesting, and make sure they don't overlap just to be able to create a schedule for yourself.

Once you're done with creating a new schedule for the upcoming semester, it all falls on the number of credits that you've completed to determine when you get to register for your classes.

On Monday, students with 104 completed credits will sign up at 7 a.m. while students with 89-103 credits sign up at 7.30 a.m. On

Tuesday, students with 73-88 credits begin at 7 a.m. to be followed by students with 58-72 credits at 7:30 a.m. And so on.

While that doesn't sound too stressful, if you miss your time to register, you only have the remainder of that day to do so, or you'll have to wait until the end of the registration period when very few classes remain available.

Don't miss the coveted 12:30 p.m. class just because you slept in or forgot to meet with your advisor. It'll cause you more pain to haul ass from your bed to your 8 a.m. next semester if you miss your chance!

## WALKING CAMPUS

Tyler Leighton  
Editor in Chief

There has been a lot of talk this year about Southern New Hampshire University's (SNHU) transition to becoming a walking campus. It's a great idea, but it's a long process. Right now the change has mostly affected campus drivers.

This was noticed when the yellow gates that separate the Upper Suites from the West Side Apartments were closed both day and night. When the gates are closed at night it means that students with W stickers must drive around the back of the campus, past the Lower Suites, and around Washington in order to reach an empty parking space.

When asked why the gates in the

middle of campus were closed at all hours, a call to Public Safety said that the president was interested in transitioning to a "walking campus". Any official statements to this effect issued by the University or Leblanc himself could not be found.

To SNHU's credit, East Side has wonderful walking paths. There are sidewalks on each of the roads and paths that are specifically for students without transportation. However, that is not the same on West Side. The roads are too narrow for two cars to drive past each other, and this problem is only exacerbated when students from the Lower Suites head to the Athletic Complex.

West Side has many issues when it comes to both driving and walking.

# ARTS & ENTERTAINMENT

## "CRIMSON PEAK": NOT A GHOST STORY

Gabe Carrio  
Staff Writer

It's a story with ghosts in it. A line that viewers should take to heart before they place their expectations somewhere they shouldn't be. "Crimson Peak", the newest film from director Guillermo del Toro, is less of a horror film and more of a creepy murder mystery.

Ghosts are quite a large part of "Crimson Peak", but they simply help move the plot along, and guide the film's protagonist, Edith Cushing, played by Mia Wasikowska (Alice in Wonderland) on her path to solving the film's mystery.

Taking place during the turn of the century, the language in the film suits the time very well, as do the outfits worn by each character. The film does an excellent job of portraying the era, immersing the viewer in the story without their suspension of disbelief being broken by out of place elements.

Visually, the film is stunning. The film's major set, the Sharp mansion atop Crimson Peak, as Thomas and

Lucille Sharp, played by Tom Hiddleston (Thor) and Jessica Chastain (Zero Dark Thirty) respectively, refer to it during the winter. Guillermo del Toro has stated that the set of "Crimson Peak" is actually his favorite that he's ever worked on, and watching the film, one can see why.

The house is almost a character itself, with every facet containing some element of beauty, mystery, and life: a missing ceiling allowing snowfall indoors, a faulty elevator that runs on its own, and bleeding walls that ooze red clay.

Resting atop a bountiful clay mine, the excess rises through the ground and floorboards, giving the appearance that the house is bleeding, explaining the film's namesake.

Along with the gorgeous set pieces in the film, the characters also give compelling performances. Mia Wasikowska gives an excellent performance as innocent and investigative Edith.

Chastain gives a commanding performance as the deadly serious and poised Lucille Sharp. Her character is

quite possibly the deepest and most interesting of the lot, but delving into it would lead to major spoilers later in the film.

Hiddleston's performance is not one to be ignored, either, as his portrayal of Thomas Sharp is an endearing and heartbreaking one. Casting made an excellent decision with their picks.

A bit over two hours, "Crimson Peak" delivers an intriguing murder mystery, love story, and even some classic horror. Be warned, however, some elements of this film are quite graphic, as the violence involved is depicted incredibly realistically. There are also two notable sexual interactions, one of which might make some viewers uncomfortable.

All in all, while I can't go too in depth in this review due to word limit and spoilers, I greatly enjoyed this movie. Don't go in expecting to see a scary movie, because it's not what you're going to get. Go in expecting an intriguing (but not necessarily difficult to solve) mystery with some horror elements.

"Crimson Peak" gets an 8.3/10. Well done, del Toro.

## GOOSEBUMPS REVIEW

Addison Thyng  
Staff Writer

Chances are if you grew up in the 90's or early 2000's you've read at least one "Goosebumps" book. They were everywhere, and were a big hit with young adults and children alike with over 100 million copies of the series sold worldwide.

"Goosebumps" stars Jack Black as Goosebumps book writer R.L. Stine who does just that: writes the books. But taking a page from the movie "Jumanji", whenever the books are opened, whatever character that exists in the story comes to life right off the page, like an abominable snowman, werewolf, or other horror figures from Stine's books.

Then, when one of the most famous of Stine's monsters (I won't spoil which one here) gets loose it sets the other creature free. The movie then becomes a race against time to save Stine and stop the monsters before they are let loose upon the world.

The thing that the movie gets right is its tone; it isn't scary, but it isn't trying to be. It is trying to be a good time for both kids and adults, throwing in some obvious child humor but also some adult jokes that go over kid's heads. The

audience I was in was a mixture of both children and adults and both groups were laughing at the appropriate jokes.

"Goosebumps" also does its job in the nostalgia department. If you grew up with the books or watched the TV show, it was fun seeing some of the monsters on screen in an actual movie.

The film isn't without its problems though, with some plot holes in the third act and one character that could really get annoying if you don't find the geek stereotype funny. The CGI also isn't that spectacular on the creatures, and while it isn't God awful and even arguably fits the films tone, it can be a little distracting of just how much they obviously aren't there, but that's also just a minor nit-pick.

Overall "Goosebumps" can be summed up in just one word, fun. The film isn't a masterpiece but to its credit, it knows that and isn't trying to be. It has fun in its own over-the-top world, especially with Black just having a ball doing an over-the-top Stine character. The film may have its flaws, but anybody who remembers the books or even the TV show will have a good time. It's a good film for both kids and adults as long as you accept the goofy world that it presents you.

## NETFLICK OF THE WEEK: "BAD BOYS II"

Tyler Leighton  
Editor in Chief

"Bad Boys II" is not a good film. It's two and a half hours of action scene after action scene that, when put together, don't make any logical sense. It's completely ridiculous and astoundingly awesome. I love "Bad Boys 2."

To get the proper context for this film, we'll have to take the way-back machine to 2003. Jay Z and Beyoncé had just gotten together, the world was still recovering from the breakup of NSYNC, and Will Smith was the hottest star in the universe.

"Independence Day" (1996), "Men In Black" (1997) and 2 (2002), even the horrid "Wild Wild West" (1999) couldn't slow his progress. Smith was the preeminent action star in Hollywood, and where he went, money and



excess followed.

This is where we get "Bad Boys II", the \$130 million dollar sequel to 1995's "Bad Boys", a film which I have never and I have no desire to see. That's because the ridiculous nature of "Bad Boys II" is only present because of how much Smith's star had

risen since the original.

The ballooned budget lets loose the wildest imaginations of the man behind the camera. Ladies and Gentlemen, that man is Michael Bay.

Bay is best known for ruining the Transformers franchise, his love of explosions, his blatant sexism,

as well as his tendency to whirl the camera around his actors as if it were stuck in a tornado. Each of these aspects are executed to a point of perfection in "Bad Boys II".

Four dozen cops and a sports cars racing after drug dealers who are dropping cars off the back of an 18-wheeler

as weapons? You betcha, that's not even halfway into the movie!

What makes "Bad Boys II" so great is the fact that it's essentially five or six movies jam packed into one excessive, extravagant, and egotistical mess of an action film. None of these five or six films are good, but they are beyond watchable.

Something is always happening that will have you questioning if the same film is still playing. There's a shootout with the KKK, Martin Lawrence accidentally takes ecstasy, a hummer is thrown through Cuban drug shacks, and the entirety of the Miami police department unloads on drug dealers from their office windows with assault rifles.

"Bad Boys II" isn't the best action film that you can watch on Netflix, trust me, it's not, but it will be the one that you definitely won't forget.

# CREATIVE



"Untitled"  
Samantha Long  
Contributing Photographer

## "Anxiety" Katerina Wilhelmi Creative Editor

Here I sit,  
With no self-control  
And somehow controlling my feelings.  
The strain my body feels with the pain,  
The hollowing feeling that anxiety brings.  
Being with people and putting on a smile,  
While wondering if I can truly be ok?  
This gnawing, this stress, and this anger  
Fuels me to push myself to excel despite the fear.  
The fear of failure is too much to bare  
But failing is also too much.  
Be confident, put your best foot forward.  
How can I do this when I am my own worst enemy?  
The only thing to do is to keep moving forward  
Scared but still tell people  
"I'm fine."

## "Ghosts" Bridget Downey Staff Writer

They float and fly above me Like dark, cold, heavy birds The ghosts of my former life Memories I can't erase	A beautiful place with people In groups in which I'll never fit
One is called fear He keeps my confidence in check He often saves me from foolish affairs And getting too close	Anger misdirects things And joins with the troops To force myself to fight with me Instead of losing friends I've gained
Then there is guilt Who reminds me of her The girl I once was Who never did anything right Guilt reminds me not to open up Because once I'm open, I'll lose everything	Sadness keeps me from forgetting How unhappy I can be He is the warrior That breaks down the walls around me To let the rest of the army in
Worry reminds me of the likely outcomes And what I have to lose By being to noticed	But then there's joy and happiness Who keep my sense in check They remind me of how lucky I am To have all that I do
Sorrow helps me see the world As it really is	Joy tries to keep me in balance On the edge of that cliff But balance can be a curse To a troubled soul



"Untitled"  
Katerina Wilhelmi  
Creative Editor

## "Small World After All" Megan Palmer Copy Editor

There is a <i>click</i> and the waters churn to life silence disturbed by a haunting tune. My arms thrown painfully from my sides with a joy I did nothing to choose	mechanical sighs, unison singing, unison groans.  There is a <i>clank</i> and a child looks to me smiling a smile that's, too, painted on. Pointing and humming that same melody— then the boat on the water is gone.  There is a <i>snap</i> as the gears rub out of sync,	sparks flying, steel chains unbound. Our smiles our own, menacing grins freedom a pure, ringing sound.  There is a <i>splash</i> and a gasp; now I am free, I drop in the stream like a stone. The music drowned out by deafening screams as I swim after the boat.
---	--	--

If you would like  
to submit your work  
to the Creative Section,  
email [katerina.wilhelmi@snhu.edu](mailto:katerina.wilhelmi@snhu.edu)

# HEALTH & WELLNESS

## BREAST CANCER AWARENESS

Annie Boghigian  
Health & Wellness Editor

"One in eight women will be diagnosed with breast cancer in a lifetime," according to a breast cancer awareness poster in the Student Center. A pamphlet also explained that every year 40,000 people will die from it.

Southern New Hampshire University's (SNHU) Wellness Center and the Deborah L. Coffin Women's Center teamed up to inform students about breast cancer during the month of October through table displays in the Student Center.

According to the pamphlet "Information About Breast Cancer" that was given out to students at the table, "In 2015, it was expected that more than ~230,000 women and more than ~2,200 men in the United States would be diagnosed with breast cancer."

Karen Estabrook is one of



Tyler Leighton

Hundreds walked to raise awareness for breast cancer at the American Cancer Society's Making Strides event in October.

two nurse practitioners at the Wellness Center and was at the table to help students learn more about breast cancer. "Get familiar with how your own breasts feel so you know what changes feel like," said Estabrook.

Another pamphlet from the table, "ABCs of Breast Health," explained that if someone is 20-39 years old, it is important to "have a breast exam as a part of

your periodic health exam, preferably at least every three years."

The Wellness Center also has papers that hook onto showers that show male and female students how to check for certain types of cancer. Students that would like one can get one at the Wellness Center.

"People are welcome to come to Wellness if they have any concerns," said Estabrook.

## FIT TIP: HOT SAUCE

Josh Manganaro  
Staff Writer

Hot sauce, a condiment of world cuisine, does not only spice up food, but can actually speed up metabolism. There are many types of hot sauce to choose from.

Hot peppers contain a chemical known as capsaicin. Capsaicin is also what gives off a warm sensation in ointment for achy muscles. When eating hot sauce or other spicy foods, a person's body temperature rises, causing panting or reaching for a glass of water.

These feelings have to do with hot sauce's upshot on a key component of metabolism: body temperature. An increase in body temperature can increase metabolism by small increments.

A 20% increase in metabolism can be gained if hot sauce is regularly implemented into a diet. The increase in metabolic



Huffington Post

activity assists the body in fat burn.

When consuming spicy food, the chemical in the pepper stimulates stomach lining. This then produces more juices that protects the stomach from the acid breakdown of food. This process can help with digestion.

Bacteria can also cause different stomach problems such as bowel disorders and stomach cramps. The spicy red sauce kills off bacteria before they can cause problems.

Hot sauce is more than just a sauce; it is a tool that should be taken advantage of when trying to get a lean body.

## SNHU CARES ABOUT DOMESTIC VIOLENCE

Annie Boghigian  
Health & Wellness Editor

"It can be very dramatic depending on the severity, but the one thing that never changes is the power and control that one person has over the other," the Stop & End Domestic Violence pamphlet says. This pamphlet is available to students in the Deborah L. Coffin Women's Center at Southern New Hampshire University (SNHU).

The week of Oct. 26-30 was Domestic Violence Awareness Week. Informational tabling in the Dining Center and Student Center by the Women's Center Director Brooke Gilmore publicized this.

Gilmore has had students write on purple paper hearts in an effort to show support to those facing domestic violence. They will be displayed in the Student Center at the end of October to early November.

"Domestic Violence intensifies over time. Abuse may begin with behaviors that may easily be dismissed or down-



Deborah L. Coffin's Women Center

SNHU student Emily Favalaro helping with the Women's Center Domestic Violence informational table.

played such as name-calling, threats, possessiveness, or distrust" is written in the same pamphlet students can get from the Women's Center.

Gilmore stresses that "there are a lot of local resources" available for victims. At SNHU, students are able to go to the Wellness Center and speak with counselors. There is also the New Hampshire Coalition against Domestic Violence and the Young Women's Christian Association (YWCA)

which now serves all women who experience Domestic Violence. The YWCA has hotlines 24 hours a day as well as safe spaces and secret shelters for women.

Stop & End Domestic Violence pamphlet reads, "The devastating physical, emotional, and psychological consequences can cross generations and last a lifetime...It's not always easy to escape the abuser. Let's try to stop Domestic Violence NOW!"

## AN APPLE A DAY KEEPS THE DOCTOR AWAY?

Kayla Durant  
Staff Writer

With fall leaves dusting the ground and winter right around the corner, it might seem important to don those cozy slippers, bundle up in the fluffiest of blankets, and find a warm drink to thaw one's hands. One highly popular drink during this season is apple cider.

On the surface, apple cider may appear unhealthy, containing too much sugar and a lot of calories. However, studies show that apple cider may be healthier than traditional apple juice. Leah Webber, a holistic nutritionist, says those who eat an apple a day are at lowered risks for cardiovascular disease. Other benefits include increased digestion and a balanced pH. Diabetes can even be cured by an apple a day.

Typically, apple cider is very high in vitamin C, but also very high in sugars. Apple cider is a double edged sword.

Apple Cider Vinegar, a fermented apple cider, has been shown to have many more



futura.com

health and skincare benefits than its predecessor. Professional nutritionist Kimberly Snider explains that Apple Cider Vinegar cleans out the digestive tract, aids in digestion, and can cure constipation. Apple Cider Vinegar diluted with water, can also double as a mouth rinse.

When students go to the Penmen Place for a warm cup of apple cider or the local grocery store for Apple Cider Vinegar, many benefits can be reaped.

# SPORTS

## MEN'S GOLF CONTINUES GREAT SEASON: NEIGA CHAMPIONS

**Matt Martin**  
Sports Editor

Men's Golf added to their trophy collection for this season with the capture of the NEIGA Championship on Oct. 25 and 26. In the 2014 season, they had finished second.

Both days of the tourney, the boys finished first out of the nine teams to bring home more gold. The Penmen shot a total of 306 strokes the first day and finished even better the second day, with 303 strokes. Their two day total was 609 and marked their third championship play win of the year.

On the first day, senior Jake

Nutter and junior John Clancy tied for third with 75 strokes. Freshman Gavin Dugas also finished in the top ten with 77 strokes. Dugas would shoot a 71 on the second day to come in second place with a two-day total of 148. Nutter and Clancy tied for third overall after shooting identical on Sunday (75) and Monday (76) for a two-day total of 151. Dugas and Nutter recorded their third top-five finishes of the year and Clancy got his second.

The Penmen Men's Golf Team sits idle until they can enter more match play in their spring 2016 season where they hope to bring home more trophies.



Gavin Dugas Tees off at the NEIGA Championship

**UNITEDHEALTH GROUP®**



Claire M.  
Humane Society Volunteer  
Customer Service Advocate

**What inspires your life can transform your career. Join us and discover a new career direction.**

**Opportunities with rapidly growing UnitedHealth Group.** If you're inspired to make the world a better place, you can't do better than this exciting opportunity. UnitedHealth Group, a Fortune 14 organization, continues to expand and grow as we continue to help people live healthier lives. We offer an environment that brings out your best because we believe that only your best will do.



Do you already have experience as a Customer Service Representative. Great! You'll love our training and the support we can give you. But even if you haven't worked in Customer Service before, count yourself in. We're interested in your skills and your ability to connect with people. Prior experience in retail, sales, teaching, office support or administrative roles, even jobs in the restaurant and hospitality fields would be ideal. We provide exceptional training and resources and outstanding potential to advance your career in one of our locations spanning the globe. For difference makers with energy and passion, this is the place to reach new levels of achievement. Come. Build on your background in customer service or related experience. It's an opportunity to do **your life's best work.**™

**Customer Service**  
**Experience welcome but not required!**

Go to [yourlifeshbestwork.com/service](http://yourlifeshbestwork.com/service)

facebook.com/uhgcareers    twitter.com/UHGSvcCntr  
linkd.in/uhgcustserv    youtube.com/uhgcareers

Diversity creates a healthier atmosphere: equal opportunity employer M/F/D/V. UnitedHealth Group is a drug-free workplace. Candidates are required to pass a drug test before beginning employment. © 2015 UnitedHealth Group. All rights reserved.

## MEN'S CROSS COUNTRY GOING TO THE NCAA'S

**Matt Martin**  
Sports Editor

Men's Cross Country finished with a strong outing at the NE-10 Championship on Sunday, Oct. 25. Southern New Hampshire University's (SNHU) runners finished fourth out of fifteen teams. Ahead of them was Franklin Pierce in third, Stonehill in second, and American International took home the NE-10 Title.

Junior Nacho Hernando-Angulo finished third with a time of 25 minutes and five seconds for his fifth top-three finish of the season. He has also had three Athlete of the Week

Awards this year.

Sophomore Tyler McLaren also finished in the top 10 at number eight. McLaren's total time was 25 minutes and 25 seconds. This was his fourth time placing in the top ten this year.

Michael Bisbee, senior, rounded out the top twenty for SNHU with a time of 25 minutes and 59 seconds. All three of those SNHU runners have made school history this season. They are the first three cross country runners to be recognized as All-Conference runners.

Up next for the Penmen is the NCAA East Regional Meet in Hopkinton, NH on Sunday, Nov. 8. Hernando-Angulo is

excited and thinks the team will do well in the NCAA tournament. "I'm really confident personally. As a team, we finished fourth last weekend so we are shooting for at least third in the Regionals. Obviously we want gold, but we're hungry for third to qualify for Nationals. We have done all this and now we just need to believe in ourselves. And we're racing a 10k rather than an 8k so we'll do some damage," Hernando-Angulo said.

Come out and support the Penmen runners this Sunday as they race to advance to the NCAA Championship in Joplin, MO later this month.



Junior Jacob Wormald (center in SNHU gear) passes the pack in the NE-10 Championships.

# SPORTS

## WOMEN'S SOCCER FINISHES REGULAR SEASON AS A NUMBER 4 SEED

**Matt Martin**  
Sports Editor

SNHU Women's soccer wrapped up its regular season over the last week and a half with two wins and one loss. The first win came against the Franklin Pierce Ravens on Sunday, Oct. 25 in an exciting 2-1 finish. Senior Bridget O'Sullivan scored in the thirty-third minute of the game on a penalty kick for her second goal of the year.

Later on in the second half, junior Ali Walter sent a great pass across the goalie box to sophomore Trisha Luis who put it past the Ravens goalie for her sixth goal of the year. Time of the goal for Luis was fifty-eight minutes and thirty-five seconds and it was enough to seal a victory. Sophomore Paige Salmon defended her goal well stopping six of seven shots.

On Wednesday, Oct. 28, the girls returned home for Senior Night and a Queen City Cup Matchup against the St. An-

selm's Hawks. This year's seniors are Alyssa Balboni, Morgan Branco, Gabby Cappello, Megan Hanna, and Bridget O'Sullivan. The team honored five seniors with a 4-1 victory over the rivals from five miles away.

In this game, the girls caught fire early when seniors Cappello and Hanna teamed up to score the first goal in the fourth minute. Cappello passed and Hanna scored. Six minutes later, Cappello did it again when she set-up Luis for her seventh goal of the year. In the forty-ninth minute, senior Morgan Branco scored an unassisted goal.

At that point it was 3-1 until Balboni scored off a Hanna pass to seal another win in the seventy-second minute. The goal by Balboni was SportsCenter worthy as Balboni dove and put it in off her head. Four of the five seniors made their mark on the score sheet in their last regular season home game. Junior Autumn Scanlon was in net and saved three of four shots that



Seniors left to right: Cappello, Branco, O'Sullivan, Balboni, Hanna

came her way.

SNHU traveled to Adelphi Halloween night and lost 3-0.

But, there is an upside to

that loss as the women's soccer team finished the season 11-4-2 which places them as the number four seed in the NE-10

tournament. SNHU's round one game will be at home against Merrimack Tuesday, November 3.

## MEN'S SOCCER RIDES TO CONFERENCE TOURNAMENT AS THE NUMBER 1 SEED

**Brianne Torre**  
Staff Writer

Former coach, Marc Hubbard, of the National Champion Men's soccer team here at SNHU left before this season leaving Assistant Josh Taylor to step up and take his place.

"This will be a rebuilding year," thought everyone and everyone's thoughts soon became rumors as Coach Taylor (JT) took the Head Coach position.

Looking back, the season for these men was one with barriers: (somewhat) new coaching, language, and a loss of eleven valuable seniors.

The "rebuilding team's" first game against Chestnut Hill was a simple win, 3-0. However, those who knew the team before could see a lack of chemistry.

"You can tell we have gotten better throughout the season because instead of beating teams three or two to zero, we can beat them four to zero or six to

one, just because that's how much more comfortable we've gotten," Sophomore defenseman Tyler Bivona says.

Also throughout this successful season, was the barrier of language on this team. Fourteen men this season do not have English as a first, or even a second, language.

Yes, they speak it, but it was hard for the team to click when there's more than one language being spoken on the field when trying to communicate positioning, passes, etc.

"Soccer is its own language, so whether the guys are yelling at me in English, French, or whatever, we're going to understand what they want from us," Bivona explains.

As an audience member, it is difficult to see the world that Bivona talks about, but one would hope and believe that it exists.

With a 13 game winning streak, the middle of the season approaches. Obvi-

ously, the squad has something to hold their heads high about. Winning games left and right, the fans were very interested to see how the number three team in nation for D2 would hold up against Merrimack, who at the time, was number eight in the nation for D2.

The 2-0 loss for the boys was a rough one. "We'd rather lose now than in playoffs. Getting a loss out of our system isn't a bad thing," Bivona states.

He goes on to say, "knowing what it's like to lose is always an eye-opener because when you feel that loss, you never want it to happen again."

The Penmen finished the regular with a record of 15-1.

They ride high as the number one seed into the playoffs this Tuesday, Nov. 3 at 7 p.m., the Penmen host Saint Michael's for the quarterfinal match, in hope to be the NE-10 conference champions once again.



Robert Brown (8) Sofiane Tergou (10) Dom Samuel (28) and Nate Horton (16) celebrate a goal!



Men's Soccer Team huddles ready to make a big impression in the NE-10 Conference Tournament.