



the OBSERVER

Volume XV, Issue II

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Manchester, NH

OCTOBER

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More at the McNinch Art
Gallery and on page 8!

**SNHU Recycles!
DO YOU?**

It's been three years of recycling here at SNHU. Learn how to help!

• See Page 5



From all of us at
the Observer!

STRATEGIC PLANNING AT SNHU

Evan Stokowski

Staff Writer

Southern New Hampshire University President Paul LeBlanc and 29 other Strategic Planning Committee members took part in an Academic Council retreat over the summer to begin expediting improvements and advancements here at SNHU.

The group led by Vice President of Student Affairs and Chairman of Strategic Planning, Scott Kalicki, is comprised of students such as Tyler Drummond and Benjamin Barkhouse, and many faculty members interested in making a difference at SNHU, now, and for years to come.

As the retreat began, Dr. Kalicki articulated how the group members meshed very quickly and efficiently and added, "We had an 'Ah Hah' moment almost instantly. We came to a consensus that more efforts needed to be put forth towards strategic planning on campus immediately."

• See *Strategic*, Page 2



同一个世界 同一个梦想
One World One Dream



American and Chinese students meet for first time in preparation for 2008 Olympic trip to Beijing. (One World One Dream by <http://en.beijing2008.cn/> and photo courtesy of Dr. Kimberly Bogle)

ONE CULTURE

See page 4 for the full story!

SNHU ATHLETE SUSPENDED ON DRUG CHARGES

Evan Stokowski

Ashley Manley

Staff Writers

Approximately one month ago Southern New Hampshire University basketball team member, Paul Cherrey, was suspended from the basketball team until further notice.

Cherrey, a sophomore at SNHU, was arrested off campus for an alleged two special felony counts of sale of a controlled drug; one felony count of possession of a controlled drug with the intent to distribute, and one misdemeanor count of possession of a controlled drug.

session of a controlled drug.

This September, Cherrey was involved with an on campus confrontation with another individual outside of a residence hall. This event led to Cherrey being arrested once again.

According to the New Hampshire Union Leader, "the [police] department found Cherrey had three outstanding bench warrants out of Concord. Kevin Buchholz, Cherrey's lawyer, said he was unaware of any such warrants and maintained that Cherrey had not missed a court date."

This arrest occurred after

Cherrey was already suspended from the men's basketball team.

Currently, school administrators are reviewing the issue at hand in regards to his academic and athletic involvement. Vice President of Student Affairs, Scott Kalicki stated that "there are two different guidelines that need to be taken into consideration here and that is the student/athlete standards, as well as the rules and regulations of the student handbook".

Kalicki further commented, "a student is always a student first at SNHU and that will not change in this situation."

Head basketball Coach Stan Spirou stated, "as of right now he is suspended indefinitely and I cannot predict what is going to happen," when asked if Cherrey would be allowed to play in the future for SNHU.

The lack of details regarding Cherrey's future as a SNHU student and basketball player is due to the fact that he was originally arrested off campus and the state's judicial decision must be made before the school can make their own decision.

Kalicki commented on

• See *Athlete*, Page 3

the OBSERVER

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The Southern New Hampshire University Observer 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 Observer 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 Observer is published monthly during the academic year and is printed by The Concord Monitor of Concord, NH. To contact the newspaper, please e-mail us at observer@snhu.edu.

Letter from the Editor

WOAH! No, you didn't pick up the wrong paper this morning/afternoon. We at the Observer have just made a few minor changes. I would first like to thank Professor Pratt-Lienhart for taking the time to set up an In-Design workshop for members of the Observer staff. You see, our beloved layout editor, Andrew Collins, graduated last semester and so far this year, layout has indeed been a learning experience!

We've worked out some kinks with the quality of the placed ads in the paper as well as changed the main font and inner layout. We also, thanks to the Marketing & Communications department and advice from Senior Graphic Designer Jason Mayeu, have been given the permission to incorporate the 75th anniversary logo in our masthead on the front page. We have all worked extremely hard in putting this issue together and hope you can deliver feedback, whatever it may be!

There are a few added features I hope you will enjoy on behalf of King Features Syndicate - you will notice in the center spread we have splashed a bit of color in the Arts & Entertainment section with comics, puzzles etc. I would love to know what you think, so any comments, concerns or suggestions are welcome. Please e-mail either myself or the Observer at observer@snhu.edu.

New to the Observer this month is our Creative Section. This will be a place for you to submit any art work, writings or graphic designs you wish to see featured in the paper. Dillion St. Jean, a freshman in the creative writing major has contributed our debut! Go Read!

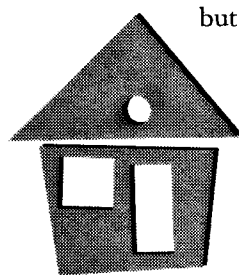
This month, we had the pleasure of meeting Assistant Professor Michael Chambers of the Department of Communication, Media Arts and Technology. He is currently teaching COM 235 Introduction to Journalism, and as you will see in this issue, we have many new contributing writers! Thank you COM 235!

As always, we welcome new writers, photographers and more to the Observer. We meet every Wednesday at 2:00 p.m. in RF 301.

Finally, I need to thank my staff and our adviser Judy Timney! If it weren't for them this month, I might have gone crazy.

The best part of working with the school paper is the experience we get working as a team. Not only do we work together as a staff, we work together with the entire SNHU community to put out a monthly publication we hope you appreciate year-round.

Did I forget to mention, Go SOX?! Oh, and have a spooky but safe Halloween!



COMPILED BY
NICK TASSO

Public Safety Logs

Thursday 10/11/07
12:25 AM

At the above date and time, while in a parking lot, Public Safety smelled a strong odor of marijuana. They saw three girls standing in between vehicles. They tried to walk away when they noticed the Public Safety officers. Public Safety officers told them to stop and they did. Public Safety asked where

the pot was and the students claimed that they didn't know what the officers were talking about. When asked, one student opened her hand and showed that she was not hiding anything. On the ground was a partially smoked marijuana cigarette. The Public Safety officers asked if it was theirs. They replied that it wasn't theirs and that there were other students hanging around that area previously. Public Safety officers told the students that they didn't believe them. They all confessed that it was theirs and they had been smoking it.

Wednesday 10/10/07
1:30 AM

Strategic

Continued From Page 1

diately and that this could be done most effectively by having the students actually engage in campus wide discussions."

The retreat continued and it was established that roundtable discussions would be housed in numerous buildings throughout campus with the intent to attract as many SNHU students as possible.

Dr. Kalicki further commented on the discussions that would be going on around campus from the start of school through the middle of December by saying, "At these discussions we are going to provoke conversations regarding the core values and ideologies of everyone on campus, not just the administration. The President and I believe that with the help of the students we can help create an enjoyable and accommodating campus environment for everyone."

Kalicki mentioned, "If everyone present at the panel discussions added equal input and listened to everyone else then we can most definitely create a campus suitable for everyone now, as well as five and even ten years down the line. As long as everyone is willing to give and take, and strive towards common goals then we will make this strategic movement work."

Kalicki went into further detail regarding actions from a student's perspective by saying, "I want all of the students to

stop and think about what they truly feel about the current situations here at SNHU, and then think about where you would like to see them in the future. After you have a good understanding of where you would like to see this school in the future, come to a panel discussion and voice your opinion."

Kalicki feels this is the most effective way to plan for the future of SNHU, and he looks forward to seeing many different faces at all of the discussions.

The 30 members present at the Strategic Planning retreat in August compiled many key points to have present at the beginning of the discussions.

These key points include having a more loyal alumni base in the future, modernizing old buildings, expanding the diverse populations at SNHU, raising the academic performance expectations and finally, instituting an "International Term" for all undergraduate day students.

These are just some of many topics that the committee plans on discussing in depth throughout the first semester, where they will then be analyzed and begin being implemented during the second semester.

The schedule of the Strategic Planning Roundtables along with other related information can be found at www.snhu.edu/strategic, or by contacting any of the 30 members listed at that page.

At the above date and time, Public Safety was called for a possible drug overdose. The student told police that she told her friend to find the RA because she had taken a bunch of pills. Along with the consumption of pills, the roommate claimed that the student had at least 4 glasses of vodka. An ambulance was called and took the student away. During a health and safety inspection, several bottles of alcohol were found.

Friday 10/5/07
11:40 PM

At the above date and time, an RD called Public Safety. When arrived, a student was lying down on his bed with his

head in a garbage can. When asked how much he had to drink, he responded in saying, "I wish I knew." He said he drank beer. His roommate said he came back and found him like this.

Thursday 10/4/07
12:05 PM

At the above date and time, Public Safety officers noticed a car with the interior lights on and music playing loudly. Two males were in the vehicle. One had a green marijuana crusher in his hand. He had crushed up marijuana on a piece of paper on his lap. There were two plastic bags with marijuana and a glass pipe in them in the center consoles.

• See Logs, Page 3

Open House Kicks Off 07'-08' School Year

Libby Parent
Advertising Editor

At 8:30 a.m. on September 29, 359 people congregated in the SNHU field house, 145 of which were prospective SNHU undergraduate students.

This was the first of three Open Houses, not including Accepted Student Day, which the Undergraduate Admissions orchestrates each year.

The day began with a tour of the campus by the Penmen Guides, all of which are current undergraduate students working in the Admission Office.

Following the tour, a wel-

come from the Vice President of Academic Affairs, Dr. Patricia Lynott, took place. Dr. Lynott discussed the college experience and the importance of your decision to attend a post secondary institution.

Following Dr. Lynott, Dr. Patricia Spirou gave an overview of the new SNHU 101 curriculum for incoming freshmen.

The Director of Admissions, Steve Soba, outlined the day for students and disbursed them to various academic presentations.

The students attended presentations around campus depending on their major of

interest. The framework for these presentations was unique to each presenter; however, some involved student panelists available to talk about their experience and to answer questions.

Following the academic presentations, prospective students and family visited different tables of interest during the information fair. Faculty from different programs and offices were available to answer questions and discuss important topics with students and their families.

Some programs represented were Academic Affairs, the School of Business, the Cul-

nary Arts Program, the School of Education, the Library, the School of Liberal Arts, Academic Support and Student Affairs.

Open Houses are an opportunity for prospective students to learn more about the typical life of a current student at SNHU, and also for students, faculty and staff of SNHU to share their experiences.

The next Open House will take place on Sunday, November 4, 2007.

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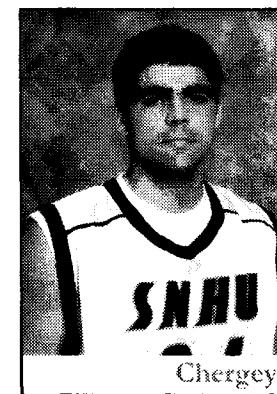
Logs

Continued From Page 2
Wednesday 10/3/07
10:15 PM

At the above date and time, Public Safety was called to assist the RAs with a noise/alcohol situation. When PS arrived, three out of the four students had given the RAs their IDs while one refused. The fourth student eventually handed over her ID. The students all said that they didn't know the rules and that they weren't being loud. Public Safety officers confiscated several empty cans of beer.

Athlete

Continued From Page 1



this by stating "we don't have any records of off campus actions, therefore we can't act based on what we have heard, we need to wait for the hard evidence." Kalicki continued, "We cannot move too quickly, this is a process that is going to take some time and as I mentioned earlier the student will continue to be a student at school just as everyone else."

Chergey is from Bow, New Hampshire, where he is well known as a star basketball player who was recruited by both Division I and II programs. Due to his athletic fame, the local media covered this situation involving Chergey on numerous occasions.

Kalicki stated, "This issue became very high profile because the local media made it high profile." He also stated that "if [Chergey] chooses not to speak to the media, then that is his right and there is nothing the media or we can do to alter that."

Coach Spirou showed his support for Chergey by stating, "Right now the team and coaching staff are more concerned with Paul and his family rather than the basketball end of it... right now it is not a basketball issue."

Kalicki also supported Chergey. "I don't feel he causes any danger to campus. It's not like he was charged with sexual harassment or anything at that level. If that [were] the [case] then we would have to worry about the individual on campus."

As of right now, Chergey attends classes as usual and is awaiting the outcome of the charges from the state as well as the university.



Belknap Hall, where you can find the Office of Admissions
(Photo by Denise Morin, courtesy of Conference Services)

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Fall 2008 registration deadline is March 31, 2008.



ONE CULTURE: STUDENTS UNITE

Katlyn Morin

Editor in Chief

September 25 marked the first meeting of Chinese and American students coming together to share an education of culture and what to expect for the 2008 Beijing Olympics.

20 students gathered in Robert Frost Hall, including eight Chinese student presenters for well over an hour discussing things from government and politics, to where to find a bargain.

The meeting date also marked a special day in the Chinese culture as students and faculty learned of "Mid-Autumn Day" in which the moon is said to be at its fullest and brightest in the lunar year.

Yan Li, president of the Chinese Association, spoke of the gathering and its importance for all. "This is a milestone for culture exchange between

American and Chinese students. All of our Chinese students are proud to introduce our country and [are] very glad to communicate with the students who are going to work for the Beijing Olympics."

"They're sharing their excitement and their passion, and that clearly shows," said Doug Blais, Sport Management Chair.

The presentation was put together over multiple meetings between the Chinese students in preparation for the American students and faculty, and many questions followed suit.

"Will it really be that hot and humid?" asked a student. Weina Lin, or, Amy, spoke about the climate in Beijing and assured students it is "very hot" in August. She also noted that Beijing has a history of heavy pollution and that the environment has improved for the upcoming Olympic events.

Food was also a common topic brought up to the Chinese

students. Yi Zhang, or, Jenni, encouraged students to try as much as they could and not to be afraid of the 'street food' as it is "among the best in the world!"

Other topics covered in the presentation included entertainment, education, travel and general information on the Beijing Olympics.

"I really hope that they can take as [many] advantages as they can from this opportunity in Beijing, and Beijing also welcomes all of you," said Li.

Ten students and faculty will leave for the 2008 Beijing Olympics in August to volunteer and document their time in China. They will return two weeks later to the US to share their experience.

They will continue to meet with Chinese students to be further educated in the Chinese Culture.

Stay tuned for further coverage!

Stranger Stirs Up SNHU Community

Linda Mullally

Staff Writer

A supposed 'deer hunter' shook things up on campus Sunday, September 23 when authorities were notified of a man in hunting clothes around the East Side Apartments.

A student was approached by a man coming out of the woods wearing hunting clothes and an orange hat, carrying what was described to be a "long gun."

The student immediately contacted his Resident Advisor who then notified Public Safety. Public Safety then called the Hooksett Police Department.

The Hooksett Police Department were involved with what was described as a "minor emergency," at which point the Manchester Police Department was contacted.

Between 10:10 p.m. and 10:15 p.m., sources stated that a

student residing in Conway had stepped outside to smoke a cigarette. In the two to three minute span he was outside, the student was approached by the man in the woods.

The officers first questioned the student who reported the man, to find out the severity of the situation.

After determining that the man in question had presented no threat to the student or to anyone else, they decided to conduct a search through the halls located in the East Side Apartment area and the woods surrounding it.

During this time, students and other persons not involved with the officers or Crisis Management team were not permitted in or around the East Side Apartments area.

After an hour of searching, the team determined that there was still no threat to students, and that the man was far gone at that point in time.

For extra safety precautions,

a Manchester Police Officer and two SNHU Public Safety Officers were placed to stay in the area for the night.

Dr. Scott Kalicki reports that for the past eight to ten years, SNHU has had a Crisis Team in place for emergency situations that could possibly arise. One of the most efficient ways he discloses is a program called "E 2 Campus," which is a program that sends out text messages and e-mails to students who sign up for it.

The system will have different levels of emergencies, ranging from cancellation of classes due to poor weather to situations such as those that happened at Virginia Tech, and different messages going to students of different residential areas, or commuter students.

This program was reported to have been in progress since long before the incident on September 23, and should be going into action very soon.

UMass Boston Open House₂₀₀₇

Saturday, October 20th

Begins at 8:30am

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For more info or to reserve your spot, go to
www.umb.edu/openhouse or call 617.287.6000

Business and Finance Update: New Highs in the US Stock Market

Frank Rubino
Managing Editor

On October 9, 2007, the Dow Jones Industrial Average set an all-time record high by

NASDAQ Composite index closed at 2,803.91, its highest close since January 2001.

The Dow, NASDAQ, and S&P, are the most common and widely followed US stock market

The NASDAQ Composite consists mostly of technology companies, while the S&P tracks the stock prices of 500 companies in all different sectors of business.

Industry	Company	Symbol	Price	% Change: Last Six Months
Oil and Gas	Conoco Phillips	COP	85.88	23.3
	Diamond Offshore Drilling	DO	111.33	33.9
	Exxon Mobil	XOM	92.67	18.1
	Halliburton	HAL	39.46	19.2
	Sunoco	SUN	76.75	1
Financial	American Express	AXP	62.52	7.7
	Bank of America	BAC	52.57	3.1
	Capital One	COF	72.01	-3
	Morgan Stanley	MS	69.09	1.2
	Morningstar	MORN	71.2	37.8
Retail	Home Depot	HD	33.8	-10.9
	Radio Shack	RSH	20.99	-23.3
	Target	TGT	65.75	8
	Walgreens	WAG	39.19	-16
	Wal-Mart	WMT	45.21	-6.6
Internet	Amazon	AMZN	95.32	130
	Baidu	BIDU	328.77	247.5
	Ebay	EBAY	39.1	13.1
	Google	GOOG	615.19	30.2
	Yahoo	YHOO	28.37	-11.4
Beverages	Anheuser-Busch	BUD	51.57	0.6
	Cadbury Schweppes	CSG	49.26	-6.3
	Coca-Cola	KO	57.88	16.5
	Hansen Natural	HANS	64.72	65.8
	PepsiCo	PEP	73.21	17.3

Data from 10/9/07 - Source: www.MSNMoney.com

closing at 14,164.53, a gain of 120.8 points, or .86 percent from the previous day.

The Standard and Poor's 500 index, commonly referred to as the S&P, also set a record by closing at 1,565.15, its highest level ever reached. The

indices.

The Dow is made up of 30 large, well-known, US companies with high market capitalization. Exxon Mobil, General Electric, Walt Disney, and American Express are all Dow components.

Back in July, MSN Money Editor Charley Blaine wrote an article titled, Coming Soon: Dow 15,000, arguing that the Dow could easily make the move from 14,000 to 15,000.

The stock market has been generally moving higher for a year now. In October 2006, the Dow set a new closing high for the first time since January 2000.

For the past 12 months, the Dow is up about 20 percent, NASDAQ is up 25 percent, and the S&P is up about 17 percent.

Despite the large run-up in these indices, many market analysts remain positive about where stock prices are heading from here.

SNHU Recycles DO YOU?

Ashley Manley
Staff Writer

Southern New Hampshire University is currently embarking on their third year of having a recycling program.

This year alone 131 students signed up at check-in for recycling bins in order to do their part.

The recycling team at SNHU has constructed a recycling program that is "easy and convenient," allowing students in the apartments to simply slide their recycling bins outside their doors for weekly pick up.

In the dormitories, recycling bags were provided to aid in collection; students simply empty them in to the trash room recycling bins. Plastic, glass, and aluminum do not need to be separated anymore, making the student's contribution to recycling practically effortless.

In addition to the current recycling program, Professor Keith Moon has brought the recycling program to the classroom.

A group of students named SIFE (Students in Free Enterprise), have devised approximately fourteen projects that will be carried out around campus regarding recycling.

SIFE's main goal is to create recycling awareness throughout the SNHU campus and these fourteen projects will help accomplish that.

Professor Moon stated, "This really is student driven...we asked, they stepped up."

If you would like to join SIFE to do your part, contact the President of SIFE, Richard Belanger, at richard.belanger@snhu.edu.

"Our ultimate goal is to have 100% of campus recycling," stated Debbie Davis, Office Coordinator for Facilities Management. If efforts continue to increase by the faculty, staff and students, as they have this year, this goal could be met.

If you do not currently have a recycling bin, you can get one for your residence by e-mailing recycling@snhu.edu.



SNHU has gone GREEN.

Do you know of more ways to help the environment?

Write to us!

observer@snhu.edu

CAPE Events: October 2007

The Coordinators of Activities & Programming Events (CAPE) is a student run organization committed to enriching the campus life at Southern New Hampshire University. By working with other clubs, organizations, and departments, CAPE provides social, recreational, educational, and cultural programming on and off campus.

Wednesday, October 11:

BINGO @ 7 p.m. in the Pub

Come test your luck! Up to \$100 in cash prizes

*BINGO is held every Wednesday @ 7 p.m. in the Pub

Saturday, October 13:

Fall Carnival @ 12p.m. in Belknap Parking Lot

SNHU Carnival will be the largest carnival in school history! Attractions include: carnival rides (Tilt A Whirl, Zipper, Sizzler, Tornado, Kiddie Car Combo Ride, Bumble Bee Ride & Mini Enterprise), cookout, carnival food (cotton candy, fried dough, candy apples), games, inflatable obstacle course, bungee run and a rock wall. This is a free, kid-friendly event.

Sunday, October 14:

Themed brunch in the café @ 7:30am

Stop by the café and enjoy some 80's and 90's tunes while having brunch with your friends.

Monday, October 15:

CAPE Meeting @ 6 p.m. in the Last Chapter Pub

Come see what CAPE is all about! CAPE is always looking for new members!

*CAPE Meetings are held every Monday night.

Monday, October 15:

Lip Sync Contest @ 7:30pm in the Pub

Show us your skills at the Lip Sync

Contest!!! Stay tuned for details about sign ups! Co-sponsored with Phi Delta Psi

Tuesday, October 16:

Dance Dance Revolution @ 11:30am in the Student Center
Bust a move at DDR!

Tuesday, October 16:

So you think you know Game show @ 7:30pm in the Pub
So you think you know Kanye West and Akon? Come to the Last Chapter Pub and you could walk away with four tickets to Monster Jam 2007!

Wednesday, October 17:

Real World Speakers @ 7:30pm in the Small Gym

Ever wanted to meet Ace from "Real World Paris" or Johanna from "Real World Texas"? Come to the Small Gym to hear about their experiences!

Thursday, October 18:

Fly Upright Kite Band @ 8pm in the Pub

Sunday, October 21:

Apple and Pumpkin Picking
Bus will be leaving from the Student Center @ 12pm

Tuesday, October 23:

Frank Santos @ 8:30pm in the Pub

Friday, October 26:

Psychic/ Trick or Treat Day @ 3pm in the Pub

The Sisters of Phi Omega Psi

Katherine Perry

Chair: Phi Omega Psi

I have twenty sisters, who stand beside me, help guide me and have proven that family does not have to be blood. Phi Omega Psi is my family, and it is the oldest sorority on Southern New Hampshire University's campus. The sorority has stood strong since 1971 because Phi Omega Psi continues to pro-

mote service, leadership, scholarship and sisterhood.

Delivering birthday cards to the elderly in Mount Carmel Nursing Home, donating jeans to the National Eating Disorders Association and sending over fifteen boxes to the troops in Iraq, the sisters of Phi Omega Psi believe in giving back to the community.

Becoming active in the community is of equal importance;

with sisters who hold RA positions, to members of SGA's House of Representatives – the ladies of the sorority are leaders within the SNHU community.

Scholarship and having success in the academic field are concepts that the sisters have and apply. With such diverse majors and minors between the ladies, the sisters are grasping the concept of education. Having members in Phi Theta Kappa and participating in tutor programs, the sorority promotes scholarship not only to its members but also to others on campus as well.

Phi Omega Psi is friendship and family because it is sisterhood. Bonds will continue beyond the four years at SNHU. The ladies do not simply form another organization.

We are friends, co-workers, active citizens and family. We are all individuals, and yet we are one. Phi Omega Psi develops bonds that last a lifetime, creates friendships one will never forget and forms a family one will never lose. •



Sisters of Phi Omega Psi pose for a photo op.
(Photo provided by Katherine Perry)

Advertise your events in the paper! We can cover it!
observer@snhu.edu

"A Night Under the Big Top" a Greek success

Ashley Burke

Contributing Writer

This year, Inter-Greek Council's event was "A Night Under the Big Top," a circus Greek Olay held on September 25 at 7 p.m. in the small gym.

Every semester, the Inter-Greek Council spins off an extravagant event during "Rush" that brings all Greeks and those who want to go Greek together to celebrate Greek Life on campus.

The gym was morphed into a circus community complete with circus attractions such as: carnival food, inflatable boxing and jousting, clowns, face painting, and a magician. An IGC table also offered free event t-shirts and Greek Information packets for all those interested in the sororities and fraternities on campus.

Although the crowd was largely Greeks, the event held about 100 people enjoying all the activities and free food. All those who came to the event had a great time making memories and meeting new people. Amongst the event's highlights was the inflatable boxing match between Scott Davis, and Tyler Drummond, brothers of Phi Delta Theta.

"The boxing match between 'Scoot' (Scott Davis) and Tyler was absolutely hilarious," said Amanda Robbins of Phi Omega Psi. "Tyler would hop up and down, and when he would fall, Scoot would just go over and beat him up with the enormous boxing gloves until

Tyler gave up." She then jokingly referred to Tyler's lack of stamina to be the cause of him losing so badly.

Another highlight of the event was the magician. "The magician was unbelievable," said Anthony Poole, President of Phi Delta Psi. "He blew my mind."

Decked out with glittery paint on their faces, and carrying a bag of peanuts and a balloon animal, Meryn Shraier and her friends, Bridget Clark and Katie Dupuis, were among the non-Greek attendees that had a blast. "This is so much fun," said Shraier. "I just wish there were more people here," said Clark at about 9 p.m. when people started to leave. "Carnival music would have also given it a truer circus feeling but other than that, this was definitely a fun time."

"A Night Under the Big Top," was a successful night for IGC. Everyone there felt it was a great time to be able to unwind and let loose with fellow Greeks and their prospects. "These IGC events are always something to look forward to," said Shabaz Hussein of Phi Delta Psi. "They unite the Greek community for a fun time, and make those thinking of going Greek excited about pledging."

For anyone interested in Greek Life at SNHU, visit igc@snhu.edu or www.snhu.edu. There you can find information on all the sororities and fraternities on campus, their goals and achievements as organizations, and all the benefits of being Greek. If you see a member of the Greek community wearing their letters, talk to them, and learn for yourself what it means to go Greek. •

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C.A.P.E. Get Involved!

Steven Wardynski
Contributing Writer

The Coordinators of Activities and Programming Events is a club committed to enriching campus life at Southern New Hampshire University.

Some highlights of C.A.P.E. events include weekly bingo, trips abroad, off campus trips, bands/performers, major week-ends, comedians, and concerts.

While most of these events are organized and voted on by the C.A.P.E. committees, SNHU students also have a say in what events occur.

C.A.P.E. distributes various surveys, usually through campus e-mails, that allow students to suggest what they would like on campus.

Within the last few years, SNHU has hosted some major acts including comedians Dane Cook, Tracy Morgan, and Bob Marley; and bands such as Gym

Class Heroes and Lifehouse. Along with these major performances, C.A.P.E. also sponsors smaller shows in the Last Chapter Pub located in the Student Center.

C.A.P.E. has one of the largest budgets of all the student clubs and organizations on campus. Though, some wonder if such a large budget and resources is worth it. After all, this budget comes from tuition.

Senior Joseph Blaney, 21, feels that C.A.P.E. does not give the average student enough say in choosing events. "Their club is funded by our tuition and they pretty much just do what they please with it. Yeah, they've brought in some big named acts in the past, but they're usually all the same. They should give us more of a say."

"This is my senior year and I've only been to a couple C.A.P.E. events worth going to," said Stephanie Jones, 22. I have

been to quite a few C.A.P.E. sponsored events, but nothing worth doing again. I recently attended comedian Bob Marley, and the show was terrible. Not to mention the sound quality was extremely poor. Tracy Morgan's show my freshman year was crazy and I couldn't believe the words that came out of that man's mouth. We need to get more people like him and Gym Class Heroes."

Everyone's opinion should be heard. C.A.P.E. meets every Monday evening at 6 p.m. in the Last Chapter Pub. It is open to any SNHU student to sit in on and voice their opinion.

Special Events Chair, Elise McDougal is constantly encouraging students to come to C.A.P.E. meetings and express their ideas. McDougal said that they are working on bringing in acts that are more suitable to the general student public.

If you're a senior planning to graduate in May 2008, get going!
You MUST petition to graduate by:

NOVEMBER 1, 2007

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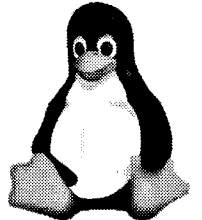
UNIVERSITY STUDIES ABROAD CONSORTIUM

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radiosnhu@snhu.edu

Radio SNHU Fall Schedule



Monday

4pm-5pm- "The Unexpected" with Smitty

5pm-7pm- Malachi and Missy

7pm-9pm- "Dick and Nick Sports Blitz"

9pm-11pm- "The Boys!"

Tuesday

3pm-5pm- "J.R. on the Air" - Featuring 'Today In Music History' and 'The B-Side'.

6pm-7pm- Brittany

7pm-9pm- Ethan

9pm-10pm- "The SNHU View" - Yes, it's the SNHU version of the popular talk show 'The View'.

Wednesday

Noon-2pm- Andrew Van Ness

2pm-4pm- Tommy

6pm-9pm- Steve W.

9:30pm- 11:00pm- "Dan and Nick Have A Radio Show" - We talk about sports, life and play music.

Thursday

5pm-7pm- Chris, Pat, and Carter

7pm-9pm- "Awesome Forces" with Chris Brown and The Bito

9pm-11pm- "Throwback Thursdays" with Jon Lastrina

Friday

3pm-5pm- Eric Rochkind- Music and pop culture.

6pm-8pm- Erroll James

Saturday

1pm-3pm- "Mabs' Techno Music Show Mix" - A blend of techno, jazz and contemporary tunes for your Saturday on campus.

3pm-5pm- James Lovering

Sunday

4pm-6pm- Linda Mullally

6pm-7pm- Sarah

7pm-9pm- Matt Wilson- Sports talk, current, new, and love hot-line.

Listen in at *radio.snhu.edu*

Race for The Pole



ICE DREAMERS

A play in two acts

Written by Charles Wilbert

Oct. 12, 13, 19 and 20 at 8 p.m.
Oct. 21 at 2 p.m.

Southern New Hampshire University
2500 North River Road, Manchester, NH
Walker Auditorium, Robert Frost Hall

Admission is free
Sponsored by the School of Liberal Arts

For further information, phone 603.483.5823, or e-mail cwilbert@comcast.net

"Ice Dreamers"

A play in two acts
Written by Charles Wilbert

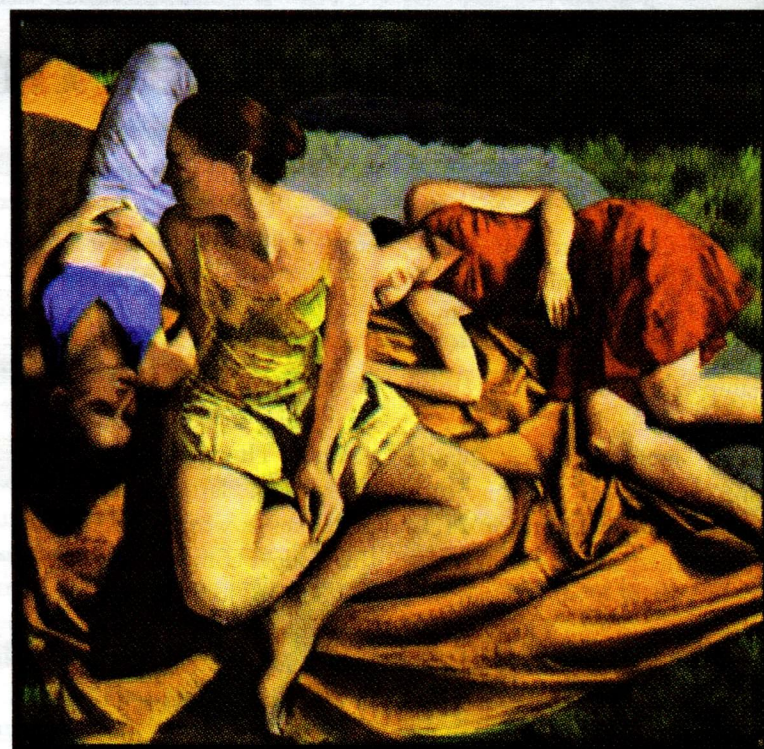
"Ice Dreamers," a new two-act drama by SNHU English professor and playwright Charles Wilbert, premiered Oct. 12-13 and will continue Oct. 19-20 at 8 p.m. and Oct. 21 at 2 p.m. in Robert Frost Hall's Walker Auditorium. The play is free and open to the public.

"Ice Dreamers" deals with the last six years in the life of famed Antarctic explorer Robert Falcon Scott. In 1906, Scott meets the dashing bohemian Kathleen Bruce and after nearly two years of racking self-doubt about their suitability as future husband and wife, they finally marry. Twenty-months later, Scott returns to Antarctica to face the challenge of the Norwegian Roald Amundsen to be

the first to reach the South Pole. The love story of the dazzling British couple turns tragic when Captain Scott, together with two members of his expedition, perishes in March 1912 on the frozen Barrier.

"Ice Dreamers" is free in honor of SNHU's 75th Anniversary.

Source: SNHU Communications office/ <http://www.snhu.edu/6992.asp>



Three Women with Shadow, 2006 Katherine Doyle
(Photo courtesy of www.katherinedoyle.com)

Go Figure!

The Figure in Contemporary Art A Response to Art History

Jennie Fitzgerald

Staff Writer

On September 20th, the opening for "Go Figure! The Figure in Contemporary Art – A Response to Art History," was presented in the McIninch Art Gallery, proving to be a success.

About 75 people attended the opening including six of the featured artists. Dr. Bob Craven, the first director of the gallery, Mr. Doug McIninch, who funded the gallery, and former president of Southern New Hampshire University, Dr. Richard Gustafson were also in attendance.

Gallery Director Deborah Disston said, "I was personally pleased with the event and enjoyed meeting new people there."

Beth Plavacan, a SNHU student who worked the opening, agreed that the turnout was great. One artist did a self portrait and she recalls, "It was crazy to see him standing right next to his massive piece of work that was a spitting image of himself!"

The exhibit portrays historical art periods with a contemporary twist, either focusing on a certain painting or a general style. Aaron Fink, a contribut-

ing artist, depicted Velasquez's "Phillip IV", while Christopher Pothier created paintings reminiscent of Flemish work.

Katherine Doyle, the artist behind Bella, Bella, Mask was influenced by French painter, Balthus as she states, "I feel that the placement of figures and color is progressively meaningful in Balthus' work, and it is very consciously so in mine."

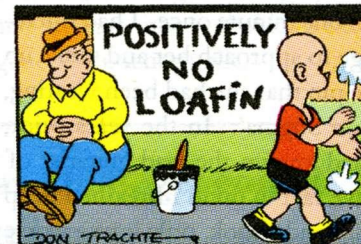
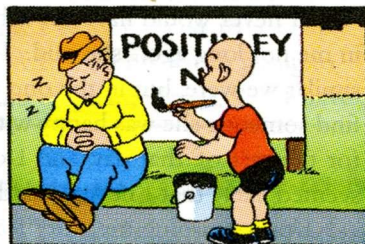
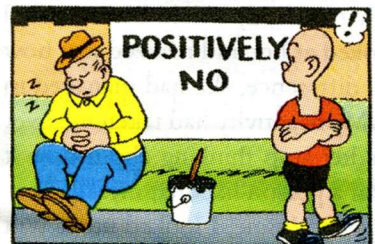
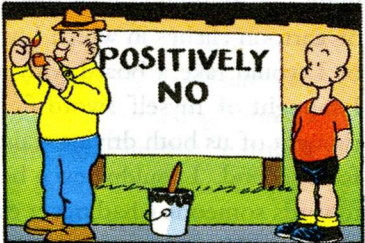
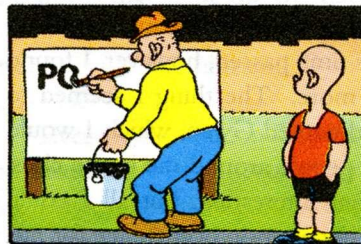
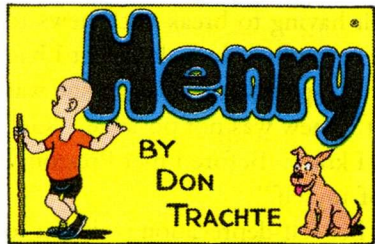
SNHU students have found the exhibit to be more modern and attractive. Becky Smith works at the gallery and is very enthusiastic about the outcome. "It's been more popular than most exhibits; the bright colors and cool textures draw people in." Various art classes have visited the gallery, along with English as a second language classes.

The artists in the exhibit include, Harriet Casdin-Silver, Katherine Doyle, Aaron Fink, Anne Harris, Haley Hasler, Cynthia Packard, Christopher Pothier, Gary Samson, Katy Schneider, Suzanne Vincent, Joe Vivilecchia, Sumner Winebaum and Bert Yarborough.

"Go Figure!" will be exhibited through October 25th in the McIninch Art Gallery located in Robert Frost Hall.

The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas

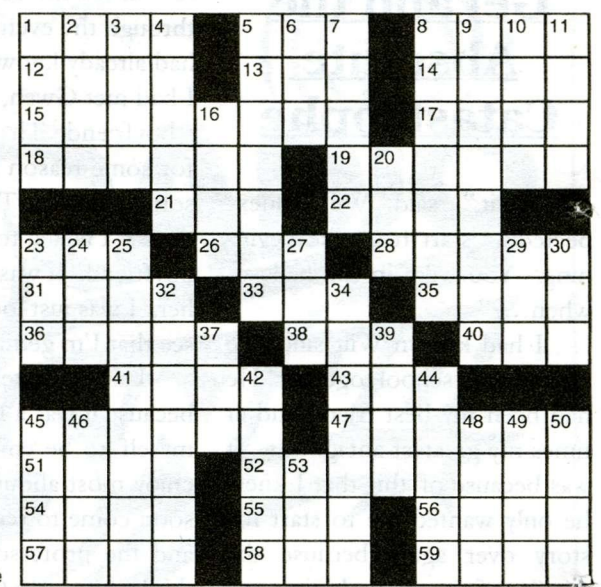


Tell us what you think! We want to hear from you!
How do you like the new features? Comments and suggestions
welcome! - observer@snhu.edu

King Crossword

ACROSS

- 1 Pulls a fast one on
- 5 Ball in a gym?
- 8 "Hi, sailor!"
- 12 Slightly
- 13 Shock partner
- 14 Anathema
- 15 Former first lady
- 17 Erstwhile Peruvian
- 18 Nets
- 19 Impaling weapon
- 21 The buck stops here
- 22 Musial or Laurel
- 23 Performance
- 26 Make alterations
- 28 "- Vice"
- 31 Ticked off
- 33 "Le Coq -"
- 35 MGM mascot
- 36 Eucalyptus eater
- 38 Kids' card game
- 40 Cover
- 41 Sell
- 43 Answer to the Sphinx's riddle
- 45 Make
- 47 National park in Maine
- 51 Trumpet
- 52 Former first lady



- 54 Additionally
- 55 Khan title
- 56 "Metamorphoses" poet
- 57 Juror, theoretically
- 58 Thither
- 59 Low voice

DOWN

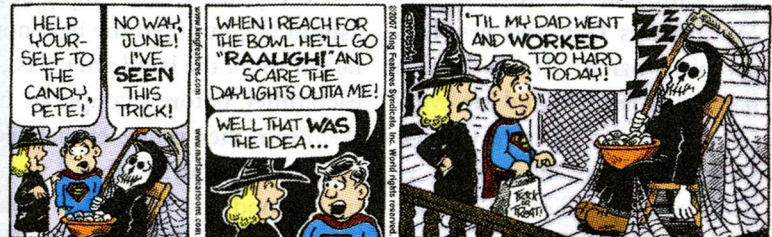
- 1 Daytona
- 2 Reed instrument
- 3 Unless (Lat.)
- 4 Sheet-music holder
- 5 Rube
- 6 Possess
- 7 Hangs in the

- balance
- 8 Former first lady
- 9 Digital problem?
- 10 Never again
- 11 Revolution period
- 16 Some summer babies
- 20 \$ dispenser
- 23 Inquire
- 24 Lovey-dovey word
- 25 Cross
- 27 Knock ('em) dead
- 29 "Ostentatious? -?"
- 30 Third-party abbr.
- 32 Former first lady
- 34 Fast time
- 37 Emmet
- 39 Risqué
- 42 Postponement
- 44 Biz VIP
- 45 Roughen and redden
- 46 Characterization
- 48 Prima donna
- 49 Rainbow
- 50 Tosses into the mix
- 53 Past

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R.F.D.

by Mike Marland



Weekly SUDOKU

by Linda Thistle

9			7		4		5
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	3	9	1				5

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Stay tuned next issue
for the answers to
your puzzles.

Have you ever written
a crossword? A word
search?

Would you like to see
it featured in the
newly designed Arts &
Entertainment section?

Shoot us an e-mail!
observer@snhu.edu

Gel and the Absolute Catastrophe

"Wait," said Wilt, unexpectedly, "start from the beginning. You were in the hallway, when...?"

I had known Wilt since we started high school together. He had been my best friend and at times my greatest antagonist. It was because of this that I knew he only wanted me to start my story over again because the details of it were driving me insane. As always, he seemed to know me best, including exactly what could get under my skin the most. In many cases, it seemed to be my ineptitude in the ways of talking to a girl I like. Perhaps even 'ineptitude' is an inappropriate word to describe my predicament. It could be that I bumble like a complete fool and shake like a leaf in the wind whenever I happen to be around a girl I have the slightest attraction to or interest in.

Before delving into the situation that I found myself in, I should clear up some inevitable confusion before it begins. My name is Gel, and yes, it is my birth name. It has been a name that has haunted me every day of my life. I have to constantly field questions such as "Did you say 'Jill'?" or "I think you mean 'Mel'." Knowing my name should also help to familiarize anyone who hears it with the humiliation and assault I have encountered on a daily basis throughout my life. I have gotten to the point where whenever I introduce myself to someone new, I bite my lower lip and wince as I say my name, which has, if anything, worsened my situation. Saying that my name is Gel is one thing, making it sound worse by muttering through it is another.

Despite Wilt's request being driven by selfish means, I felt as though I needed to go through the story once again myself. I looked past the smirk and the light laughter creeping from Wilt's face, and I began the story.

The only issue was, I was not sure why. What could possibly be the reason for my continuing with the story? Did I really need to sort through the events in order to find out what went wrong? Surely I had already known what went wrong; the facts were as plain as day. I had met Gwen, I started to like her, and then I found out she had a boyfriend. That was the simplest way of evaluating the story, but for some reason I felt as though I could be to blame for screwing something up. There was nothing for me to have screwed up, was there? I talked to her about how I felt, and I learned that she had a boyfriend. It was not my fault that she had a boyfriend before I met her. I was just looking for something to attack myself about. But I see that I'm getting ahead of myself.

Last semester, I had been in a class that I was primarily taking because it was a required course. As time passed, however, I found myself to be enjoying it more and more. The thing I seemed to enjoy most about the class was a girl named Gwen, which I would soon come to regret. I enjoyed the people around me in the class, and the professor was actually rather interesting, but all I could think about was Gwen. It wasn't an uncommon occurrence for me, knowing almost nothing about a girl and then developing a nagging consideration of her. She had long, brown hair and striking green eyes. Her eyes made it difficult to avoid the piercing she had in her eyebrow. For some reason, I found more interest in her due to that. It made me feel that she was less like the rest of the people I had encountered on campus, and for the way I had been failing to adapt to my environment, that was an outstanding positive.

Before the day that Wilt had questioned me on, I had only talked to her for any time period longer than one minute once. I had miraculously managed to gather the courage to approach her and strike up a conversation when I noticed a large pin that she had been wearing, with the name of the band 'Omicron Stigma'. In the years prior, from elementary to high school, I had known the lead guitarist of the band. With this minor, yet positive fact in mind I breathed deep and walked over. As usual, I bit my lip and shook, only it was worse than I found it to be normally. I could feel beads of sweat develop on my forehead. My hand rapped against my leg at a mile a minute. I said my name, she simply accepted it and we moved on. I was astounded, but tried my best not to let it distract me too much. We talked about the band after class, and we talked a small amount about each other, before a couple of minutes later parting ways.

From then on we exchanged words from time to time, with my occasional paralysis when I would hear her say hello to me. I never understood any of it. Why was I so interested in this girl? Why should I feel she's so special? It could have been that I viewed her as one of those rare shots at normalcy and a well-balanced life, at the very least in college. My negativity clearly knows no bounds. We did seem to have a number of things in common, such as taste in music, or even television. But I shared that with a number of girls I had known. Why was it that Gwen was so unique and interesting to me? Unfortunately, I dove farther into my problem when I finally decided to talk with her about it.

"Oh, oh! Whatever you do, just take your time." Wilt had been trying not to laugh as my story began to unfold. At this point, I had begun to consider that it was not the situation that he had found funny, but rather the delivery. Reviewing the cliff notes of the story in my head, I could see why he enjoyed it.

"Alright," I began, "I was in the hall before class when I ran into Gwen. I had almost bumped into her, as I tend to do around, well, anyone. I took that as the opportunity to speak with her about it. Almost immediately, I told her that I liked her. She smiled and laughed, and then followed with..."

"Oh God," interrupted Wilt, "I can't bear it." Wilt immediately curled up into a ball and squeezed his knees tightly, knowing what to expect.

"...That is so sweet."

"The one-hit kill. Please, continue." At that point, my thought process was beyond anything that Wilt was saying about the story. My need for re-evaluation of the sequence of events outweighed anything else. Ignoring his interest in the negative events that had transpired, I continued on telling him my tale, even as I repeatedly scanned over what I said in my mind.

In truth, Gwen kept talking even through my painful, nervous, greatly defeated look. I felt like my legs were going to crumble beneath me, and I didn't entirely know what to expect. All I could do was brace myself for the worst, which ended up being the best thing I could have done during the few seconds of silence.

"You see," she began, "I have a boyfriend." In her face I could see just how uncomfortable she felt having to break such news to me, and I was certain she could see in my face the pale defeat I had suffered. To my surprise, she went on speaking, as though she was trying to lift my spirits in a way that I knew was not possible. "Gel, you are a really nice guy. Trust me, I know. Before I met Preston, I didn't really even think that much of myself."

"Good God," I thought, "even her self-deprecation is similar to mine." A thousand things flew through my mind at once. I thought of cartoon clichés in which I would catapult 'Preston' into the Sun, or I would take a board with a nail in it and slam it on his foot. I thought of myself sword-fighting him on a staircase. Even the thought of us both driving trains straight into each other flashed by for a second. I couldn't even believe my ability to have such disdain towards someone I had never even met.

What kind of a name is 'Preston', anyway?

"I never would have thought that anybody would be interested in me not long ago," she said. I looked at her and realized just how similar we were, but in the one real difference, she had managed to find someone she was happy with. My negativity had taken me over for the rest of that day, and I couldn't stop thinking about how it seemed likely that I never would find a person like that myself.

Upon finishing my story for a second time, I looked up at Wilt who had his head in his hand, attempting not to look up at me. I had often had a hard time relating to Wilt, as he had begun dating someone months before my telling him about my supposed 'failure'. He had begun dating a girl named Harley, who, to my surprise, became a good friend of mine. Ever since then, however, I found it difficult to speak to him relationship-wise. After he spent a minute in silence, looking down at the floor, he raised his head and looked at me with a mild grin.

"I'm sorry, Gel, that sucks." That was all he said, and as my friend, it was all I needed to hear. Just knowing that it wasn't all just a joke to him was good enough for me.

"Thanks Wilt. Just do me a favor: Don't give me all of that 'You just need to be yourself, it'll happen eventually' stuff, alright?"

"Done." Wilt got up from his chair and walked over to his dresser to grab his wallet. I sat down in his seat and began to think to myself. All of my questions appeared to bombard me at once. "Why do I care?" I asked myself. I didn't really know why I cared, all I knew was that I did. The part of it that had bothered me the most was not that she turned me down, rather it was that I had put myself into yet another position to be hurt. The fact that I was at fault for yet another detrimental event in my life weighed heavily on my mind, and dancing around it didn't seem to be much of an option. It was a problem I was going to need to sort through eventually.

"Hey, are you up for some pool tonight?" asked Wilt.

"Yeah, why not? It's not like I have a girlfriend telling me I can't." Wilt laughed a bit and headed out the front door of his house. I followed behind, slowly but surely. "God, but I wish I did."

"What's up, Gel?"

"...nothing."

END

The Bee's Knees: *On Tap!*

Michael Ball
Contributing Writer

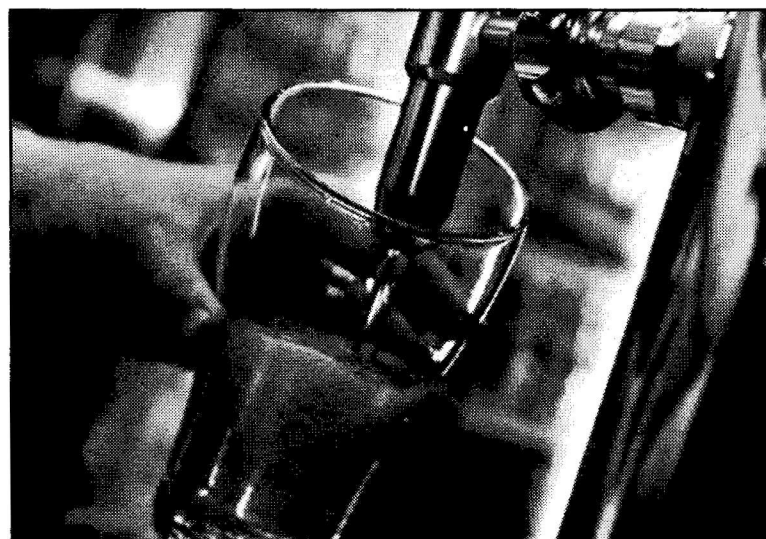
The Strange Brew Tavern, commonly referred to as 'the Brew' in downtown Manchester is a great place to hang out with friends to escape the usual Southern New Hampshire University weekend routine.

It's the same old thing every weekend and weekday. Sitting in your dorm rooms or town houses and drinking the same beer, eating the same pizza and listening to that same playlist on your IPOD has perhaps got a little redundant.

Well, here is your opportunity to check out a different scene and make you college experience just a little more COLLEGE!

The Strange Brew Tavern, located on Market Street in downtown Manchester, is a great place to get rid of those boring on-campus blues.

This bar and restaurant is a perfect place to relax and indulge in the change of scenery. With 64 different types of beer on tap, your beer taste buds will never get sick of just one type of beer. If cheap beer is what you are



(Photo courtesy of www.beerchronicles.com)

looking for, Tuesdays and Friday nights the Brew has \$2 drafts all night.

If late night munchies are what you're craving, the kitchen at the Brew is open till midnight, and with the huge selection of appetizers you will keep that belly full to its desire.

What really makes the Brew is the live bands they have perform almost every night. They have great classic rock bands, as well as blues bands, that really keep your feet stomping while you enjoy your food and explore

the many beers they have on the draft menu.

So let's get off the couches, put down the pong balls, turn off the radios and check out something new.

We will be letting you know every month a new "hot spot" that will make your experience here at SNHU just a little more fun and entertaining. Giving you the skinny on where the deals are and what to look for in entertainment. Check out The Strange Brew Tavern, and let's get back to COLLEGE!

Identity Theft on Campus

Frank Rubino
Managing Editor

Years ago theft at college campuses consisted mostly of laptops stolen from unattended offices and CD's taken from unlocked cars. Unfortunately, that's not the case anymore.

In a September 2003 Federal Trade Commission Identity Theft Survey Report, the majority of identity theft victims, thirty one percent, was in the 18 to 29 age bracket. It also read that the administrative offices of most college campuses store the personal data that thieves use to assume a student's identity for fraudulent purposes.

A social security number is often the only piece of information an identity thief needs to assume someone's identity. At most colleges, a social security number is needed to access students' records for academics, housing and financial aid. Often the social security number is also listed on the student's university ID card.

Southern New Hampshire University is an exception. Student ID numbers are used in place of social security numbers on university ID cards. According to Darleen Ratte, Assistant Director of Financial Aid, SNHU makes "a conscience effort to avoid using social security numbers wherever possible. Students' social security numbers are not printed on award letters, and students are asked to reference their student ID number when calling into our office."

A student's unlocked mailbox invites bills, bank statements, and applications for pre-approved credit cards to be stolen for the personal information they contain.

Another method, known as phishing, is when emails disguised to look like they're sent from legitimate institutions, are sent to people requesting their personal information, or to update their account.

To avoid becoming a victim, be cautious and secretive with passwords, account numbers, and social security numbers. Also, investing in a shredder for disposing personal paperwork is a popular and inexpensive preventative method.

Senior business student Alex Gagosian stated, "I used to just throw away old bills, statements, and credit card offers. Not anymore. There's no telling what someone can do if my information ended up in the wrong hands."

Tricks-that-Treat

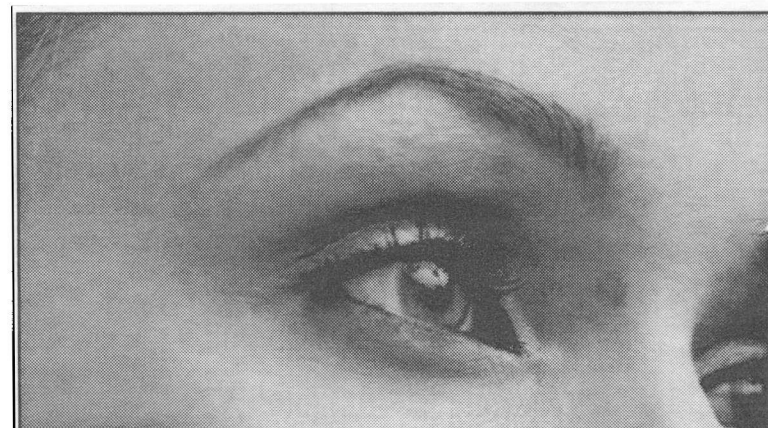
10 Beauty Tricks of the Trade

Ashley Spranzo
Opinion/Arts & Entertainment
Fashion Columnist

1. A favorite hair masque that works wonders has only has one ingredient: mayonnaise! Sounds weird, but it's the perfect masque to revive dry hair. Just apply ample amount to dry hair, wrap hair in a warm towel, and leave in for 10 minutes. Wash and rinse and say hello to silky shiny hair.
2. A great way to prevent blisters from towering heels is deodorant. Before you put on your shoes, apply deodorant all over the foot, especially in areas where you are most prone to blisters. This will prevent them forming and your feet will thank you.
3. Puffy eyes from an all-nighter? Refrigerate 2 spoons, and apply the cool spoons to eyes. This will reduce puffiness, and give you more of an awake look.
4. To get your eye shadow to last all night and give it a multidimensional look, just wet your shadow brush with water before application, and apply as normal.
5. For extremely curly lashes, take your eye lash curler and warm it up with a hairdryer for 30 seconds, and curl as normal.
6. For smoother legs, switch your shaving crème with conditioner. This will moisturize your skin, and leave it silky smooth.
7. To get your body to glow, mix eye or body shimmer with your favorite lotion. That way you can control the amount of shimmer you want to achieve.
8. Skin/foundation primers can be your best friend. Smashbox Photo Finish is god sent. Just apply it before make up application; it creates a perfect canvas for it smoothes fine lines, reduces redness, and sets make-up without that cake-y look.
9. Pamper your feet by applying moisturizing lotion all over them (a good amount). Then wrap them with plastic wrap. Next wrap them with hot towels, and relax for 20 minutes. Remove

towels and plastic wrap after 20 minutes, and your feet will feel baby soft.

10. The number one cardinal beauty trick is: Water! Seriously, water clears skin, hydrates hair, and nails. A good way to find out how much to consume is take your weight, and divide it by two, and that's the amount of ounces of water you need per day.



A healthy lifestyle can always keep your skin looking young and fresh. Follow these tricks and you'll be on your way to looking and feeling great!

(Photo courtesy of Google Images)

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STRESSED OUT?

Roland Denomme

Contributing Writer

Chain-smoking cigarettes, staying up all night, other self-destructive behaviors, and screaming at friends and loved ones are just a few of the defense mechanisms that Ashley Fandrich, 18, uses to numb herself from stress.

Ashley is one of many students that finds herself stressed out by school-work, finances, and other issues.

She said she also has "a boyfriend who can be a [jerk] and a mother who thinks I'm still five years old and insists on visiting me all the time and telling me how to live my life."

Stress and college-life go hand-in-hand, yet most students deal with their stress in ways that leave them feeling even worse than they started.

Students often become overwhelmed with stress, which leads them to negative behaviors that worsen their mood, such as eating unhealthy foods, using drugs or alcohol and so on.

Jet Goldberg, Director of the Wellness Center at Southern New Hampshire University, says that some common stressors for students are academics, time-management, relationship issues (with roommates, friends or partners), parent problems, and career decisions.

"Our society tells us that we should know what we want to do for a living when we turn 18," Goldberg said, "but this is not true for everyone." Each student is an individual and must find his or her own path at his or her own pace, but this question is often a major stressor among college students.

Craig Brown, 21, junior, said, "I often get stressed out trying to balance homework, my job, my social life, my family

life, and finances." To deal with these burdens, Craig smokes cigarettes and drinks alcohol at times to help him alleviate stress.

These are just a couple examples of students that go about stress management in unhealthy ways, but the reality is that many students do just the same. However, there's good news for them after all; stress management can be easier than once thought.

The Wellness Center at SNHU can help students who are feeling overwhelmed with stress, whether it is a long-term problem or an acute onset of stress preceding an exam day.

Goldberg says that one of the main causes of stress is the individual's attitude toward their problems.

Learning to look at things in a more positive way, rather than as hopeless problems, can have a huge influence on the level of stress that someone endures. Simply looking at the glass as half full instead of half empty can do wonders for your feelings and behaviors.

Goldberg also advises students to perform deep breathing exercises and physical activities to relieve stress.

All students are different, so it is important for them to learn which techniques work most effectively for their own problems. Talking to a counselor can help students discover new ways to handle stress that they may not have considered before.

Whether simply learning better time-management skills or meditation / breathing exercises, the Wellness Center is there to help all students find the best, positive ways to handle their stress without consequences. For more information about stress management, visit the Wellness Center today!

Can We Just Discuss...

Libby Parent

Advertising Editor

I have never understood the point of putting holes in the wall or breaking windows in a drunken outrage. Control yourself!

It never ceases to amaze me when I wake up on a Saturday or Sunday morning to piles of garbage outside such as beer cans, wrappers, etc. Pick up after yourself. I am sick of walking out of my door onto your garbage...excuse me, just throw it away or RECYCLE.

The garbage, or recycling, is 100 yards, MAYBE, away from your front door. Stop being lazy and take care of your own saliva and bacteria filled bottles. Especially if the bottle carries dip spit: I DO NOT WANT TO SEE IT ON MY KITCHEN TABLE OR IN MY BATHROOM.

Freshmen year was probably the worst for destruction, as I had numerous charges throughout the semester for various "accidents" on the fourth floor of Washington. From holes in the

Drunken Destruction of Property?

wall to broken windows, our floor was a disaster on the weekends.

Where is the motivation to pull down signs, posters, and boards? What makes you want to do that? Is there some chemical I am missing in my body that would drive me to such actions? Am I abnormal? Don't answer that.

I guess I just never saw the appeal in destroying something that wasn't my own. Actually, I never had the urge to destroy anything I owned either. Respect and responsibility are severely lacking, clearly. And as for the disgusting comments on bathroom stalls, that is so middle school.

Another thing: if you are at someone else's apartment, respect the house rules. Don't leave your bottles around or pee on the toilet seat; it's rude and extremely disgusting. No one's mom lives on campus, and no one wants to pick that up.

Furthermore, if you cannot control your violent, destructive, and overall disgusting tendencies, don't bring them to my place or my friends' places. I will not, nor will they, hesitate to kick you out. •

Good Luck Chuck hits a sour note...

A Movie Review by Dan Smith/Photo & Clubs Editor

Review: The movie *Good Luck Chuck* was touted as the funniest movie Dane Cook has done to date. It was also supposed to be a semi-romantic comedy. Dane Cook was in rare form in his role, playing opposite Jessica Alba in which he was slightly awkward in his delivery.

This movie's plot was that Dane Cook had the power to have sex with any woman and have her find the love of her life as her next relationship. He freaks out when he meets the girl of his dreams and feels that he will be losing her after having sex with her.

The biggest issue I had with the movie was Dane Cook's freak out. Dane Cook basically stalked Jessica Alba and in the end she decided that it was ok and let him back into her life. It was un-feasible and Dane Cook way overacted the

scene.

Another issue I had with the movie was the lack of focus in plot. The plot was mixed from the relationship Cook had with Alba and the relationship Cook had with his affliction. The movie spent too much time showing Cook's sexual relationships and not enough time developing his true character.

The last issue I had with the movie was the part about Cook's friend and the grapefruit. That was an unnecessary scene and I feel that it had no artistic value whatsoever.

Overall the movie was somewhat funny and not too long which merits it a grade of C.

I would not recommend spending money on this movie, but when it comes out on HBO it could be a good Sunday evening! **GRADE: C**

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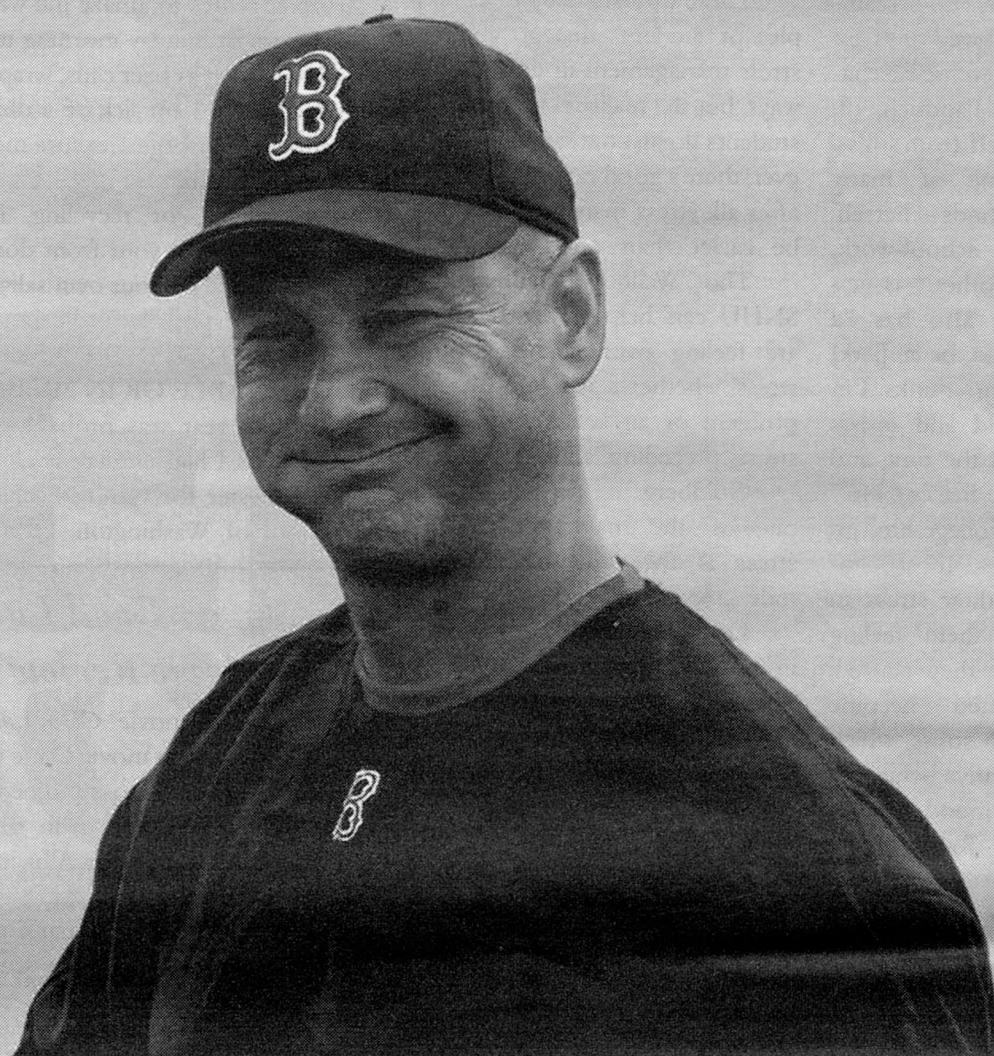
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RED SOX SWEEP INTO ALCS



Boston Red Sox Manager Terry Francona has a lot to smile about as the Sox head into the 2007 ALCS in hopes to clinch the title and continue onto the 2007 World Series.
(Photo by Katlyn Morin)

Nicholas Tasso
Sports Editor

With solid starting pitching and an offense that is finally coming alive, the Boston Red Sox look to take on any opponent to win the 2007 World Series.

The Los Angeles Angels were swept in three games by the Red Sox in the American League

Divisional Series. In Game 1, Josh Beckett, the Red Sox Cy Young candidate pitcher, went the distance shutting out the Angels in a 4-0 game. Beckett allowed only four hits while striking out 8 batters. Kevin Youkilis got the Sox on the board early hitting a first inning solo home run. David Ortiz added with a two run home run in the third.

In Game 2, the Red Sox bullpen pitched 6 1/3 shutout innings to keep the Red Sox in the game. The game went into extra innings and ended on a three run home run by Manny Ramirez against Francisco Rodriguez after David Ortiz was intentionally walked.

Game 3 was a relatively close game but was a blow out by

the end of it. David Ortiz and Manny Ramirez hit back to back home runs in the fourth inning to give the Sox a 2-0 lead. Curt Schilling pitched another solid game going 7 innings and allowing no runs while striking out 4. The Red Sox exploded for 7 runs in the eighth inning including a two run single by centerfielder Coco Crisp. The final score was

9-1 as Eric Gagne gave up a run in the last inning.

The Red Sox will have to beat the Cleveland Indians in the American League Championship Series in a best of 7 match up. If the Red Sox defeat Cleveland, they will either play the Arizona Diamondbacks or the Colorado Rockies in the World Series.

Penmen Fall in Season Finale

Michael Ricciardi
Contributing Writer

The Southern New Hampshire University men's tennis team lost 6-3 in its season finale Sunday September 31 at St. Michael's College.

With the loss, the team fell to 2-3 in conference play and 2-3 overall. David Spaggiari and Luis Ramirez posted the three points for the Penmen by taking their singles matches and teaming up to win in doubles.

"St. Mike's was a tough loss

for us. We beat them last year, but couldn't get it done this year. It was disappointing," said junior Sam Gould.

The fall season started off successful with the men posting back-to-back wins against LeMoyne College (6-3)

and Franklin Pierce (7-2).

As the season wore on the Penmen suffered a major setback with a close loss to Bentley (5-4). Following the Bentley loss the men lost 9-0 to Merrimack College at home and continued the losing streak with a

6-3 loss to St. Michael's college on Sunday.

Luis Ramirez had the most successful individual season posting a 4-1 singles record and a 3-2 doubles record. Ramirez

• See **Penmen**, Page 15

Upcoming Home Sports Action

List compiled by: Steph Belida

Sunday, October 14, 2007

Midnight Madness Starting at 10PM in the Fieldhouse

Tuesday, October 16, 2007

Men's Soccer vs. Bentley College: 7pm on Larkin Field

Friday, October 19, 2007

Volleyball vs. Pace University: 7pm in the Fieldhouse

Saturday, October 20, 2007

Volleyball vs. Southern Ct. State University: 1pm in the Fieldhouse

Women's Soccer vs. LeMoyne College: 1pm on Larkin Field

Tuesday, October 23, 2007

Volleyball vs. St. Michael's College: 7pm in the Fieldhouse

Women's Soccer vs. American Int'l College: 7pm on Larkin Field

Tuesday, October 30, 2007

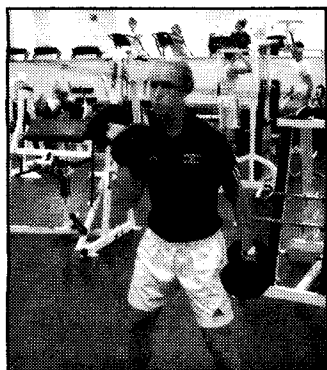
Volleyball vs. Merrimack College: 7pm in Fieldhouse

Penmen Continued From Page 14

will look to continue that success in the upcoming spring season.

"Individually I had a solid season, but as a team we didn't accomplish the goals we set out to. Hopefully things will go our way in the spring," said Ramirez.

The men's season resumes March 11 when they travel to face last year's Northeast-10 Conference champions, Assumption College. Last year the Penmen dropped both meetings to the Greyhounds 9-0.



Getting Fit With Terry!

Terry Prouty

Sr. Women's Administrator

MACHINE DIPS

Position yourself on the machine platform with an upright, neutral spinal posture.

Place your hands on the support handles and slightly retract the scapulae.

Keep your arms straight or slightly flexed.

Flex the arms at the elbow and lower to a position where the upper arm is about parallel

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NICHOLAS.TASSO@SNHU.EDU

to the floor.

The elbow should not be flexed more than 90 degrees.

Keep the head and shoulders aligned over the hips and ankles, and maintain a body position that is almost perpendicular to the floor.

Return to the start position by flexing the shoulders and extending the elbows.

Upon reaching the straight arm start position; depress the scapulae without hyper extending the elbow.

STANDING DUMBBELL CURL

Stand in a ready position, with neutral spinal posture.

The body is upright with

your head and shoulders over your hips, and the hips and knees are slightly flexed.

Let your arms hang naturally to your sides.

Your palms are forward, the upper arms are close to your sides, and the lower arms are angled away from the body.

Keep your wrist neutral, and don't let the dumbbells tilt up or down. They should remain parallel to the floor throughout the movement.

Retract your shoulder blades and keep the same shoulder position throughout the exercise.

The elbows should be aligned directly under the shoulders and the hands slightly forward of the elbow.

Stabilize internally by using the abdominal musculature and initiate arm movement by moving the lower arm outward and upward.

Maintain the natural carrying angle of the arms.

The lower arms are placed wider than the shoulders and hips.

Keep the wrist straight throughout the movement and do not lift the elbows or change the position of the shoulder.

Bring the hands toward the shoulder and flex the elbow through its full range of motion.

Slowly return to the start position.

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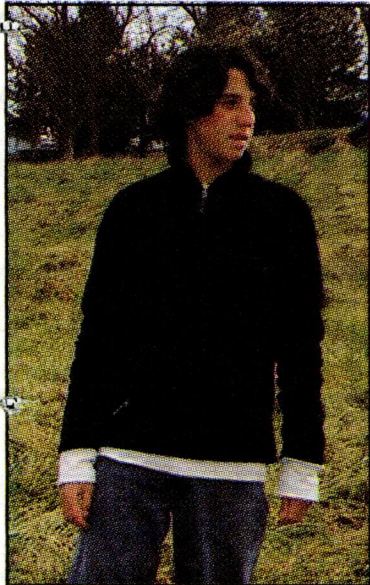
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Voices & Faces

Around the World

Caitlin Murphy
Staff Writer



David Spaggiari

Age: 19

Hometown: Manizales,
Colombia

Government: Democracy

President: Alvaro Uribe Velez

Language: Spanish

Favorite Food: Pasta and
Bandeja Paisa

Favorite Music: Latin Music

What do you miss most about
home: My family, friends, the
parties, and the culture.

Why are you at SNHU: I
transferred here from Ken-
tucky this year on a tennis
scholarship. My major is
business administration and
management.

Future Career: Either stay
here or go back home to work
in the business world.

Final Thoughts: Colombia is
not as bad as it is portrayed in
the news and in movies. It is a
beautiful country with friendly
people, great beaches, moun-
tains, and warm weather.

Pumpkin Patch

What is your favorite thing about Halloween? Is it a tradition, costume, memory, candy, trick-or-treating, etc.



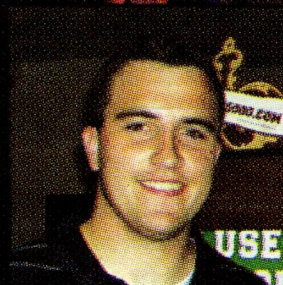
Danny Dwyer, Freshman
Major: Culinary

"I don't go trick-or-treating anymore, but I used to love dressing up as Count Dracula. I also enjoy going to Salem, Massachusetts to see the Haunted Houses and freaks!"

Jasmine Villafane, Freshman
Major: Accounting



"I like getting dressed up for Halloween. My favorite childhood costume was when I was dressed up as Jasmine and my brother was dressed up as Aladdin."



Mark McDonald, Senior
Major: Hospitality

"I like to see all of the scantily dressed women on campus, and my favorite Halloween candy is Mike & Ikes."

Sarah Lawton, Senior
Major: Business Administration



"I like dressing up. I remember being Cinderella one year. One year my family and I carved out an entire haunted house in a pumpkin!"



Nolan Distasio
Major: Information Technology

"I like carving pumpkins with my family. I'm a terrible carver."

Keri Belanger, Graduate Student
Major: MS in OL and Global MBA



"My favorite thing about Halloween is seeing all of the crazy costumes that college students can come up with in their dorm rooms."