

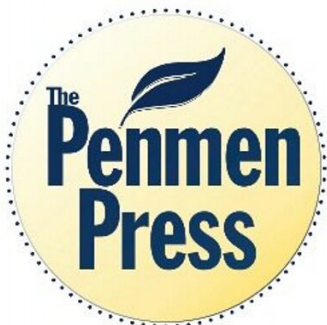
# THE PENMEN PRESS

Volume XXIII, Issue 5

November 18, 2015

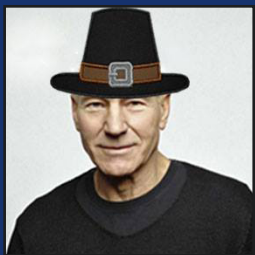
penmenpress@snhu.edu

Manchester, NH



November 18

Enjoy Thanksgiving Break



Tyler Leighton

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## SNHU REPRESENTS AT THE SCALE CONFERENCE

Nicole Clark  
News Editor

Southern New Hampshire University's (SNHU) Center for Community Engaged Learning (CCEL) attended the SCALE conference last weekend on Nov. 7 at University of New Hampshire (UNH) Manchester. SCALE stands for Student Citizens for Active Leadership and Engagement. Other colleges that attended were Rivier University, New England College, Keene State College, Saint Anselm College and Merrimack College. The conference was put on by Campus Compact for New Hampshire.

The morning started off with a warm welcome from Elle Tibbitts from SNHU. She introduced the keynote speaker Alex Fried, an alumni from UNH and was the co-founder of UNH Trash 2 Treasure. He is now the founder and director of Post Landfill Action Network.

Throughout the day, there were many workshops to choose from. Options ranged from alumni involved in Higher Ed, Non-profit, and AmeriCorps.

Also, school staff members, alumni, and students organized some workshops together too.

Allison Valentine, an alumni from SNHU, conducted a session titled, "Turning Passion into a Career." Elizabeth Richards, a professional staff member from SNHU's CCEL, did a workshop titled, "The Good, the Bad, and the Ugly: Peer Supervision." Also working in SNHU's CCEL, Kelly Hobbs conducted a workshop titled, "Building Social Discourse: How to engage your peers in conversation that matter."

These were all designed to give students helpful and useful information that they could take back to their colleges and apply in daily life and decision making.

To wrap up the day, SNHU students Elle Tibbitts and Lauren Macdonald, presented their workshop titled, "The Roadmap to Action." This started off with talking about human trafficking and how it's not just in foreign countries but right in front of us. It happens everywhere and more people need to gain awareness of this issue so we can start



CCEL Students attend SCALE Conference.

taking preventative actions. If nobody knows, then nobody can help. The group then played a game to show how everybody has to work together as one to reach a goal. Without one part of the group the goal could not be completed.

Kirsten Spooner a senior at SNHU said, "I am grateful that I was able to attend the Scale conference because I was able

to collaborate with students from other schools who have similar passions as me to focus on social issues and to educate our peers about them. My favorite part was networking with Americorps vistas as I will be a graduate taking my next steps and Americorps has always been an interest to me since I've been involved in community service and active citizenship."

## NEW MUSIC: M AS IN MANCY AND LOGAN AND RICHIE

Bridget Downey  
Staff Writer

M as in Mancy and Logan and Richie rocked the Pub, and they certainly had a whole new attitude and a brand new sound to match.

Richie and Logan performed first, setting up for their set with a natural chemistry and charisma that brought the entire audience into their little world with jokes and a friendly atmosphere.

When their set was ready to go, they hit it out of the park with Richie Oliver on the guitar and the ukulele and Logan McCarthy taking on the piano while they belted the lyrics together.

The audience couldn't help but be captivated by their on-stage presence. Freshman Cyan Barker shared her enjoyment, stating, "Logan's the best, everyone loves him. And his set with Richie was so awesome!"

The performance was de-



Logan McCarthy on keys and Richie Oliver on guitar.

scribed as many things. "Awesome", "Crazy", and "Fun" were words used in abundance by the audience. More creative was the description of the performance as "if Eric Clapton and Jimmy Hendrix had a baby, [that kid] would

play like Richie."

Next up, was the new and improved SNHU Rock Band, now named M as in Mancy. The band now includes Ryan Beretta on bass, Juan Gomez and Cenker Inanoglu on guitar, Jameson MacNeill on

Drums, and Matt Sandstrom on vocals.

Their set was very diverse, playing songs by Franz Ferdinand, Modest Mouse, and Muse.

Please continue to page 2.



# EDITORIAL

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

## MISSOURI AND DIVERSITY ON CAMPUS

Equality among all individuals is still a big issue in today's world; the student led protests that were being held at the University of Missouri are another in a long line that has spanned across the country over the last two years.

We, at the Penmen Press, are fully supportive of the Missouri students' peaceful protests for racial equality. We would also like to recognize Southern New Hampshire University (SNHU), the Office of Diversity Initiatives, and the clubs and organizations on campus for all of their efforts to create a community where students of any background can feel welcome.

Generation Equality is the first among these groups. They aim to build a community on campus for Lesbians, Gays, Transgender, Questioning, and their Straight Allies (LGBTQA). They hosted the National Coming Out Day photo-shoot in the Dining Center Oct. 11. They stated on their Facebook account that, "This event was challenge by choice, in which individuals did not have to disclose their sexual orientation or gender identity if they did not want to. As an alternative,

many participants chose another aspect of themselves that they wanted to share with the rest of the campus community."

International Student Association also promotes diversity among the student body by hosting events that share cultural knowledge and experiences that both international and domestic students can participate in. One of these events was their celebration of Diwali, a Hindu festival of light, Nov. 15.

The Beloved Community is another organization that speaks for students of color and diversity allies at SNHU. A quote from their Facebook page says, "As a growing and diverse support group we strive to be a voice for students, providing unified learning experiences and an open mind for differences while providing a home away from home." On Nov. 2 they co-sponsored in the Privilege Walk with Generation Equality.

S.A.G.E. discusses issues related to feminism, roles of men/women in society, and intersectionality. During Domestic Violence Awareness Week S.A.G.E. and the SNHU Deborah L. Coffin Women's Center hosted a

community panel of survivors and experts from the Manchester area to speak about domestic violence. They also encouraged students to take part in the Purple Heart Campaign which is a pledge of nonviolence.

But Generation Equality, ISA, Beloved Community, and S.A.G.E. are only some of the organizations on campus that make students and faculty at SNHU feel like they belong.

SNHU as a campus will continue to spread a sense of community to all members by participating in International Education Week from Monday, Nov. 16 through Saturday, the 21 and hosting many diverse events. Events will include "Student Experiences through Study Abroad," "SNHU's Global Village," and an "International Passport Dinner".

While many campuses face challenges every day to make up for what they have not done, SNHU seems to always be progressing and adding to the good work they have already done. The sense of pride in the community's diversity is unifying as it allows us to stand together in the light of national change and changes of our own.

## NEW SOUND

Continued from page 1.

This performance got straight to the music when they got on stage. Their enthusiasm was noticeable, notable, and appreciated by the audience who got into the groove right along with them. The audience was seen videotaping, taking pictures, and cheering along, even singing too, if they knew the song.

Logan McCarthy, half of the Logan and Richie tag team stated, "M as in Mancy did a fantastic job! Richie and I were very excited and honored to have opened for them!"

M as in Mancy and Logan and Richie showed their stuff and entertained the audience in a way that brought all of them together through their music.

Their performance proved that Southern New Hampshire University (SNHU) has new talent brimming and surfacing all the time.



M as in Mancy rockin' out.



Logan and Richie jamming hard.

# NEWS

## BLACKFISH SCREENING

**Gabriel Carrio**  
Staff Writer

The Students for Environmental Action club (SEA), set up a screening of “Blackfish” on Nov. 11. A total of 13 people were present to watch the documentary, making for a personal, intimate screening.

“Blackfish,” a documentary released in 2013 about the captivity of orca whales at SeaWorld and other ocean-themed amusement parks, was the film chosen by the SEA in order to bring light to attendees about the condition of animals held in captivity.

When asked why she set up the event, President of SEA Hannah Pierce, said that, “the club has a different theme every week concerning global environmental issues, and the theme for the week of the event was animal captivity.”

She continued saying, “We try to make the events we hold relevant to that week’s theme, and most of us in the club have seen it (“Blackfish”) and loved it, so it made sense to hold an event where we show it and help

inform anyone who doesn’t really know about the state of animal captivity nowadays, and get them more interested in the matter. “Blackfish” does a great job of showing that.”

The event was also co-sponsored by the International Students Association (ISA), who provided refreshments for the gathering.

Shukria Shinwari, a higher-up in the ISA, stated that the association took an interest in global issues, including environmental ones, such as the state of animal captivity around the world. Interviewing some of the audience members, everyone generally had the same reaction to what they saw.

One student, a junior named Toneita Thomas, said the movie was, “amazing, and super informative on SeaWorld’s practices.” Thomas also stated her sadness that SeaWorld’s directors are knowledgeable on the issues with the captivity of killer whales, but do nothing to change it, only to keep their image clean.

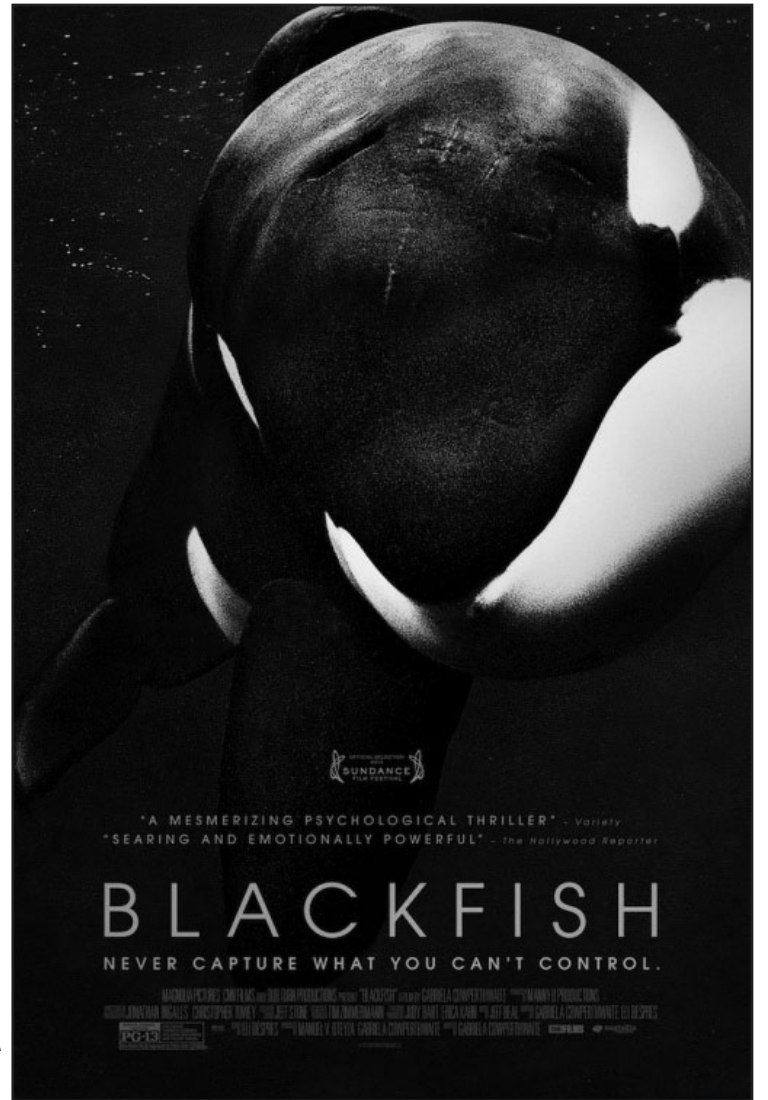
While watching the film, Thomas took further interest in the issue, and looked online

for more information about the captivity of whales and other animals, and to see the current status of “Blackfish’s main focus: the male orca Tilikum.

Another junior, Shaidalys Garcia, thought the movie was “powerful” and that it was “interesting to learn the information that SeaWorld refuses to give.” She told the press that she loved the interviews with former SeaWorld whale trainers throughout the movie, and that she liked how viewers could learn their perspective on their relationships with the whales and their thoughts on SeaWorld’s practices.

The event ran without a hitch, with everyone staying for a few minutes after the film’s conclusion to discuss what they had just seen and how they felt about it.

Given everyone’s increased interest in the issue of animal captivity across the globe, one could say that the SEA succeeded in their reasons for showing the film. For more information on the SEA, or the ISA, they can be reached at sea@snhu.edu and isa@snhu.edu, respectively.



## UGLY SWEATER EXTRAVAGANZA

**Maura Mullen**  
Staff Writer

On Friday, Dec. 4 from 8 p.m. to 11:30 p.m. in the Pub, the Office of Diversity Initiatives is hosting an Ugly Sweater Extravaganza. Students can join the festivities by participating in raffles and karaoke. They can also enjoy winter-themed refreshments such as eggnog, hot chocolate, and other treats. There will also be an ugly sweater contest so students should make sure to don their ugliest, itchiest, tinsel-iest covered seasonal wear.

The Office of Diversity will also be previewing a myriad of different winter holidays to spread awareness about winter celebrations across many cultures. They seek to spread all kinds of cheer, and after the success of last year’s event, the Office hopes for another fun celebration.

Rachel Sharpe, LGBTQ Graduate Assistant, says that

this event is “a great opportunity to come together with the Office of Diversity and put studying aside.” It comes just in time for students to use it to get away from stressing out.

She continues, encouraging students to attend, stating, “It’ll be a fun event for everyone to kick off the winter holiday season. Come join us for fun and refreshments and make sure to wear an ugly sweater!”

This event can be just the fun a student needs amidst the studying and finals anxiety, and offers the campus an outlet for all their overflowing holiday zest.



## HUNGER AND HOMELESSNESS WEEK: RAISING COMMUNITY AWARENESS

**Nicole Clark**  
News Editor

Hunger and Homelessness Awareness Week is being put on by the Center for Community Engagement (CCEL) the week of Nov. 15 to Nov. 21.

Throughout the week, students can stop by the dining center to pick up a schedule of the events that are going on, an orange awareness ribbon, as well as donate money from your meal plan. That money will then go to the New Hampshire Food Bank.

To kick off the week on Monday Nov. 16 there will be a “Faces of Homelessness” panel in the Last Chapter Pub at 5 p.m. Then at 8 p.m., there is another event called “A Place at the Table” that will be held in Walker Auditorium.

This documentary will show how hunger poses serious economic, social,

and cultural implications.

On Tuesday, Nov. 17, there will be an event called “Foodstruction” and it will be held in the Hospitality Salons at 5 p.m. Students will be able to make teams and will construct a sculpture using non-perishable foods.

If they are not very artsy, that’s okay too! Students can come enjoy free snacks, watch the sculptures be built, and cheer on their friends. Students are also encouraged to donate any non-perishable food as well.

Then on Wednesday, Nov. 18 there will be some special guest speakers at SNHU in the Dining Center Banquet Hall at 7 p.m. Zach Ingrassi and Chris Temple from the award-winning documentary, “Living On One” will be talking about their experiences. They spent two months living in Guate-

mala on only a dollar a day to understand what it is like to live in extreme poverty.

The last event for Hunger and Homelessness Week will be on Thursday, Nov. 17 in the Dining Center Miles Room at 9 p.m., called “Stop Hunger Now.”

This event will be sponsored by the Outreach Club. Volunteers will be packaging dehydrated foods to be sent out to countries around the world. Their goal is 10,000 meals so bring a pair of helping hands.

Yet students are encouraged not to stop after Hunger and Homelessness Awareness Week! There are all different one time service projects that students can sign up for and help out their community.

Interested students can stop by the Center for Community Engaged Learning located in Stark Hall room 14.



# NEWS

## CAREER CORNER: GETTING THE EDGE ON CAREER

**Katie Schmelzer**  
Staff Writer

Did you know there are more job and internship positions available in SNHURecruit than can currently be filled? Employers have taken notice in Southern New Hampshire University (SNHU) students and they're coming here to hire.

Taking advantage of these opportunities is a given, but do you ever find the interview and hiring process to be way too overwhelming, or you don't quite have that competitive edge?

Well, you're not alone, and help is located right down in Merrimack Hall! The Career Development Center (CDC) has an abundance of resources and experts to help.

While I wouldn't necessarily call myself an expert, since the CDC hired me as a student worker, I've been

learning quite a bit. Check out some of my blog posts on [CareerEdge.snhu.edu](http://CareerEdge.snhu.edu).

In addition to CareerEdge, I'll be writing for this recent column in the news section here in the Penmen Press. This

section will be just another way to bring the CDC closer to you, in fun, non-intimidating ways.

So, if hearing the student perspective on career development is more at your tempo, I'm more than will-

ing to help in any way I can.

As a senior, I've had three internships and six different temporary jobs. Needless to say, I've been through the interview and hiring process a few times. Whether it's ap-

plying, preparing, or how to conduct yourself before, during, or after the interview, I have some experience.

On CareerEdge, I'm helping to write for the current blog collection: The Job Interview Series, which offers up tons of advice, tips, tricks and hacks to be successful in the hiring process.

CareerEdge is a pretty neat tool. It doesn't just have blogs, but it allows you to customize your email alerts so you're only hearing about job and internship postings that apply to you! So if you're a Sports Management major, you won't be bothered by a notification of an IT position.

I encourage you to check out CareerEdge (not only just to read my blogs!) but to take advantage of all the resources there to help you take control, get the edge, and become an expert in your career development too.



Career Development

## FREE MONEY AT FASTWEB

**Shannon Collins**  
Staff Writer

It's no secret that college is expensive. With tuition costs rising every year, paying for college becomes more and more difficult. That's why scholarships are so helpful. The more scholarships a student wins, the less student loans they have to take out and pay back.

Scholarships are free money that don't need to be paid back. They are often from a college/university, organization, or commemoration fund. Scholarships are a donation made to support a student or future student's education because of an academic achievement or other condition/situation in their life.

There are a lot of different types of scholarships available. For example, there is a scholarship for people who are left handed, live in a town

with fewer than 10,000 people and for students who have a 4.0 GPA. You name it, there is probably a scholarship somewhere out there for it.

Finding scholarships that pertain to a student's needs can be tricky and time consuming, which is why websites like Fastweb.com are so helpful. Fastweb is the leading scholarship search provider, and the best part is that it's free.

Fastweb does the hard work by finding scholarships and compiling them into a list organized by deadline. Students start by filing out a profile and answering a slew of questions. After completing the profile it will show the scholarships that match up.

After completing my profile, it showed that I matched with 138 scholarships and the total value of all eligible scholarship winnings was \$281,400! Now,

granted, it would be impossible to win all of them, but that is a lot of free money that I can apply for to reduce the amount I need to take out in student loans or have to pay out of pocket.

Each scholarship posted has its requirements and eligibility standards set by the actual organization, not Fastweb. In looking through the scholarships that I paired with, not all of them were a perfect match. Some were not a match at all, so be sure to read through all of the details on the actual scholarships website. There is also a section full of articles from past scholarship winners to give other students advice on how to win.

Fastweb.com also has great resources on career planning, financial aid and student loan information. Check it out, apply for scholarships, and let us at One Stop know if you win! Best of luck!



marissafw.com

### Sales Alumni Social

Tuesday, Dec. 1 6:00-8:30pm

ACC 1st Floor Learning Commons



Hear from SNHU alumni in a panel discussion about how professional selling helped their careers. Light refreshments provided.

Sponsored by SNHU Professional Sales Association



# NEWS

## THRIFTY AT TARGET

**Shannon Collins**  
Staff Writer

Target is... a happy place, a saving grace, a "I didn't know I needed this before I came in here" place. Go into Target for toothpaste and walk out with a coat, video game, box of mac 'n' cheese and said toothpaste.

Many students know this feeling well as seen in the enormous turnout of new students at the Late Night at Target event at the beginning of the semester. But what they might not know is that Target offers great discounts making many items affordable on any college student's budget?

The best and easiest way to save money at Target is with their Cartwheel app. It's a free app available on both Google Play and iTunes. Cartwheel offers typically a range anywhere from 5 to 50% off.

As the aisles display all the "completely necessary" items a student could ever need there, they can scan the item's barcode into the app to see if there's a Cartwheel offer for it. They can also search within the app to for electronic offers, clothes, food, etc. Select the offers, scan the Cartwheel app barcode at checkout, and save money.

Another easy way to save is by going to coupons.target.com. It offers an array

of both manufacturer and Target store coupons. When on the website, select items to print, print them off, cut them out and use them in store on the item specified on the coupon. The best part is that manufacturer and Target store coupons can be stacked on a single item. And, on top of those incredible savings, the cartwheel app can be used on top of both types of coupons.

For those focused on the environment, when shopping at Target, patrons can bring in their own reusable bag and save \$0.05 off the total order for each reusable bag used.

Target is also infamous for having a Dollar Spot section. Items in that section range from \$1-3. It includes everything from decorations, school supplies, snacks, and much more.

Find a cheaper price at Target.com or Walmart.com? Make sure it's the same exact item and price match it at guest services. No need to waste gas money driving from store to store to save money.

Now, next time at Target if a student finds they just have to have that plush ottoman for their dorm room, they can save some money when purchasing it and feel even better about that sweet find.



## RELIEVE STRESS WITH THE LATE NIGHT BREAKFAST

**Kevin Guimond**  
Staff Writer

Students definitely do not want to miss one of the biggest on campus events happening at Southern New Hampshire University (SNHU) this December. On Dec. 9, from 10 p.m. to 12 a.m. there will be a late night breakfast served free to everyone in attendance. This event will be hosted by SNHU Student Involvement.

This event will be one of the biggest of the year, as students, staff, and faculty will all come together to create an awesome experience. Last semester, the

event had a massive turnout and the same is anticipated this year. In addition to breakfast, there is also the opportunity to play bingo, the popular SNHU pastime.

Despite the long wait, being able to get the free breakfast food is what so many desire and is so worth attending.

All types of breakfast will be served including pancakes, fruit, baked goods, and of course bacon. Students are encouraged to bring their friends, as it will be a great way to spend time with them as well as meet new people.

Tom Balestracci, Assistant Director of Student Involvement gave his pitch

as to why this event will be one to remember. He stated, "It's an amazing event where students, staff, and faculty can come together and have an amazing time with this fun environment."

Along with that he also added that "it attracts students with free breakfast and bingo."

With this event happening Dec. 9, this will be right around the time of finals week. So, if student need a good way to relieve the stress of writing papers and studying for finals, they bring some friends, enjoy some great breakfast food, and come play bingo at this great event.

## OPEN MIC NIGHT

**Laurelann Easton**  
Staff Writer

An Open Mic Night, sponsored by the Creative Writing Club, Student Activists for Gender Equality (SAGE) and Generation Equality, was held on Nov. 5 in the Pub. The theme for the event was equality, and students were encouraged to share poems, short stories, or songs around this theme.

The night began strong with cookies, and a performance by Richie Oliver and his guitar, playing "Scarlet Begonias" by The Grateful Dead and a song by The Beatles. The event continued on with finger-snapping-good poetry by the brave souls who dared to take the stage.

The large crowd that attended was also educated on what one man learned during this year's Halloween excursions. The Coke

Legends made an appearance to share their music, inviting people to sing along, as did two young boys in their rendition of "We Will Rock You" by Queen.

Sophomore student Kaitlin Tetreault said, "I thought it was a cool experience. The musical acts were great, especially the guitarist duo. Those that read aloud covered a lot of deep topics that I wasn't expecting."

Despite the theme of equality being ignored by most of the performances that took place that night, students still thought it was good fun. Melanie Friese, a senior student and President of SAGE, said, "There were a variety of acts, but I enjoyed the people who read their poetry the most. No one recognized or stuck with the theme of equality, but it was fine that no one did."

Both clubs throw out a huge thank you to all participants.

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STANLEY'S BARBER SHOP HOURS ARE AS FOLLOWS,  
TUESDAY, WEDNESDAY & FRIDAY: 8am-6pm  
THURSDAY: 8am-7pm SATURDAY: 7am-1pm



# OPINION

## BUT FIRST...

**Tyler Leighton**  
*Editor in Chief*

Smart phones may be responsible for some of the dumbest posts on the Internet. They're fantastic machines with high quality cameras and constant access to the World Wide Web. But, instead of using any of those wonderful applications to enhance our lives, people use them as a way to present their own vanity to the world through social media and selfies, the personal bat signal displaying your face for all to see. But instead of being looked at in awe, the signal is lost in a mass of hundreds of thousands of others exactly like it and equally insignificant.

Selfies, at their core, work as a metaphor for the technological age. Everyone is too busy managing their social media accounts to put thought into a picture. We're too afraid of social interactions to ask a stranger to take a picture, and poses have been narrowed into two categories: the pretty and the silly. An entire art form of composition and framing has been dumbed down to one question: "Do I look cute in that one?"

It's ironic that taking a selfie is seen as a way to save time when taking a picture. You could count the amount of selfies on Instagram that

haven't been retouched, edited, or distorted with a dozen filters on one hand. People spend so much time editing pictures on their phone that by the time they post them, the event that prompted the picture is long past, and all that's left is a face that looks like it was tattooed with BoBo the Clowns makeup.

The selfie directly opposes the foundational idea of photography. Every picture has YOUR face at the forefront. Good luck remembering what day you took it, what event you were participating in, or who those people are around you. There could be a Soviet attack happening in the background and the only evidence would be a furrowed brow and a frowny face emoticon caption. Selfies don't capture memories; they taint them while they are still happening.

How about this: the next time you want to take a selfie, think about why you're taking a picture of yourself. Is it because you need another photo of your face on the Internet? It doesn't matter who you are, but that has never been the case.

Bob Ross and Cro Magnon Man nailed it: nature, landscapes, and animals. The more time you spend snapping and editing pictures, the less time you have to enjoy whatever caused you to take the picture in the first place.

## ...LET ME TAKE A SELFIE

**Megan Palmer**  
*Copy Editor*

You wake up. It is another boring, grey day filled with monotony and the same old same old. Roll out of bed, sleepily stumble into the shower, and slowly trudge your way to class like the sheeple you are. Yeah, I've been there too.

But wait! There is a way to bypass this lack of joy and self-deprecation in your life and it's sitting right in your hand, just a push of a button away. The selfie! Thaaaaat's right; for the low price of zero dollars and zero cents, you can fill your world with color! Pizazz! Timeless mementos for the entire family to enjoy!

With the use of the selfie, you can take a photo of yourself even on the greyest of days and be reminded of the zest of being alive! Look at that hair! That eyeliner! That slightly bit lip that says, "Hello world; I am here and ready to go!"

Yet the naysayers are in abundance, as they always are. The peanut gallery in the back crying about technological dependency and the vanity of a generation. Well, vanity shmanity; we live in a world that has such low self-confidence that the selfie acts as the perfect counter weight to share our pride in who we

are! Oh ye naysayers, take a selfie and realize that it is for you! It has the word "self" right in it!

The selfie has a lifetime guarantee, unlike many other products out there. It can be saved and shared with all 1,000 of your closest friends through the social media of your choice! We ensure compatibility with Facebook, Twitter, Instagram and so much more!

The selfie counters all competitors on the market with its ease of use, intuitive process, and the independence it gives the user. No longer do you have to impede on someone else's day, adventure, or vacation; you can simply have at it and capture your fondest memories all on your own! No longer will people be asking you to take photographs of them either; they have the same capabilities as you do!

The selfie is the newest wave of technology that is ready to be embraced. Call now, and we will throw in some filters, gradients, and other easy to use editing tools for no extra charge! Did you read that correctly? Yes you did! No extra charge! What a steal!

We hope to hear from you soon and see your wonderful selfies galore! Capture, share and reap the benefits of a photo well taken!

THE UGLY TRUTH

## PURSES: ULTIMATE MARKETING PLOY

**Amanda Fakhiri**  
*Staff Writer*

You're walking outside the dining hall. You have your wallet and phone in the back pocket of your jeans when suddenly out of nowhere they fall on the ground. At this point you're fearing the worst. Is my screen cracked? Did anyone see that? There's nothing left to do but pick them up and curse your jeans.

As a bystander, I can no longer be silent. Girl jeans are rigged. Either the pockets are too loose, there are no "real" pockets, or the pants are too tight for the pockets to be useful.

Then there's the jeans that don't even have pockets, so can those even qualify as jeans? I mean honestly...what's up with jeans? Guys have plenty of room to fit stuff in their pockets and you don't ever see their wallets falling out.

I think it's pretty clear what's up with that! Purses. A victim of the girl jeans pandemic, Freshman A. Cuddy said, "Jeans are obviously rigged for women because they want us to buy those damn purses".

It's an interesting argument. In this consumer based society, are stores carefully calculating their pocket size? Is it to make us buy purses?

Upon further research, it turns out this was a big debate when the iPhone 6 Plus came out. Men, for the first time, were able to experience the pocket dilemma that we as women face every day.

Because let's get real, women's pockets are not actually pockets! Your coat pocket is a pocket. If you're a man, you have pockets.

But if you're a woman, it's time to just accept the fact that you don't have pockets!

Retail is just screwing us over one pair of pants at a time.

It's a terrible fact to come to terms with, I know, but biology and birth has sealed us to this inescapable fate.



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# OPINION

## MENTAL ILLNESS: STOP THE STIGMA

**A. Cuddy**  
*Contributing Writer*

You're a normal student on the way to your 8 a.m. Your feet graze the leaf coated green space as you inhale the smell of fall air. You are excited about life and its possibilities. Now imagine you don't have that buzz for life. When "one in four young adults between the ages of 18 and 24 have a diagnosable mental illness", and "more than 25 percent of college students have been diagnosed or treated by a professional for a mental health condition within the past year"

chances are you know these people (National Alliance on Mental Health). In a class of 20 students, 5 would have some kind of mental illness.

Life with depression means you see your friends with a fog of indifference to the plans they're making. You see your classes as a tortuous endeavor to trudge through before going back to nocturnal indifference becoming the personality everyone sees you as. The indifference towards seemingly trivial tasks doesn't mean an indifference to life. You're fighting every day, but sometimes you're overwhelmed

with the back breaking weight of the world. Just because it takes longer to return to reality, doesn't mean that you're inherently less than. As you drown in the darkness of your inevitable despair you grasp for anything that makes you feel a sort of solid footed normalcy that your peers take for granted. Many turn to self-harm, alcoholism, or drug use just to feel something, anything.

You've imagined the pain; now imagine the denial of your peers and superiors. Your friends lose interest in you because you're "too depressing

to be around". Your teachers rattle off clichés like "You're too young to be depressed, you have your whole life ahead of you!" or even "I could have sworn I saw you in the hallway yesterday, you weren't in the hospital".

Your parents ask why you're hurting yourself, why you're so unhappy when you're so fortunate. "You can't be this unhappy, people have it way worse than you" is something that sounds ridiculous when you juxtapose it with its contrapositive: "You can't be happy because others have it better". Why is it we're so un-

willing to admit that mental illness is not something you can control?

This outright denial can be like cinderblocks dragging you down deeper into your uncontrollable darkness. Some are lucky and have amazing support systems to help them; maybe they're on medication to lift them to a normal emotional state. What I'm trying to say is, you may know someone's name, but you don't know their story. You may know that someone's absent from your class and, while it's easy to write them off, maybe second guess that decision.



Earl Studios

## MASCOT OR MONSTER?

**Lexi Emerson**  
*Staff Writer*

To give him some credit, just about all mascots give me the creeps, but there is something about Petey that goes the extra mile into terror town. Be it his emotionless doe-eyes, or his snarky smile, something about him just doesn't seem right.

We've all seen him enthusiastically motivating crowds at sporting events, meandering around campus giving high fives, and leaving a trail of smiles in his wake. However, those smiles are falsely planted with care by their beholders. They're just brave faces covering up their fear and years of therapy to follow.

Let's be honest, the Southern New Hampshire Univer-

sity (SNHU) mascot was terrifying from the moment the idea reached the development board. Just think about it: a group of most likely white middle aged men (a fact that typically describes the demographic in which most mistakes regarding choices in this country come from) all at one point sat around a conference table, and decided that the right mascot for this school was a man who could write with a quill.

A man with a vague resemblance to George Washington, and one of the most petrifying faces ever constructed. Not only did this group of well-educated men decide that this was the look that SNHU would embody for what it means to be a Penman, they also decided that having a man dress up in this

fashion was not enough.

No, instead of a costume, a full blown mascot was created. The decision was made to put a man inside another man. Which successfully brings the creep level up another ten notches.

You may look at the modern Petey and see a vague resemblance to the monsters in your nightmares, making you question what could possibly be so wrong with him. That is where I ask you to look up past Peteys. The Peteys that existed before the current makeover bring you straight into a Stephen King movie.

So, no Petey, I will not high five you back. In fact, anytime I see you I will run as fast as I can in the opposite direction, because I have a soul that I would appreciate keeping.

## THE DREADED 8 A.M.

**Jesiree Carrera**  
*Opinion Editor*

By this time, most students have selected their classes for next semester. They have all gotten up for their registration times and stumbled to their computers or tablets and logged on to their accounts.

However, they registered on different days depending on their amount of completed credits. With the different registration days comes different available classes.

Some sad souls will be stuck

with the dreaded 8 a.m. no matter what they do. Most students tend to avoid it at all costs, but some end up with the only class that runs at 8 a.m.

While, yes, the 8 a.m. is a terrible time to drag our sorry butts out of bed, it's still a choice. While registering, it's a choice that you have made and a responsibility that you need to uphold.

I get it. It's an annoying time block, but deal with it. Next time, stick to later class times rather than complaining endlessly about hav-

ing to wake up and go to the class you're paying for.

Also, for any freshmen who are complaining that they didn't get to choose their schedules, suck it up. Welcome to college!

Guess what? You only have four more weeks until next semester where you can avoid 8 a.m.'s.

Until then, stop complaining. It's going to be okay; you'll somehow find the strength inside of you to make it though. Everyone else in your class is having the same struggle as you.

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If you would like to be a Contributing Writer, submit your opinion to the Penman Press at [penmenpress@snhu.edu](mailto:penmenpress@snhu.edu)



# ARTS & ENTERTAINMENT

## GABE CARRIO'S JAM SESH: "FLUME"

**Gabe Carrio**  
Staff Writer

"Flume" is the debut, self-titled studio album by Australian artist Flume, obviously, released in 2011. An electronic music producer, Flume specializes in the experimental, down-tempo, and trip hop genres.

"Flume" comes in two editions: the standard and the deluxe version, which I'll be recommending to you this week.

Right off the bat, I will say that, while I love each track on "Flume", some of the songs almost blend together and don't stand out from one another, generally sticking to the same reverb-heavy drum kit and synth melodies. Notable exceptions would be "Holdin' On", "On Top", "Left Alone", and "Star Eyes" (all of which are my personal favorites on

the album, and all of which have vocals).

While the standard version offers many chill, percussion-heavy tracks laden with deep, speaker rumbling bass lines, the deluxe version provides an extended track list: 33 songs as opposed to 15.

Going beyond the standard track list, the 18 extra songs are variations on tracks from the standard edition, including VIPs (variance in production) of songs such as "Insane", "Change", and one of my favorites, "Space Cadet."

Also included is a 4 minute long "Intro", featuring rap verses from guest artist Stalley.

Following the VIPs, there are 6 remixes of a few of the album's songs, done by other artists, and 4 remixes done by Flume himself of other artists' songs ("A Baru in New York" is

an absolute godsend, definitely listen to that one first).

You might have never heard of Flume, or you might already be a big fan of him (like me). No matter the answer, give this album a listen. Granted, if you don't enjoy electronic music, or music without vocals for that matter, then this album might not be for you.

Most of the songs that actually do have vocals are rap, which may also be at turnoff for some.

If you're still interested - and I really hope you are - you can stream it from Spotify or SoundCloud for free, or buy it straight from iTunes for \$15.99. The price might seem a little steep, but for 33 songs (34 on iTunes) running at just under 2 hours, it's a pretty good deal.

As for the score, I give "Flume: Deluxe Version" a 9/10. It's a fantastic album.



Flume

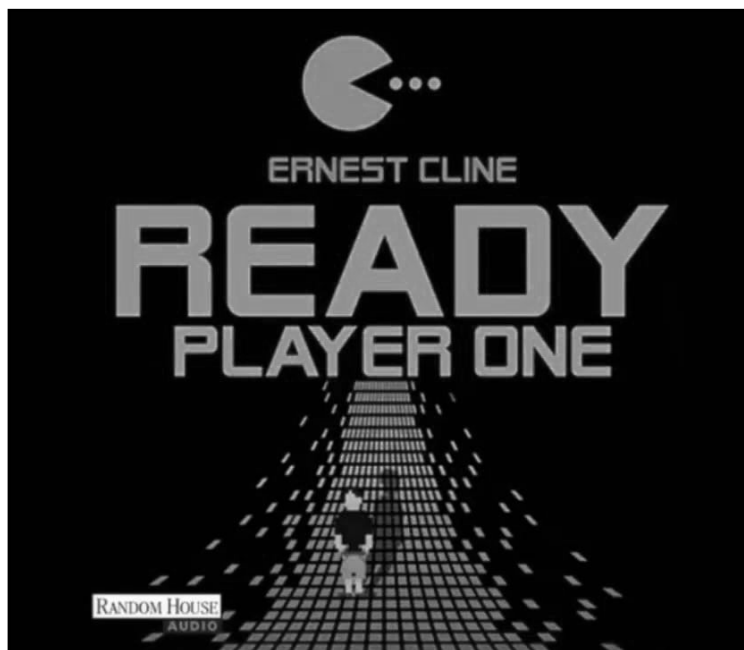
## BOOK REVIEW: "READY PLAYER ONE"

**Megan Palmer**  
Copy Editor

"Ready Player One" by Ernest Cline, immediately, based on its conception, is prime for instant nerd classic. A technology driven utopia? A virtual reality laden with quests, adventure, and magic? A competition for the perfectly set up Easter Egg with fortune and glory on the line? It sounds like a nerd fantasy of the ages. Except not quite. But... almost.

The story features teenager Wade Watts who represents all that a reader could want in a nerd hero. He's the underdog from the slums who finds solace in the virtual reality known as the OASIS and comes with an extensive knowledge of 80's pop culture. He is participating in a worldwide challenge to solve puzzles left by the OASIS' creator for the prize of his life's fortune. As a premise, it's awesome.

Now, if you love world building, this is the book for you. It is expected that when a novel is created around an extensive and complex world as this, world building is a necessity. There is so much history and backstory that is integral to the plot. There's history for this Earth, how humanity ended up the way it has, how the OASIS has come about. There are pages upon pages of the history of the competition and its creator's life. There is so much setup, and I argue that it takes up at least half of the novel.



h3rdomber

And it was my favorite half.

Unfortunately everything else falls... flat. The character interactions feel forced, and don't even get me started on the unnecessary romantic subplot. Wade as a character is incredibly unlikeable and poorly developed.

Arguably, the poor character development is a comment on the way that technology makes us something less than human. In defense of author Cline's lack of likeable, well-rounded characters, they do feel mechanical and the most human interactions occur outside of the OASIS. As a writer, I appreciate this literary choice, but as a reader, it just makes for some

painful reading.

While part of me wanted nothing to do with any of the characters, without a doubt, they still made me think about the philosophical meaning "Ready Player One." It's a book perfect for discussion and geeking out over.

"Ready Player One" is a book I recommend because I want someone to talk to about it, but it is worth the read. Much of it is masterfully written. When the biggest action scenes are describing a dude playing Pac-Man or acting out "Monty Python," you know you have a special kind of book.

So nerds of all kinds, read forth and prosper.

## NETFLICK: "WET HOT AMERICAN SUMMER"

**Tyler Leighton**  
Arts & Entertainment Editor

Earlier this year, after 14 years, the cult classic film "Wet Hot American Summer" received a Netflix original prequel series "Wet Hot American Summer: First Day of Camp." The series takes place before the film and reunites the middle aged cast, all of whom are still playing teenagers. The series has received great reviews from longtime fans, but the original film has been lost deep in Netflix recommendations. That's just not right!

As opposed to the series, "Wet Hot American Summer" takes place on the last, impeccably long, and event-filled day at a 1981 summer camp. The counselors try their best to finish all of their business before having to leave. Some of these include love, showering, saving the camp from a rouge meteor, competing in the talent show, overdosing, winning the big baseball game, fridge humping, and getting laid.

The movie is a parody of camp film; they used to be a genre in the 80's. It seemed like every character or cartoon made at least one trip to summer camp during the decade. The films worn out plot lines and predictable endings made them the perfect fodder for Michael Ian Black

and David Wain, two of the creators of the short run but long loved MTV sketch comedy show "The State."

Ian Black stars with the young ensemble cast along with many other huge stars before they hit it big. A few names may be familiar like comedian, Janeane Garofalo, "30 Rock" participant, Judah Friedlander, and the voice of Bob Belcher and Sterling Archer, H. Jon Benjamin as Can of Vegetables. The rest of the cast was filled by relative unknowns, Amy Poehler, Bradley Cooper, Elizabeth Banks, and some guy named Paul Rudd.

The film more than lives up to its status as a cult classic. The performances by every member of the cast are overblown and hilarious. They are quick and don't stop coming. If you've ever seen a movie that portrayed summer camp as a childhood Promised Land, that's what "Wet Hot American Summer" is making fun of.

Wet Hot American Summer shows the fun but often ridiculous occurrences that go on when teenagers are put in charge of children for an entire summer. If you've ever experienced camp life or just want a great comedy, then "Wet Hot American Summer" should be mandatory viewing.



# ART & ENTERTAINMENT

## "SPECTRE": CRAIG'S BOND'S SWAN SONG

Gabe Carrio  
Staff Writer

Let me preface this by saying I've never seen a Bond film. I paradoxically went into "Spectre" not knowing what to expect, and left with exactly what I expected.

Looking at "Spectre" from a technical standpoint, I can confidently say that this film is incredible, with amazing cinematography, a beautiful score, and excellently casted characters. The biggest drawback the film suffers from, however, is the disappointingly simple story.

Sam Mendes' newest Bond film (his previous being "Skyfall") recently released in theaters on Nov. 6.

Visually, "Spectre" is stunning. The cinematography throughout was captivating, with the opening sequence of a tracking shot following Bond across the rooftops of a crowded Mexican street during the Day of the Dead festival.

We follow Bond as he tracks a target for assassination: Signor Sciarra. After destroying the building Sciarra is in (the film's

Mayer adn Mendes



first explosive set piece), Bond chases him down to the city's square. An intense fight in an airborne helicopter ensues, and offers one of the most impressive sequences the film has to offer.

Sequences like this are not few and far between in "Spectre," however. One might think that action sequence after action sequence would get old pretty quickly, but that's not the case in

"Spectre." Every scene like these left me excited to see how James would survive and how the villain in question would not.

While "Spectre" is certainly an exciting film, it's definitely not the most intricate. Every scene was enjoyable and every actor gave a good performance, but the plot itself was predictable. One could figure out the entire plot before the halfway mark.

The film's antagonists are unique, but one-dimensional, with their motives (ulterior or otherwise) clearly laid out for the audience, but is for some reason incredibly difficult for Bond and his allies to uncover.

"Spectre" is presented as a big puzzle for James to solve, with more pieces being thrown his way at intervals in the fill, but for the audience it's quite a simple puzzle.

For someone who wants to watch an action packed, sexy spy flick, "Spectre" is definitely a good choice for them. For someone interested in a more intricately laid out story, this might be a disappointment.

Reaching the film's climax, we're officially introduced to the film's main antagonist, played by Christoph Waltz.

Waltz does a phenomenal job as the leading villain in "Spectre," but he isn't prominent enough in the movie. For a character given over an hour and a half of buildup, only being present for the last third is a big let-down.

What I don't like about Waltz's character is his motivation. It seems quite childish, honestly. See the movie to understand what I mean, but it almost takes away from his character.

Story wise, "Spectre" was decent, but predictable. A positive is that there are no loose ends. All in all, I actually really enjoyed this movie, however simple and clichéd it was. I commend Mendes' directing, and give "Spectre" an 8/10. Go see it.

## THE PEANUTS: TWENTY-FIRST CENTURY REBOOT

Addison Thyng  
Staff Writer

Whenever something is "reimagined" or "rebooted", fans of the original material usually cry out in agony. In this day and age, whenever something timeless is brought back into the lime-light, it will more often than not be updated to be more marketable to the current youth demographic.

So, like the rest of the world, when I heard the announcement that Schultz's timeless comic "Peanuts" was getting a modern era movie adaptation, I was pretty upset. But keeping an open mind, I walked into the theater with not many expectations. 90 minutes later, I left with a huge smile on my face; surprisingly "The Peanuts Movie" not only kept the feel and essence of the original comics/cartoons, but the few things that it updated worked toward the film's advantage and not against it.

Normally with reboots, one would make a list of all the horrible "additions" made to the source material, but with "The Peanuts Movie" there is only one additional major change: the animation. This one change only helps the movie to become even more loveable. Blue Sky Studio ("Ice Age", "Horton Hears a Who") is the team behind this visual wonder.

Watching it as a fan of the Peanuts, I was surprised about what they did to keep it faithful while adding a little modern touch. It is animated in three dimensions but all the characters move like it still exists within a 2D space. The movement of the characters is animated in a way that they replicated the jolty hand drawn animation of the original cartoons, and all the faces are ridged like they were drawn by Schultz himself. This mixes surprisingly well the gorgeous newer animation, making it a beautifully unique film.

"The Peanuts Movie" does

everything right from having actual children voice all the characters to the backgrounds never moving when the characters walk. The town of the Peanuts still exist in its original time period, no cellphones or internet, but cord phones and children playing outside.

The creators went so far to be like the original material that no new lines of dialogue were even recorded for Snoopy and Woodstock, all their iconic sounds were taken from archives of the original actor Bill Melendez.

With a simple story and all the characters still true to their iconic selves, "The Peanuts Movie" is a film that parents should take their kids to, especially if they grew up with the Peanuts themselves. The only people who won't like this film are those who never liked the Peanuts in the first place. But to all those fans out there it is a fun, heart-warming film that everyone should see.

Blue Sky





# CREATIVE



"Frozen In Time"  
**Katerina Wilhelmi**  
Creative Editor

## "Depression"

**Katerina Wilhelmi**  
Creative Editor

Depression grips me, pulling me under and away,  
Away from everyone and everything I love.  
It eats away at me, like a silent zombie in my head,  
Asking me questions I hate.

Why are you so stupid?  
I'm not stupid I'm actually very smart.  
No you aren't you are a failure, you can't do anything right.

You're ugly.  
That's a mean thing to say, I'm not ugly, am I?  
What's wrong with the way I look?  
You're fat, and you look like a shell of a person.

You aren't worth much, you have no one.  
That's not true, is it?  
You're a fool for thinking you matter.  
You don't.  
Is that true? Do people really not care about me?  
No one notices my pain, or my tears.

"How are you?"  
"I'm fine."—But I'm not fine.  
Why would you say that?  
You're a coward, you can't even admit to yourself  
That you aren't ok, you are unhappy.  
You don't even like yourself,  
You find excuses not to leave your room  
Because you are too depressed to move  
Because moving would mean you had a place to go and people to see.  
But you don't, you don't have anyone and you are alone.  
You are your own worst enemy.

But in light of that you still move on,  
You still push through your sadness.  
You still smile and you still bring positive energy.  
Why?  
Because if you let depression consume you  
You can't make the world a better place,  
And you can't prove to yourself  
That you are not depression.  
You are you,  
And that is beautiful.

## "The Imperfect Boy"

**Bryan Creevy**  
Co Editor-in-Chief

I am conflicted, I am torn  
I am tired, and I am worn  
I'm the Imperfect Boy  
What is one supposed to do  
When another's happiness sings a better tune?  
When you see them smile and hear a song  
But your verse in the song isn't very long.  
I can move the clouds, make the sky transform  
But my efforts only dent the large and raging storm  
I want to be your general, a soldier bearing arms  
But in the war you're fighting, I can't protect you from harm  
I'm a perfect boy with imperfect timing  
I'm an imperfect boy whose emotions are dying  
What can I do with all the right tools  
When I use them incorrectly like a god damned fool?  
I am what you want, this has been made clear  
But what is there to do when that is also your fear?  
To travel to the future, what I wouldn't give  
Maybe things will be clear and we can finally live  
Live in the world that I want now  
And the world that you want then.  
If I'm here at the wrong time, maybe I should wait  
And see if we are meant to be, determined by the Fates  
But how is one man supposed to know  
If he should hold on to the one he loves  
Or, maybe, just let her go?

## "A Fuzzy War"

**Megan Palmer**  
Copy Editor

Ten gallon jugs and spinning wheels  
A war waged on nature; a battle of wits  
My father, a madman, muttering so  
His winter days, a power trip.

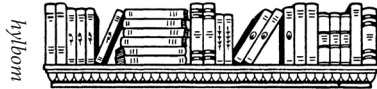
A nut, a string, a cage, a catch  
My daddy a hero for birds of the east  
Protecting from squirrels, fuzziest fiends  
Bird feeder, seed eating, monstrous beasts.

Each day brings new battles, alliances drawn  
Trenches and fences laid out in his head

It's dad verses squirrels, the "good" and the "bad"  
Man verses animal with cavalries led.

With bushy tails, and beady eyes  
They love to tease, and taunt my dad so  
Skittering, seed stealing, softly about  
Quick to come and quick to go.

Those days where my father crouched low the bush  
Have so come to pass, are rightfully gone.  
Still the small bird feeder, birds and the squirrel  
But now he throws nuts on the lawn.



## "Used"

**Bridget Downey**  
Staff Writer

I'm empty  
I'm broken  
I have no use left for you  
I'm like a plastic water bottle  
That you can find another of

You're done with me  
Aren't you?  
You want someone new?

I'm not worth your time  
Not anymore

Because you can find another  
Because there are better ones out there  
Because I'm not useful to you anymore  
Because I'm broken and empty  
I'm used

And you're over it



"Reflections"  
**Megan Palmer**  
Copy Editor



# CREATIVE

"Beautiful Campus"  
**Katerina Wilhelmi**  
Creative Editor



## "I Am"

**Bridget Downey**  
Staff Writer

I am  
A daughter, a sister, a niece  
A scholar, a mentor, a student

I am  
A dreamer and a realist  
An honest soul with a rotting  
mind  
A loving heart and a tired body

I am  
Wise and naïve  
I am  
A young girl and a grown  
woman  
I am  
A strong mind and a soft heart  
I am  
Whoever I want to be  
Not who you want me to be



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If you would  
like to  
submit your  
work to  
The Creative Section,  
email  
**katerina.wilhelmi@  
snhu.edu**

## "Writer's Block"

**Kayla Durant**  
Staff Writer

Writer's block comes from the want to say everything  
But not knowing how to express it.  
Millions of disjointed thoughts, how could I form them  
Into coherent sentences and stanzas and syllables  
Without losing what I really mean.  
I say fall is depressing,  
I really mean that I remember loneliness  
That fall is only the messenger to winter  
And winter is the harbinger of sorrow  
And the months I attribute to heartaches.

I say I hate you,  
But what I really mean is I'm ashamed.  
Ashamed that I ever loved you at all  
That I believed you when you uttered those words  
That when you hugged me I imagined warmth  
That I went to bed with a smile.  
Most of all, I hate you for the hyperventilating  
And the tears and sleepless nights  
And to the cursed words on repeat  
"I don't love you"  
"I don't love you"  
"I don't love you"

I say I'm over it.  
What I mean is that I've found something better  
Something real and substantial and cozy  
Something like a good pillow  
One that's firm enough to support my head  
And fluffy enough to provide comfort.

I say I love you  
And what I'm trying to say is  
Thank you.  
Thank you for loving me when I'm not very lovable  
And looking at me with eyes that stay true.  
What I really mean is the sound of those words  
Are stuck on repeat, over and over  
"I love you"  
"I love you"  
"I love you"  
And I love it.  
But most of all, I love you.

## "Do I Jump? Do I Dare?"

**Bryan Creevy**  
Editor in Chief

Every night, I sit here in this room all alone  
Wondering if this night, I'll see your name light up my phone  
You still care, you still love me, I can feel it in my bones  
But, Babe, I'm not bulletproof, my heart is so danger prone

We built up so much, and that foundation is still there  
And I'm still here at the top of it all, only allowed to stare  
At you making your way down to the bottom completely unaware  
That I'm up here staring down thinking, "Do I jump? Do I dare?"

I need to get to you, that's the only place I want to be  
Whether you're at the top of it all or at the bottom of the sea  
But you're walking away, leaving nothing left to see  
Except the pile of nothingness that used to be me

"Multnomah Falls"  
**Megan Palmer**  
Copy Editor





# HEALTH & WELLNESS

## MAKE YOUR BODY THANKFUL FOR THE HOLIDAYS

Kayla Durant  
Staff Writer

Thanksgiving is seemingly the one day of the year when it is socially acceptable to gorge yourself with a wide assortment of turkey, stuffing, and cranberry sauce. For years, people have skipped breakfast and lunch in anticipation for Thanksgiving Dinner.

Registered Dietitian Nutritionist Lily Nichols says, "When you ignore your hunger cues, you teach your body to ignore your fullness cues. All those calories you thought you were saving will

be consumed plus some." Instead, she suggests eating a protein rich breakfast.

Exercise is another way to stay in relatively good shape during the holidays. Kathleen Zelman, MPH, RD, LD, suggests a walk in the morning and a walk after dinner. The best thing to do to prevent weight gain is to create a calorie deficit before taking a bite of turkey. That way no one goes over their recommended daily calorie intake.

Also, try and use healthy substitutes. In a typical Thanksgiving Dinner there are unnecessary fats, sugars, and calories. Zelman suggests

using fat-free chicken broth to make gravy and baste the turkey. Using sugar substitutes and reducing oil and butter usage as much as possible is also a good way to decrease the calorie intake this Thanksgiving.

Most importantly, Nichols advises everyone to refrain from taking too much or going back for seconds. It is possible to choose healthfully. Simply choose foods lower in fat and calories, such as white meat turkey, sweet potatoes, and pumpkin pie. Eat in moderation and don't overdo it, there will probably be leftovers!



The AVTimes

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## FIT TIP: PROTEIN POWDERS

Josh Manganaro  
Staff Writer

Some of you might not know that there are different types of protein powders that serve different purposes. Realistically, most of us don't actually read the ingredients of what is in the tub. Today, I will let you in on a few tricks of the trade and shed some light on what types of protein you should be taking, and when you should be taking them.

Whey Concentrate is the holy grail of protein powders. Whey is one of the most basic proteins you can buy, and you can find it in almost all supplement stores. This is by far the best starting point for people trying to add muscle mass or a little protein to their diet.

You can take whey at any time.

Most people take it during their anabolic window, which is before or after a workout. However, you can take it in between meals or even with a meal if it fits into your macros.

Another great protein that can be supplemented is casein. Casein is a slow digesting protein that will break down over a period of several hours (roughly five to seven).

Casein can be used as a meal supplementation before bed because it is so heavy. By taking it before bed, your body will remain anabolic throughout the night, utilizing the protein.

My recommendation is a whey isolate or a hydrolysate protein. Whey isolate protein powder is one of the fastest digesting proteins the market has to offer. It is great for

post-workouts to refuel your body after tearing your muscle fibers apart.

Being an athlete of Power Crunch, my favorite type of protein is hydrolysate. The most expensive hydrolysate protein is the fastest digesting protein you can put in your body. It also provides highly absorbable peptides that can have a great anabolic effect.

These are some pointers to help you decide what to buy next time you go to the supplement store. However, the best form of protein is in real food. If you can afford real protein such as chicken breast and steak, then you should take that route. Protein powders are a great resource and extremely inexpensive, but they are by no means meal replacements.

#### Muscle and Fitness





# HEALTH & WELLNESS

## DE-STRESS THIS DECEMBER

**Annie Boghigian**  
*Health & Wellness Editor*

“College can be a stressful time of life,” the Wellness Center said in a written statement on students’ mySNHU webpages.

With finals quickly approaching, the Wellness Center has created a Stress Management Workshop Series. Students are able to attend sessions that will help them combat stress with holistic methods. The final workshop will be on Dec. 2 from 7 p.m. until 8:30 p.m. The workshops are taking place in the Academic Center’s Learning Commons.

Students are able to attend this workshop event even if they have not been to previous sessions and they do not need to sign up ahead of time. There is no commitment and all students are welcome. “We ask that if students do want to attend, that they arrive promptly at 7 p.m. for the start of the session,” said Wellness Center’s University Counselor Michelle Harmon.

According to the Stress Management Workshop Series flyer that can be seen in

the Wellness Center, “Topics and activities will include: meditation, aromatherapy, breathing techniques, biofeedback, art therapy, and nutrition.”

According to Harmon, benefits of stress management include a “calmer mood, stronger immune system, increased energy, improved sleep, positive attitude, and increased concentration or focus.”

“Everyone responds to stress differently, so it is important to find coping skills that work for you. Rather than use alcohol/drugs to manage or reduce stress, we recom-

mend that students practice low risk guidelines, as chemicals of any kind can increase stress and anxiety,” said Harmon.

Harmon has provided some tips for students to de-stress in their dorms. According to Harmon students can “journal their thoughts and concerns, color or Zentangle, knit/crochet, exercise, eat well and stay hydrated, get plenty of sleep, make a ‘To-Do’ list, and listen to music.”

Students can contact the Michelle Harmon at m.harmon@snhu.edu for more information.



*Psychology Today*

## SURVIVOR DAY

**Kayla Durant**  
*Staff Writer*

Suicide takes on different meanings to different people. To some, it is the loss of a loved one and to others it is an ongoing battle being fought inside themselves.

Universally, however, there is a palpable reverence and sadness for those lost to suicide every day. On Nov. 21, there is a day dedicated to Survivors of Suicide Loss Day, or Survivor Day.

United States Senator Harry Reid, a survivor of his father’s suicide, introduced a new resolution to the Senate in 1999. The Senate, thereafter, designated every Saturday before American Thanksgiving as National Survivors of Suicide Loss Day. On this day families and friends of the deceased can join together for healing and mutual support.

In David G. Myers’ book, *Exploring Psychology*, he identifies five reasons someone might elect to commit suicide: nationality, racial, gender, age, and other group differences. He goes on to explain that the people most likely to commit suicide are those with depression and/or alcoholism.

People with depression are five times more likely to commit suicide than those without it, and those with an alcohol dependence are 100 times more likely to.

The American Foundation for Suicide Prevention lists warning signs for friends and families to look out for that may indicate that someone is contemplating suicide.

Always take notice of how they talk, their behavior, and their mood. If a friend or family member mentions hopelessness, unbearable pain, or having no reason to live, this might be a sign that they need help.

Other indicators may be an increase in reckless behavior, aggression, depression, and/or a loss of interest in everyday activities.

HeadRest is a 24/7 crisis hotline for anyone who sees such symptoms in friends, family, or in themselves and needs talk to someone about it. The suicide line is 1-800-273-TALK or 1-800-SUICIDE.

Outside of Southern New Hampshire University’s Wellness Center, there is a flyer that students can grab if they ever need other HeadRest hotlines or services.

## WORLD AIDS DAY

**Addison Thyng**  
*Staff Writer*

The world unites to raise awareness for AIDS and HIV every Dec. 1, known as World AIDS Day. Each year, the day is set to a different theme. The theme this year is “The Time to Act is Now” to help people avoid the diseases and to get help as soon as possible. It is meant to celebrate the care services, prevention, and treatment of AIDS/HIV.

The idea of the day is to help everyone who either has AIDS/HIV or are at risk for it. For more information, visit the official government website at [www.aids.gov](http://www.aids.gov). They website fully supports World AIDS Day and has information about the disease, from prevention to living with it.

This day is celebrated all around the world, including on our own campus. The Southern New Hampshire University’s (SNHU) Wellness Center licensed Nurse Deborah Perkins explained what the Wellness Center will be doing on World AIDS Day.

“We will be offering education about HIV and AIDS at the Student Center. The Wellness Center will also offer free and confidential HIV test that day. The test is less than 20 minutes and you get results the same day. We welcome anyone on the campus, students, staff, faculty, and all members of the SNHU community,” said Perkins.

The Wellness Center’s hours will be from 8 a.m. to 7 p.m. and they encourage anyone with questions to call them at 603-645-9679,



*MSNBC*

or email them at [wellness@snhu.edu](mailto:wellness@snhu.edu).

The Wellness Center hopes that students will take the opportunity to get a free HIV test and

help fight against the disease. Students will also be provided with red ribbons symbolizing AIDS awareness.

The hope is that with

education and information available, more people will know the correct procedures to help prevent the disease from spreading any further.



# VETERANS WEEK

## SNHU CELEBRATES STUDENT VETERANS

**Lexi Emerson**  
Staff Writer

The Student Veteran Association (SVA) organized daily events to commemorate and celebrate all those who have served in the past and present while raising awareness to the club and large population of student veterans on campus. Veteran's Week at Southern New Hampshire University (SNHU) began Nov. 8 and ran until Nov. 14.

The week commenced with a trip open to all students to the Currier Art Museum to see the exhibit "Witness to History: James Nachtwey – Afghanistan, Ground Zero, Iraq." It featured photos taken by photojournalist James Nachtwey depicting the events of 9/11 amongst pictures taken in Afghanistan and Iraq.

On Monday night, a Veteran's Networking Dinner was held at the Quill, following a networking workshop. Student Veteran Josh Gosselin explained, "The networking workshop was a great experience. We got to meet with alumni that are also veterans and that are more than willing to help us get careers after graduation."

Veteran's Week hit its

peak on Wednesday, Nov. 11, as the nation celebrated Veteran's Day. On campus, SVA honored all of the fallen service members in the conflicts in Iraq and Afghanistan. This was held in the Academic Center starting at 6 a.m. and continuing all day. The memorial concluded with a Student Veteran playing "Taps" in honor of those who sacrificed their lives in the line of duty during these conflicts.

Wednesday night progressed full steam with SVA cosponsoring Big Money Bingo in the Dining Center with CAPE; in which a 55" LED television was given away as a top prize. Student veteran Chris Cavanaugh, President of SVA expressed excitement and gratitude over the opportunity of hosting the event, and the turn-out of students in attendance. He stated, "We are thankful for the opportunity to cosponsor this event, and the amount of SNHU students in attendance, and are excited to be giving away such great prizes."

Thursday night in Walker Auditorium SVA sponsored a viewing of "The Hornet's Nest". This film was created by Journalist Mike Boettcher and his son while embedded

with U.S. Combat Troops. Simultaneously, The NH Army National Guard Thirty-Ninth Army Band's Small Jazz combo, performed in the Dining Center.

Rounding off the week, there was a Veteran's Ball on Friday night on the second floor of The Dining Center, for student veterans from SNHU. Tacos and cake were served, and the event was catered by Sodexo.

The week concluded with the first annual Penmen for Patriots 5K that took place on Saturday, Nov. 14 beginning at 10 a.m. Runners from SNHU, student veterans, and outside guests ran the professionally timed course, and awards were given to the top runners. SVA president Chris Cavanaugh, SVA sergeant of arms Tung Le, and SVA adjunct Adam Storer walked the entire 3.1 miles in uniform complete with rucksacks. Student veteran Adam Storer explained, "They weigh about 50 pounds, it should be a fun walk."

SNHU teamed up with the SVA and through Veteran's Week created a sense of community that fostered communication and gratitude. Veteran's Week was once again a success.

Mike McGandy

Mike McGandy

Mike McGandy

Mike McGandy



Cake celebrating the 240th Anniversary of the United States Marine Corps.



The Veteran's Networking Dinner at the Quill was a great opportunity for Student Veterans on Campus to meet alumni.



US Army National Guard Representative Selmer stationed in front of Robert Frost to bring music to the campus.



Student Veterans, Chris Cavanaugh, Tung Le, and Adam Storer, carrying their rucksacks at the starting line of the Penmen for Patriots 5k race.



Student Veteran Chris Cavanaugh at National Roll Call.

Lexi Emerson



# SPORTS

## CROSS COUNTRY SEASON WRAP UP

**Brianna Torre**  
*Sports Editor*

Men's Cross Country has reached new heights this season, and everyone has put Nacho Hernando-Angulo as the front man.

Overall, the Penmen Cross Country team ended in fifth place at Regionals, with Hernando-Angulo finishing in fifth place. "I was an All-American for D3 when I ran [last year] at NHTI, but that's the plan for D2 this year," says Hernando-Angulo. "The biggest thing is that I've been trying to work hard and make it to Nationals this whole past year and my hard work has finally paid off."

Hernando-Angulo and Cross Country Head Coach Lex Butler will be heading to Joplin, MO to finish the season at Nationals.

Hernando-Angulo's path to the NCAA's was difficult. "We usually run 8Ks, but for qualifying, we ran a 10K. I've never raced that before so that was just one more thing working against

me. But I ran well, kept my head up and finished well enough to make it!" Hernando-Angulo said.

Hernando-Angulo wishes his teammates could come with him to Nationals, and he will keep them in his head for the time he's there. "A lot of the time, you doubt yourself, especially during these harder meets when they're longer, but my teammates always lift my head up and help me be a better person when I run. They help me stay positive," Hernando-Angulo said.

Hernando-Angulo said that this will hopefully open the door to more recruits. The program has had so much recent success, and it should only continue to get better. "I'm looking to make top 40 out of 600, and it's going to be something else. That's for sure!" Hernando-Angulo said.

Cheer on Southern New Hampshire University when Hernando-Angulo and Coach Butler head to Joplin for the NCAA Cross Country Championship on Saturday, Nov. 21!



SNHU Penman Nacho Hernando-Angulo.

Gil Talbot

## MEN'S BASKETBALL PREVIEW: CONSECUTIVE NE-10 CHAMPIONS

**Matt Martin**  
*Sports Editor*

Southern New Hampshire University (SNHU) Men's Basketball will start this season after an exciting finish last season, where they made it to the NCAA Division II Round of Elite 8. The Penmen lost the game 81-70 to Florida Southern, the number one ranked and eventual Division II Champion.

But, the NCAA East Regional Champion Penmen look to repeat an overall 24-8 record and all the accolades from last year.

Men's Hoops will have to try and repeat their accomplishments without some key players. Guard Max Taylor, guard Phillip Tripodakis, forward Aleks Dobrovic, and forward Elijah Bongsinore all graduated from the team last year.

Dobrovic and Bongsinore were key scorers and rebounders for the Penmen last season, adding blocks and steals here and there. Bonsignore, who signed with BC Mess Basketball



Sophomore Chris Walters comes in for the dunk.

snhupenmen.com

in Luxembourg this past summer, averaged 15.5 points per game (PPG), 6.2 rebounds per game (REB/G), and two blocks per game (BLK/G). Dobrovic added 8.7 PPG, 5.2 REB/G, and two steals per game (STL/G).

Although these men parted

from the team last year, there is still talent left. Big man and deep ball threat, forward BJ Cardelli returns for his senior year after averaging 10.6 PPG and 4.8 REB/G.

Also a key return for the ballers of SNHU is guard Chris

Walters, a junior now. Walters missed last year due to an injury, but averaged 10 PPG his freshmen year.

More key returnees include junior Devin Gilligan and senior Rodney Sanders. Gilligan tallied an average of 9.8 PPG

and 5.5 REB/G while Sanders led the team in PPG with 17.1 and grabbed an average of 5 REB/G.

Junior guard Adrian Oliveira, senior forward Kostas Mantalvanos, and sophomore forward Scott Toresco will also return to the team. Coach Stan Spiro will enter his 31 year as head coach of the squad.

The Penmen will add four freshmen and two sophomore transfers to the team this year. Freshmen players include Quentin Bullen of Exeter, NH, Charlie Russo of Syracuse, NY, Daquaise Andrews of Queens, NY, and Remo Simankevicus of Melbourne, Australia.

Ben Batash of Queens, NY, will suit up for the SNHU squad after transferring from NE-10 rival Le Moyne. Former Salve Regina student and Claremont, NH native Ryan Tanguay will also join the team.

SNHU Men's Basketball will start their regular season at Saint Anselm's on Wednesday, Nov. 18 at 7 p.m. The first home game of the year will be against Holy Family on Saturday, Nov. 21 at 3 p.m.



# SPORTS

## WOMEN'S BASKETBALL PREVIEW

**Matt Martin**  
Sports Editor

The Southern New Hampshire University (SNHU) Women's Basketball team will start their regular season this year on Nov. 18 at rival St. Anselm after participating in the Bridgeport, Connecticut Tour-

nament on Nov. 14 and 15.

Looking to improve from an 11-17 season last year, the lady ballers of SNHU are excited to hit the court and show off their true potential.

They will have to improve without five players that have graduated and moved on to the real world. These past leaders

of the team include Chelsea Dunham, Kaylea Griffin, Loreta Rocha, Brooke Springfield, and Vic Wiseman.

With the loss of Dunham, Griffin, and Wiseman, the team lost some key rebounders. Dunham averaged three rebounds a game while Wiseman and Griffin averaged six

plus. Among those key, tall forwards were some key scorers. Wiseman led the team with almost 13 points a game, Springfield averaged nine points, and Rocha and Griffin added six points per game.

But, the good news is some key scorers have returned and now take the lead as team cap-

tains. Junior Sara Ryan, the three point threat, averaged nine points per game. Senior Erin Doherty added seven points or more per game and five rebounds.

Returning to the team in addition to Ryan and Doherty is sophomore Cat Stinson, sophomore Mimi MacLeod, junior Natasa Koniali, sophomore Jennifer Shelp, sophomore Caitlin Dell'Orfano, and sophomore Olivia Conrad. Coach Karen Pinkos will enter her 11 year as the head coach of the women's squad.

More good news comes to the team as they add many new players to the squad. That group includes five freshman and one junior transfer from the University of New Hampshire. The new additions are Jordan Brooks of Smithfield, VA, Brianna Camara of Fall River, MA, Meghan Hynes of Hopkinton, MA, Kylie Lorenzen of Holliston, MA, Aaliyah Paxton of Rancocas Valley, NJ, and transfer Maddie Rowan of Aliquippa, PA.

Come support Women's Basketball in their first home game on Friday, Nov. 20 at 6:00 p.m. in the fieldhouse against the Molloy College Lions.



Sara Ryan opening season at Bridgeport.



The 2015-16 SNHU Women's Basketball Team

## MEN'S SOCCER: FOURTH CONSECUTIVE NE-10 CHAMPIONSHIP

**Brianne Torre**  
Sports Editor

Nicholas Zucco and the Southern New Hampshire University (SNHU) Men's Soccer team maintained a shutout post season victory in the conference final to take the NE-10 Champions title for the fourth consecutive time.

With a wins over St. Mikes 3-0, Bentley 2-0, and Adelphi 1-0 in the championship game, the boys are ready to take on the NCAA tournament play starting this Saturday, Nov. 14, against Merrimack.

The last time the Penmen faced Merrimack, SNHU lost, 2-0. With this being their only loss of the season, the Penmen are duking it out with Merrimack for more than the advancement into the NCAA tournament play. This time, it's revenge.



Men's Soccer Team celebrates win.

Senior Sebastian Stezewski scored the lone goal for the Penmen in the Championship game, just inside the 30 yard line in their offensive end, the ball passing the diving Adel-

phi goaltender. Going into the second half, the Penmen did a good job holding Adelphi back and having pristine counterattacks when the Adelphi team tried to make their way down to



Senior, Forward Sebastian Stezewski scores game's lone goal.

Zucco.

Stezewski was named MVP after the win, with Zucco and junior Gilbert Manier making the All-Championship team. This is the seventh win over-

all for the Penmen, tying the Queen City Cup rivals, Saint Anselm, who also has seven NE-10 championships. Come out and support Men's Soccer throughout the playoffs!