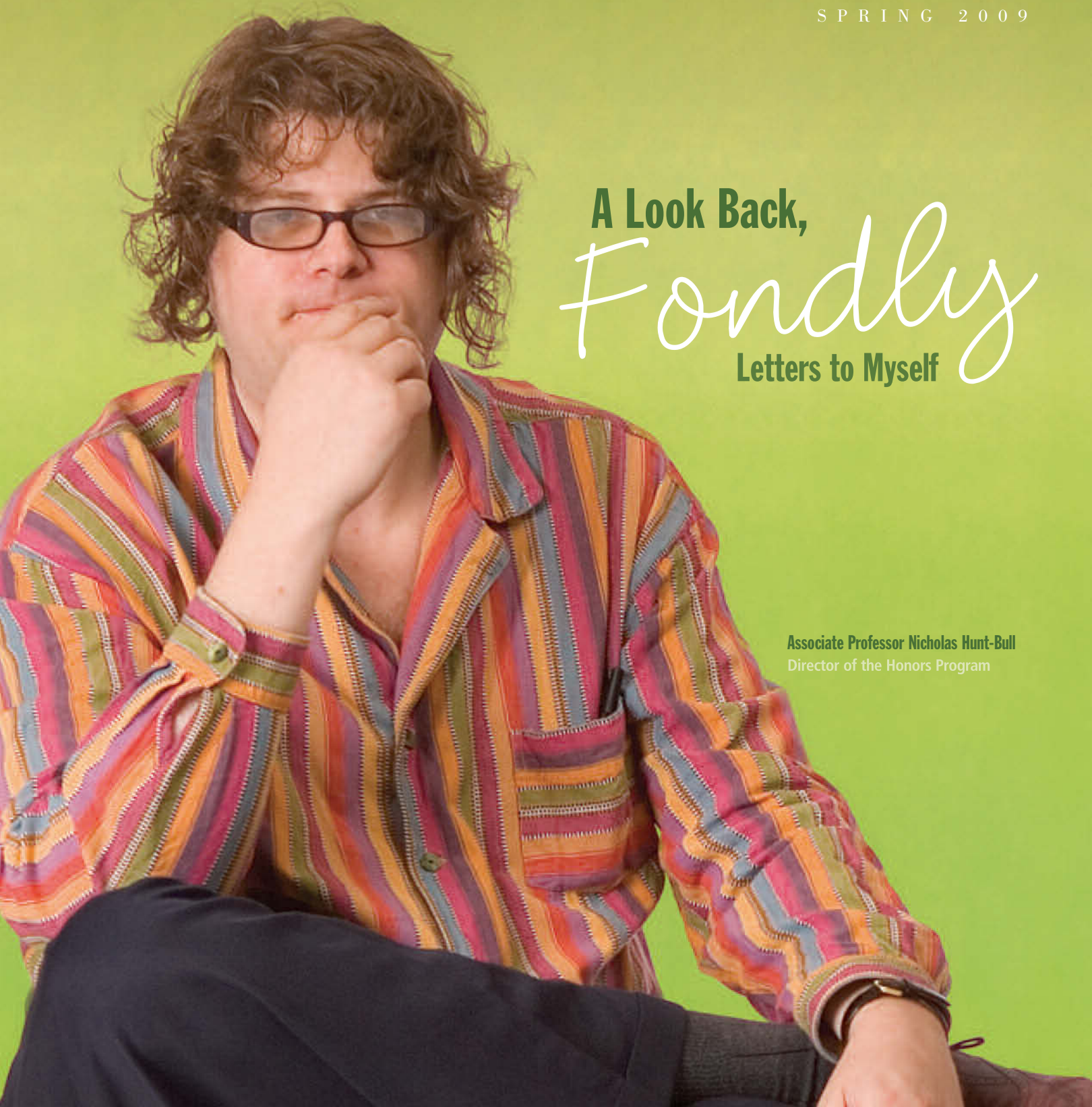


THE MAGAZINE OF SOUTHERN NEW HAMPSHIRE UNIVERSITY

# The Extra Mile

SPRING 2009



A Look Back,  
*Fondly*  
Letters to Myself

Associate Professor Nicholas Hunt-Bull  
Director of the Honors Program

A large, modern building with a glass facade and a curved design, reflecting the sky and surrounding landscape. In the foreground, a paved walkway leads towards the building, with several students walking. The sky is blue with light clouds. The overall scene is bright and sunny.

# Southern New Hampshire University

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# The Extra Mile

SPRING 2009

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University faculty and staff are in a unique position to counsel students, act as mentors and provide direction. Today they offer advice to their younger selves.

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The SNHU Athletic Department has compiled a top 10 list of the greatest games in Penmen history, covering a cross-section of sports. See if you agree.

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## Write to Us!

Letters to the editor of The Extra Mile are welcomed and encouraged. Submission does not guarantee publication, and those letters that are published may be edited for style and length. Please include the writer's name, the year of graduation if you are a graduate, a daytime phone number and a return address. Letters may be sent by fax to 603.645.9676, by e-mail to [snhumagazine@snhu.edu](mailto:snhumagazine@snhu.edu) or by mail to the Office of Marketing and Communications, Southern New Hampshire University, 2500 North River Road, Manchester, NH 03106-1045.

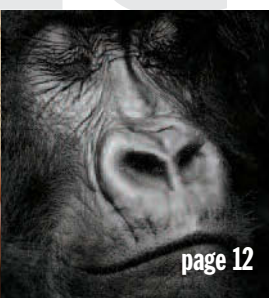
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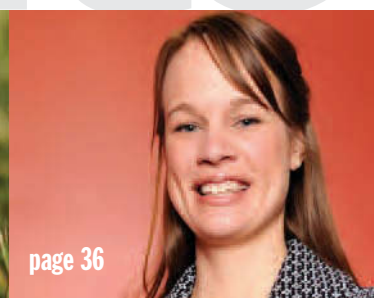
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Dear Friends,

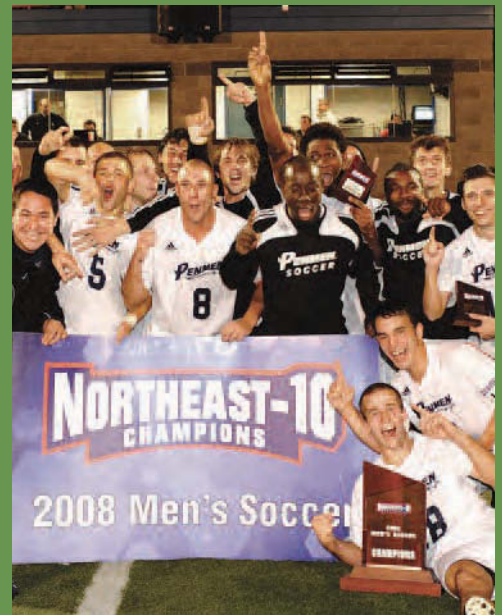
Welcome to the latest issue of The Extra Mile.

With commencement coming up we have at this time of year become accustomed to speakers at campuses all over the country offering their advice to earnest young graduates. The speeches typically provide advice about how to live the lives ahead of them, and are sometimes humorous and sometimes poignant and sometimes pedantic.

In this issue, the editor has asked members of the SNHU community to write letters to their younger selves (and include photos of themselves then) with advice based on what they have learned in the intervening years. A fun twist on the Commencement Day speech.

Last fall our men's soccer team won the Northeast-10 Championship; that got us thinking about some of the great games played by SNHU teams over the years. So in another kind of look back we have reviewed for you 10 of the best games in our wonderful athletic history.

There is lots of inspiration in the pages of this issue as well. You will read about School of CED alumna Anne Bandema '07, a Rwandan refugee who helped found Women to Women to help Manchester refugee families acclimate to our society and culture. Another alumna, Heidi Janson, has organized a bridal gown giveaway network for soldiers' families. You'll also



encounter the story of veteran P.J. Audley who, 30 years after his service in Vietnam, has discovered the impact of post-traumatic stress disorder.

Readers have come to enjoy the "My Top Five" feature and in this issue we turn to communications Associate Professor Justine Wood-Massoud for her list. Speaking of favorites, many of you turn first to the alumni pages and as usual you will catch up with old friends and classmates, including four alumni from our culinary program.

Speaking of food, if you live near campus I urge you to drive by and see the progress being made on our new dining hall and academic building. These are marvelous new structures, bold in design, and the campus is being transformed through their addition.

Sincerely,

Paul J. LeBlanc  
President

# My Top 5

We ask members of the university community about a few of their favorite things. For this issue, we talked to Justine Wood-Massoud, associate professor of communication, media arts and technology, filmmaker, and lover of film and all media. (Wood-Massoud shows many of these films in her undergraduate film history course.)

## [ 1 ]

**A film everyone should see:** Charlie Chaplin's "Modern Times." It's classic humor; it's where so much of our pop culture comes from. You could view comedies from the '30s and '40s through today and see the evolution of comedy and how it constantly reflects back onto Chaplin's work. I think he was critical for forming what we see as the American sense of humor.

## [ 2 ]

**Favorite genre:** I like so many different styles of film, especially many international films because they change my perspective and let me see other points of view. I really like German Expressionism ("Metropolis," "Nosferatu," "The Cabinet of Dr. Caligari") as a film genre. These were silent films from the 1920s. I always find the films wonderfully weird and interesting.

## [ 3 ]

**A director whose work I love:** Atom Egoyan ("The Sweet Hereafter"). He looks at the human spirit and what it is to be human. Most of his films talk about how tragedy affects someone's life and how they'll work through that. His films don't necessarily have a happy ending, but they make you think and reflect on your own life. He's a very talented director; I think more people should see his work.

Maya Deren ... an avant-garde filmmaker in the '50s. Deren had a completely

unique way of looking at her world. The avant-garde work that she did really affected all of the independent filmmaking that came after her. I admire her a lot for that.

My documentary work is largely influenced by Errol Morris. He talks to such an eclectic range of people and invites them to be completely real in all their fantastic human oddness. It's fascinating and often quite fun. He also produced "The Thin Blue Line." This was a documentary produced by someone who had a passion for his work and really believed in his subject. The subject of the documentary was saved from death row and later released from prison as a result of the questions raised by this film. I find that pretty impressive.

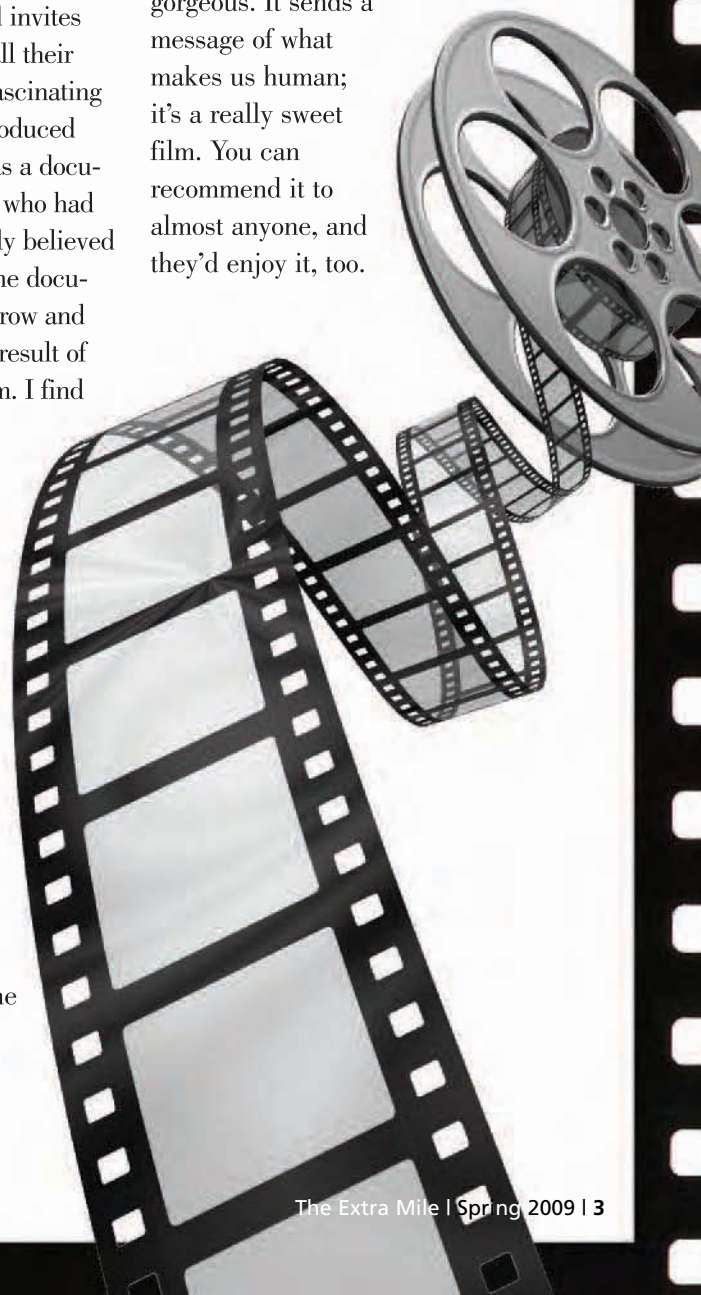
## [ 4 ]

**A movie I wish I hadn't seen:**

This is a critically acclaimed movie – people have written about it; they love it; they think it's amazing. "Solaris" (2002 version) is a film I just could not get excited about. Maybe I just wasn't in the mood for that type of film, but I really disliked that film. I should watch it again to see if I like it better now, but at the time I just couldn't stand it.

## [ 5 ]

**Favorite feel-good movie:** I like a lot of the very serious, heavy, intense films, but I try to balance it out with some lighter films. One of my favorites is probably "Amelie" (2001 version), a French film. It's a beautifully produced film. The cinematography is gorgeous, gorgeous, gorgeous. It sends a message of what makes us human; it's a really sweet film. You can recommend it to almost anyone, and they'd enjoy it, too.





# Office Hours

Have a question? We'll ask our faculty experts. Send your question to [snhumagazine@snhu.edu](mailto:snhumagazine@snhu.edu) with "Office Hours" in the subject line.



**Assistant Professor Steven Booth chairs the Organizational Leadership Department in the School of Business and is a business and probate lawyer.**

## **What is the difference between a layoff and a furlough?**

A layoff is the permanent termination of an employee's services. It can be temporary due to financial or economic circumstances, but normally it's a permanent termination. All the terms that they use – "reduction of forces," "downsizing," "right-sizing," – euphemisms to make it sound a little softer when it takes place. The reason it takes place might be for changes in the economy, changes in finances for a particular company, technological changes that allow for

the reduction of forces, or transferring jobs to other facilities or overseas.

A furlough is a temporary absence from employment ... usually a cost-saving technique for employers. A "temporary leave" would probably be a better term. During those furlough days you might be allowed to use your vacation days or your personal time so you don't lose out on pay.

## **So is a furlough preferable to a layoff?**

Yes, a furlough is preferable to a layoff as the employee has a job and is working, just not as many hours and therefore not earning as much income. But you reach a point in time in which it is uncomfortable for the employee because the employee

needs to have some degree of permanence regarding their job and know when they're going to receive their next paycheck. If I'm telling you that you're on furlough for a couple of days, but you're coming back in on Monday, you might be unhappy because you'll be losing a couple days' pay, but you are coming in on Monday and you are still employed with a possibly more positive economic future for the company. When I'm telling you that you're being laid off and we're sending you to unemployment, at that point in time the only thing that is certain is that there is uncertainty in your life due to lack of income and not knowing when you will have another job. With a fur-

lough it's fairly clear when you're going to be resuming your duties.

**Dr. Maria Manus Painchaud is an assistant professor of organizational leadership and a management consultant who has won numerous honors for her work in human resources.**

**In this tough economy, how can I be a more resilient employee?**

A resilient employee is someone who has developed transferable skills that allow them to move into other opportunities should they be right-sized or downsized or laid off. They have this skill set that enhances their opportunities.

Some of what we talk about in being resilient is not being so myopic in just learning the technical skills of the job we're in. When opportunities present themselves for additional training or to be part of a project team, people want to do that. What you are doing essentially is adding to your employee toolbox. What that does is make you more valuable (and) have more transferable skills so you can take advantage of other opportunities as they present themselves.

The other piece of this is that many employers would recommend to their employees to get involved with a non-profit organization, such as by serving on a board. That is huge – it opens up a whole sphere of influence that you can tap into should you be downsized or right-sized or laid off. Now you have people in other industries who have gotten to know you. Because they've worked with you in a different setting,

they can champion your cause. You have increased your network. Most companies need to have a presence on different boards or different committees or a Chamber of Commerce or different civic groups. The reality is this is an opportunity; you should seize it. It's opening you up to a totally different sphere of influence, a brand-new network.

We sometimes are just so focused on our job and being the best in our job that we forget all those ancillary things that we do add so much value to who we are.

**Dr. Massood Samii chairs the International Business Department and is a former chief economist for OPEC.**

**How can gas prices go up at the pump when the cost of crude oil is going down?**

What has happened (in February) is a lot of refineries have shut down for repair ... as a result there is more crude that has not been refined, but it's affecting the price of the gasoline. There is also the second reason ... because the gasoline price was so low for so long, it stimulated demand. Higher demand pushed gasoline prices up while the crude is not being refined fully. Impact of crude price takes about 60 days until it's reflected in the price of gasoline. By the time it goes through transportation, refineries – there's a time lag between the two.

**What do you think prices will be like this summer?**

I think gasoline prices are going to be somewhat higher because we're going to move into the driving season. However, the crude price would depend on a number of different factors, of course. One

is how the economy is going to evolve, not only in the United States but also around the world. It seems as though the economic slowdown is going to be affecting this. Secondly, how much OPEC is successful in cutting supplies.

**What do you think might be the effect of the economic downturn on crude?**

Well, the economic downturn effect has been quite noticeable so far, both in demand in the U.S. and demand around the world. Demand is going down right now, somewhere around a couple of millions barrels a day (OPEC has reduced its forecast of global oil demand by 1 million barrels per day for 2009). Now the expectation is that the U.S. economy at least is going to start reviving in the second half of the year, so from then we may see some pick up of the demand. But there's enough excess capacity right now in the oil production that it may not affect too much the price of crude oil and the price of gasoline. At this point my guess is that the summer season is going to (push up) the price for gasoline because it is the driving season.

My guess is that we probably will see gasoline prices hover above \$2. However, we will not see a \$3 gasoline price. Again, there are a lot of factors that can change the picture.

What's interesting is that the effect would be putting a lot of money into the household pockets – more I believe than the proposed tax cuts. Depending on how much people drive, that could actually stimulate the economy greatly.

# Gown Giveaways



By Ashley Liadis, School of Business

**After hearing a female soldier speaking on National Public Radio about feeling undervalued and forgotten by the public, Heidi Janson '86 was moved to find a way to show her appreciation.**

Janson, a bridal boutique owner and retail management graduate, has married her interest in the bridal industry and her drive to “be a business about a cause.”

“My theory in life is what you give out you get back. Business is the heart of America and if each business took a part in helping a cause, America would be more prosperous and stronger,” she said.

Janson, who has worked in the industry for 25 years, has organized a wedding gown giveaway through The Bridal Stock Exchange, her bridal boutique in Seabrook, N.H., to help active-duty soldiers serving in Iraq and Afghanistan and their fiancé(e)s.

“We have so much opportunity to give,” she said. “It seemed like a good time, as I was

opening up my bridal shop. (It) spiraled into something bigger than I ever imagined.”

Janson began working in the bridal industry at age 12 in her mother’s shop, The Bridal Loft, in Salem, N.H. She opened her first bridal salon in Rhode Island at 22 and a second in Virginia at 24. She later sold both stores and moved back to New England to start her family. Her early entrepreneurial experience helped her land jobs with Madeleine’s Daughter in Portsmouth, N.H., and later at Vera Wang and L’élite in Boston. Today, in addition to owning a boutique, she works for a gown designer.

The gown giveaway is not her first effort to support military brides. In 2001, she organized a similar effort with her mother.

“There’s a lot of excess in the bridal industry,” Janson said. “A lot of it has to do with shifting inventory around (that is) caught up in the day-to-day business. Giveaways are all donated. They could be samples or

## **Bridal Bounty**

**Bridal boutique owner Heidi Janson '86 has found a way for the bridal industry to help military brides and fiancés.**



overstocks. It could even be a new sample that got discontinued.”

### Going National

For her latest attempt to show support to military members and their soon-to-be families, Janson used all her experience and connections to organize an Independence Day gown giveaway last summer. Fifty gowns were donated to her store from bridal shops all over the country. The event went so well that she decided to coordinate a national effort and host similar military-focused events around the United States. To honor the troops around Veterans Day, she coordinated giveaways at 20 stores, from Arizona to Georgia to Rhode Island. The events yielded more than 1,000 gowns. She organized another gown giveaway in Fall River, Mass., over the holidays and garnered more than 150 gowns.

Last summer, 22-year old Rachel Nelson of Haverhill, Mass., was busy planning her June 2009 wedding while her fiancé was deployed to Japan after serving in Afghanistan.

She read about the bridal gown giveaway through a local newspaper, and her reaction was pure excitement.

“I couldn’t believe it. It really touched me to know that someone really cares about us back home,” Nelson said. “This act of kindness that Heidi [coordinated] was so amazing. It took one more load off of my shoulders.”

### Going Global

Military brides from around the globe are benefiting and can even get dresses that match their specifications. During the giveaways, women can log on to Janson’s Web site, [www.thebridalstockexchange.com](http://www.thebridalstockexchange.com), and

e-mail their specifications. Soldiers from Iraq and Germany have contacted her with their style, size and color preferences. Janson sends them pictures of various gowns from which they can choose.

Janson profits from the giveaways, albeit not financially.

“Philanthropy is a way for me to give back all the good things that I benefit from. Why not make a difference and try to help those in need? I want to spread the word so that other women can help, empower themselves and, most important, help someone in need,” she said.



Heidi Janson shows off one of the donated dresses.

Photo by Ben Laing/Newburyport Daily News

### Beyond Brides

Janson has since expanded her philanthropic efforts overseas by focusing on bridal parties after the wedding. About a year ago she founded an online store, The Bridesmaid Party, that features a recycling program for bridesmaid dresses.

“What female doesn’t have an extra bridesmaid dress or two hanging in their closet?” she said.

Janson sends the fabric from donated bridesmaid dresses

overseas to Africa and Afghanistan, where poor women with HIV make napkins, linens, sheets and more and are able to sell them for a 100-percent profit.

“**My theory in life is what you give out you get back.** Business is the heart of America and if each business took a part in helping a cause, America would be more prosperous and stronger.”

— Heidi Janson '86

“This is more rewarding than anything I have ever done. I love doing the charity part ... it just makes you feel good,” Janson said.

**For more information about upcoming gown giveaways for military brides, contact The Bridal Stock Exchange at 617.877.6396 or e-mail [info@bridalstockexchange.com](mailto:info@bridalstockexchange.com).**

# Women for Women



By Woillard Lett, School of Community Economic Development

**On any Saturday afternoon in Manchester, N.H., you can find a short African woman with a ready smile and sparkling eyes directing the children of African refugees to their tutoring sessions and answering their mothers' questions.**

## Reaching Out

Rwandan refugee Anne Bandema '07 understands the culture shock refugees face. Today she helps refugees in Manchester, N.H., as they create new lives for their families.

Anne Bandema '07 is equal parts grade school teacher and life coach to parents. She's uniquely positioned to help refugee families because she was a refugee herself.

Bandema grew up in a middle-class family with her mother, father and five siblings in Gisenyi, Rwanda, in Central Africa. Following school, marriage and children, she, like her father, became a high school teacher in her hometown. Her husband worked for the United Nations.

Then the horrible tragedy of the 1994 Rwanda ethnic genocide erupted, with Tutsis and moderate Hutus slaughtered.

Concern for the family's safety because of their Tutsi ethnicity led Bandema, her husband and their two children into the Democratic Republic of Congo. Two weeks later, they returned to Rwanda and found a changed social and political landscape drenched with the fear and trauma of the internecine conflict.

## Unwelcome

Concern for their safety prompted them to leave Rwanda for Uganda in 1996. But the whispers and shadows of the tragedy followed them; other Rwandese immigrants there were wary and groups realigned along ethnic lines.

Bandema's hopes of returning home were suffocated by the thick air of lingering resentment, fear and hate in the community of survivors.

“We all agreed that empowerment of women is the best way to support families. So we wanted a name that reflected our mission.”

— Anne Bandema '07

“The Rwandans in Uganda did not know who to trust because the genocide pit neighbors against each other,” Bandema said.

The family officially registered as refugees in 1998. The U.N. moved them to a camp in nearby Kenya in 1999. They spent five years in Nairobi, waiting to be selected for resettlement through the United Nations High Commission for Refugees.

### Starting Again

In 2004 they were told to prepare for a new life in the United States. They arrived at the Manchester, N.H. airport anxious and relieved and were placed in a modest apartment on the east side of Manchester. Readjustment wasn't as difficult for them as it was for many, as they had lived in cities in Rwanda and had perfected their English in Kenya.

Bandema's attempt to return to teaching was frustrated when her qualifications were not accepted. She applied first for professional, then administrative and finally service positions; after a year-long job hunt, her enthusiasm began to fade. To console herself, she began helping others.

“I met many refugee women who had stayed years in refugee camps and had never lived in an urban setting,” she said. “I was able to help them navigate the system.”

### A New Partner, A New Purpose

Bandema completed her graduate studies at the School of Community Economic Development and began working as the AmeriCorps VISTA refugee coordinator for the Manchester mayor's office. She met Geraldine Kirega '03, an SCED alumna from Dar es Salaam, Tanzania, who shared her passion.

“Geraldine was running an after-school tutoring program for refugee children. She was paying for it out of her own pocket,” Bandema said.

They soon began talking about an organization that could address family issues from a woman's perspective.

“My effort was to help African refugee women navigate the American system and achieve their potential,” Bandema said. “This was one way to bring back their self-esteem and confidence taken away due to their dark experiences.”

Bandema and Kirega began recruiting other women for their joint initiative. At their first meeting, in March 2007, they named it Women for Women.

The organization faced a litany of concerns, from employment and education to health disparities and domestic violence.

“Refugee women have the same problems that all women face: not enough time, not enough money and problems with men,” Bandema said. “But we also faced problems like the lead poisoning of 20 refugee kids from paint in apartments.”

Women for Women youth programs, such as the after-school program and a weekend African drumming group, have opened the way to work with refugee mothers.

“I know how difficult it is to be torn from your home and the surrounding social supports ripped away,” Bandema said. “That is part of my journey here and it affects women deeply. Many people don't know there is an initiative for women and it is time to know.”



Anne Bandema '07





# Old Dog, New Tricks

By Michelle E. Dunn

**The nightmares stopped after a few years. But the aftereffects of what School of Education student P.J. Audley experienced during the Vietnam War would dog him for years, though he didn't know it.**

Audley entered the Army in September 1969; he was in Vietnam the following May, installing and dismantling radar units for artillery firebases.

"It was a very maturing experience to be a combat soldier at 21," he said.

It was common to see lines of bodies along the roads during his regular rides with military convoys, transporting equipment. A base where he spent much of his time got hit just hours after he left; 38 were killed and more than 80 were wounded. He saw fellow soldiers die from enemy fire and even heroin overdoses.

"I saw the results of war almost every day," he said. "Those types of experiences affect you; I don't care who you are."

One Tuesday in 1971, he was told he was going home the next day. A week later, he was back in the U.S.

"No debriefing, no nothing, just 'go home,'" he said. "We were just expected to resume normal activity, go back to work, go back to

## **An Ongoing Battle**

**School of Education student P.J. Audley wrestled with post-traumatic stress disorder for 30 years without knowing it. Now he wants to help soldiers returning home.**

school, do whatever you were doing and forget about it. And I tried to do it, but it didn't work out that way."

Within a year, his wife (and high-school sweetheart) died in her sleep, leaving him to care for their baby daughter.

"I come out of Vietnam and I'm traumatically stressed because of that, and then my wife dies at 23, and there's another traumatic stress," he said. "It was just go from there, keep going."

### Unsettled

Before heading to Vietnam, Audley had worked for his father's business, Audley Construction, and helped build New Hampshire's interstates as a general contractor. Though he tried going back to college, he ended up returning to construction after the war. (One job was with Pro Con construction, helping build Stark and Exeter halls, two of the first buildings on SNHU's main campus.)

He jumped from job to job, clashing with bosses and wrestling with a restlessness and impatience he didn't thoroughly understand. He worked construction, drove a tractor-trailer, sold trucks and eventually headed to Texas and later California, leaving his daughter with family so she could attend school in Manchester. He never remarried, but stayed close to his daughter.

"I could not settle down – go, go, run, run," he said. "It was a very secure feeling for me, to be constantly on the move."

He saw friends from Vietnam die – from suicide, alcoholism and drug overdoses.

"It was like I was on the outside looking in; there was nothing I could do to stop it," he said.

### An Answer and New Hope

It would be 30 years after his return from Vietnam before Audley finally learned why he always felt off.

In 2002, the nightmares and flashbacks

returned. One night he woke, thinking he was having a heart attack. It turned out to be an anxiety attack. At the hospital, he saw a flier seeking Vietnam vets for a study and contacted the research department at the Veterans Administration Medical Center in Manchester. After meeting with a psychologist, he learned he'd been suffering from post-traumatic stress disorder for decades without knowing it.



P.J. Audley in Vietnam.

"It was a huge relief. I always knew I was so, so different from what we consider normal people ... but I never understood why," he said. "I went through many, many years, no direction, no real hope. They have saved my life."

### A New Sense of Purpose

About a year and a half into his therapy, someone from the Veterans Administration contacted him and offered education benefits and career

testing. He learned he was well suited for teaching. This eventually led him to SNHU's School of Education where, 41 years after he first attempted to go to college, he is earning his degree.

"The day I walk in May '10 is going to be a major, major win for me," he said. "And I know that with my degree comes some credibility."

After graduation, Audley wants to help soldiers returning from Iraq and Afghanistan.

"Knowing what I know now ... has given me a direction that I've never had before in my life. A lot of guys came back from Vietnam and needed help immediately and it wasn't there. It's there now," he said. "I want to show that someone cares when these guys get home. I don't want them to go through 30 years of struggle, of going from relationship to relationship, from job to job, boss to boss, state to state; always kind of running.

"And I don't have to run anymore. It's great."

“The day I walk in May '10 is going to be a major, major win for me. And I know that with my degree comes some credibility.”

— P.J. Audley

# Goldsmith's Gorillas



By Ian Nicholas, School of Liberal Arts

**“Oh my God,” someone whispered. Involuntary murmurs of disgust fill Walker Auditorium as the slideshow advanced.**

## Protecting Primates

Dr. Michele Goldsmith's research focuses on how ecotourism in Uganda is affecting the embattled mountain gorilla.

Up on the screen, projected larger than life, a series of photos showed a dismembered gorilla, her head sitting incongruously on a dinner plate, a distant look in her eyes. This was supposed to be just a light lecture in which

the new professor at SNHU would introduce herself and her work to the university.

“I’m sorry,” Dr. Michele Goldsmith said, not sounding sorry at all. “This is reality.”

The reality to which Goldsmith referred is poaching, just one of several modern threats to the dwindling population of the wild gorilla, an animal strikingly similar to



“If I don’t keep doing what I’m doing, who’s going to speak for the gorillas, and who’s going to stand up for their rights and well-being?”

— Dr. Michele Goldsmith

ourselves but one which we are just beginning to understand. What little we know is thanks in part to Goldsmith’s pioneering field research on gorilla behavior. This year she joined SNHU’s faculty as an associate professor of science who teaches anatomy and physiology, environmental issues, and ecology.

After only one semester, her office in Robert Frost is already distinctly her own – the walls and bookshelves are decorated with African artwork, from carved wooden panels and bowls to paintings and figurines of gorillas. Her Fulbright scholarship certificate sits tucked behind a broken printer, and one of her diplomas is marked with a Post-it Note from a student: “Thank you for changing my life.”

#### Far Afield

Goldsmith has spent more than 16 years researching the influence humanity has had on the gorillas in the Central African Republic and Uganda. She has called the bluffs of charging gorillas; pushed through tangled jungles while she was aware that a hunting leopard could be as little as 5 feet away; suffered repeated bouts of malaria, one of them nearly taking her life; and had friends gored by buffalo and burned to death by Rwandan Hutu rebels. She plans to return to Africa this summer.

“If I don’t keep doing what I’m doing, who’s going to speak for the gorillas, and who’s going to stand up for their rights and well-being?” Goldsmith asked.

Since 1996, as a National Geographic researcher, Goldsmith has focused on the impact that ecotourism is having on gorillas in the Bwindi Impenetrable Forest in Uganda. International tourism makes up a significant portion of Uganda’s economy, due in large

part to the attraction of the wild gorilla, and the need to protect this income drives Uganda’s government to help preserve the gorilla and its habitat. But ecotourism is at the same time the gorilla’s key to survival and the source of many of the threats to its existence, for the increasing contact with humans has had unforeseen negative effects, Goldsmith said.

#### Ecotourism: The Flip Side

Frequent contact with tourists has made the previously “wild” gorillas comfortable with humans, and they are now more apt to wander into human territory – volatile territory, Goldsmith said. Outside of their protected national parks, gorillas are more vulnerable to the devastation of civil wars, the violence of poachers and of farmers protective of their crops, encroachment through illegal mining practices and epidemic human diseases.

“We’ve given the gorillas measles, we’ve given them skin diseases, we’ve given them the flu,” Goldsmith said. “The introduction of one infectious disease can wipe out the entire gorilla population.”

Goldsmith has been working to examine this flip side of ecotourism to help us better understand why the gorilla stands on the brink of extinction.

She believes that, as with any extinction, we face the risk of fundamentally upsetting an ecosystem vital to our own survival in ways we cannot predict. But beyond self-interest, she says we have a moral responsibility not to allow these animals to go extinct.

“If we let one of our closest genetic relatives die out, what does that say about our nature, our values?” she asked.



Dr. Michele Goldsmith

**M. Brigid Flanigan**  
*You're a good girl  
I love you*



**Dr. Mark Hecox**  
*Let's of love*



**Diane Les Becquets**  
*Joy and peace on the  
journey! Your older and  
wiser self*



**Nicholas Hunt-Bull**  
*Good luck, and see you  
in 30 years*



**Cathy Stavenger**

*You have so much to learn  
but fortunately your future  
students are prepared to  
teach you*



**Dr. Paul LeBlanc**

*Think about a razor,  
my friends*



**Pavindra Pandit**



# A Look Back,

William Madlocks  
The path will be  
but the path  
into the

# Fondly

## Letters to Myself

University faculty and staff are in a unique position to counsel students, act as mentors and provide direction. The Extra Mile asked them what they would say if they had the same opportunity to offer advice to their younger selves through a letter. Here's what they had to say.

Dr. [unclear]  
[unclear]  
[unclear]





**Dear Diane,**

So you're 18 and you're trying to decide what to do with your life – where to go to college, whether to stay in Europe and keep working. Your family needs you a little too much, and right now you're feeling really pulled between what you should do, what everyone expects you to do, and this voice that's all your own, that's screaming so deep inside you, you can barely hear it. I know what you're going to do, what you'll keep doing for a long road ahead, and I wish you wouldn't. Instead, discover your solid ground by standing more independently of others' needs,

even though it means you might make mistakes.

One of these days you're going to be living in Colorado. You're going to be high up in the mountains with a bow, hunting elk. Imagine that – dressed in camouflage and covered in elk piss.

Actually, you're going to do this a lot – take off by yourself, and that's a good thing. But there's going to be this

one particular morning where an elk will be bedding down in the timber across a river. You and he are going to start bugling back and forth. You're going to anticipate him approaching you from a certain direction. You're going to be so sure of it, that there you'll be standing on that 45-degree incline, aiming your bow through an opening in the brush toward just the right spot where you think he will emerge. You'll think you've calculated everything perfectly, worked so hard for this one shot. And just as things get quiet for a moment, he's going to come crashing down from behind you, charging at you like you're the toughest bull he's ever fought. You're going to swing that bow around, completely caught off guard, and miss the biggest elk of your life.

What I'm saying here is that you're going to spend a lot of your life trying to make the wrong things work. A lot of time is going to be wasted in doubt and confusion. That's time you can never get back. Continue to get away by yourself so you can hear that voice that's all your own. Allow yourself time to imagine life, as Thoreau says, and trust yourself to live that life you imagine. You have the compass within yourself, a piece of God, if you will. Choose light, live fully engaged, and others cannot help but to feel buoyed upward, including the beautiful sons with whom you will one day be blessed.

Joy and peace on the journey!

Your older and wiser self,

**Diane Les Becquets, age 45**

Assistant professor and director of creative writing  
Assistant director, M.F.A., in fiction and nonfiction

Contact Diane Les Becquets at  
[d.lesbecquets@snhu.edu](mailto:d.lesbecquets@snhu.edu).



**Dear Nicholas,**

It is strange to get to write this letter to you from the future – I know that at 11 you already believe time travel impossible, but please don't worry about that and just read this.

You are used to a pretty unpredictable world already. Growing up moving to different countries every few years will do that, and where you are right now in Italy is certainly leaving a mark, what with Red Brigade terrorists killing major politicians and bomb scares at school every few weeks. Nonetheless, you have a sense of personal safety and comfort ... life might be a bit crazy out there, but at home and in your semi-mythological homeland of Canada, you know that everything is safe, predictable and stable.

You learned to read when you were 7, but somehow being way behind your fellow students (they stuck you in grade three classes in the British school in Rome to be with your age-mates) did not dent your confidence much. You just learned to read "Dick and Jane" and went on to the encyclopedia – but somehow you never could figure out what order the letters went in the encyclopedia, so you just flip through the pages to find interesting articles, don't you?

As your future self, I warn you of two things: the first is that your world is going to crash very soon. Your dad will walk out and you will learn a whole lot of new things, almost none of them good. At least you will know what poverty is and never take too much for granted later in life. You will also be an adult well before your time.

The second is that you are dyslexic – that is why you cannot memorize anything and why you cannot figure out what order the letters run in the alphabet. School is always going to be a struggle. Never forget that you are neither lazy nor stupid. As a few of your teachers will notice, there just might be something different about you that explains why you seem so smart but do so badly. Learning things the hard way will serve you well in the end. Don't worry, you'll survive it.

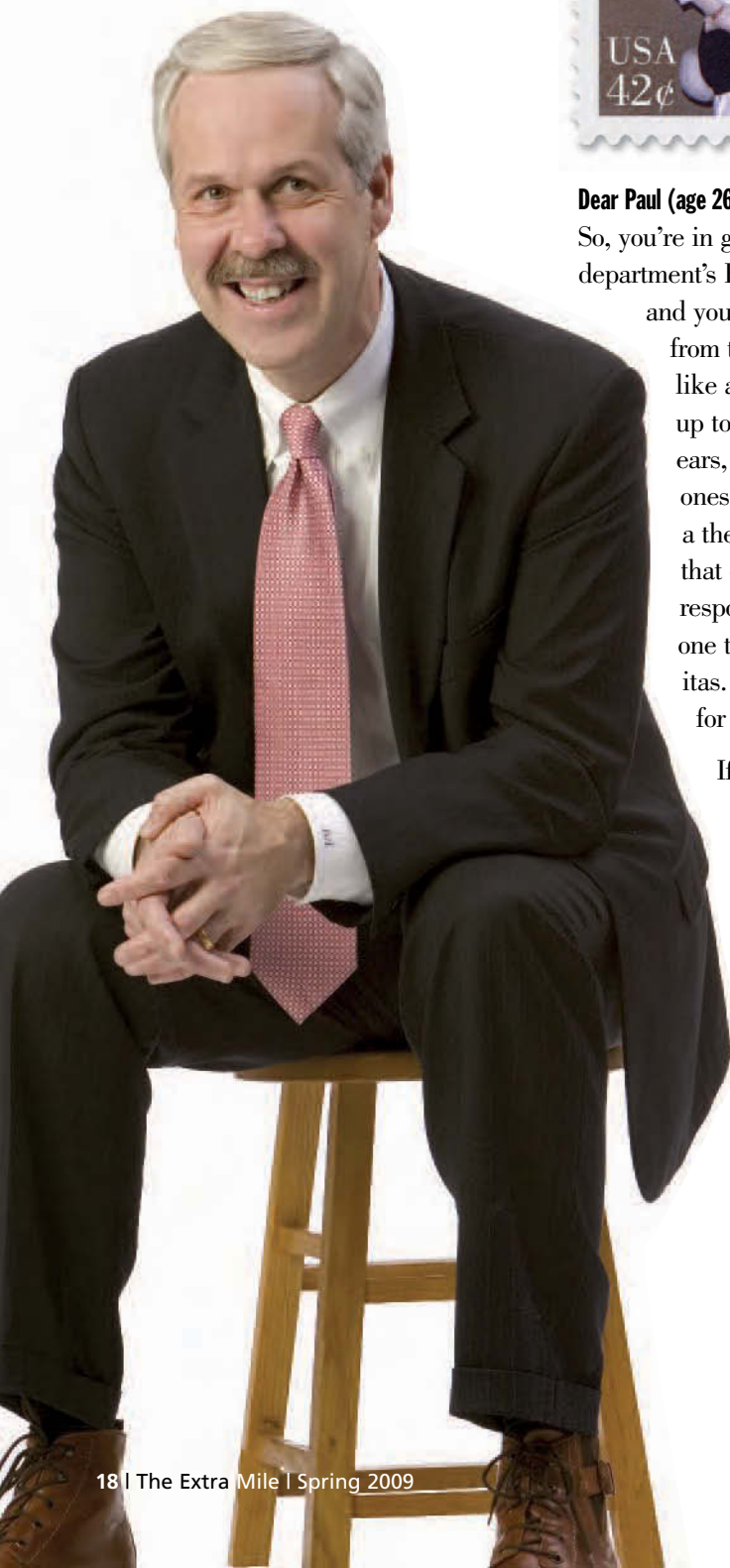
Good luck, and see you in 30 years.

**Nicholas Hunt-Bull, age 42**  
Associate professor of philosophy  
Director of the Honors Program

Contact Nicholas Hunt-Bull at  
[n.hunt-bull@snhu.edu](mailto:n.hunt-bull@snhu.edu).







**Dear Paul (age 26),**

So, you're in graduate school and it's the department's Halloween costume party and you decide to go as the rabbit from the movie "Harvey." Seems like an excellent idea. You're up to your ears – your normal ears, never mind the white furry ones – in research, reading and a thesis. You're not thinking that one day you might hold a responsible leadership position, one that requires a certain gravitas. Say, university president, for example.

If there's a picture of you dressed up as a 6-foot-8 bunny, you'll definitely want to keep it locked away. It is not the kind of thing you'll want colleagues to see. It is not the kind of thing that

inspires confidence and "I'll-follow-the-boss-whenever-he-leads" loyalty. No, my advice to you is to keep such pictures hidden away and be grateful you didn't go in drag (I'm talking to you, Rudy Giuliani) or in Nazi uniform (What were you thinking, Prince Harry?).

On the other hand, I might also suggest that you hold onto whatever impulse inspires one to dress up like a rabbit. There is something to be said for good-hearted silliness, even in one's 50s. Too many of your colleagues, perhaps you as well, will be prone to confusing the seriousness of the work they do with who they are as people. They will forget to laugh at themselves. They'll forget that the dignity of a title is enriched with a little self-deprecation.

I am rethinking my advice, younger self. I suggest you take out the photo of you in a bunny suit and keep it on your refrigerator. When you start your day by reaching into the fridge for your orange juice, let it remind you not to take yourself too seriously. And while you're in there ... can you see if there are any carrots?

And finally, think about a razor, my friend.

**Dr. Paul LeBlanc, at 51**  
SNHU president

Contact Paul LeBlanc at The President's Corner at [president.snhu.edu/leblanc](http://president.snhu.edu/leblanc).





**Dear Mark (age 11),**

Live your life like you will. It is what makes you what you are and, according to your family, you are doing a good job. It is their opinion that counts.

Measure your success by your own criteria and don't get caught up in what the rest of the world thinks you should do or be. Try to find your own balance between focusing on yourself and helping others. You are no good to others if you haven't taken good care of yourself.

Your education is key, but it is not what you learn; rather, learn how to learn about yourself and the world around you. Be skeptical, not cynical, and embrace critical thinking early. Science will help explain much more about the world than adhering to dogmas and prejudices of childhood. Challenge your thinking habits.

Don't be afraid to ask Melinda to the dance.

Live the life you imagine. Make sure to say "thank you" to those who help you make this possible. Choose to do the right thing, not the easy thing.

When you are working for dad on top of the hot industrial roofs in Miami during the summer, you are going to learn some great lessons. These will also help you

finish your first Ironman in Hawaii. Dad will see both.

You will fail your first organic chemistry test, no matter how hard you study. This will really piss you off and you will come back on the second one. Welcome to perseverance. This will help you become Dr. Hecox one day. Mom really liked that graduation.

Don't eat the tequila worm, it doesn't have the effect they said it would and it was gross.

You will wear your heart on your sleeve, and it will be painful. Melissa was a great girlfriend, but marrying your wife was the most important decision you will make. She makes you.

Follow your wanderlust and travel the world – it is in your Norwegian blood. It will open your worldview and be fun. When in Moscow, focus on the caviar, lighten up on the vodka and yes, Max is former KGB.

One of the best decisions you will be faced with is to leave a high-paying job for your love of teaching and for your daughter. It is easy. Spending time with her is what makes you happy. OK, so does going for a run on a beautiful fall day, but that is different. Appreciate learning tae kwon do and snowboarding with her.

Your time is limited; buy a nice watch to remind you not to waste it or let others waste it for you.

Live in the moment. Take time to plan when appropriate. Volunteer and support efforts for human rights. Your dad was a Marine; show gratitude for those who have sacrificed for our freedom.

Ask your dad and mom to share their life stories before they die.

When you win your first golf tournament, give your trophy to your coach, Bill. Thank Mrs. Congelo, in seventh grade, for moving you out of your comfort zone to grow, before she dies. Start writing poetry earlier in life; you enjoy it. Learn new things.

When running the marathon during the Hawaiian Ironman, do not eat the bagel; it tastes worse coming up.

Stay in touch with your authentic childhood friends, like Maryanne and John. Work hard, but smart; have fun, but be careful; stay fit and help others; leave the world a better place than you found it.

Lots of love,

**Dr. Mark Hecox, age 44**  
Associate professor of sport management

Contact Mark Hecox at  
[m.hecox@snhu.edu](mailto:m.hecox@snhu.edu).





**Dear Bill (age 38),**

When you began doing anti-poverty work in New Bedford, Mass., you saw “the system” as the problem all too often. The so-called trickle-down from the larger economy never really lifted many boats in this old seaport city. Eventually you built a network of more than 100 New Bedford microbusinesses, run by people who loaned each other money and offered moral support in peer groups. Fishermen, mechanics, dollhouse purveyors and hot dog restaurateurs are getting credit – even though none was creditworthy, according to the bank.

But something was wrong; something didn’t quite make sense. How could you be using the tools of capitalism to undermine the rules that the system had erected to protect itself? As the critic from the Chamber of Commerce said, “Five-hundred-dollar loans are lunch money, and lending in groups is kind of like socialism, isn’t it?” Somehow this must all make sense, but you were missing big pieces of the puzzle.

The irony will never be lost that it will be in New Hampshire – land of “Live Free or Die” and the right-wing icon William Loeb – where the answers to your questions will be

found. You will join the community economic development master’s program at then-New Hampshire College and immediately find yourself immersed in a great, extended family of community activists and leaders from Wilmington and Atlanta, from Nova Scotia and Iraq, and from Ethiopia and Boston.

The synapses will start snapping; the many questions will turn into fascinating answers. You will learn that community economic development uses business strategies, such as the small business loans of your New Bedford program, to create participation, equity and sustainability at the neighborhood level. When you finish you will have earned a Master of Science degree in CED and also the knowledge that you are not alone in imagining that a better world is possible.

And now, 15 years after those days of uncertainty, you are flying over the red ochre expanse of the African continent. The microenterprise development experiment you were a part of in New Bedford has blossomed into a movement that touches the lives of more than 100 million people all over the globe. You are on your way to Johannesburg to build a network of fellow seekers and activists who in fact are “the system” and wield the tools of capitalism to create trickle-up opportunities for poor communities that share much in common with New Bedford.

This path will seem far-fetched to you in 1994, but the pieces of this intricate puzzle of your life will all fall into place, trust me!

**William Maddocks, age 53**

**Director, Microenterprise Development Institute**

**Contact William Maddocks at [w.maddocks@snhu.edu](mailto:w.maddocks@snhu.edu).**





**Dear Cathy (age 22),**

Congratulations! Tomorrow you will begin a new chapter in your life, one you have dreamed of since you were in first grade. You will stand before your first group of third-grade students as Miss Allgaier – their teacher. You are thinking you have finally reached your goal. The icing on the cake? The \$9,200 salary means you can buy your first brand-new car. Do me a favor, think sporty, racy ... anything but sensible. You have many years of sensibleness ahead. Go for it!

I have been given the opportunity to reach back through time to share some words of wisdom earned over years of experiences. After much contemplation, I have decided the best way to do so would be to share the following list. I call it, “You may not believe this now, but ...”

- You will use something called “Blackboard” without ever picking up a piece of chalk.
- Wearing a Christmas bow in your hair may be the height of fashion to a second-grader, but it is perceived much differently on the campus of a university.
- You will experience the Yogi Berra “déjà vu all over again” syndrome when you are given the opportunity

to once again teach students you taught as second- and third-graders. Instead of teaching them to read and write, you will prepare them to become teachers, joining you as colleagues in your profession.

- Having a student jump on you from behind to deliver a big bear hug is considered a compliment in elementary school. It is defined as assault on a university campus.
- You will learn more from 7-year-olds than from any book you read.
- You will be addressed by many names: Miss Allgaier, Mrs. Stavenger, Mrs. S., Professor Stavenger, Cathy. Treasured above all others: Mom and, yes, Grammy.
- The Red Sox will win a World Series – more than once!

Enjoy your first day of school tomorrow, Cathy. You have so much to learn, but fortunately for you, your future students are prepared to teach you.

Fondly,

**Professor, Mom, Grammy, Cathy Stavenger, age 52**

**Assistant Professor of education**

**Contact Cathy Stavenger at**  
[c.stavenger@snhu.edu](mailto:c.stavenger@snhu.edu).







#### Hi Ravi (age 18),

I am writing to you from the future, which has turned out to be not as bad as you had imagined. Why from the future? The answer is in Bernard Shaw's quote, "We are made wise not by the recollection of our past, but by the responsibility for our future."

You will read Bernard Shaw next year in your English literature class, but you will understand and appreciate the readings in midlife.

In the middle of "life" there is a big "if." That means you should follow your dreams and ambitions; otherwise, the big "if" will haunt you ("If only I had done that;" "If only I had pursued that"), resulting in multiple midlife crises. Life is long but the living goes fast.

I have had great experiences, but if you take some pointers from me, you could have greater ones:

**Education:** Getting an education is not just getting a degree or a diploma, which might or might not give you great earning potential (as your parents, friends and advisers will tell you). Education is about acquiring the tools for learning (self-teaching), because learning never ends.

You gain knowledge not just from the courses or subjects you enjoy but from subjects and courses you might find boring or "useless."

**Professional life:** You might live to be 90, and if you don't pursue and do what you love to do, it will be 90 years of torture. There will be people who will always pull you down. They climb on your shoulders to achieve their success. They seem to be collegial and friendly, yet don't be fooled. But these are very few. Most people have integrity.

**Personal life:** There is a message for you in the two pictures of what you looked like when young and what you look like now. We tend to try to imitate personalities when we don't have self-knowledge. Don't live in the images of your heroes or idols. It is self-defeating. Be comfortable in who you are.

There will always be compromises in personal as well as professional life. That's the nature of things. But remember, compromise on strategies, never on principles. Focus on the actions (karma) and not on the rewards or outcome (fruits). Do good without expecting the rewards; the more you expect, the more you suffer.

And on the sensitive topic of religion, have faith but keep one eye closed when you listen to religious zealots. Religion and politics have become the playgrounds of the power-hungry, which has undermined world peace. When the power of love overcomes the love of power, the world will know peace.

Big hugs,

**Dr. Ravindra Pandit, 50-plus**

**Fulbright Scholar**

**Professor of hospitality business**

**Contact Ravi Pandit at [r.pandit@snhu.edu](mailto:r.pandit@snhu.edu).**



**Dear Bink,**

Keep your head up. I am going to give you a few pieces of advice that are going to sound like trite, silly platitudes, but pay attention!

At 25, with four-and-a-half years at a busy, successful corporate hotel and taking on your first exec chef's position, you are looking to break out. Be open to new opportunities. Take risks. Life is an adventure; live it that way.

When you have the opportunity for joy, take it and run with it. Don't worry that it will be fleeting or will not last. The truth is, it won't, but nothing does, not even sadness.

Some of the stuff you're going to face is going to be hard and horrible. You'll get through it. The family will get through it. What seemed like "certainties" – relationships, jobs, friendships – can and sometimes will disintegrate. They are going to make you into the person you will become. You'll need them to take the edges off. I know you think you are mellow as a fellow. Believe me, you have some edges, and they'll need some large-grit sanding!

Be tolerant of others and their shortcomings. This doesn't mean be a patsy. When people in your life are saying one thing and doing another, believe what they do.

Don't get too tied to one vision/version of the future. Some of the greatest joys in life are the unexpected ones. You will be surprised how much better "the universe" can choose for you than you can pick for yourself. (And lose the smug know-it-all-ness; it's really unattractive).

Let stuff go. Share. Yes, doing things for others does bring joy. However, you need to be sure your needs get met, too. Asking for what you need is NOT being a pushy wench.

Do not let money worries plague you. You will be fine. And if you're working in restaurants you'll never be hungry (at least not for food).

So just follow your heart. You have a decent moral compass. You may never get a Nobel Prize, but if you follow that compass, you'll never be incarcerated, either.

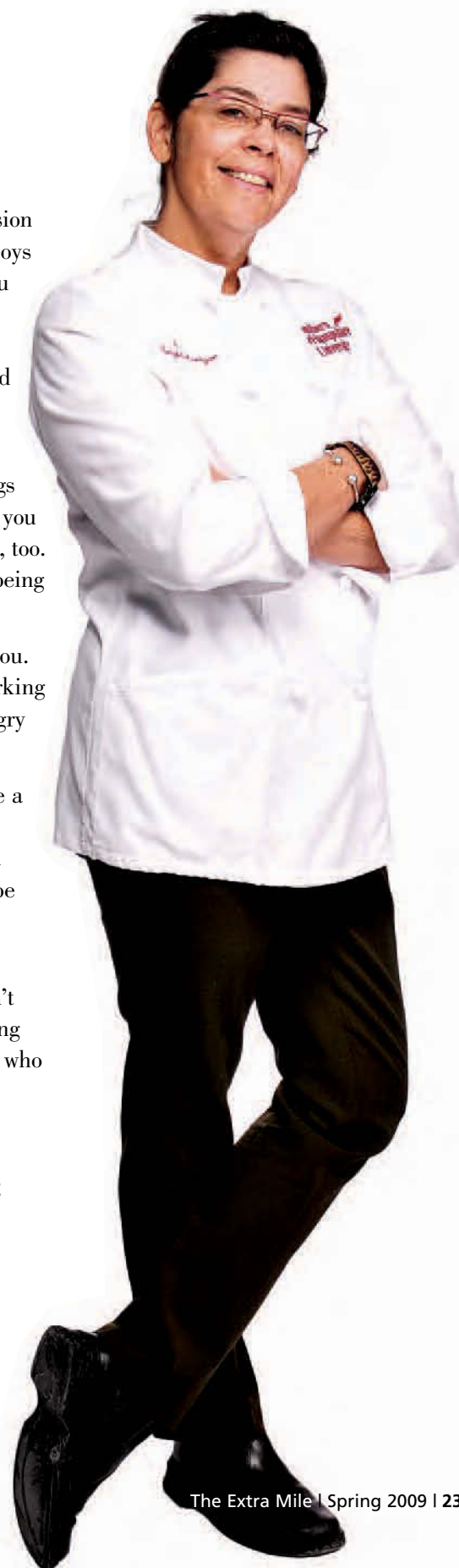
Explore. Travel. Let people in. Love freely, openly and often. Don't be afraid of your feelings and caring for people. That's what makes you who you are.

You're a good girl. I love you.

**M. Brigid Flanigan, age 48 (and believe me, it doesn't seem so old from this end)**

Associate professor of culinary arts  
(is that a hoot or what??!!)

Contact Brigid Flanigan at  
[m.flanigan@snhu.edu](mailto:m.flanigan@snhu.edu).





# Our Top 10



By Greg Royce, Sports Information Director

## The 10 Greatest Games in SNHU Athletic History

### What's on your top 10 list?

Should the men's soccer 2008 Northeast-10 Championship Game make the top 10 list of greatest games in SNHU athletic history? Weigh in online at [www.snhupenmen.com](http://www.snhupenmen.com).

One of the hallmarks of sport is debate. Fans continually debate which team is better, if a team from today could beat a legendary team of yesteryear or if players 50 years ago were better than players today.

With that in mind, the SNHU athletic department has compiled a list of 10 of the greatest games in Penmen history. Only two games from any one sport could appear on the list, but with nine sports represented from all eras, the list represents a broad cross-section of the university's athletic history.

The games are presented in order from oldest to most recent and are not ranked.

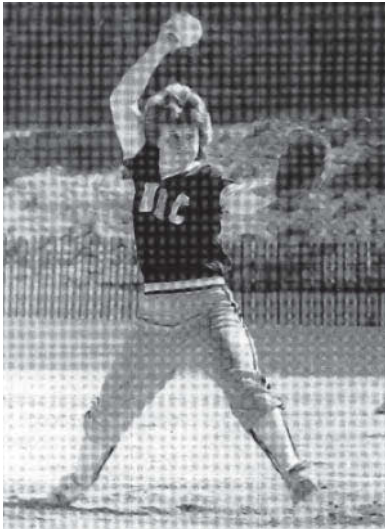
Instead, fans and alumni can rank the 10 games on the SNHU athletic Web site ([www.snhupenmen.com](http://www.snhupenmen.com)) and the results will appear during the summer. (If you don't agree or think a game that is not listed should be, you will have an opportunity to do that as well online.)

### Men's Basketball – 1981 New England Regional Final – SNHU 81, Sacred Heart 80

SNHU was hosting the NCAA Regional in 1981 for the first time, after going 20-6 during the regular season. The Penmen trailed much of the second half and were down by as many as 10 points. Bill Dunn put SNHU on top for the first time in the half with 1:13 left at 79-78, but Sacred



Heart's Cam Farrar put the Pioneers back on top with 54 seconds left. Dunn had the last laugh, as his basket with four seconds left gave SNHU the lead and the win. Dunn finished with 26 points and was the regional MVP.



**Softball – Penmen Sweep Sacred Heart (April 19, 1986)**

Sacred Heart was the standard-bearer in New England Collegiate Conference softball in the 1980s, making three straight NCAA Final Four trips from 1983 to 1985

and six NCAA appearances. One April afternoon, the Penmen swept the Pioneers in a pair of 2-1, extra-inning games. Heidi Schuberth drove in the winning runs in both games, bunting home Casey Balzano in the bottom of the 10th in game one, then singling in the bottom of the ninth to score Balzano in the nightcap. Debbie Andersen allowed just five hits for SNHU in the opener, while Terry McDonough posted her 10th consecutive win with a six-hitter in game two.



**Men's Soccer – 1989 Division II National Championship – SNHU 3, UNC-Greensboro 1**

The 1989 men's soccer team captured SNHU's first and only (to date) national championship by defeating tournament host University of North Carolina-Greensboro 3-1.

The game got off to a quick start, with Ike Ofoje giving the Penmen a 1-0 lead. The Spartans tied the game at the 13:20 mark, but 2:10 later, Archie Harlow scored what would turn out to be the game winner. Harlow then added an insurance goal with less than six minutes to play to cap off SNHU's 22-1-2 season.

**Women's Basketball – Julie Dabrowski Scores 45 Against Molloy (Jan. 8, 1990)**

A 107-55 win over Molloy College in early January may not seem particularly noteworthy, but Julie Dabrowski's performance that game certainly was. In just 28 minutes, Dabrowski torched the nets for a school-record 45 points, going 17-25 from the floor and an amazing 10-13 from three-point range. The only All-American in SNHU women's basketball history, Dabrowski also grabbed 12 rebounds as the Penmen opened up a 58-19 lead at halftime.



**Men's Basketball – 1994 Northeast Regional Final – SNHU 79, Philadelphia Textile 78 (2OT)**

In a game with plenty of twists and turns, the 1994 regional final pitting host Philadelphia Textile (27-1) and SNHU (26-4) lived up to the hype.

The Penmen trailed by as many as 15 in the second half, but took a two-point lead with 6.5 seconds left on a layup by Rob Paternostro. The Rams would tie the game at the buzzer on a tip-in to send the game to overtime.

The Penmen trailed late in the first overtime, but a three by SNHU's Baris Kacar as time expired sent the game into a second extra frame. The theatrics weren't over, as Textile took a 78-77 lead with 7.2 seconds to play. Matt Ripaldi would be the ultimate hero for the Penmen, hitting a 10-footer as time expired to give SNHU the win and catapult it to its second straight Elite Eight appearance.

A black and white soccer ball is positioned on a wooden tee in a grassy field. The background is a blurred landscape with green grass and a blue sky. The text is overlaid on a dark, semi-transparent rectangular box in the upper right portion of the image.

## **Women's Soccer — 1996 ECAC Division II Championship — SNHU 2, Keene State 1 (OT)**

The Penmen women's soccer team captured its record seventh Eastern College Athletic Conference Division II championship with a 2-1 overtime win over intrastate rival Keene State College. No one knew what to expect, as the Penmen and Owls had battled to a 2-2 tie in Manchester during the regular season. Playing on KSC's home pitch, Becky Dorunda provided the game-winning goal in overtime, with Kelly Landon and SNHU Hall-of-Famer Heather Swabowicz assisting in her final collegiate game. The win also capped a season-ending, seven-game win streak for SNHU.

## **Men's Golf — 2002 Northeast-10 Championship**

After capturing its first Northeast-10 golf championship in 2001, SNHU successfully defended its title in 2002 with a record-setting performance at Syracuse's Drumlins Golf Course. As a team, the Penmen posted a single-day score of 281 on day two and a two-day score of 578, which both remain conference records. Chris Rivard shot a 66 on day two, another single-round record, and finished with a two-day total of 138. Matt Arvanitis finished fourth overall with a two-day total of 143.





## Men's Lacrosse — Penmen Win Twice in One Day (April 22, 2003)

Typical New England spring weather created a situation where the men's lacrosse team had to play two games in one day. The Penmen were up to the task, posting a 13-7 win over Franklin Pierce in a 3:30 p.m. opener before edging Assumption 10-9 in the nightcap. Sophomore Brian Flaherty was the star of the lax twin bill, scoring with nine seconds left in overtime against Franklin Pierce for the game-winner and totaling four goals and five assists in two games. Kyle Hintlian led SNHU with four goals and three assists in the Assumption win.



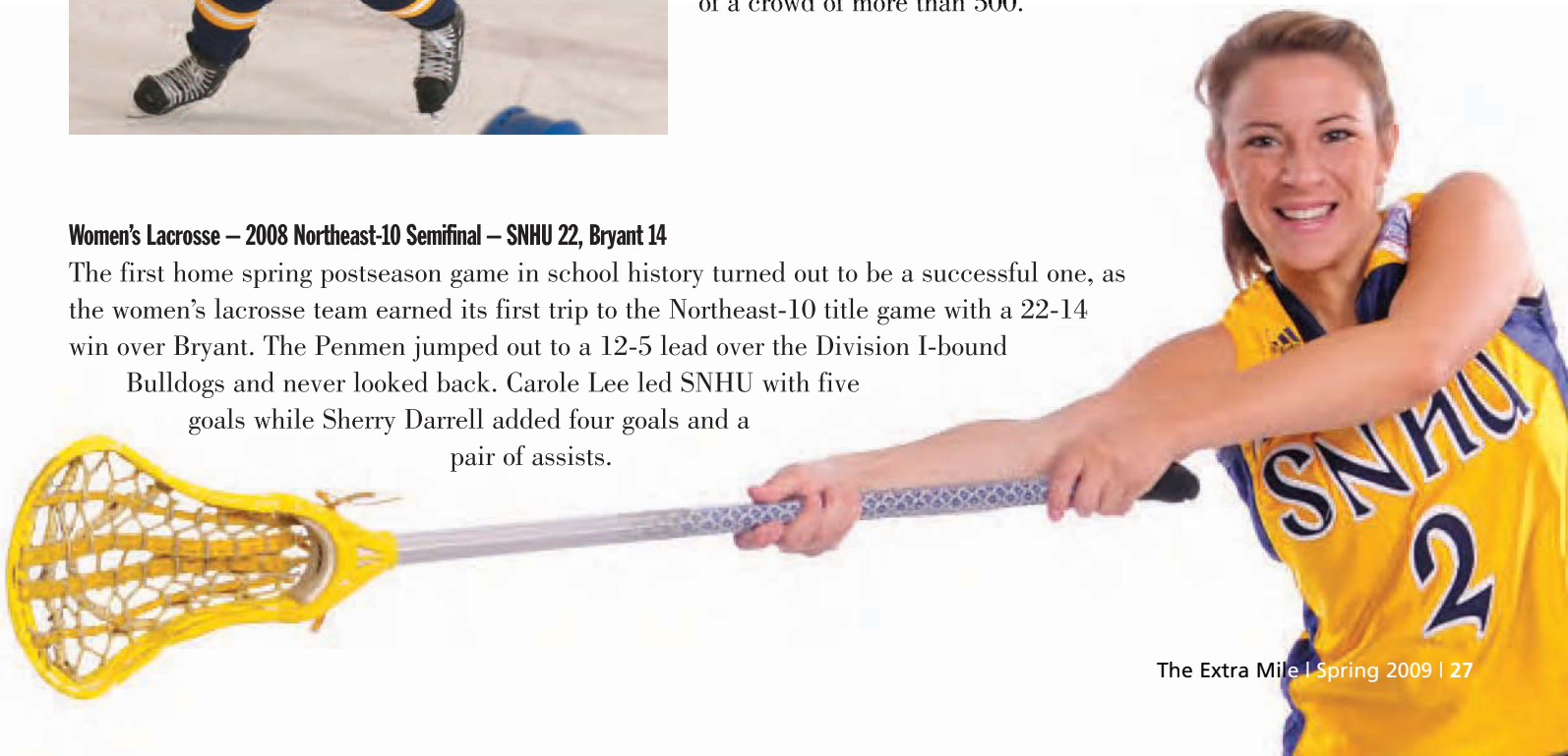
## Ice Hockey — SNHU Beats Saint Anselm for the First Time (Feb. 7, 2006)

The Penmen had enjoyed little success against SNHU's crosstown rival on the ice, going 0-17-1 against the Hawks entering an early February showdown at The Ice Den. In fact, Saint Anselm had dealt SNHU a 10-1 loss earlier that season. SNHU trailed 3-2 entering the third, but Dominic DiMarzo tied the game 3-3 at 1:29 into the period. Josh Douglas scored 2:50 into overtime to give SNHU a 4-3 win, its first over the Hawks, in front of a crowd of more than 500.

## Women's Lacrosse — 2008 Northeast-10 Semifinal — SNHU 22, Bryant 14

The first home spring postseason game in school history turned out to be a successful one, as the women's lacrosse team earned its first trip to the Northeast-10 title game with a 22-14 win over Bryant. The Penmen jumped out to a 12-5 lead over the Division I-bound

Bulldogs and never looked back. Carole Lee led SNHU with five goals while Sherry Darrell added four goals and a pair of assists.





# Penmen by the Numbers

# SPORTS SHORTS

**0.42** — Goals-against average posted by senior men's soccer goalie Sean Lambert, ranking him first among Division II goalkeepers in 2008.

**20** — Length of C.W. Post's unbeaten streak when the women's soccer team defeated the Pioneers 2-1 on Sept. 20. At the time, it was the longest unbeaten streak in Division II.

**291** — Score posted by the golf team in the second round of the SNHU Penmen Invitational in October. It marked the second-lowest single-day score in program history.

**1,200** — Career digs by senior volleyball player Brianna Doucet. In 2008 she became the third player in program history to post 1,000 career digs.



Sam Carey

**Sam Carey First-Round Draft Choice of Manchester Millrats**  
The Manchester Millrats selected former SNHU star **Sam Carey '08** with the sixth pick in the Premier Basketball League Draft, held Oct. 16 at the ESPN-Zone in downtown Chicago.

The 6-foot-8 Carey led the Penmen in scoring (16.8 points per game), rebounding (8.7 rebounds per game) and field goal percentage (.629) as a senior. He was one of just three players in the Northeast-10 Conference to rank in the top 10 in both scoring and rebounding.

## Chandronnait Wins ITA Regional

Sophomore **Amber Chandronnait** made history for the SNHU women's tennis team the weekend of Sept. 19, when she captured the singles championship at the Intercollegiate Tennis Association East Regional held at Chestnut Hill College in Philadelphia.

Chandronnait, in her first season at SNHU, entered the tournament as the No. 5 seed in the 48-player field. After receiving a first round bye, she did not drop a set in her five matches and lost just eight games, outscoring opponents 60-8 and posting a pair of 6-0, 6-0 victories. In the finals she defeated Maria Mendes of Queens College 6-1, 6-0.

Her win earned her a berth in the Division II singles draw of the National Small College Championship held Oct. 16 to Oct. 19 in Mobile, Ala. After dropping her first match, she finished fifth with a 6-7 (3), 6-2, 6-3 win over Irene Squillaci of Abilene Christian University in the fifth-place match.

## Honors and Milestones

Sophia Saint Paul



Matt Delaney



Emma Lundberg



The SNHU athletic department had a successful fall season, and the Penmen received a multitude of accolades for their accomplishments

### Men's Soccer Tops List of Fall Success

The SNHU men's soccer team had its most successful season in several years in 2008. The Penmen posted a 15-3-4 record, captured the Northeast-10 regular season and tournament titles and made the 14th NCAA Tournament appearance in program history. SNHU surrendered just nine goals all season en route to being the top-ranked defense in Division II.

Individually the Penmen received a multitude of accolades. Four players were named to the Daktronics Division II All-America team, led by **Matt Delaney**, who was on the First Team. **Adrian Schippers**, **Sean Lambert** and **Richard Kentish** were also All-Americans. Schippers was also the Daktronics East Region Player of the Year and the Northeast-10 Player of the Year, while Lambert was the Northeast-10 Goalkeeper of the Year. First-year head coach **Marc Hubbard** was named Coach of the Year by the NSCAA/Adidas East Region and the Northeast-10. Delaney was also honored for his academic work, as the senior was a First Team selection to the CoSIDA/ESPN the Magazine Academic All-District Team.

### The Best of the Rest

An additional five soccer players were named Northeast-10 All-Conference: **Gabe Mercier**, **Paulson Edum** and **Kevin Woods** were Second Team selections, while **Jayme Kapinos** and **Ethan Lapierre** were named to the All-Rookie Team.

Women's soccer reached the Northeast-10 Tournament for the first time since the 2005 season and was ranked nationally for the first time since 1998. Seniors **Sophia Saint Paul** and **Cary Rivett** were Northeast-10 First Team selections as well as NSCAA All-Region performers. Saint Paul, Rivett and Nicole Ebner were

selected to compete in the NEWISA Senior Bowl. Ebner and **Emily Mongeau** were Second Team selections, while Mongeau and **Ariel Teixeira** were named to the All-Rookie Team.

The volleyball team narrowly missed a berth in the Northeast-10 Tournament for the second straight year. Freshman **Danielle Coffey** was named to the Northeast-10 All-Rookie Team after leading the Penmen with 102 blocks while ranking fourth in kills with 104.

The men's golf team had several strong showings in the fall, placing fifth at the Northeast-10 Championship and second among Division II schools at the NEIGA New England Championship. **John Devito**, **D.J. Lantz** and **Andrew Maziarz** were Northeast-10 Second Team All-Conference selections following their performance at the championship.

The women's cross-country team was bolstered by the addition of a pair of standout freshmen, **Emma Lundberg** and **Jacquelyn Dussault**. The duo combined to post four of the top five times in program history last season, with Lundberg posting a season-best 19:59 5K time and Dussault a 20:11. Senior **Svea Dellea-Messner** ran a career-best 20:33, the 12th-best time in program history. In men's cross-country, senior **Alex Brown** wrapped up his career with the top six times in program history, including a school-record 26:41 8K effort at the UMass Dartmouth Invitational.

# Honoring Alumni

**During Alumni & Family Weekend, the Alumni Association presented its annual awards to recognize graduates for their work with the university and the community.**



## **Hall of Fame Award**

The recipient of the 2008 Alumni Hall of Fame Award was **Robert J. Finlay '92**.

The award recognizes an alumnus or alumna who

graduated 10 or more years ago and has made outstanding contributions to his or her profession, the community and the university.

Today Finlay is a businessman dedicated to nurturing the entrepreneurial spirit of this country, investing in businesses with the potential to change the world and giving back to the community through various volunteer and charitable endeavors. Finlay is the managing partner of Hillcrest Management LLC, which he started in 2006.

Finlay's business success is built on a 15-year foundation of experience on Wall Street, during which he held positions of increasing responsibility with major firms and specialized in capital markets and commercial real estate.

Finlay serves on the boards of Friends of Forgotten Children and the New Hampshire Higher Education Assistance Foundation. He is a former SNHU trustee and has endowed a scholarship for students.

He resides in New Hampshire with his wife, Karin, and their four children. Together they lead the Finlay Foundation, a nonprofit devoted to improving the quality of life for Granite State residents by assisting children and families in need and promoting an array of cultural and educational initiatives.



## **Alumni Distinguished Service Award**

The recipient of the 2008 Alumni Distinguished Service Award was **Robert P. Schiavoni '72**.

The award is given to an alumnus,

alumna, faculty member, staff member or friend of the university to recognize leadership, dedication and loyal service to the university and its objectives.

Schiavoni has been an active member of the Alumni Association and has served as director of the Office of Residence Life for 20 years.

Schiavoni previously has served on the Alumni Board of Directors and the Alumni Weekend and Student Relations committees. As a Freshmen Experience Seminar instructor and adviser, he has been an excellent role model for hundreds of students. He is a "behind-the-scenes" person who gets the job done without a lot of fanfare, according to Michael DeBlasi, director of alumni and major gifts.

Schiavoni donates annually to the University Fund and has been a leadership donor at the President's Circle level for 10 years.



## **Young Alumni Award**

The recipient of the 2008 Young Alumni Award was **Jason F. DeMarzo '03**.

The award recognizes younger alumni who graduated not

more than five years ago who have demonstrated leadership and have supported the Alumni Association, the alumni board and the university.

A leader on campus, DeMarzo was a member of the Ski Club, president of the Crew Club and student government president. As a student in the 3Year Honors Program in Business, he completed an extensive internship at New York Life; it turned into a job offer.

He has since reached several career milestones at New York Life, including membership in the firm's President's Council and in the Million Dollar Round Table, and was promoted to partner in 2006.

DeMarzo has participated in numerous SNHU alumni panels and networking opportunities for students and alumni, has provided internships and job opportunities for students and has given generously to the University Fund.



# Alumni News

## Upcoming Events

Reconnect with classmates, friends, staff and faculty at alumni and university events.

**May 16**

### **SNHU Commencement**

Verizon Wireless Arena  
Manchester, N.H.

**June 12**

### **Women's Leadership Summit 2009: Winning Strategies for New Realities**

SNHU Main Campus  
Manchester, N.H.

**June 15**

### **19th Annual President's Cup Golf Tournament**

Sky Meadow Country Club  
Nashua, N.H.

**Oct. 2**

### **29th Annual Alumni Golf Tournament**

Passaconaway Country Club  
Litchfield, N.H.

**Oct. 2 to Oct. 3**

### **Alumni Weekend 2009**

SNHU Main Campus  
Manchester, N.H.

**Oct. 16**

### **President's Circle Gala and Founders Society Reception**

C.R. Sparks, Bedford, N.H.

Please visit [www.snhu.edu/alumni](http://www.snhu.edu/alumni) and click on "Alumni & Development Events" for complete event information and online registration. We look forward to seeing you.

## Alumni Tuition Assistance Program

Graduate school can be a great choice for those who want to bolster their professional credentials in a tough economy, especially after losing their jobs. Southern New Hampshire University is offering half off graduate course tuition for alumni and their family members who have recently lost their jobs.

The offer is good for up to two graduate business or education courses taken during two consecutive terms, beginning with the June 2009 term. Courses may be taken on campus, on location or online.

**Please contact Scott Durand or Amy MacDonald at 603.644.3102 or visit [snhu.edu/alumni](http://snhu.edu/alumni) for more information.**

## Be in the Know

Don't wait for the next magazine to find out what's happening on campus. Provide us with your e-mail address and we'll make sure you stay connected to the university all year long. The alumni office sends a monthly e-newsletter that includes alumni profiles, upcoming events, campus updates, promotions, giveaways and athletic news. On occasion you also will receive invitations to special events and campus announcements. Sign up now by sending your e-mail address to [alumni@snhu.edu](mailto:alumni@snhu.edu).

## SNHU Alumni Board

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Peter Perich '76, '85

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K. Brian McLaughlin '88

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Meghan (Cotton) Dalesandro '00

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Janice Fitzpatrick '93

Tim Gerardi '04

Steven Gore '90, '02

Robin (Sorenson) Kazes '97

Ashley (Adams) Liadis '02, '05

Tiffany Lyon '00, '02

Katie McKenney '03, '05

Jeff Penta '05

Seth Wall '00, '01

### **Student Government Representative**

Alexandra Malvey '10

### **President Emeritus**

Chad Mason '98, '00

For more alumni news, visit

**snhu.edu**

# Where Are They Now?

By Gail Dexter

Institutional Advancement



**The Extra Mile caught up with some culinary/hospitality graduates who talked about what they've been doing in the kitchen and offered some career advice.**

**Brad Lichtman '07, BML Catering**  
Food and beverage management

Though a recent graduate, Brad Lichtman '07 already has 11 years of experience in the restaurant industry. After gaining great experience in management at large chain restaurants, Lichtman came to SNHU and now operates a catering company.

Raised by a family of entrepreneurs, Lichtman was comfortable with the notion of starting his own business. Established in March 2008, BML Catering does everything from romantic dinners for two to holiday parties for 300.

Lichtman's advice for budding entrepreneurs: Formulate a goal and vision, set

and stick to a plan, and even in tough times don't drop your standards or morals.

His advice: "Become involved in your community for networking opportunities. Word-of-mouth is an extremely important part of marketing for a new company."



**William Kovel '00**  
Four Seasons Hotel  
Hospitality administration

Since graduation, cooking has taken William Kovel '00 to a lot of different places, including Iceland. He moved to the West Coast, then to Boston, then to

London, then back to Boston, all the while working for prestigious chefs at top-rated restaurants, such as chef/owner Traci Des Jardins at Jardinier in San Francisco, chef Sylvan Portay at The Dining Room/Ritz Carlton in San Francisco, chef/owner Michael Schlow at Radius in Boston and at Orrery in London.

Kovel now works for the Four Seasons Hotel in Boston as the chef de cuisine at Aujourd'hui, the hotel's fine-dining restaurant. He is amazed every day that he gets to cook great food and work with true professionals. He also enjoys teaching new chefs and watching them move on to do great things with their careers.

Kovel's advice: "Knowledge is power; there are no shortcuts to experience. Take your time and learn slowly. Work and surround yourself with positive people that will help you grow."



**David Warsaw '07**  
**NANA Services**  
**Hospitality administration**

David Warsaw '07 worked several jobs after graduation, but was not satisfied with his experiences.

While job searching, he came across an ad promising "the experience of a lifetime: Come work in Antarctica as a sous chef." A month after sending his resume on a whim, he was on his way to the South Pole to work for NANA Services, which is contracted by the federal government to oversee quality-

of-life issues for employees stationed in the South Pole.

"I stepped off the plane to realize what a (minus) 60-degree wind chill feels like," he said. "My executive chef greeted me with a 'Welcome to the South Pole!' I have had plenty of great moments working here, but stepping off that plane was literally breathtaking."

Warsaw is a morning sous chef who supervises breakfast and lunch services six days a week. He loves the people he works with and the people he serves, and has learned three important lessons while surviving in the one of the harshest environments in the world: work hard, have respect for yourself and never be too scared or too shy to take responsibility.

His advice for job-seekers: "Never think that you have to find a shirt-and-tie job right out of the starting gate. As I have found, there are great experiences out there, if you want them, with great pay, both monetarily and experientially."



**Anthony Mazzotta '00**  
**Sasso**  
**Hospitality administration**

Anthony Mazzotta '00 can't imagine being anything other than a chef. From his college externship working

at the upscale American eatery EVOO in Somerville, Mass., to working at the world-renowned French Laundry in Napa Valley, Calif., Mazzotta has made

it a point to learn from some of the best in the industry.

While working in pastry for French Laundry owner/chef Thomas Keller, he worked more than 70 hours a week for little pay. The real payoff was that everyone who worked at French Laundry was a superstar and he made great contacts, he said. After two years at French Laundry, he helped Keller open Per Se in Manhattan, where he worked as a chef de partie, or station chef. Eventually he was ready to be a little closer to home, and helped Chef Ken Oringer open Torro in Boston.

Today Mazzotta is the executive chef at Sasso in Boston, where he has been able to hire the staff that he wants and design a dramatic menu, reinventing Italian dishes from his childhood.

Mazzotta's advice for aspiring chefs: "Work at the best restaurants that you can regardless of the pay. You will keep learning and the contacts you receive from those restaurants will stay with you throughout your career."

## Where are you now?

Let us know: E-mail updates and Class Notes to [alumni@snhu.edu](mailto:alumni@snhu.edu) or visit [www.snhu.edu/alumni](http://www.snhu.edu/alumni) to update your profile.



# Class Notes

## Achievements

'84

**James Kazangian**, of Boston, is president of JKX Global Inc. in Rockland, Mass.

**Suzanne P. Lang**, of Venice, Fla., was elected vice mayor.

'85

**Peter C. Willey**, of Brookfield, Conn., is a global alliance director for CB Richard Ellis in Park Ridge, N.J.

'86

**Joanne D. Mayo**, of Cary, N.C., was awarded "fellow" status at The American Society for Quality.

'90

**Gerry Young**, of Haverhill, Mass., is chief information officer for the Commonwealth of Massachusetts, Executive Office of Consumer Affairs and Business Regulation.

'92

**Marcell R. Cruz**, of Manchester, N.H., is the director of sales and marketing for Members First Credit Union.

**Candie C. Weadock**, of Bolton, Mass., is a financial relationship specialist for Sovereign Bank in Shrewsbury.

'96

**Cindy E. Carter**, of Winston-Salem, N.C., is the human resources systems manager for Forsyth County.

**Victoria Chapman**, of Manchester, N.H., is the director of elder services for Community Bridges in Concord.

'03

**Jessica A. Brennan**, of Manchester, N.H., is the director of institutional and alumni development for Nashua Community College in Nashua.

'06

**John H. Danfort**, of Hooksett, N.H., is a social studies teacher and the team leader for the eighth grade at Epping Middle School.

**Allison K. McKay**, of Somersworth, N.H., was promoted to publicist for Bisson Barcelona.

'07

**Marybeth P. Kellerman**, of Hampton, N.H., is manager of the Origins cosmetic counter at Macy's in Salem.

**Bradford M. Lichtman**, of Manchester, N.H., is the owner of BML Catering.

'08

**Allison M. Arbo**, of Patten, Maine, is an associate producer for WABI-TV 5/The CW in Bangor.

**Corie Mae Callaluca**, of Westford, Mass., is a cheerleader for the New England Patriots.

**Ryan S. Carter**, of Raymond, N.H., is a financial advisor for Bancnorth Investment Group in Plaistow.

**David M. Douglass**, of Topsham, Maine, is a territory manager for RJ Reynolds Tobacco Company in Winston-Salem, N.C.

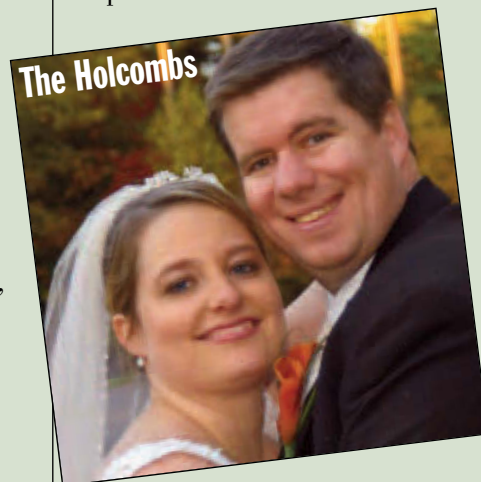
**Jennifer L. Gecawicz**, of Danvers, Mass., is an exhibits coordinator for PRRI in Beverly.

**James D. Heavey**, of Union, Maine, is a financial advisor for Waddell & Reed.

**Donald M. Layden**, of Hudson, N.H., is a reporting analyst for Comcast Corporation in Manchester.

**Amanda L. Nason**, of Sandwich, N.H., is an administrative assistant of training and development for Airgas East in Salem.

**Victoria P. Nedza**, of Manchester, NH., is an assistant technical writer for Vette Corporations.



## Marriages

'84

**Nicholas C. Raizes** married Sarah B. Rawson.

'01

**Margaux Veilleux** married Robert Holcomb.

**Rama O. Atiya** married Hadi Wassaf.

'04

**Lisa M. DeCosta** married Richard W. Marzonie.

'05

**Timothy Callahan** married Julie Hautanen.

**Ryan S. Fay** married **Jennifer T. Hogan**.

**Elizabeth M. Morse** married **Robert M. Wade** '06.

'06

**Allison K. McKay** married Chris Marcotte.

**Robert M. Wade** married **Elizabeth M. Morse** '05.

'08

**Ashley E. Bedard** married Jason Martin.

## New Arrivals

'96

**Melora (Hanka) Hosler** and her husband, Brady, announce the births of their twin sons, Caleb Jackson and Declan Michael, on May 20, 2008.

**Shawn McNamara** and his wife, Amanda, announce the birth of their son, Donovan Edward, on May 14, 2008.

**Kristen M. (O'Connell) Waterman** and her husband, Jeffery, announce the birth of their son, Gavin Michael, on July 15, 2008.

'99

**Amy J. LaBossiere** and her husband, **Jason '00**, announce the birth of their daughter, Lindsay Ruth, on June 26, 2008.

**Joshua Matthews** and his wife, **Jennifer '01 and '05**, announce the birth of their son, Cohen Christopher, on Jan. 17, 2009.

'00

**Meghan J. (Cotton) Dalesandro** and her husband, **Brian '04**, announce the birth of their daughter, Carly Joan, on April 24, 2008.

**Adam N. Davidoff** and his wife, Peggy, announce the birth of their daughter, Jayna Taryn, on Dec. 3, 2008.

**Jason A. LaBossiere** and his wife, **Amy '99**, announce the birth of their daughter, Lindsay Ruth, on June 26, 2008.

**Seth P. Wall** and his wife, **Kim '07**, announce the birth of their daughter, Grace Nathalie, on Nov. 7, 2008.



Alumni filled out the Karter-Cronin wedding party. Pictured (left to right) are: Debra Page, Hadleigh Matthews, Julie Higgins '06, Jennifer (Schoenig) Matthews '01 and '05, Sheba Karter-Cronin '01 and '06, John Cronin Jr., Jeffery Ham, Michael Schulz, Samuel Stone and Fredrick Schulz III.

'01

**Sharon E. (Smith) Giles** and her husband, Craig, announce the birth of their daughter, Hannah Rose, on April 9, 2007.



**Jennifer Matthews** and her husband, **Joshua '99**, announce the birth of their son, Cohen Christopher, on Jan. 17, 2009.

'04

**Brian Dalesandro** and his wife, **Meghan '00**, announce the birth of their daughter, Carly Joan, on April 24, 2008.

**Laurie (Murphy) Greene** and her husband, Ryan, announce the birth of their son, Steven Bryan, on July 12, 2008.

'07

**Kim Lamarre-Wall** and her husband, **Seth '00 and '01**, announce the birth of their daughter, Grace Nathalie, on Nov. 7, 2008.

'08

**Andrea L. Wyka** and Brendan Joseph announce the birth of their son, Hunter Thomas, on Aug. 26, 2008.

## In Memoriam

'42 Cleo Pagones  
'56 Wilfrid A. Lachance Jr.  
'67 John E. Layton  
'68 Bobby L. Diener  
Gilbert L. Rubeck  
'69 Joseph H. Welby  
'72 Robert J. Grasmuck  
'73 William V. Barber III  
'74 Dennis J. Flannery  
'83 Joyce M. Weldon  
'87 Jon E. Johnson  
'04 Katherine M. Prunier

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# Go-Getters Challenge

2008





**Jenn Allen could hardly believe her good fortune. Two years into researching M.B.A programs and frustrated with the process, she discovered SNHU's 2008 Go-Getters Challenge, a national campaign offering a candidate who best exemplified what it means to be a go-getter a chance to earn a free Global M.B.A.**

Allen was deeply committed to her work with Mexico City-based Amextra, an organization focused on community development in marginalized areas. She felt an M.B.A. would provide her with knowledge she could use to lessen her organization's dependence on donations. Yet she was also adamant about staying in Mexico to continue delivering workshops for women, speaking to donors and recruiting volunteers.

"That is when I found the Go-Getters Challenge, just two days before the essay deadline," she said. "After conducting more research on SNHU and the Global M.B.A., I was convinced this opportunity was the perfect fit."

SNHU staff and faculty judges reviewed all contest essays and narrowed the field to six semifinalists. Allen impressed the judges during her phone interview and advanced to the final three.

The three finalists were required to appear live on Fox 25 in Boston to articulate why they were the best candidate. Getting to Boston from Mexico on her nonprofit salary was a challenge unto itself for Allen.

"So many people gathered together to help me," she said. "My parents paid for meals, my brother paid for airfare, friends found a place for us to stay, I covered the rental car and gas and Amextra provided some 'just-in-case' back-up funds. Would you believe that two friends even loaned me clothes, shoes and even jewelry to wear for the interviews?"

TV viewers and the SNHU judges were impressed with Allen's message of personal and professional transformation and voted her the Go-Getters Challenge winner. She is pursuing her degree through SNHU Online, the university's distance education program.

"I really am determined to show SNHU a true return on its investment; probably not financially, but in other impacting and global ways," she said. "You have now provided me the means for my continued personal transformation and to make a greater international impact."

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