

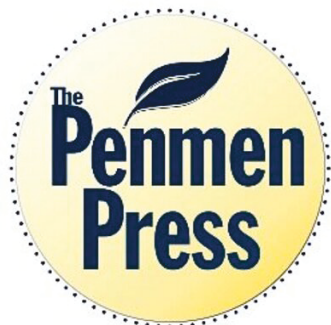
THE PENMEN PRESS

Volume XXII, Issue 1

September 24, 2015

penmenpress@snhu.edu

Manchester, NH



September 24:
Punctuation Day



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PLUMBING PROBLEMS PLAGUE TOWNHOUSES AGAIN

Bryan Creevy
Co-Editor in Chief

Southern New Hampshire University (SNHU) students living in Attitash 17 were welcomed into the new school year with plumbing problems flooding their townhouse, and Facilities Maintenance was slow to react due to some difficulties.

"The third day we were here, the handle of the toilet broke off, but it was 3 a.m. so we thought we'd call Maintenance in the morning," said Dana Finazzo, SNHU junior. "We woke up to a flooded apartment."

The cause of the flooding was build-up in the pipes. When Maintenance checks rooms in the summer, they check the water but only a small amount of water flows through. When students live there, water and residue flow down the



Photos of the damage on the ceiling of the townhouse.

pipe and cause blockages that can cause water to backup and flood, so it isn't something Maintenance can easily check for.

"If there was a bigger problem that we were aware of, we should not have just sent the housekeeper in," said Patricia Whitney, the

Vice President of Facilities Management. "If we knew there was a problem from the Spring, then we should have paid special attention to that."

Once the townhouse flooded, they called Maintenance who sent a man over who fixed the

broken handle, but he was unable to change the ceiling tiles due to none being readily available in their storage kit.

Dana, along with her other residents, went without them being replaced until Sept. 9, but not before the tiles fell down on top of Dana and Jason Sederquist, another of the residents, under the weight of all the water left behind from the earlier problem.

Attitash 17 experienced similar flooding back during the first month of the Spring semester in 2015.

However, Maintenance was unable to identify the cause of the problem due to lack of description of the situation.

.....

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GIVE A LITTLE, FEED A LOT

Megan Palmer
Copy Editor

The Center of Community Engaged Learning (CCEL) paired with the NH Food Bank organized the Seventh Annual Give a Little, Feed a Lot food drive on Sept. 12.

The coordination of this event spanned weeks leading up to it as brown paper bags were distributed to homes in the city of Manchester, signs were placed in the ground, and core Center of Community Engaged Learning staff planned routes, managed registration and spread the word.

Leaving from the Southern New Hampshire University (SNHU) Dining Center at 10 a.m., 150 volunteers attended to help collect food from homes all over the city. The bags that families were given were meant to be filled with nonperishables to leave at the end of their driveway on the day of the collection.

Teams of volunteers,

featuring students, faculty, alumni, and friends, were bused out into Manchester to cover as much ground as possible and could be seen all morning in their orange t-shirts and pushing their shopping carts.

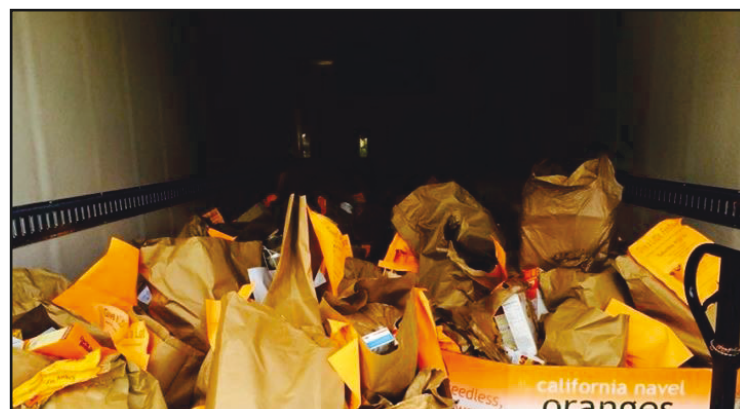
The generous giving of food and time will greatly benefit the NH Food Bank as well as the residents of Manchester. Currently, more than 32,000 Manchester residents live in some level of poverty and events such as this are able to ensure that less people in the community will be hungry.

In the words of the CCEL staff, "Amazing volunteers + generous residents = 7,444 pounds of food for the New Hampshire Food Bank!" More than 7,000 pounds of food for the seventh year of this event only seems fitting.

A great big thank you goes out from the CCEL as well as the city of Manchester for the hard work and dedication of the SNHU community seven years in a row.



Center of Community Engaged Learning Staff



Food loaded into the truck after collection.

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LETTER FROM THE EDITORS

Tyler Leighton & Bryan Creevy
Editors In Chief

For the past few years, it seems like Southern New Hampshire University (SNHU) always has a new construction plan either underway or lined up, and they never seem to get done in a timely manner. Two years ago, Tuckerman Hall was the newest feature on the SNHU campus, and that building's construction was completed in what seemed like no time at all. However, all of the projects since seem to have taken an unnecessarily long time to be completed.

The Learning Commons began construction at the beginning of the 2013-14 school year. This project was finished and open to the public just in time for the fall semester, giving everyone a chance to celebrate this new addition and build a sense of community around this new facility.

However, the campus' newest attraction, The Green Space, began construction immediately at the end of the spring 2015 semester and has only been opened just recently, three weeks into the fall semester. The time lapse videos on the SNHU's Facebook page showed that, in the beginning of August, the ground was already laid out, the walls were nearly



Tyler Leighton

The incomplete Green Space during the Summer.

complete, and the walkways were in the works. This hype had the SNHU Community ready and expecting full access to The Green Space.

It is critical that the sod be given the time to properly take root, so it is understandable as to why it has been roped off. The celebratory opening of this feature allowed the community to come together, but it might have been more effective could it have been done at the very start of the school year.

Now, the construction for the new road connecting the East Side Drive, Donati Drive, and West Alice Avenue began before the spring semester end-

ed and is still being finalized. This feature so too, appears to be finished, yet it is still blocked off with little update and only rumors as explanation.

All of the new features SNHU builds are great additions to the campus, but it seems like it takes much longer than anticipated before we are actually able to use any of them. Construction taking longer than expected is understandable, but official updates from the university as to why these projects may not finish as expected can help keep the SNHU Community informed and lessen the need to rely on rumor and hearsay.

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

Extra! Extra! Read all about it!

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

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

If interested, please e-mail penmenpress@snhu.edu with your information!

PLUMBING PROBLEMS

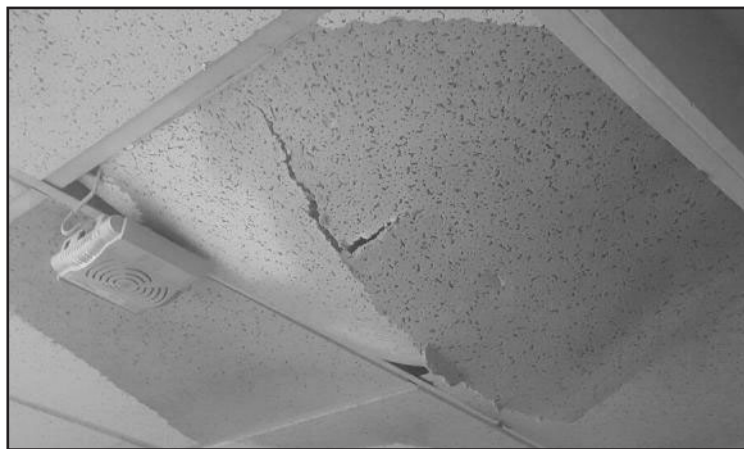
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Whitney has already nearly finished a solution for this problem.

"There is a link we can put on the [mySNHU] webpage... so students can put in their own work orders," said Whitney.

This new system will allow students to contact Maintenance immediately instead of going through their Residence Director or Assistant and describe the problems they are experiencing in their own words so Facilities can get a firsthand description of what exactly is going wrong.

It will also save all work orders processed, even those that



Jason Sederquist

Photo of ceiling before its collapse.

were cancelled, so Facilities can keep an accurate record of whenever a problem was issued. This will eliminate the possibility of incidents being brushed aside or forgotten about

when issued over the phone.

"If students are calling and not getting an answer, then... that's not the customer service we ought to be providing," said Whitney.

THANK YOU

JAMES DUFFY (1943 - 2015)



"Professor Duffy was such a wonderful professor, he really helped me feel like I belonged at SNHU my freshman year when I had his Introduction to Sociology class. He was such an inspirational man, who loved the community outreach programs, and transferred that excitement to his students. The world could use more educators, and humans like him."

Alexis Emerson, 2018

"Every student has one or two professors that have had a significant impact on their life. For many students who had Duffy, he was one such professor. He was a case of a genuinely good human being, and he never fell short of teaching his classes what it meant to be alive. He held a genuine fascination towards class material and never fell short of fascinating us. He was an inspiration for me and many students, and I learned so much more than sociology in his class."

Joseph Estes, 2018

"In class, you could always tell that Duffy had the best interest of every student in mind. His teaching style was spontaneous and unorthodox, and he would give lectures in the form of a simple discussion, speaking to us as if we were all old friends of his. More than anything, though, I saw him to be one of the wisest, most open-minded men that I've met in my life. It's a shame to see a man like him go."

Sean Keegan, 2018

"Duffy wasn't just a professor. Duffy was a learner, just like us. He cared about what was going on in the world, and he brought so much more to our sociology class than just a textbook. He was brilliant, witty, charming, and gave us all a new way of looking at cultural phenomenons that many of us didn't even know about. Duffy inspired not just myself, but everyone he knew, I'm so happy I was able to know Professor Duffy, he will forever be in our hearts."

Cassidy Cook, 2018

WORDS FROM SNHU

"I'll text you" -Classic Duffy line. There are teachers who show up and teach, and then there's Mr. Duffy, who gave his heart and soul to his students."

Sarah Silvestriadis, 2015

I'll never forget the day I brought my cousin to class. Mr. Duffy said something sarcastic to him, which my cousin just nodded to and Mr. Duffy said, to me "does he even speak English?" It was great this is one of the reasons he was such a great person.

Paige Bradish, 2018

"Professor Duffy didn't just teach some classes here at SNHU. He gave an experience and inspiration to every student he came in contact with, inside and outside the classroom. He taught and spoke with such passion, which is something you don't get in many classes anymore. And he was such a humble man that he could never recognize the impact he left on everyone he met because he thought that he was blessed to have the interactions with us. That shows the kind of professor that he was. I remember walking in the first day and he said he wasn't gonna teach with a book because he knew that some students couldn't afford it and didn't want to give an extra burden. He truly understood the needs of every student and catered to them the best he knew how. I, as well as anyone who had him, will forever miss his always pleasant demeanor and smile gracing this campus. His memory will inspire me through the rest of my time here at SNHU and beyond."

Brittany Stanek, 2017

"Being one of my favorite professors at SNHU, it was hard to come to terms that he was really gone. One thing that couldn't escape my mind, was how unbelievably compassionate and kind Mr. Duffy was to everyone he met. Rest in sweetest peace, Mr. Duffy."

Sydney Eva, 2015

"Receiving this news, I was overwhelmed with disbelief. One of the most compassionate, intelligent, and caring professors I have ever had, passed. Not only did Professor Duffy encourage each student to be the best version of themselves but he opened up their eyes to a world some had never seen before. Students left Professor Duffy's classes with a new perception and understanding of cultures, religions, and attitudes different from their own. Professor Duffy, my mentor, my friend, I am at a loss for words. In Professor Duffy's most recent recommendation for me he had said, "I have always marveled at her unwavering enthusiasm and ability to motivate others." Well, Professor, I hate to break it to you, but YOUR ability to encourage and motivate students was one of the things I admired about you. You encouraged me, you believed in me, and I am forever grateful for that and you. May you rest in peace."

Tessa Sullivan, 2015

"So sad -- he was an inspiration to his students and to other faculty members. He made a difference."

Jon Boroshok, Faculty

Professor Duffy changed my life and touched many people in the communities he worked with. As a freshman I was introduced to Professor Duffy through my job as a service learning coordinator and later that year I took his service learning sociology class. I never met a teacher who was so passionate about helping his students learn about the world and used the Manchester community as his textbook. I will never forget the invaluable lessons about life this man taught me including to truly observe and not judge other cultures, religions or races. He inspired me to dedicate my life to service. He was my favorite teacher and the best mentor someone could ask for.

Becca Harris, 2013

James M. Duffy was nothing short of beloved on the Southern New Hampshire University (SNHU) campus. As an adjunct professor, his presence on campus was profound, touching the lives of every student in his class.

It is with great sorrow that the news of his passing was shared with the SNHU community. After a brief illness, Professor Duffy passed on Sept. 10.

Receiving his BA degree in philosophy from Assumption College and his master's in school counseling from the University of New Hampshire and his National School Counselor certification, Duffy's impact in his professional career can be felt with students in many NH schools.

Professor Duffy spent his early career as a guidance counselor in Bedford, NH and at the Gilbert H. Hood Middle School in Derry, NH. His "retirement" proved to only be a retirement from these schools, as he never retired from offering his knowledge and passion for helping

students. Since his time in Bedford and Derry, Professor Duffy became just that: Professor Duffy. His career brought him to be an adjunct sociology and psychology instructor at Manchester Community College and, of course, SNHU. The title "Adjunct Faculty Member of the Year" can hardly begin to capture exactly what he meant to the SNHU community and all those who knew him.

In the words of President Paul LeBlanc in his email to the SNHU community, "Jim will be the professor that many SNHU graduates remember years after their time in his courses. He taught so much more than the subject at hand. He taught and modeled what it means to be a good human being in this world. He will be missed."

To commemorate both Jim and his father, a World War II veteran, the family requests that in lieu of flowers, memorial contributions be made to Honor Flight New England, P.O. Box 16287, Hooksett, NH 03106.

NEWS

LATE NIGHT AT TARGET



New students ready to go shopping at Target.

Megan Palmer
Co-Copy Editor

Southern New Hampshire University (SNHU) demonstrated its dedication to first year students with the First Days' tradition of Late Night Target. Featuring the quintessential DJ, free food, and a hyped up team of Orientation Leaders (OLs), Peer Advising Leaders (PALs), Resident Assistants (RAs) and Student Government Association (SGA) mem-

bers, the night was one of celebration and welcome. Late Night at Target proved to be one of the favorite freshmen events displayed in its large turnout. A way for new students to connect with one another and also buy all the stuff they definitely forgot, this event was nothing short of a hit. SNHU newcomers were very forthcoming when it came to singing this event's praises. "It's great," "All the free food," "All the free stuff in general," stat-

ed freshmen friends Eric Fox, Olivia Hastings, and Cody Caron respectively. Incoming student Casey St. Peter stated from a crouched position next to his cart, "Love First Days. Everybody's cool." He concluded this brief but heartfelt affirmation with a message for the Class of 2019 to "Dream big, do big." Andrew Tacy, friend of St. Peter's was unavailable comment due to his absorption



Casey St. Peter, Andrew Tacy, Garrett Connly, Nikolas Straticos, Ryan Blinn on their quest for Pop-Tarts.

in his quest for Pop-Tarts. A call heard in the wild jungle that is Target after hours. Not only freshmen were out there to have fun though. The entrance to Target featured a welcome crew of returning students who came out to staff these events, throw free swag into the thunderous masses and share their love for their school. OL and PAL Dee Dube, seen cavorting with about

with OL Ben King, shared her feelings in between dance moves. "It's a lot of fun, lot of people, we're just trying to get them hype," Dube said. "Also, I just like being in a shark costume!" The Late Night Target was success once again. A night of fun, free stuff, and countless memories, Late Night Target is a testament to SNHU ingenuity and dedication.

SNHU 101 REDESIGN

Tyler Leighton
Co-Editor in Chief

SNHU 101 can be one of most confusing part of any new students' program evaluation. That's what Rane Hall, the Assistant Dean of General Education, has tried to address. Over the summer, she and a team of over 30 faculty and staff members met to help redesign SNHU 101 to help incoming students benefit the most from the experience. The reason for this change came when Hall, who started her position last January, looked at the curriculum for SNHU 101 and questioned if anyone actually liked it. The results were a mixed bag from communities across campus. The indifference was a major problem Hall said stating, "The most damning thing is

a class where people don't care." The major change in the direction of SNHU 101 classes is to have them focus internally on students instead of externally on the university. Also, for all intents and purposes, Chalk and Wire has been completely eliminated from the student experience. These changes are being applied in a pilot program within 17 SNHU 101 classes, roughly half of the currently running SNHU 101 classes. She recommended that students in SNHU 101, pilot or not, should make their opinions known. "Change will happen if students like it better and the redesign results in better work." Hall made it clear that, "The pilot has flaws but we are working are working hard to change things."

TOP TWEETS FROM THE TOP MAN



1. Sept 10. 4:30AM: wake Pat to share my concerns. 4:35AM: get sharp elbow to my ribs. 4:36AM: message received. Up to read Globe Sports section.
2. Sept 10. Light em up, Tom. No better revenge than winning.
3. Aug 30. Ummmm.... What's with the dead rotting fish on the fence post? Feels a little Blair Witch.
4. Sept 4. Phish playing Denver tonight. Hotel packed with fans. Tie dye, dreads, and a contact high walking down the hall. Fun crowd though.
5. Aug 30. Have to be at 8AM meeting here in CA, so missing my first move in day in 12 years. It's killing me. Class of 2020, I owe you!



Paul LeBlanc

NEWS

FRESHMEN GET JUMPSTART WITH EARLY MOVE-IN

Annie Boghigian
Health & Wellness Editor

Freshmen had two different opportunities to move in early and learn valuable lessons before they started their college classes this 2015-16 academic year. 42 incoming freshmen chose to move in a week earlier than their designated move-in date to participate in the JumpStart Summer Bridge Program and 15 participated in Take 5.

The JumpStart program is an optional opportunity for incoming freshmen that takes place a week before they would typically move into school. Students are able to move into their residence hall a week early and meet other Jump-

Start students and mentors. According to the Learning Center, the goal of Jumpstart is to "help [students] make a satisfactory transition to the SNHU experience and enhance their chances for academic success."

The program grants early move-in as well as daily sessions such as Lecture Comprehension, Motivation, and Using Your Calculator. The sessions are taught by staff from the Learning Center in their area of expertise.

Take 5 is a similar program that gives students the opportunity to move into their residence halls early but consists solely of community service activities.

"For five days we served alongside non-profits who work to solve different results of food insecurity [in Manchester]. We worked with the Food Bank, Families in Transition, and Beech St Elementary school," said co-creator and coordinator Elle Tibbitts.

Tibbitts' favorite part of the program was "watching students, who on Monday were nervous and cautious, jump to volunteer for whatever needed to be done and working with all the effort they had was incredible."

JumpStart was run through SNHU's Learning Center, while Take 5 was run through SNHU's Center for Community Engaged Learning.

Elle Tibbitts



Take 5 participants and coordinators stop to take a group photo while volunteering.

Annie Boghigian



JumpStart students have fun and get to know each other in team activities.

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

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

Jesiree Carrera
News Editor

Southern New Hampshire University (SNHU) is a campus that is filled with ideas to continue innovating and expanding, and with this comes new additions such as the Library, the Quad, and even new staff members to further the success at SNHU.

Dr. Michael Evans has recently acquired the new position of the new Vice President for Academic Affairs (VPAA) at SNHU. Within his first two months at SNHU, he intends to listen as well as learn more about the institution, the campus community, and the culture.

Within his position, he hopes to expand the coming of age experience provided by the University College experience. Evans aspires to better the SNHU experience had by students to let them explore, learn who they are, and make mistakes in a safe environment.

Patty Lynott



Dr. Michael Evans addresses the SNHU community.

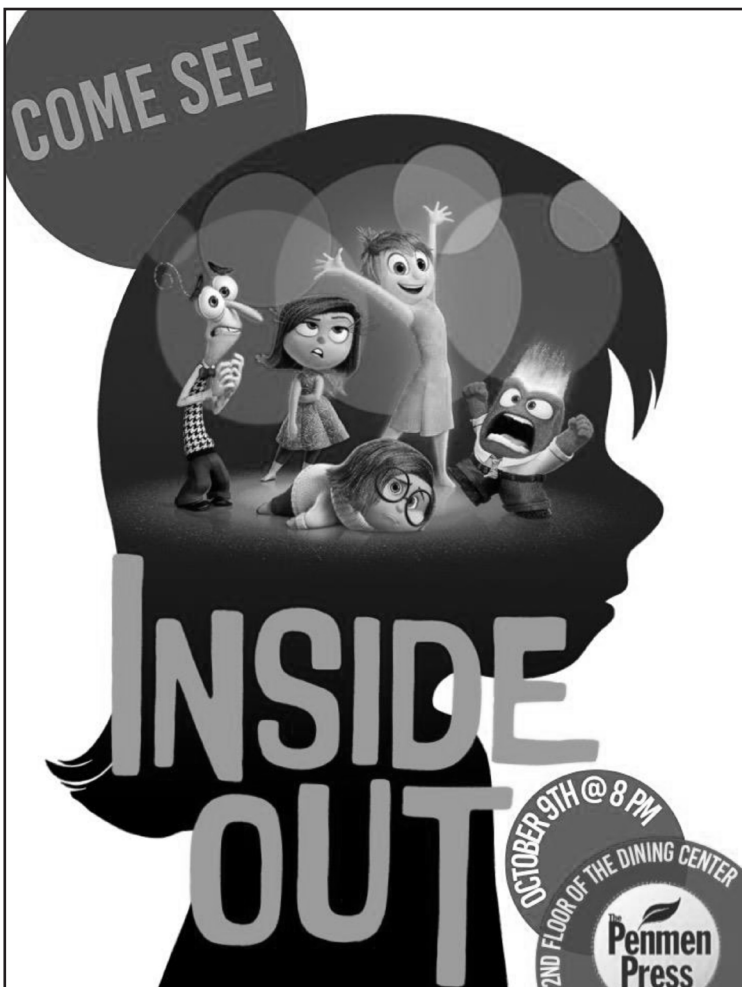
WHO'S NEW AT SNHU

Prior, he was the Intern Dean for the School of Journalism at Indiana University and most recently from Unity College serving as their Provost and VPAA. His original attraction to SNHU was the focus on innovation and SNHU's strong reputation for pursuing ideas rather than repeating what has been done over and over again.

"The thing I was looking the most forward to from the moment I interviewed

was just how warm, welcoming, and positive [SNHU] is. The whole atmosphere that I am encountering, whatever the idea may be, is 'let's get it done and figure out a way to do it.' Its delightful."

With Evan's passion to build on the ideas and continue the innovation that can be seen at SNHU, he hopes to have more people bring up their ideas for SNHU and improvements for the campus and college life.



NEWS

CREATIVE WRITING CLUB

Creative Writing Club
Guest Writer

The Creative Writing Club is open to all people who love writing. Fiction, nonfiction, poetry, prose, if you can write it, then this is the place to bring it! During our meetings, we encourage members to bring writing to share to be given feedback. Creative Writing Club creates a laid back and friendly environment, suitable for all levels of writers.

Often times, when there aren't many people sharing, we hold ten minute writing prompts meant to help you with various aspects of writing (description, dialogue, inspiration, etc.), as well as force you to write imaginatively and a little more often than you might otherwise.

After the ten minutes, everyone is welcome to share their short story for more

feedback. Sometimes it's just goofy, "wrote it in ten minutes" stories, but you would be surprised what you can really accomplish in ten minutes when you set your mind to it.

In addition to weekly meetings, Creative Writing Club also sponsors Open Mic Night and Literary Trivia in the pub. Both of these events are great ways to showcase your skills; whether it's in a slamming spoken word poem or simply in your extensive knowledge of science fiction.

Creative Writing Club meets once a week on Thursdays 6-7 p.m. on the second floor of the Academic Center. If you're interested in sincere and helpful feedback on your writing, whether it be a short story, a poem or a couple of pages of a chapter that you're working on, this is the group to bring it to! Hope to see you there!



Creation7

CAPE

CAPE

CAPE
Guest Writer

The crowded banquet room fills with students as the caller shouts out numbers for a chance to win prizes at Big Money Bingo. Students come rushing to the finish line covered in array of colors in the 5, 4, 3, 2, 1 Run. A few people hop into the Cash Cab to answer some questions on their way to class and to earn some money on the way.

These are just some of the happenings you'll experience throughout the year from CAPE. Last year was a great success and CAPE is looking forward to another year of events, bigger and better than ever!

CAPE is your ticket to entertainment for the year! CAPE, short for Coordinators of Activities and Programming Events at Southern New Hampshire University (SNHU), is a student run organization committed to enhancing campus life and encouraging student involvement.

With such a driven team, we're excited to help plan events that SNHU can look forward to some of which include: SNHUstock, Major weeks, Major concert, and much more. Student involvement is one of our biggest goals. New ideas are welcome and we hope to see new faces at our CAPE meetings held Mondays at 6 p.m. in the Penmen room.



INTER-GREEK COUNCIL

IGC
Guest Writer

Southern New Hampshire University (SNHU) provides their students with a plethora of reasons to come: the beautiful campus, outstanding athletic teams, and world renown professors are just a few of the perks you get when you come to this school.

However, there is one more hidden gem that can be easily found for those who are in search for some change in their college experience: the Greek Community!

The Inter-Greek Council

is the governing body of the six fraternities and sororities. Currently, there are three fraternities active on campus: Kappa Delta Phi National Fraternity, Phi Delta Theta International Fraternity, and Phi Delta Phi local fraternity.

There are three sororities active on campus as well: Kappa Delta Phi Nationally Affiliated Sorority, Phi Omega Psi local sorority, and Phi Delta Beta local sorority.

All the Greek organizations operate and idealize the four pillars of Greek Life: leadership, scholarship, fraternalism, and philanthropy.

Although often times overlooked due to its size, the Greek Community makes a great impact on the campus. Greeks are highly involved in intramural sports, on campus employment, and non-Greek clubs.

Greeks also raise thousands of dollars every year for different charities and dedicate hundreds of hours at philanthropic events.

For more information regarding how to get involved in Greek Life at SNHU, please email us at igc@snhu.edu! We look forward to hearing from you!



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



SNHU
PENMEN FOR ★★★★★
PATRIOTS 5K

Saturday, November 14 • 10:30 am
Southern NH University • 2500 North River Road, Manchester, NH

Registration:
\$25 General Public • \$20 SNHU students, service members & Veterans

OPINION

PARALYZED BY SHOPPING

Tyler Leighton
Co-Editor in Chief

Shopping is a necessity now that barter isn't accepted in reputable chain stores; damn economy. It's inescapable that every single person you see each day needs to buy clothes, food, and toilet paper. That's where malls come from, putting all of these stores into one building for maximum efficiency in your shopping. That's why it's so frustrating when somebody goes to the mall and spits in the face of this evolutionary marvel, electing to look around and try to find something that they might want to buy at some point but not today. The mall isn't for you!

Instead of going to the mall with a shopping list you should be entering with a playbook. A comprehensive schedule that shows exactly what you need and where to find it. The mall's purpose is to allow you to finish your shopping as soon as possible by sticking stores like Arby's next to Best Buy. That doesn't mean studying the mall's map, it means running through stores with a Beef 'N Cheddar in one hand and a shopping bag in the other.

If you ever find yourself walking around the mall directionless and feel a pain in the back of your head, that's your brain cells yelling at you. They don't like you, they know you're

wasting them. You could be reading a book or conducting a symphony, or just sitting on the couch watching another episode of NCIS. You could be doing something with your time that isn't searching the mall for a shirt that looks nice.

Don't wander the mall, there aren't any cute shops. It's all the same. The only thing you're going to find are more stores selling the same clothes for the same prices. If you're life is so meaningless that you're to find genuine excitement saving \$2 off a pair of pants then the human race has evolved past you. Please leave this planet in the manner that suits you best.

How do you not know what you want!? Clothes? They are everywhere! Every store ever! Wal-Mart! Target! Most jobs hand out uniforms! But you don't have time for a job because you're at the mall. While scientists are struggling with the abstract concepts of the universe you're at the mall! What is the point of humanity being on this Earth? What is our purpose?

Listen, shopping is difficult for everybody. We never have as much money as we want or the deals that we want. It's terrible for everyone, so let's stop acting like we enjoy looking at the stuff we wish we could have. If not, then I'm gonna wait in the massage chairs in Brookstone. No calls please.

LET'S GO TO THE MALL

Megan Palmer
Co-Copy Editor

It's a Saturday afternoon. There's nothing on TV, homework is done, the day proposes no exciting possibilities. Except... You can get the girls together and pile into the car because, "Get in loser, we're going shopping." What once seemed a waste of a day is now teeming with possibilities.

But "Why?" men will ask in that way they have, Cheetos dust clinging to their sorry attempts at facial hair. Why spend hours on end traipsing through the mall like some Rom-Com montage only to come out with either a) tons of bags that you probably don't need or b) nothing at all? Why even bother?

Because the point, guys, isn't actually the shopping at all. Sure, a lot of girls enjoy shopping. Clothes can make us feel cute, or hot, or sexy as hell. And it's fun to try on prom dresses and take goofy selfies; go ahead sue us. But that isn't the point. Girls don't go to the mall to shop, the shopping is simply a happy coincidence.

Deep down, many dudes believe in the socio-economic cultural norm that dictates women are the "shoppers" whose one true vanity is in spending the money that they as manly, breadwinning men earn. Yet they can't be farther from the truth when wondering how women can spend all day in

the mall.

The purpose of the mall is that it is a breeding ground for interaction. It is a place of communal understanding where girls, or anyone, can go and bond. In the act of telling your friend that they don't look good in that dress, you subconsciously establish a sense of trust. Through the sharing of mirrors and then the ice creamy product of your choice at the Dairy Queen, you are able to forge memories and friendships.

Who needs a game plan when you have your squad? Not everything in life can come down to a playbook, boys, and not everything should. Maps are not needed when you can just pop into one store and then another because that one thing in that one window was cute. You can't plan for that! We understand that guys like having a concrete idea of exactly where they're going, but that doesn't leave room for adventure! Or cute shoes! Or Auntie Anne's Pretzels!

And that's not necessarily a bad thing. If your game plan, guys, is to, like everything else you do, get in and get out as fast as you can, have at it! If everything can be whittled down to steps 1, 2, and 3, then hey, that's your prerogative! But making girls feel bad for hanging out with people who aren't you and taking their sweet time wandering through Sephora isn't going to get you anywhere.

THE UGLY TRUTH

A FRESHMAN PERSPECTIVE

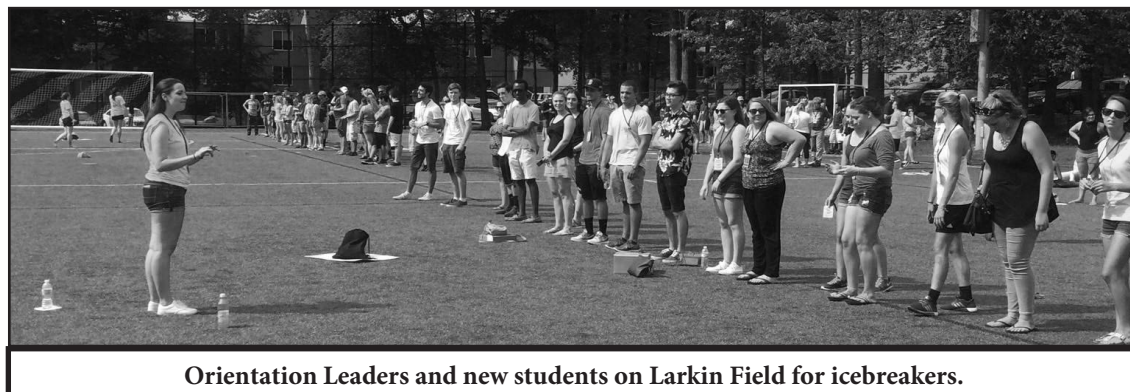
Sophie Coderre
Guest Writer

Southern New Hampshire University (SNHU) held another successful Freshman Orientation on August 30. A thousand new students attended ongoing events throughout the day. It was a chance for the new residents, whether they were commuters, or new students, get acclimated with the campus.

Each student was greeted by friendly faculty and upperclassmen who volunteered as extra hands to help on campus residents move their supplies into the dorms.

Events went on until midnight, including a Target

SNHU Student Involvement



Orientation Leaders and new students on Larkin Field for icebreakers.

run, where students had the opportunity to go to the local Target during the afterhours where it is closed to the public and only open to SNHU students; great deals and giveaways were supplied.

The event seemed to have been a big hit, and a majority of the students had nothing but nice things to say about it.

The orientation groups pushed many of the students to make new friends as they was

randomly selected. Even though there were a fair amount of events going on, there was also a lot of free time which gave the new residents a chance to finish moving in, decorate, or explore.

Many of the students had the

opportunity to do the Jump Start program, and Take Five which were programs that started a week earlier than move in day.

These students had the chance to move in early, get to know the campus, and learn some new skills how to write in MLA and APA essay format.

Orientation was not only enjoyable and helpful for on-campus residents, but also was beneficial for commuters.

Southern New Hampshire once again held a great orientation. It was a big hit among the incoming students who attended it, and the only complaint was over the heat. Here's to SNHU having years of successful orientations to come.

DEAR WORLD

INTERVIEW WITH JONAH EVANS

Dear World began in 2009 in New Orleans after Hurricane Katrina to try and bring hope back to a city. Encouraging people to write their stories on their bodies, this photography journey takes those stories which are often right below the surface and offers them up to the world.

Southern New Hampshire University (SNHU) had the honor of starting the 2015-16 year with a visit from Dear World. Executive Producer Jonah Evans captured the stories of over a 100 members of the SNHU commu-

nity who opened their hearts and their experiences. During his time at SNHU, in between taking pictures and hearing stories, Jonah Evans was able to share his story with us as well.

So, how has it been today?

"It's been fantastic. We're hearing incredible stories from the students that are here.

"Too often, we don't have enough opportunities to tell some of those stories that are maybe just beneath the surface. We've been really inspired and excited by the students we've

met at SNHU so far."

What have you found that has maybe differed with Dear World on college campuses as opposed to other places?

"You know, I think, more surprising, are the things that are similar. Whether we do this in NH or Nepal. And I think one of the things that we've found is that everybody really does have a story to tell, stories that are just bursting to be told.

"So, if there's any difference with college campuses, I think it's the kind of rawness or the

passion. I feel like college student are much more able to go there and access those feelings, that yearning for purpose and for adventure and for the acknowledgement for the struggles they've faced in their lives."

If you were in front of the camera, what would your story be?

"You know, it's interesting. There are some people that know exactly what they want to say and then there are others that you see kind of orbiting around here that don't. And I'm one of those

people. I've been doing this five years and I think I've only taken three portraits. They almost feel like chapter titles in my life. Like, where am I right now?

"I think if I were to do one right now I would share, 'You're Story is Our Story.' I think one of the kind of amazing things in doing this work has been how there is so much more that brings us together than keeps us apart.

"We all have those stories and I just hope we all get more chances to share them."



"Find something you love to do, for me it's horseback riding. Life is a balance; work hard and play even harder. Life is a lot easier when I am looking through the eyes of my horse." **Katelyn Ouellette**



"I struggled with an eating disorder for seven years of my life and am proud to call myself in recovery now... I am stronger than the challenges I face and so are you." **Kristen Aldous**



"It's an African greeting. And I believe it is a greeting by which we should live our lives." **Shannon Brown**



"I struggled coming out to my family and friends, and I want everyone to know that it's a hard thing to do, but you need to be proud of who you are." **Rachael Strahle**



"I wanted to show that change doesn't just happen with your body, it also happens with your mind." **Kennedy Karns**



"Bad things will happen to you in your life; you can count on that. But how you handle those situations, that's what sets you apart. For me, I have chosen to be happy and it has made all the difference." **Shannon Conway**



"We all occasionally struggle to see our role in the big picture of life. My message is that you always have worth no matter what may make you think otherwise." **Dee Dube**

DEAR WORLD



"As a gay male, I have faced discrimination about who I love. It does not matter who you love; love is love." **Austin Arnold**



"It's to show we are getting in the swing of things. We're all freshmen, we're all together. We're all in this together." **Meghan Hynes, Brianna Camera, Kylie Lorenzen, Aaliyah Paxton, Jordan Brooks; Women's Basketball Team**



"I wanted to find a statement that described me and how I'm open to allowing the world to be discovered. I also wanted to challenge people around me to be amazed by the world around us." **Matt Petersons**



"I went to bed one night with the intent of never waking up. I did." **Zac Palmer**

Dear World...

We are making plans.
We are taking chances.
We are embracing uncertainty.
We are the heroes of our own lives.
We are stronger than our struggles.
We are stronger than you think.
We are brave and never alone.
We are dreamers.
We are doers.
We are more than labels.
We are breaking stereotypes.
We are making the world a better place.
We wake up.
We are breathing.
We are kind.
We are positive.
We are proud.

We Are SNHU.



"Nowadays, we constantly see negativity spread throughout the news and social media. I believe there is still good in the world and that is why I try to live positively." **Katie Krizar**



"Many people live by the practices of a religion or a philosophy. This is simply mine. At the core, my practice is being a good person and doing good in the world." **Alicia Frazier**



"I want to be a resource. Be here to help. To make our students feel welcome." **Corri and Ariel Wilson**



"It's for my mom. She went through a whole lot when I was young. She raised my brother and I practically by herself, and her positivity inspires me." **Grant Hock**

ARTS & ENTERTAINMENT

THAT DRUMMER THAT DJ

Cassandra Poulin
Layout Editor

On the first Thursday night on campus, the Coordinators of Activities and Programming Events (CAPE) welcomed students back to Southern New Hampshire University (SNHU) with a bang. Welcome Back Weekend's first event, That Drummer That DJ, was a "dynamic live concept combining turntables and live drums to an explosive effect," says CAPE.

The act is comprised of two men from Glasgow, Ireland: Ryan Hassan plays the drums, with DJ Grantos on the turntables. That Drummer That DJ was currently on a tour in the United States, but recently returned to Scotland for their U.K. tour.

One might be weary of the collision between the rock-sound of the drums, and the typical DJ-genre's (pop, electronic, hip-hop). However, the crowd was surprised by the unique and energetic set, which

brought a massive crowd in the Last Chapter Pub to their feet.

"I really liked the music, and felt like the drums just added more intensity and excitement to the popular songs that the DJ was playing," commented a group of freshmen girls. "Most dances are all hip-hop, but the combination of rap, pop, oldies, rock, and techno got everyone dancing."

Most of the songs they performed were hit songs, from all decades and all genres. However, the duo also played one of their original songs from their upcoming EP, which will be released in upcoming months.

Many students asked why they call themselves That Drummer That DJ. To the students' disappointment, there was no symbolic or witty explanation. Hassan responded, "Well, I'm a drummer, and he's a DJ."

For anyone who missed this event, pray that CAPE brings That Drummer That DJ back next year.



NETFLICK OF THE WEEK: TREASURE PLANET

Tyler Leighton
Co-Editor in Chief

The word "animation" has come to be synonymous with Disney. Their work has been built up from classic hand-drawn to contemporary computer animation. They always create another beautiful world inhabited by iconic characters.

These are films to be cherished by viewing audiences for years after their release. That's why when a film doesn't live up to the overwhelmingly high standards of Disney, it can be forgotten. This is more often due to box office success than anything else.

One such forgotten film worth revisiting is "Treasure Planet". It stands up to each of these criticisms but has been forgotten by Disney as well as its viewing audience.

"Treasure Planet" was released towards the end of 2002, and disappointingly made only \$38 million of its \$140 million budget back at the American box office. This happened despite the film receiving many positive reviews.

In his review of the film

for the Washington Post, Stephen Hunter, a Pulitzer Prize-winning film critic said in an article titled "Unburied Pleasure" that, "'Treasure Planet' boasts the purest of Disney raptures: It unites the generations, rather than driving them apart" (2007). It also currently carries a 68% on the Tomatometer, a favorable score from the consensus movie and television rating site, Rotten Tomatoes.

The retelling of the classic adventure novel, by Robert

Louis Stevenson, "Treasure Planet" is set in a distant future that's reminiscent of the 18th century. High technology is combined with wooden ships which sail across the Galaxy. Jim Hawkins, a rough teenager, is always finding himself in trouble when one day, a man stumbles into his mother's inn, giving Jim a sphere that's hotly sought after, throwing into motion the adventure he's been waiting for since his childhood.

The film uses a mix of tra-

ditional hand-drawn animation blended with computer animation. The combination of styles works well with the film's mechanical settings. A fantastic moment arises when the camera focuses on what looks like a crescent moon through the window of a home on the planet, zooming closer until details make it clear it's an orbiting space station. One that's alive with movement of ships as well as wonderful background characters. The short transition makes for one of

the most memorable moments of the film.

Yes, it's an adventure film about a treasure hunt, but at its core "Treasure Planet" is about the relationship between a father and son, or father figure and son. A relationship that, aside from a montage musical choice, is handled with care.

"Treasure Planet" touches how proud a father can be of his son while still not wanting his son to surpass his own accomplishments and how sons look up to their fathers until they become disappointed by what they used to see. It's a relationship that, in different hands, could have been spoiled, but instead become the platform that the rest of the story stands on.

"Treasure Planet" wasn't given a fair chance by audiences in 2002. The infatuation with computer generated films was already peaking. No, "Treasure Planet" doesn't hold up as a classic of modern animation; but it doesn't have to. "Treasure Planet" is a fun movie that proves that children's entertainment can, and should, be able to entertain everyone. It deserves to be remembered.



ARTS & ENTERTAINMENT

POETRY IN THE PUB: KATE WIRSING



Megan Palmer
Co-Copy Editor

Member of the 2006 National Poetry Slam Championship Team and Denver representative at the Women of the World Poetry Slam, Katie Wirsing brought something to the Last Chapter Pub Stage for those who came to hear it.

On the long list of tour locations along the East Coast, far from her home in Oakland CA, and despite a smaller turn out that a woman of her literary honesty deserved, Wirsing came in like a hurricane, a whirlwind of energy and honest brutality who stated, "I believe in poetry like I believe in love."

Like love, the topics her poetry covered were far and wide: everything from love to gender and sexuality, growing up to her grandmother, from learning to accept yourself and the way you pick yourself up from the days you do not.

Pulling on stories from her own life, Wirsing managed to connect to the audience in a deeply personal way. Her portrayals of grief, joy, and growth elicited not only laughs, "Amen's!" and other vocal-

ized affirmations, but tears and somber reflection as well.

As a young woman living in a world in which shame is worn like an accessory and individuality pushed to the side, her testimony of a search for acceptance was a breath of fresh air. In a poem titled "Hope Chest," Wirsing tackles the idea of self-acceptance and self-growth.

"The first step is admitting you are." Beginning with this Descartes-ian thought, the following poem is built around the idea of the individual self. The poem then becomes half acceptance and half denial, a tango of conflicting memos that make any forward movement a struggle.

Using the rest of the poem to identify who she is, she does not end on a note of pure positivity, nor does she claim to have reached the point that she advocates for. She ends with the statement, "I imagine when you decide you are enough, peace is a feeling that finally makes sense. This last one I always say as a question, a hopeful song."

This poem, as with many others, can be found at katiawirsing.squarspace.com.

SHAKESPEARE AT THE MOVIES PART II

Tyler Leighton
Co-Editor in Chief

Walker Auditorium has been home to the Southern New Hampshire (SNHU) Film Series for the last four years when it was accidentally started by Dr. David Swain. He began by showing a series of Shakespeare adaptations as a way of extending his LIT 319 Shakespeare classroom; he called it Shakespeare at the Movies.

After the group discussion of the final film, a student walked up to Swain and asked him, "So, what movies are you playing next semester?"

Swain didn't have an answer for the student then, but that was the moment that the film series was born. Here, films could be shown in a wide variety of themes to expose students to films that they likely wouldn't otherwise see.

This being the four year anniversary, it was decided to bring the Film Series full circle by having Shakespeare at the Movies II as this semester's theme. Once again, the film series is serving as an extended classroom for LIT-319 Shakespeare with a focus on film adaptation of Shakespeare's works.

Co-organizing this edition of Shakespeare at the Movies II

with Swain are Vanessa Rocco and Colin Root.

Swain said that the goal of the film series is to "always try to show different films from different periods by known filmmakers." Which is exactly what the schedule of films reads like this semester.

The first film in the series was on Wednesday, Sept. 16, it was Gil Junger's "10 Things I Hate About You" (1999), a modern high school adaptation of "The Taming of the Shrew." It stars Heath Ledger and Joseph Gordon-Levitt in breakout roles.

The rest of the films to be screened this semester are "Chimes at Midnight" on Sept. 30. A film by Orson Wells, which

will be hosted by Jay Kosegarten. On Oct. 14, "Romeo and Juliette", by Franco Zeffirelli, hosted by Vanessa Rocco. On Oct. 28, "Much Ado About Nothing," by Joss Whedon, hosted by David Swain. On Nov. 11, "Prince of the Himalayas," by Sherwood Hu, hosted by Charles Andrews. Then, to close out the second Shakespeare film series will be "Coriolanus" on Dec. 2nd. A film by Ralph Fiennes, which will be hosted by Josh McCannon.

Each film starts at 5:30 p.m. and is open to the public. Grab some candy and a soda from the Student Center and come and enjoy Shakespeare at the Movies II with the SNHU Film Series.



BOOK REVIEW: 'ELEANOR AND PARK'

Megan Palmer
Co-Copy Editor

"Eleanor and Park" by Rainbow Rowell (2013) is a story first and foremost, about love. Taking place in Omaha, Nebraska in 1986, the story is told through the perspectives of both Eleanor and Park, sixteen year old misfits learning to love themselves in the midst of learning to love another person.

The love that forms between these two is, if anything, an accident. Their relationship starts off with distaste and somehow evolves into something far beyond that. Both characters have their share of troubles, an inability to connect and, even in cases, a resilience to avoid it at all costs.

Falling in love, as it tends to do, sneaks up on the both of them. Their story is mixed

up in home problems (domestic and child abuse), school problems (bullying), and even the problems that begin in ourselves (body image, self-confidence). But fall in love they do. Knowing that first love rarely lasts, they are still brave enough to try.

If you're looking for a concrete, black and white, happy ending, then this may not be the book for you. Eleanor and Park are flawed characters who build their relationship amongst every hardship life can throw at them. It is a testament to the truth, that sometimes, out of no fault of our own, things don't always work out the way we plan. While not necessarily happy, the ending is hopeful in the most human kind of way.

The honors and affirmations received by "Eleanor and Park" are almost as notable as

the book itself. Author John Green said Eleanor & Park "reminded me not just what it's like to be young and in love with a girl, but also what it's like to be young and in love with a book." NPR said Eleanor & Park "captures the pure, visceral thrill of a high school swoon, but it never forgets that those feelings are real and important" in naming the book to its list of the Best Books of 2013.

"Eleanor and Park" has everything you could want from a book. Love, loss, 80's pop culture that rings of nostalgia, everything. If you are a crier, be sure to have your tissues on hand; you're going to need them. Even though it takes place in the 80's and features two high school misfits, "Eleanor and Park" is a coming of age story that even the 2015 college student can find comfort and connection in.



St. Martin's Press

CREATIVE



Do you love to write? Do you want to get involved on campus? Do you want class credit?

JOIN PENMEN PRESS!

"Waiting"

Sarah Ockershausen Delp
Contributing Writer

A story about who we would love down deep, after the end of the world.

Ten years, three months, and eighteen days. She would have been fourteen tomorrow. The world is empty and I can't think of anything but the daughter I lost to a drunk driver. The daughter I killed. I am Shaneese Vanderpoole and I murdered my daughter. No not Vanderpoole anymore, not even Shaneese anymore, Shane, tell it like it is. That's who I am now, Shane. New name for a new life, alone.

The curb under my ass, yellow paint all but gone. The white crossing diagonal paint. Used to get so irritated when people would park there and just wait for their, well, whoever. Cars running with the blinkers on. Killing the world with their exhaust. Assholes. Can't just use it for loading and unloading. The asphalt, under my shoes, boots? No that's not the word, sneakers, yeah, sneakers. But I remembered asphalt? It's all cracked, tufts of stringy brown grass pushing through. I should go pull that out be-

fore the cracks get larger. The yellow hasn't stuck for the parking stalls either.

Wish the lights would come back on. Maybe I don't. They would block out the stars at night. Sometimes it's nice to lay melting in the middle of the parking lot, sucking up the heat, watching them crawl across the sky. A snake on the belly of the world.

I can remember the exact day I woke up in silence, but I can't remember how many it's been since I saw another person. A long time ago. Before the food ran out at our house, before it was all gone in the development too. Must have been within a month, so ten years, two months, and some days. That had been a long walk, from there to here. I've had so much fun getting used to sleeping in the loading dock.

I am the only one left, or this place would be empty. They said before that grocery stores and ammo shops would be the first places looted. The doors weren't even locked. The cold stock had turned over, the meat all rotten, milk spoiled. The

produce slick with rot. I cleared it all away, rolled the dumper, no dumpster, up to the dock and chucked everything in. Closed the lid and pushed it down the hill out back. I should check that, see if anything grew from the spilled veggies. Maybe they've mulched, and I can start planting.

Funny what you think of alone, other than nothing and everything. I wish I had brought my camera. There's batteries here, surprise surprise. I wish I still had the little pink digital one that I used to take all her first pictures: haircut, roll, tooth, bath, crawl, and birthday. But I burned it after she died. I was dumb. That was Shaneese Vanderpoole who was dumb, not me. I am Shane.

Who am I trying to kid? I can't outrun what I did and now I have nothing to do but eat dried goods and pasta kindly left by the God of Giant Foods. He's been kind enough to house me too. The carts lost their thrill with no one to push me around the parking lot, pretending to be the guys from JackAss. The world is Cormac McCarthy's

"The Road" and I am the father, the man, but there is no son. And I have no one. That's another thing you miss when you're alone. Not only sex, though that would be pretty awesome right now. You miss being touched, just feeling someone else's skin.

I'm just waiting for Death to come back and pick me up.

It's probably too much to ask, but it would be great if he would show up. I could be working in the back of the store, checking cans expiration dates or deciding on which sauce to use tonight. He could stroll right in, head held high, shoulders straight and broad.

His voice would be deep, a rumble like boulders on silk. He'd call softly, little hellos, searching out any human ears. I'd tremble, peeking my head around the shelves to peer at a creature I thought long extinct. Our eyes would meet, full of fear and wonder, and we'd...I'd... Probably run like a chicken right out of the loading bay.

Hopefully he would chase me, talk me into calm, and we could share names. I would tell him my name is

Shane. He would tell me that he knew, because he was looking for me. Had been for ten years, three months, and eighteen days. He'd be the one I was waiting for, since my daughter was murdered by a drunk driver.

I'd make a dinner for him, a small one, no beans. Maybe find some of the mint that grew by the road to make tea. He could light the candles, shoved in the top of empty soda bottles. We could pop a cork on the wine that somehow managed to stay drinkable, and eat slow, savoring the punch of too much pepper. Then we could sprawl on the asphalt, stomachs full, and wonder at the stars. My hand in his. Maybe even embrace, work off some of those calories. In the morning, after my affair with him, I could be reunited with my daughter, maybe.... since I've repented, started new, become someone who doesn't do what I did.

This solitary punishment must truly be hell. He never comes. The food and water and sky continue for time without end, And I am eternally alone, without Death.

CREATIVE

"James"

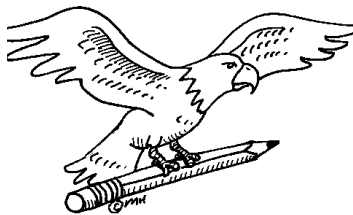
Anonymous
Contributing Writer

I know you're all wrong for me
And I know it's all lust
But the fact that you care about me
Makes that knowledge hard to trust

I've teased you all along
Not even noticing at the time
That it worked better than expected
And I might want you to be mine

No one's ever held me
Like I was worth the whole world
No kiss has ever made me feel
Like everything I know has been unfurled

I know it's wrong to want you
And you're better than my worth
But I don't regret one second
Of our walk around the Earth



discovereducation.com

"Peace"

K.W.
Contributing Writer

Once upon a time,
When the world was big and I was small,
I took to a place that I found safe.
You would be there, and I would greet you.
Hand in hand we would walk,
Through the woods, over rivers, and climb rocks.
Until we found it, the water's edge.
The mist would cover the lily pads,
And dragonflies would flee.
We would see rays of sun scatter the water.
The branches of our favorite willow would make powerful ripples.
We'd step into the water, and go to another world.
And I would wake up, wishing this dream didn't end.

"Swallowflower"
Megan Palmer
Co-Copy Editor



"My True Love"

Anonymous
Contributing Writer

Your radiant golden glow captivates me
You warm my soul.
You make winters warmer,
And you make me smile as I hold you.
I am so happy I have you
Bacon egg and cheese on a croissant.



icons8.com

"Music Box"

Megan Palmer
Co-Copy Editor

She waits in candid fifth position, arms raised and curled
as if to hold the moon and the stars in her hands.
An underwater dance enclosed in glass she lifts her pensive face to the sky.
Listening listening for the click click clicking of a mechanical prelude.
Tinkling notes begin suddenly, mid song and mid moment,
a testament to the art of instantaneous routine.

She twirls in fluid circles for no one but one someone,
nose pressed to the sphere and eyes wide in her ballet.

A grace lost in repetition in the soon pass of dreaming
but holding captive an audience growing growing with each turn.
Light resounds in plinking melodies; vanilla in the air,
and this dancer's smile falters not in her gearical dependency.

Slower

Slowing

Quieter

Quieting

A dance remembered for a lifetime,
beyond the confines of hazy childhood;
however short-lived.

"My 5 Favorite Senses"

Haley Mailloux
Contributing Writer

I love the sound of a grand piano sitting in a reclusive room covered in nothing but white walls. A stranger settles down on the bench by the instrument, begins elegantly hitting the black & white keys. I can't make out what their playing but it sounds like some difficult classical piece, whatever it is it sounds heavenly to my ears. The vibrating dingling of the piano bounces off the walls. The acoustics in the room are incredible.

I love the smell of a dusty basement filled with old collectables and antiques kept hidden for years. Grandpa had boxes of old albums tucked away in the corner, while Nana's flowery China dolls sit happily in the broken legged rocking chair. Everything's unbreakable, but fragile; not one piece has chipped. Polaroid photos from back in the day are scattered across the hard wood paneling floor. My nose breathes in the smell of rustic memories.

I love the taste of a fresh sliced watermelon on Fourth of July. As I take a bite out of the red and green fruit, my mouth explodes with a juice of sweetness. It is so yummy and delicious. The famous treat is consumed in seconds, all that is left is the long spiral of a green skin that is tossed in the trash. Soon enough another melon slice is being consumed.

The taste of a watermelon is almost cutesy, lovable, fun, and exciting, all the best adjectives that I'd describe my summer. It just tastes like the perfect summer snack.

I love the touch of a velvet blanket that wraps around someone tightly when they are cold, frigid, or scared. It feels soft and cozy against my bare skin at night when I sleep. The blanket rubs against my legs and feet when I cuddle up next to somebody I love as we watch that cute but emotional John Green movie on the couch together. I never knew how much a long, fluffy, and exaggerated piece of fabric could mean to me. The touch of it feels comforting, as I curl up with it when I hear thunder at night, or spoon with somebody I love under the covers. I feel whole.

I love to see a nice smile on somebody's face. A smile that showcases someone's teeth, a smile showcasing beautiful cheek dimples, a smile that was brought on by a laugh, a smile that had also been brought on by tears of joy. Those are some of the best smiles. I love that flirtatious smirk that is given after someone tells you the three special words, "I love you," it's a smile but a cute one that sends me nothing but chills down my spine. Seeing someone smile is a true sight to see that makes me happy.

"What Is One To Do"

Bryan Creevy
Co-Editor In Chief

Through the silence
The darkness fills the air
Though light permeates the window
The hollowness fills my insides
What is one to do
When dark is all they can turn to?
Rain falls from my skin
And gravitates to the clouds
Blackening the sky around me

And charges up
Ready to strike me down with lightning
An endless void surrounds my sight
My path has been forgotten
I'm walking on nothingness
Running away from regret
Bleeding out my thoughts
With no hope for a future
What is one to do
When they have no one to turn to?

HEALTH & WELLNESS

FIT TIPS: BODY BY WATER

Josh Manganaro
Staff Writer

Welcome the newest running column in Health and Wellness! Here, I will discuss many aspects of staying healthy with tips on how to stay fit. Consider me your personal Penmen Press Trainer. But first, let me take a moment and introduce myself.

My name is Josh Manganaro and I live ten minutes out of Boston, MA. I am a freshman here at Southern New Hampshire University (SNHU), in the degree in three business administration program.

I bet you're wondering how I'm qualified to write such a column on fitness. Well a here's little bit of my background. I am a two-time nationally qualified teen bodybuilder, and also a sponsored athlete.

I have done shows as big as The Cutler Classic, and as small as The North Shore Natural. I uphold two second

place trophies at the National Physique Committee (NPC) event alongside a first and second place in the Organization of Competitive Bodybuilders (OCB) men's physique class.

Fitness to me is a lot more than a hobby. It's a lifestyle. I am here to help in any way I can. Whether it be in the gym lifting, or in the café eating, I hope to help SNHU students stay fit.

So everyone is back to school and settled in. We all want to start the year off with some healthy habits. Maybe hit the "iron" or take a walk to Tuckerman. Those stairs, am I right?

Did you know that something as simple as a glass of water could help you live a happier, healthier life? It could possibly even help you drop that horrible Freshman 15 you have been sporting around for the past couple years.

One glass of water upon waking up not only is satisfy-

ingly quenching, but also flushes out the system and brings your metabolism up to speed.

Being a nationally known fitness competitor, one thing I know is water. Water is the single most important thing to a healthy body. I myself can drink upwards of three gallons a day—which is equivalent to 24 pounds of water. Yes, I pee a lot! For the majority of people, a good rule of thumb is 1 ounce of water to one pound of body mass.

For example, 100 pounds = 100 ounces. Roughly 70% of our adult bodies are made up of water. Nearly every food or drink we put in our bodies provides us with some water. This big beautiful earth we live in holds over 326 billion cubic miles of water.

Not to mention New Hampshire has some of the cleanest water in New England brought to SNHU by the beautiful Thirlmere Aqueduct running greatly through NH. So drink up!

Brian Gettings



Josh Manganaro working out at the Southern New Hampshire University Athletic Complex.

LIVE LIKE A PEMEN

Annie Boghigian
Health & Wellness Editor

"71% of [SNHU] students reported drinking four or fewer drinks when they party," is a statistic found in the New Hampshire Higher Education Alcohol and Other Drug Committee survey. The survey found that some people assume students drink as many as 11 or more drinks when they are at a party.

The Wellness Center has adopted that information into a social norms campaign dubbed Live Like a Penmen. The survey is given to students in NH colleges every other year. The data has found the rates between colleges are similar as well as consistent each year.

Southern New Hampshire University's (SNHU) Wellness Center Assistant Director Kayla Page uses "No one uses condoms," as an example of an over estimated high-risk behavior. Live Like a Penmen is a campaign created by the Wellness Center to show students how high-risk behaviors tend to be

over amplified. Many high-risk behaviors revolve around alcohol and sexual activity.

According to Page, humans over estimate high-risk behaviors and under estimate low-risk behaviors. The example provided by Page is meant to show how students assume their peers do not use condoms. It can seem less dangerous when "everyone" is living that way.

Another example given by Page involves ambulance visits to the school on the weekends. She believes that when students see an ambulance on campus, it leads to assumptions that SNHU is a party school because they see an ambulance on campus late at night on a weekend.

"It is very visible," said Page. She believes many high-risk behaviors are visible which makes them seem intensified and more popular among students.

Students who wish to find out more information can visit the Wellness Center in the Student Center.

#COLLEGELIFE

Annie Boghigian
Health & Wellness Editor

A new program that is run through the Wellness Center is #CollegeLife which is a counseling group designed for freshmen students who are experiencing homesickness. The club is run by Southern New Hampshire University (SNHU) counselor Michelle Harmon. Meetings will be held in Hospitality 315 on Tuesdays from 5:00 pm to 6:00 pm.

The group will be co-facilitated with Peer Advising Leaders (PALs). Harmon explains they are there to give their peer perspective and offer information on college and campus life.

Harmon explains there are two main purposes of the group. The first is to help students connect with each other and the second is to normalize what they're going through. According to Harmon, the second purpose is "to explain to students what they're experiencing is normal."

Students interested in

qnu.com



Not everyone has a pair of ruby slippers to go home.

the group are welcome to attend any meeting they desire without the fear of commitment. They can come once or multiple times. Students are encouraged to come whenever they feel they need the extra support and can stop attending at any time.

"I'm going to keep running it until there is no interest," said Michelle Harmon.

Some topics that may be discussed during the meetings are adjusting to roommates,

involvement on campus, relationships/friendships, and sadness. They will also discuss the adjustment back to home life during the holidays. Students can also look forward to possible dinner sessions where they all visit the dining center together or times when they explore campus.

Any students interested in joining can drop-in to one of the meetings or contact Michelle Harmon at m.harmon@snhu.edu.

SPORTS

FIELD HOCKEY IMPROVING

Brianne Torre
Staff Writer

After going 1-17 in their inaugural season, the Southern New Hampshire University (SNHU) Women's Field Hockey has already improved their record. In four games so far this season, the Lady Penmen are a solid 2-2 winning their first two games at home against St. Thomas Aquinas on Sept. 6 and Dowling on Sept. 7.

The opening game saw a hattrick (three goal game for one player) and an assist from 2014 All-Rookie Team Player, Amaris Taylor. Taylor had this to say about already beating last season's record and scoring the big hattrick: "We were starving for accreditation for our hard work we put in daily. Even if we lose some of the coming games, it's alright because we've improved already from last year. Honestly, the hattrick was nice, but that was the easiest part.

The team set me up where they were supposed to."

Also adding points in that game was freshmen Cassidy Huckins whose first career SNHU goal was set-up by Freshmen Lindsey Poirier. Sophomore Erin Frost and Grad Student Alanna Lovejoy also added goals to the Penmen's 6-0 victory.

In the game against Dowling, the girls only needed one goal to achieve victory. That lone goal came from sophomore Mikaela Gauvain who netted a one-timer following a great pass from Poirier.

Sophomore goal keeper Jill Piacitelli was stellar in net getting a shutout in both games and was later named NE-10 Goalie of the Week. The losses came against St. Michael's on Sept. 9 and to Stonehill on Sept. 12. Field Hockey's next home game is Wednesday, Sept. 23 on Larkin at 7 p.m. in a battle over Manchester against the rival St. Anselm College Hawks.



Jill Piacitelli NE-10 Goalkeeper of the Week

MEN'S GOLF FIRST VICTORIES

Matt Martin
Sports Editor



Golfer John Clancy

snhupenmen.com

Southern New Hampshire University (SNHU) Men's Golf started their season out with a strong victory against city rival St. Anselm's College on Friday, Sept. 4.

The team shot 200 91 strokes overall, which was enough to knock off the Hawks who finished with 300 four strokes. The Penmen were lead in match play by freshman Gavin Dugas, senior Jake Nutter, and junior John Clancy.

Dugas finished with 73 strokes or three above par. Nutter and Clancy both had 72 strokes or two above par. Dugas, Clancy, and Nutter all received honors from the NE-10 following their strong outing.

The Penmen also competed in two rounds of match play at the Le Moyne preview on the

Sept. 11-12. Once again, the Penmen shined and were the kings of the course.

In the first round on the eleventh, they finished first out of a field of 16 shooting 315 strokes. The following day in the second round, the boys bettered themselves by four strokes good enough for another first place finish with 311 strokes.

Gavin Dugas sat atop the Penmen's score card with a four-way tie for third at a two day total of 152. One stroke behind him in a tie for seventh was Jake Nutter. Sophomore Joshua LaCasse also had a notable finish for the Penmen finishing tied at fifteenth with 160 strokes over two days.

These golfing Penmen look to continue their hot streak at the two-round Division II Challenge coming up on Sept. 25 and 26 at the Quechee Club in White River Junction, VT.

WOMEN'S VOLLEYBALL SWEEPS A WIN

Matt Martin
Sports Editor

Southern New Hampshire University (SNHU) Women's Volleyball started the season with a sweeping 3-0 win in their home opener against Assumption on Tuesday, Sept. 8.

Sophomore Carolyn Scacchi had an amazing game with 10 kills, and sophomore Victoria Wehrmann finished

right behind her with 9. Last year's NE-10 Rookie Award winner, sophomore Marisa Coronis, ended her game with 4 kills.

SNHU beat out Assumption on Aces, winning that category 10-6. On Wednesday Sept. 9 the women's game on the road against Saint Anselm also ended in a sweep winning 3-0. Scacchi came in first again with 14 kills against the Hawks.

In a tournament in

Philadelphia on Sept. 11-12, the girls beat Kutztown and Philadelphia sweeping, yet again, 3-0.

Losing to NYIT in the last game, Coronis, Maeghan Higgins, Catherine Cotton, and Kathleen Schurman all held their own but the team just couldn't quite get the job done. SNHU's next home game is Friday, Sept. 25 at home against Bridgeport. Come support the Penmen in the Fieldhouse!



Senior Maeghan Higgins digs it out as her teammates look on.

snhupenmen.com

snhupenmen.com

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

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

SPORTS

MEN'S SOCCER PICKING UP

Matt Martin
Sports Editor

After back-to-back incredible seasons, the Southern New Hampshire University (SNHU) Men's Soccer Team has already started the 2015 season off with a winning streak.

The 2013 D-II National Champs have outscored opponents eight to one in three games so far.

Chestnut Hill paid the Penmen a visit on Larkin Field Sunday, Sept. 6 for the home and season opener for SNHU. SNHU Grad Student Sofiane Tergou had a goal and later set up Senior Dominic Samuel for a goal. Tergou got the assist.

Also getting on the scoreboard was Senior Jonathan Lupinelli with an assist to goal scoring Junior Michael Rowley.

Goalie Nick Zucco recorded a shut out for SNHU. The final score there was SNHU: 3 Chestnut Hill: 0.

In their second game on Sept. 9, Zucco recorded another shutout against Post.

This time he got offensive support from Grad Student Rayane Boukemka, who scored



Sebastian Stezewski scores against Post on September 9.

SNHU's first goal of the game, and Rowley set up Senior Sebastian Stezewski for SNHU's second goal. SNHU would win two to nothing.

Dominican University came to visit on Sept. 12 and the Penmen improved to three wins and no losses with a 3-1 victory over the Chargers. Dominican's only goal came from James Gragson.

The Penmen got plenty of offense once again. Sophomore

Enzo Giuliani led the way with two goals and an assist in the game.

Stezewski also scored for the Penmen and had an assist on Giuliani's second goal. Lupinelli and Tergou had assists as well.

After a short road trip coming up Sept. 19-23, the Penmen return home to face American International on Larkin Field at 7 p.m. on Saturday, Sept. 26. Come out and cheer them on!

WOMEN'S SOCCER RALLIES



Left to Right: Ali Walter, Nerida Montrond, Alena Woodcock and Sydney Crema

Brianne Torre
Staff Writer

Southern New Hampshire University (SNHU) Women's soccer opened up their season on Friday, Sept. 4 with a double overtime thrilling victory over Cladwell. After going down

1-0 early, the Penmen rallied together and came out on top in the end.

SNHU's first goal was an unassisted score by senior Gabby Cappello in the fifty-first minute. That was it for the scoring until the one-hundred eighth minute when Cappello

set-up sophomore Trisha Luis for the game winning goal.

In the second game on Sept. 9 against Post, the Penmen won by a score of 2-1. Freshmen Jenna Fitzgerald assisted the first career goal of freshman Nerida Montrond in the thirty-seventh minute. Then in the fifty-fourth minute, sophomore Sydney Crema set-up junior Olivia Parsons for SNHU's second goal.

Sophomore goalie Paige Salmon was in net and got the win in the first game and junior Autumn Scanlon made the saves to get the win in the second game.

The Penmen did lose a tough double overtime game against Saint Rose on Saturday Sept. 12. The final score there was 1-0.

SNHU Women's Soccer will be in action again at home on Saturday, Sept. 26 at 1 p.m. when they take on the Greyhounds of Assumption College.

NACHO LEADS MEN'S CROSS COUNTRY TEAM OFF TO A HOT START

Matt Martin
Sports Editor

The men's cross country team traveled across the Queen City to St. Anselm's College on Saturday, Sept. 5 to run in the Shacklette Invitational for their first meet of the year.

Out of eight teams, the male Penmen runners finished second. The average individual time was 27:06.00 and the team's total time was 2:15:30.00; only seven seconds behind the first place finishing rival, Stonehill College. Three out of the eight Penmen on the team placed in the top 10 individually.

Pepperell, MA native and SNHU sophomore, Tyler McLaren finished tenth with a time of 27:09. Andrew Tuttle, a sophomore from Alton, NH, finished eighth with a time of 27:06. And leading the way, coming in first overall with a time of 26:18 was Spain born Southern New Hampshire University (SNHU) junior Nacho Hernando-Angulo.

After his stellar performance at the meet, Hernando-Angulo was named Northeast 10 (NE-10) cross country athlete of the week. He had this to say about his team's performance and his accolade he received:

"The meet was definitely a great start to the season. We do have a lot of hard work and suffering a head of us though. As for me, it was great to place first and I was truly surprised, but honored to be athlete of the week and to share that with my coaches and team was awesome.

"I'm looking forward to continue improving with my team as the season moves forward."

He then added his personal motivational quote, "No es locura...es pasion," which is Spanish for, "It's not craziness...it's passion."

The Men's Cross Country team has plenty of more meets coming up. Be sure to cheer them on as they meet many NE-10 teams on Saturday, Sept. 26 at Saint Michael's College for the NE-10 preview meet.



Hernando-Angulo pictured with his first place plaque