

THE PENMEN PRESS

Volume XXII, Issue 2

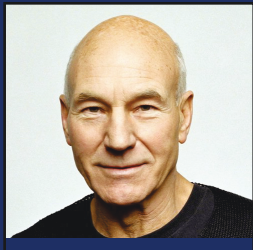
October 7, 2015

penmenpress@snhu.edu

Manchester, NH



October 7:
Bald and Free Day



allwomenstalk.com

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PRESIDENTIAL CANDIDATES COMING TO MANCHESTER

Nicole Clark
Staff Writer

The No Labels Problem Solving Convention (NLPSC) will be held on Oct. 12 at the Radisson Hotel in Manchester, New Hampshire to discuss the creation of new jobs, balancing the budget, and securing Medicare and Social Security. The convention is the the NLPSC's first gathering which will start at 8 a.m. and be hosted by Jon Huntsman and Joe Lieberman.

No Labels is an organization that wants the government to overcome the political ideologies they align with and this event gives the public an opportunity to become informed voters. Congressmen and senators from both the Republican and the Democratic party will be attending this convention to talk about how we can have the whole country work together no mat-



ter what label we give ourselves.

Featured 2016 presidential candidates will include Governor Chris Christie, Senator Lind-

sey Graham, Governor John Kasich, Governor Martin O'Malley, Governor George Pataki, Senator Bernie Sanders, Donald

Trump, and Senator Jim Webb.

There will also be a national college summit opportunity at the Radisson Hotel offered for students on Oct.11 at 2 p.m. These students will be doing hands on discussions with staff members from No Labels and will have their time to voice their own opinions.

No Labels hopes to create better leaders and problem solvers through the No Labels process. Students will be able to engage with lawmakers to identify key goals in the nation's common interest, commit to achieving a manageable number of those goals, and then negotiate the policies that will deliver on goals.

Any questions can be directed to contact Jennifer Aaronson, a NH State Coordinator. Her office number is (603)-518-7332 and her cell phone number is (818)-519-5196. Tickets at the door will be \$12.

TARDIES SKYROCKET: UNEXPECTED CLOSING OF COMMUTER LOT

Megan Danis
Staff Writer

The commuter lot next to the athletic complex was closed to commuters on the rainy morning of Sept. 30. It came to the attention of several students and faculty as commuters trickled in between five to twenty minutes late to their classes, depending on where they found available parking.

It was an especially rainy day and the lot was closed for a community fair. This fair is held for local business from Manchester and other nearby towns. Commuters were not happy about this as evidenced by groans and furious "I'm sorry's" to teachers in first period classes.

When public safety was asked if commuters were noti-

fied about this change in parking availability, they were unavailable for comment; Captain Roger St. Onge out of office

Junior commuter Lauriane Lebrun commented, "I did not receive a notice the parking lot would be closed. Commuters should be given a notice if parking will be closed."

Senior, Melanie Friesse, though having managed to avoid parking struggles, did state, "I was not notified. I think this shows a neglect for the commuter community."

It is clear that commuting students expect a notification if reduction of parking will occur as the Robert Frost parking lot is no longer available. Though the community fair was posted as an event on the club event wall, there was no other given notice.



Tyler Leighton

Empty parking lot; a true rarity on campus.

EDITORIAL

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

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!

LETTER FROM THE EDITORS

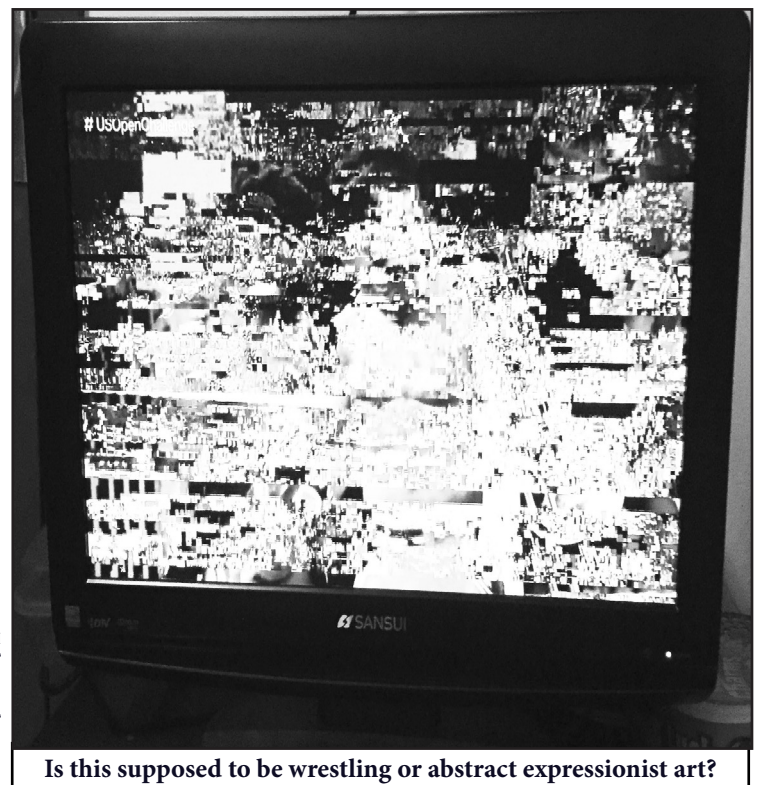
Tyler Leighton & Bryan Creevy
Editors in Chief

A TV that works! It seems like a simple task in this technological age. Having dorm rooms that are able to get a consistent cable signal. Over the past two weeks, that's been proven otherwise by Southern New Hampshire University (SNHU).

In said past two weeks, several televisions in the Upper Suites have been experiencing low signal strength making televisions nothing more than blank screens that occasionally flare to life with one or two unintelligible words before returning to nothing. (No reason for the low signal has been given and a solution seems unlikely.)

But if your television can even receive a signal, you're already doing better than many students on campus. If the cable outlet in your dorm is suppressed into the wall, good luck asking for a work order to have it fixed. (Shouldn't that have been done over the summer?) It routinely takes over a week for an answer to come and often the problem isn't solved by the time the men and women leave, causing the process to start all over again.

Then, if you give up watching television in your own room, there's a strong chance that you can't in your common room ei-



Tyler Leighton

Is this supposed to be wrestling or abstract expressionist art?

ther. Winnisquam 1's television is currently producing a headache inducing amount of fuzz. This is because after the Manchester power outage, a channel search was needed on the television in order to watch shows. This is a simple process, if you have a remote, which most dorms lack.

It's as if whoever outfitted these dorms thought that having a television remote up for grabs in the common room would turn all of these 18 year old and up college students rabid. They think of us as if we were part of a profoundly boring after school special about

sharing. We can't be trusted, the fabric our psyches is already so thin that if a single remote was thrown into the mix, they would descend into a hunger games style tournament for ultimate power.

That's why many students on campus are using their cable hookups as decorations. They serve no purpose anymore. To watch anything at SNHU you are required to have a ROKU box, an Amazon Fire HD, or a gaming console with an account on Netflix or Hulu.

Cable is dead and this campus has killed it. Thanks for making me pirate "Game of Thrones."

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

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for more information!

NEWS

PENMEN FOR PATRIOTS

Alexis Emerson
Staff Writer

On Saturday, Nov. 14 at 10:30 a.m. The Student Veterans of American (SVA) chapter at Southern New Hampshire (SNHU) is hosting the Penman for Patriots 5K as part of their Veterans Week celebrations.

This race is historic to SNHU as it will be the first USA Track & Field certified 5K held on campus.

Registration will be open up to race day, with a \$20 entrance fee for SNHU students, military personnel, and veterans and \$25 fee for the public. Registration can be done online until Nov. 11 at www.snhu.edu/patriots5k, but registering before Oct. 16 will also get you a long-sleeve t-shirt.

All proceeds benefit Veterans Count, an organization that provides financial assistance and services to veterans, service members, and their families.

This is an organization highly praised by sophomore student Veteran Corriena Carkhuff. "Veterans Count is a highly regarded nonprofit that really helps out veterans, and their families. Last summer they even helped out a couple SNHU Veterans who needed some assistance, so their help is seen locally."

The race will be professionally timed by Millennium Running, and there will be cash prizes for top male and female finishers. Along with bookstore cards for top male and female SNHU student finishers.

The race will take two laps around the SNHU campus, starting in front of the Student Center, then heading down behind the upper suites. Cutting through the Washington parking lot, it will continue down behind the east side buildings, and reenter the west side of campus at the main entrance and then continue another lap around.

There will be post-race refreshments provided by Coca-Cola Bottling Company and Sodexo, as well as sandwiches provided by USA Subs.

Not a competitive runner? That isn't a problem! As stated by The Coordinator of Veteran Support Services Michael McGandy, "Whether you are a beginner and just want to walk it, or a competitor, it is open to everyone."

As a concluding event to Veteran's Week hosted by the SVA. SNHU students of all running experience levels are encouraged by SVA to sign up for, and participate in The Penmen for Patriots 5K.

CAREER EXPO GIVES STUDENTS JOB OPPORTUNITIES

Annie Boghigian
Staff Writer

Students will have the opportunity to meet over a hundred businesses at this year's Career Expo. The businesses will be housed in the Athletics Field House from 2-5 p.m. on Oct. 7.

Businesses such as BAE Systems, Blackbaud, and Wal-Mart will be at the event for students.

Students can see a list of businesses who will be at the event by going to SNHU Recruit within the Career Development Center tab on students' SNHU webpage.

Associate Director of the Career Development Center Jessica Erb has advice for students considering the Career Expo.

To seniors, Erb urges them to attend the Career Expo.

"Employers are hiring now for Dec. and May graduates. Don't miss out on fall



recruiting cycles," said Erb.

Junior Alyssa Steeves is excited to attend the Career Expo. "It's a great opportunity to network and meet possible employers. I'm

looking forward to it," said Steeves.

Students who are looking for more information can contact the Career Development Center.

CUP OF LOVE AND BAKERY

Laurelann Easton
Staff Writer

The Hospitality building has a new perk for coffee lovers: the Cup of Love Café and Bakery. The Cup of Love officially opened Sept. 14, and holds regular hours Monday through Friday, 7 a.m. to 3:30 p.m. For culinary students needing a quick fix before heading to classes that start at seven in the morning, the café is open a little earlier to provide for them.

Residing just within the Quill Restaurant, the café provides coffee from Manchester's own Java Tree Gourmet Coffee. This includes a French dark roast and decaffeinated coffee. To satisfy students' pumpkin-cravings this fall, a specialty pumpkin roast coffee is available as well.

These roasts are available in a single size, hot or iced, for one dollar, and the same



is true for simply getting a mug filled. Espresso is also available for those looking for an extra kick to their coffee! The café's sugar station also provides shakers full of cinnamon and chocolate powder to add some spice or sweet-

ness to your cup of joe, or mix them together for the unique flavor of a Vienna mocha.

Cup of Love also provides a unique variety of bakery items that never cost more than two dollars, with a menu that includes an entire banana cream pie, Danishes, scones, peach jam or apple pie butter, and various types of muffins and large cookies.

Many of these items are available for a dollar, and even an entire pie is just two dollars. To enjoy these items, the café accepts payment in the form of cash, Penman Cash (not the student meal plan), and debit or credit cards.

According to freshman culinary student Vanessa Gomes, the Cup of Love Café is looking forward to having seasonal flavors of coffee and bakery items in the future, such as a gingerbread-flavored coffee when winter comes around.



Members of the SVA at the annual SVA conference.

NEWS

TAKE BACK THE NIGHT

Rebecca Plunkett
Staff Writer

The Student Activists for Gender Equality (SAGE) sponsored the Take Back The Night event on Monday, Sept. 21.

The purpose of this event was to promote peace and end violence on all college campuses.

Starting around the 1970's, college campuses wanted to make women feel safe. Rape is known to be a silent crime. One in four women will be victims of rape or attempted of rape on a college campus.

This event featured speeches by many Southern New Hampshire University (SNHU) students who wanted to share their stories, the struggles, and more than anything, their support.

Walking around campus, this even proved the SNHU community to be stronger together than they are apart.

Speaking to one of the members in the organization SAGE, Brittany Stanek, voiced her opinion about

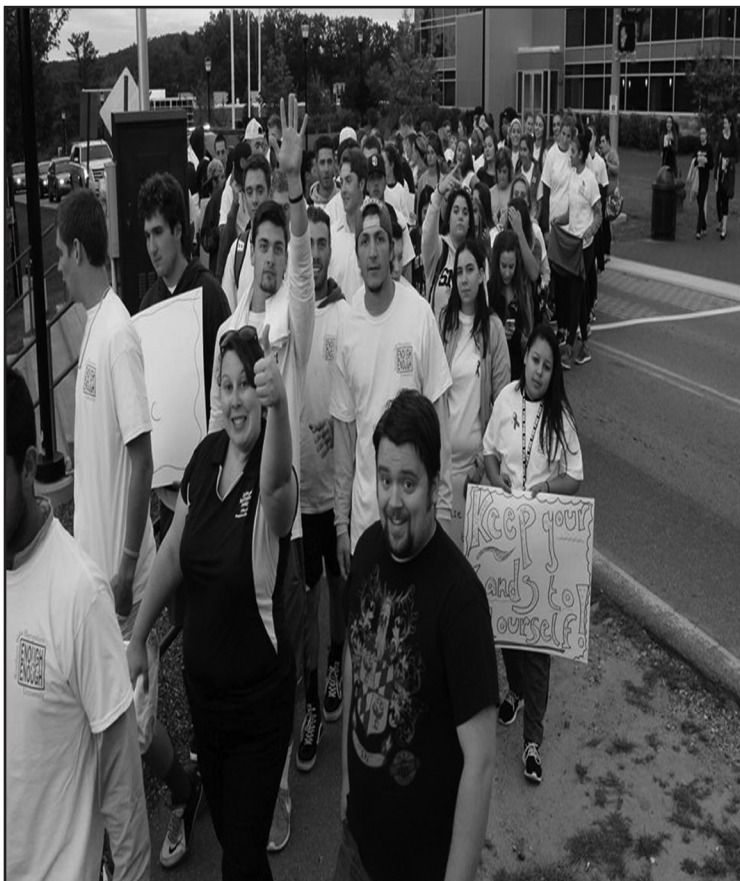
the event. According to Brittany, the true purpose of the event was to empower women to feel safe at night as they walk alone.

She wants women to have a voice and to create a chain reaction with other college students about speaking out against rape on campuses.

She also states that many college campuses do not know how to deal with rape and equal rights amongst the two sexes. Brittany was very glad to see that the event included a diverse and dedicated group of attendees.

Halie Osgood, senior and President of SAGE made a speech about violence at college campuses. She stated that, "We stand together refusing to be silent...Live without fear of violence...Empower those who have survived."

Overall, the event was very moving and touched many people's hearts and everyone stood together against violence at not only SNHU, but other college campuses around the world.



A group of Southern New Hampshire faculty and students mid-walk during Take Back the Night.

THE HUNTING GROUND

Alex DelGreco
Staff Writer

The Wellness Center & Women's Center brought a special presentation of "The Hunting Ground" to the Walker Auditorium on Thursday Sept. 24.

"The Hunting Ground" is a startling exposé of sexual assault on American college campuses, institutional cover-ups, and the brutal social toll on victims and their families.

After the movie, Brooke Gilmore, director of the Women's Center, led a panel that included Associate Dean of Students, Marlon Nabors and Director of Community Standards, Jay Tifone articu-

lating their reactions to the film and addressing questions that were directed towards the subject of sexual assault.

Gilmore stated, "When I first watched this last spring, I came away thinking how grateful I felt to work at a university of this size and how student centered it is."

"I think we both take a very survivor-focus to the work," Tifone added. "We keep our survivors in mind when we're trying to advocate for them."

During panel, Marlon Nabors said that it was tough to articulate a reaction to such a powerful film. "This issue is pretty close to my heart," said Nabors. "I have a big sense of frustration that colleagues at

colleges and universities don't feel as strongly about this as I do."

To help contribute the conversation or report your experience with sexual assault, please talk to any staff member in Residence Life and Public Safety.

If you wish to talk about your assault in a safe and confidential setting, please report to the Wellness Center and The Women's Center, located in the Robert A. Freese Student Center.

"Rape culture is pervasive everywhere," said Brooke Gilmore. "We should be talking about it here. We should be contributing to conversations larger than here."



REDEFINING GIVING

Ceilene Mitchell
Staff Writer

Southern New Hampshire University (SNHU) is redefining giving. For many years, the university controlled a calling program; current students would call alumni and parents in efforts to stay connected to the school, build relationships, and receive scholarship dollars. However, this year is different.

SNHU's new outlook is to engage and connect in meaningful ways. The goal is to get as many alumni engaged with the school as possible.

It means more than just scholarship dollars; people who have received something from this university in any way, want to give back with more personal and meaningful gifts. Some of these include internships, men-

toring, speaking in on a class, career tips, or even just reviewing a resume.

Although scholarship dollars are very important and still being accepted, the university wants to put a bigger focus on providing an internship or even a job.

This newly changed program is called the SNHU Community Calling Program. Dedicated student workers reach out to alum and make these connections, simultaneously strengthening our relationships.

The exciting thing is, SNHU is the first university to shift gears like this and alumni are more than ready and prepared to support the university. It's all about giving back and giving in a way that makes sense. Having over 64,000 alumni, there are so many different ways and op-

portunities for students to benefit; not just now, but forever.

Audrey Bourque, Director of Advancement Communications said, "Our university is innovative and fast paced. We have a growing population of alum on campus and online. It just doesn't make sense to only give money. We want to get more personal, have deeper relationships and be more involved."

The university is providing many ways for alumni to stay engaged. Due to the large online population, there are now opportunities to virtually communicate with members at a distance.

With all this in mind, SNHU has redefined giving. Alumni and students alike are all excited to see what good things this new program will bring.



ARTS & ENTERTAINMENT

BEATLES ROCK THE PUB

Gabriel Carrio
Staff Writer

The British Invasion returned to America in the Southern New Hampshire University (SNHU) Last Chapter Pub on Sept. 19. Studio Two, a New England band dedicated to paying tribute to The Beatles, performed a two and a half hour show to SNHU students.

The band performed songs spanning from the beginning to the end of The Beatles' career, such as "I Wanna Hold Your Hand," "Love Me Do," "Paperback Writer," and even covers of Buddy Holly and Elton John songs.

In character, the band members performed for the audience, made up of about 60 attendees, as John Lennon, Paul McCartney, George Harrison, and Ringo Starr. Dressed in authentic Beatles' attire, and emulating the band's onstage dialogue,

Studio Two gave a convincing performance for the crowd.

Around 11 p.m., when the show was supposed to come to a close, Lennon (portrayed by member Stephen Murray) informed the audience that five songs remained on the set list, and asked for their approval to continue playing. He was met with cheers and applause, and the show went on for another half hour.

After the show's closing, the band members stuck around on stage, and members of the audience went up and asked questions. The band handed out business cards, and sold Studio Two wristbands.

Haley Mailloux, the planner behind the event and Weekend Chair for Coordinators of Activities and Programming Events (CAPE), was also in attendance. When asked about her reasons for bringing the band to campus, she said, "I wanted to

bring something different to campus, something more diverse. I was told a tribute band had never played on campus ever, and I've always been a Beatles fan, so I knew I had to showcase their talent at a campus event."

On a follow-up question as to how she discovered Studio Two, she answered, "My brother actually told me about them. I researched more about them and found their website and booking info. I contacted the manager right away, and the band was stoked because they had never played on a college campus before," something Al Francis (portraying Paul McCartney) can also attest to.

The band stuck around until the pub closed, leaving people in good spirits after a great show. For more information on Studio Two, and to get in contact with them for booking or information, visit www.studiotwotributeband.com.

NETFLICK: DANGER 5



Dinosaur/Hedone Productions

Tyler Leighton
Arts & Entertainment Editor

Right at this moment, *Danger 5* lies hidden deep in Netflix, and is the perfect comedy series. It is an Australian show that never would have made its way to the United States without the streaming service. The show more than stands up to anything currently playing on the American airwaves.

The show takes place in an alternate version of World War II. It follows the members of *Danger 5*, a group of five international spies who are on a series of missions to kill Adolf Hitler.

Hitler's plans range from stealing national monuments to assemble them into a massive recreation of himself to the much more reasonable plot where Hitler and a Nazi aligned Atlantis work together to create a massive Nazi robot which he pilots himself, of course.

The series is charming on multiple standpoints. The most apparent being the ri-

diculous nature of every single episode and the intentionally low budget means that were used to carry them out. Effect shots use obvious miniatures, and many of Hitler's massive super weapons are men in suits. My favorite is Tank Demon, a hundred story tall Nazi, with a tiger head, and tank for a chest.

There's rarely a moment in an episode of *Danger 5* that is meant to feel genuine, which only adds to the comedy.

The acting is so over the top that the show is overflowing with ridiculous situations that actually make the main cast endearing.

This isn't a show that sets out to be intentionally bad. *Danger 5* is what happens when you put a lot of incredibly smart and creative people in a room and tell them to make a television show with almost no budget.

They embrace everything that they are: ridiculous, over the top, and stupid, among so many more things. But most of all, *Danger 5* is entertaining.

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Logan McCarthy

ARTS & ENTERTAINMENT

"THE VISIT" REVIEW

Addison Thyng
Staff Writer

Ask any movie fan on the street and it is likely they'll know the name M. Night Shyamalan. His directorial record if infamous in the film industry, starts with great films like "The Sixth Sense" and then slowly drifts into obscurity and mediocrity, with attempts like "The Village," "The Happening," and his hysterically bad adaptation "The Last Airbender."

After Shyamalan's last failure "After Earth" did very poorly at the box office, no studio was willing to give him the

funds for his next movie. Thus, with his own production company Blinding Edge Pictures and some help from Blumhouse Productions, famous for the "Paranormal Activity" series, he set out to make his own indie style horror film with just a mere \$5 million budget. The result: "The Visit."

"The Visit" revolves around a brother and sister staying with their grandparents for one week, with the only rule being that bedtime is at 9:30 p.m. When they hear and see strange things happening outside their room in the middle of the night, they start to think that something

may be wrong with their grandma and pop-pop.

Anything beyond this would lead to spoilers and ruin the suspense building, which is one of the films best factors. Shot in the "home-movie style" of filming, "The Visit" is presented as a comedic horror film, with both some real scares and laughs. While it did make me chuckle a bit, there was no point where I was truly scared. The exception being one or two jump scares that did catch me off guard.

Even with the laughs presented, I laughed more because of their obscurity and not because the jokes were exception-

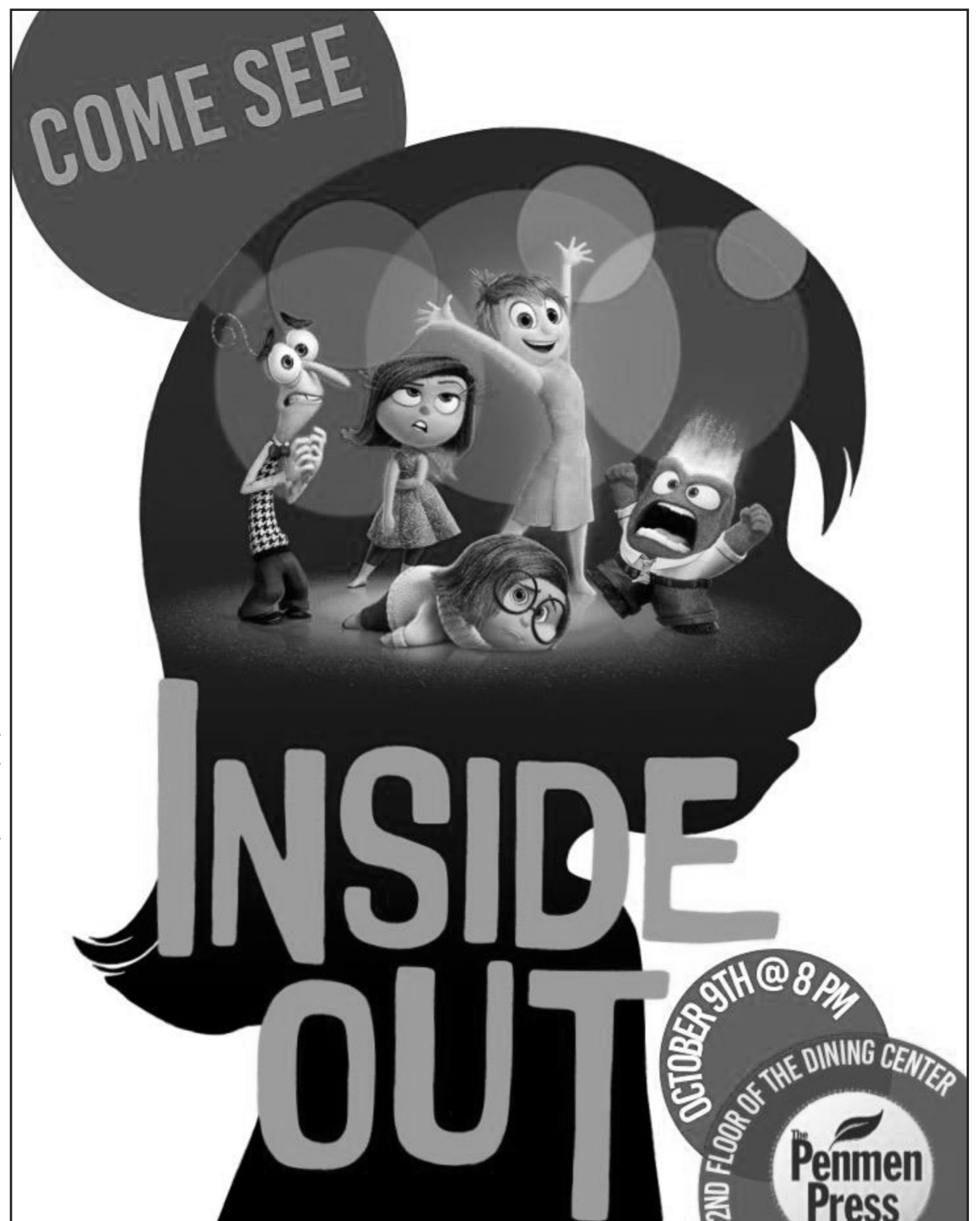
ally funny. So while it doesn't completely succeed on either the horror or the comedy, it did do one aspect exceptionally well: it created tension. The feeling of not knowing what was to come and what was up with the grandparents was interesting to watch.

Seeing the events of both day and night continued adding to the mystery. It kept building and building until the famous "Shyamalan Twist." For the not so avid moviegoers, this is the point in every Shyamalan movie where a big twist is revealed. While the twist wasn't bad per say, once it was revealed, I instantly predicted the rest of the

movie. In the end though, this is the only noticeable negative aspect of the film.

While "The Visit" may not completely scare you or even make you laugh, it is worth seeing for both the mystery and the suspense it builds until the big "whoa" moment. While it is not on the level of Shyamalan's greatest movies, it is far better than his recent ones.

If you're looking for a film to give you a few jump scares, some chuckles, and great build up and suspense, then "The Visit" will surely deliver; just don't expect the quality to make you jump out of your seat.



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MEET SGA

JESS GALLANT

From: Bristol, CT
Year in School: Junior
Been in SGA: 2 years
Been on e-board: 1st year

Joined SGA because: I joined SGA because I really got to see what they did around campus and how invested they were in the student body's voices. Former president, and my former roommate John Wescott

really inspired me to join because of his passion for the organization, I hoped to gain as much love for it as he did, and I have!

What you wish to do this year: This year I wish to continue the amazing work that Community Development has done in the past. I want to amplify our major events to not only make

them SNHU traditions, but to make them worthwhile traditions. I want our major events to be a place of unity for everyone on campus to feel comfortable and welcomed as a member of the community.

Words to SNHU: Every accomplishment starts with the decision to try. Be the change you want to see around campus!



Logan McCarthy

From: Gorham, NH
Year in School: Sophomore
Been in SGA: 2 years
Been on the e-board: 1st year

Joined SGA because: I joined SGA because I loved being involved with student council in high school and enjoyed all the work and responsibilities that came with it. So after talk-

ZACHARY HOST

ing to my Summer Orientation Leader, Caroline Fleming, I was convinced to join and it stands as one of the best decisions I made.

What you wish to do this year: This year I want to expand the suggestions committees and make it bigger so all students' voices can be heard. We will be launching a social media cam-

paign and finding new ways to take in as many suggestions as possible from the students.

Words to SNHU: The work you do here on campus is worth all the stress and pain you put yourself through. This campus is greater because of you and in the end the interactions we have with our friends and peers will last a lifetime.



Logan McCarthy

SARAH LAWTON

From: Dartmouth, MA
Year in School: Junior
Been in SGA: 3 years
Been on the e-board: 1st year

Joined SGA because: I was in Student Council through my entire high school career, and knew that it was something I wanted to continue doing through college- which of

course three years later, I can say, has been a great decision!

What you wish to do this year: This year, me and my committee are looking to increase the number of Penmen Pride Points that students earned last fall, which over 18,000. We'll be keeping track of our progress, so keep posted on our Facebook.

Words to SNHU: Get in-

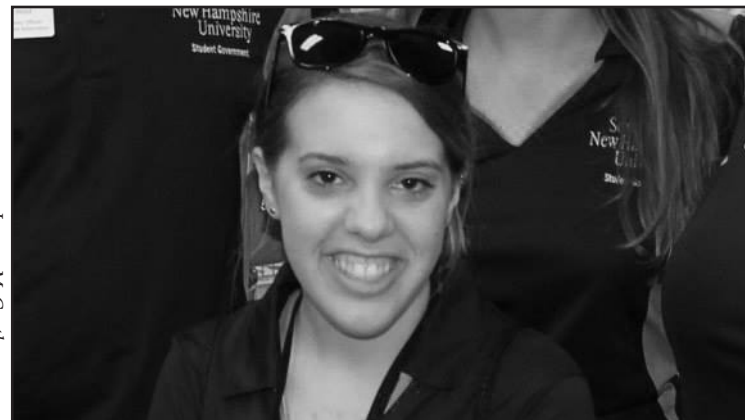
involved with our elections, and events because SGA is really not "our" (as in the 30 of our members) organization, but really OUR (as in the entire campus community) organization. Even though we are the "voice" of the student body, we need to hear your voices first to be able to make changes on our campus.



Deanna Dube

From: Manchester, NH
Year in School: Sophomore
Been in SGA: 2 years
Been on the e-board: 1st year

Joined SGA because: I decided to dive right into the involvement game in college. At the Involvement Fair, the Student Government Association stood out to me. Their table



Logan McCarthy

DEE DUBE

and their members looked so put together and professional, but the people tabling were laughing together and acting like a family. I knew immediately that I wanted to be a part of that group.

What you wish to do this year: I've recently taken over the Chief Financial Officer position in the Student Govern-

ment Association, and my goals this year include making the processes of requesting money from the Budget and Finance Committee more streamlined and understandable as well as making my committee members feel like knowledgeable and professional family.

Words to SNHU: Say yes. Figure out the details later.

CAROLINE FLEMING

From: Derry, NH
Year in School: Senior
Been in SGA: 3 years
Been on the e-board: 2 years

Joined SGA because: As a commuter, I planned on just coming for classes and going home. Then I met Molly Bower, my Orientation Leader at the time, who encouraged me to take

full advantage of the opportunities offered at SNHU. After hearing about my involvement in high school, she introduced me to the advisor of the Student Government at the time - and from there it is history!

What you wish to do this year: My wish for the organization is that we will take it to a whole,

new level! I would personally like to see, and plan on implementing more outreach within the SNHU community (more community service, Penmen Pride events, Co-Sponsorships, etc.).

Words to SNHU: We all have the ability to do great things in this world. You just have to believe in yourself.



Caroline Fleming

HEALTH & WELLNESS

FIT TIPS: CARDIO PROS AND CONS

Josh Manganaro
Staff Writer

In the world of weights, there are two types of basic workouts: anaerobic and aerobic. Anaerobic and aerobic refer to the presence and absence of oxygen in the body. Anaerobic, or non-oxygen conditions, is classified as high-intensity exercise like weight lifting. Aerobic differs from anaerobic because it is exercise with adequate oxygen such as cardio.

Cardio is something that may be abused by people looking to lose weight. Cardio helps burn fat and can make you drop a few pants sizes. However, cardio does not only burn fat. It also burns muscle. Muscle is vital to maintain a lean body. When a body has more muscle, it also speeds up your metabolism and aids in putting that sugar to use. It is therefore helping to maintain a healthy weight or speeding up the process of weight loss.

Some may try to conquer weight loss, and be unsuccessful. This may not be because of a lack in commitment but due to a lack of a healthy balance of both anaerobic and aerobic exercises. In trying to lose weight,

Life Fitness



people can also look towards weight lifting.

Implementing both cardio and weight lifting into your workout regimen will speed up the process of burning fat. Experts recommend a maximum of three days of cardio per week along with two or three days of weight lifting. Unless you are running a marathon, do not torture yourself and your heart.

Any personal goal is possible if you are willing to put the time in. With the right training schedule and supplementation of healthier food, there is no limit to what you are capable of.

Bellabeat

FITBIT VERSUS BELLABEAT

Annie Boghigian
Health & Wellness Editor

Fitbit and Bellabeat are products that are similar in nature: they both track aspects of the wearer's daily life.

"Fitbit tracks every part of your day-including activity, exercise, food, weight and sleep-to help you find your fit, stay motivated, and see how small steps make a big impact," said the Fitbit company on their website.

They are able to track basic physical activities such as steps, miles, and stairs climbed per day. Wearers are also able to see their sleep quality and different sleep patterns. They can be woken up every morning with a silent, vibrating alarm if they choose.

Fitbits are bracelets that Southern New Hampshire University students have been seen wearing. Junior Samantha Dembitzky loves her Fitbit. "At first I never thought I was never

going to wear it but now I do." According to Bellabeat's official website, the product is a "health tracker for your body and mind." It has the ability to help wearers with breathing exercises and track sleep patterns and exercise. The Bellabeat is targeted towards woman with the additional feature of tracking their monthly cycles.

The product comes in the shape of a leaf and has the ability to be worn as a bracelet, necklace, or pin on clothing.



PERSONAL TRAINING GETS PERSONAL AT SNHU

Megan Danis
Staff Writer

The personal training program at Southern New Hampshire University (SNHU) is currently available for students who are looking to accomplish long term physical health goals. The Semester Penman Package costs \$320. It includes two sessions a week for an entire semester, which averages out to be \$10 per session.

The program includes an assessment of a body composition, skills testing, and a consultation. The program also holds an orientation and workout program introduction. Several students are excited about the program.

Sophomore Mikaela Gauvain likes the idea of personal train-

ing. "I think that if more awareness for the program was raised that students would definitely utilize it and they would gain more insight into what exercises can benefit them most and how to exercise and keep fit in a health way," said Gauvain.

"I think there are a lot of people on campus that don't play sports that try to work out consistently, but have a tough time finding the right routine to do everything they should be doing. Having a personal training program can help them really find out what works well for them," said sophomore Dan Martel.

Students can request more information on personal training at recreation@snhu.edu.

Kayla Durant
Staff Writer

Although public toilets are blanketed with germs and who knows what else, recent studies suggest that the chances of actually contracting sexually transmitted diseases (STDs) or other contagious diseases from the public toilet is highly unlikely.

Unless there is an open wound or cut, there is typically no reason to worry about getting an infection from a toilet seat. According to Amy Solomon's article "Can You Catch Germs from a Public Toilet Seat?" society can rest easy tonight because (STDs) do not live long outside the human body which decreases the likelihood of contracting anything from the toilet.

DORM ROOM GERMS

In fact, unless the toilet seat is "visibly dirty," go ahead and sit down, says Karen Estabrook, a nurse practitioner in the Southern New Hampshire University (SNHU) Wellness Center.

Estabrook explains that pee is sterile so even if toilet seat liners are available, they are useless because of the slim chances of catching anything from the toilet seat. The most someone could contract from a public toilet would be norovirus, the cold or the flu.

Here at SNHU students can eliminate the chance of getting the flu by going to the flu shot clinic on Oct. 22 for \$15. While living on campus in such close proximity to other students it is much better to

be safe than sorry.

The most effective way to avoid getting sick or picking up unwanted germs is to wash your hands for "at least a minute. Long enough to sing 'Happy Birthday' to yourself twice," Estabrook advises.

Shockingly, the toilet seat is not what college students should fret over. As reported by Simmons College Center for Hygiene and Health in Home and Community's "Report on Dorm Study," shared shower floors are the most contaminated area in the dorm.

They have almost 40 times the amount of germs and bacteria found on a public toilet seat. To avoid contact with such germs, it is advised to wear sandals in communal showers.

OPINION

THE PORCELAIN PRESSURE

Tyler Leighton
Co-editor in Chief

As a man, there's something rewarding about walking into a bathroom, standing upright, and taking a whizz. As a form of simple meditation there's no equal, which is why it's so frustrating when your zen bathroom state is disrupted with cries about putting the seat back down.

As a man, it's insulting to hear. "Put the seat down." Why is that my responsibility? I felt that my duty as a man was to lift the seat up so as to not cover it with enough urine to make R Kelly cringe.

Which merits a side note to men: If you take a piss, LIFT THE SEAT. And if for some reason you're steadfast in your refusal to do so, at least try to focus on what you're doing. The amount of urine covering every men's room in this school is a disgrace to the university and our gender as a whole. Thank God that women aren't allowed to see our secret shame.

And a side note to women: I realize that you may not under-

stand how difficult it is for a man to pee in a toilet. So here's a way to put yourself in our shoes. Go outside and stick your garden house between your legs and aim for a bucket that's about a foot away. Now imagine you're two hundred pounds heavier and have given up at living a meaningful life. Aiming is much harder than you thought, isn't it!

In this world of equality and social justice why are men asked to both lift and put down the toilet seat? Couldn't women put the seat down? And if your argument is that, "What if I fall in?" Then you honestly need to start looking before you put your bare butt somewhere. That just seems like common sense.

The bathroom should be a place of quiet reflection, a place where outside burdens can't follow. That's impossible when the constant eyes of judgement are waiting for the one time you'll forget to put the seat back down when you're finished. It just isn't fair that men have to live with that kind of pressure.

THE UGLY TRUTH

THE PORCELAIN RULE

Megan Palmer
Copy Editor

Imagine the scene. You're walking towards the bathroom. In your home, a friend's house, maybe the house of your significant others, whatever. But you're walking to the bathroom ready to take the most glorious pee of your life. But, wait.

As you gaze down upon that porcelain bowl, you realize: someone didn't put the seat back down. The horror. The disgust. The prepared speech running through your head as you fume upon the toilet seat. We've all been there.

Because now you're ready. The words are on your tongue as you scrub your hands three times over and walk out the bathroom door. The shame. The nagging.

And yet, those who leave the toilet seat up seem confused as to why it would bother the rest of us. "It isn't fair. Why should I have to put it back down? Toilets aren't made to stand up and just pee in." What a sob story.

Listen. It's not possible for me

to pee standing up. Well okay, it's possible, but if I do, it isn't going to pretty. It simply isn't a luxury that I have been afforded. And not to mention how much harder it is not to just be able to whip it out and go. Never have you known the pain of The Hover, the sheer thigh muscles necessitated to stay poised mere centimeters above what may be certain death.

Okay, so maybe I'm exaggerating a little. But it's like the age old rule, "You break it, you buy it." You lift it, you put it down. It's simple, it's concise, it's right up there with The Golden Rule. Not a hard concept to master.

But maybe that isn't exactly fair. You can't help it, this ultimate hardship of putting the seat back down shouldn't come down solely to you. I'm not above a compromise. You put it down when you're done; when I'm done I'll put it back up? Maybe it's worth a shot, but it just seems overcomplicated to me.

You have the ability to be anywhere on God's green earth, the least you can do is put the seat down.

DELIVERY DISASTERS

Bridget Downey
Staff Writer

My first semester on campus gave me a lot of experiences. My first time away from home, my first all-nighter studying, and my first Papa John's pizza, just to name a few. It may not seem important, but Papa John's is some of the best pizza I've ever had. For the past two years now, come Netflix nights with the girls or snow days, Papa John's has been my go-to call for a good pie.

But early on this semester, what is possibly the worst sentence to hear from a pizza joint was presented to me over the phone:

"I'm sorry, we don't deliver to campus."

Already having paid online, I was forced to leave my parking spot on West Side up for grabs and go down to South Willow Street to pick up my pizza. When I got down to the store, I had to ask. After helping a delivery guy navigate to the Washington parking lot

over the phone once a week for two years, I wanted some answers.

What do you mean you don't deliver to campus? I've relied on your "Better ingredients, better pizza" for two years. What happened while I was away for the summer?

According to the establishment, math.

Southern New Hampshire University (SNHU), about five miles away from Papa John's on South Willow, is too far for their delivery drivers. Fifteen

minutes, according to the establishment, is too much time, and too much gas, though I still blame it on the green space and the more difficult navigation around our now more beautiful campus.

So the food delivery accessible to students dwindles, but if you're craving a good pizza, other than the obvious personal from our gourmet Sodexo, of course, you can always call Pizza 9-1-1. Three miles down the road, seven minutes, isn't too far of a drive.



THE HAIR FOR THE JOB

Amanda Fakhiri
Staff Writer

Rumors have been flying recently accusing Donald Trump of wearing a toupee, and that's just not the case. He even had a women check his hair, which was not shocking considering how much he loves and appreciates women in America.

Unfortunately for those out there placing bets on the locks, his hair is real! So how does he get it looking so luscious? Let's dissect the hair that is Mr. Trump.

You might think that the Donald Trump would use a \$1,000 bottle of imported Moroccan argon oil, but Donald is not a fickle person! Donald is just like you and me and he uses the generic brand of Head and Shoulders which you can buy for yourself for about \$7 at any local drug store.

Now, this is the part where you should take notes because it gets a bit tricky. Mr. Trump combs his hair, but this is not a comb over and you shouldn't think of it as such! He is firm on the fact that he does not comb it forward, but rather combs it in specific direc-



tions. Donald was quoted saying "I've combed it the same way for years. Same thing, every time." Which might explain why it's so consistent and why we should be jealous!

New England obviously loves Donald! His respect for women is amazing, his views on equality are new age, and I mean, who doesn't love that hair! If you like a good head of hair on your president then you should probably vote for Donald, but if you want America to burn down in flames you should vote for anyone else!

OPINION

WORK NEEDED ON WORK ORDERS

Bryan Creevy
Co-Editor in Chief

Southern New Hampshire University (SNHU) is a university that tries to create the best college experience for its students.

So, its students need a better way to solve the issues that arise in their living spaces.

Whenever students face maintenance issues, they must report it to their RA or RD who then will inform Facilities of the problem. After processing the complaint, then they will send out a worker to survey and fix what is broken; however, this system leaves a lot of room for error.

A report from a SNHU student who wishes to remain anonymous never made it over to Facilities after telling their RA.

The student's toilet is experiencing a clog almost every time it flushes, and they have been forced to live with the issue since the beginning of the semester. The student believes their RA just forgot to file the report.

Last year, upon losing my room key, it took almost five days for my report to be processed and for my lock to be changed along with a new key.

There were several days where my door was left unlocked because of this leav-

ing a giant opportunity for theft or damage.

Also, with Facilities current system, there is the possibility that work orders can be lost altogether if they are not recorded down. Upon investigation, a few calls from the students of Attitash 17, who experienced plumbing problems at the beginning of the semester, that were made in the summer were not even put on file.

Students can no longer be forced to endure these periods of time where their problems are just left.

Facilities new program to speed up the work order process must be launched by the end of the semes-

ter. Once active, students will be able to personally issue work orders to their dorm, and all orders will be recorded permanently so orders can be fixed faster without the chance of them being ignored or lost.

These problems leave a lot to be desired and, just as unfortunately can leave students feeling neglected and as though their voices are not being heard.

Getting anything fixed at SNHU is way too slow and the process can be improved drastically.

Once this system is up and running, less complaints will be issued and students will have a better time living on campus.

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HELP!

GREEN SPACE OR PARKING SPACE?

Zach Charland
Staff Writer

With the first leaves of autumn touching down one Southern New Hampshire University's (SNHU) new Green Space, the time has finally come to cut the ropes and let the student body roam free.

Whether someone wants to read in the shade of a tree or simply run about the grass, the Green Space is there for all to enjoy.

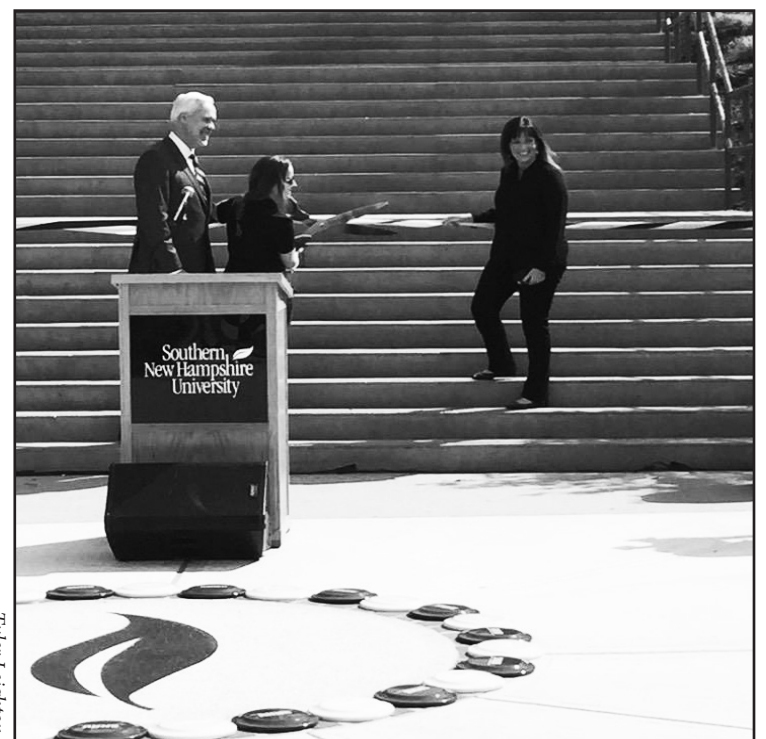
However, not all are excited about this new edition to the school.

There are a few who are quite disgruntled by the Green Space being built over what used to be their parking spots.

To these reluctant Penmen I would say this, rejoice. It seems that a great many of us have fallen into the habit of valuing land for its utility rather than its beauty.

It seems all too often that fields are cut and trees felled, only to give way to another parking lot.

It is a nice change of pace to see asphalt chipped away to allow things to grow again. Also, even though the Green Space



Tyler Leighton

has claimed an entire parking lot, there is still ample parking across from the recreation center; this leaves people with enough room to park their cars and little room to complain.

Despite the lingering grievances, the Green Space can be considered an improvement to the school.

Its path ways make the walk between classes more pleasant and its landscap-

ing gives the campus a more natural appeal.

As far as corrections go, it would be nice to see smoking prohibited on the Green Space, or at least have a designated smoking area somewhere within it.

It can definitely be agreed that it is much easier to enjoy the green when our lungs are not being turned black.

Happy frisbeeing!



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SPORTS

WOMEN'S SOCCER: 6-1

Matt Martin
Sports Editor

The Southern New Hampshire University (SNHU) Women's Soccer Program is off to an excellent start, having won six of the seven games they have had so far.

On Sept. 19, the team traveled to Southern Connecticut State for an NE-10 matchup. The game stayed tied at zero until junior Alexa Poulin put one in back of the net during double overtime. Sophomore Keeper Paige Salmon stopped all seven shots she faced in another shutout victory.

The Penmen also achieved victory against NE-10 rival Stonehill in shut-



SNHU faces off against at Le Moyne College.

out fashion for a White Out game on Sept. 22.

This time, junior Autumn Scanlon protected the net

and stopped all five shots that were sent her way. Scanlon got offensive support Poulin and junior Olivia

Parsons who set up sophomore Trisha Luis for her fourth goal of the year in the forty-eighth minute. Later on in seventy-eighth minute, senior Bridget O'Sullivan scored off of senior Gabby Cappello's rebounded shot to seal the 2-0 victory.

Parsons would go on to be named Defensive Player of the Week from the NE-10. "I felt honored to be recognized for my hard work by the conference and blessed as well because I'm part of an organization that has something special this year and I'm playing alongside such talented teammates," Parson said about her award and the hot start. "We're excited about the good start but the

NE-10 is so unpredictable."

The Lady Penmen recorded their third straight shutout win on Sept. 26. They faced off against NE-10 opponent Assumption College on Larkin Field. Salmon was once again in net and stopped all six shots on goal.

SNHU's first goal came early in the twenty-fourth minute when Luis set-up freshman Danielle Humphreys for her first collegiate goal. Poulin would add her second goal of the year to seal another 2-0 win. Salmon was named NE-10 goalie of the week for her stellar play.

The Penmen's next home game is Saturday, Oct. 10 for Penmen Pride Day in a Ne-10 match-up against Pace.

MEN'S GOLF STAYS ON TOP

Matt Martin
Sports Editor

The Penmen Men's Golf team traveled to Vermont on Sept. 25 and 26 for match play in the Division II challenge. Southern New Hampshire University (SNHU) saw great results from the men in the two-day tournament.

On the first day, SNHU tied for first out of eleven with Le Moyne. The team's total

amount of strokes was 310 which finished at a 20 over par.

Solid finishes for the Penmen came from freshman Etienne Bourgoin and junior John Clancy who tied for fourth with four over par. Sophomore Joshua LaCasse and senior Jake Nutter also finished well at seven over par.

On the second day, SNHU came in second out of eleven teams, and behind Le Moyne.

The Penmen compiled a

two-day total of 618 strokes for a 42 over par rating. This was only two strokes behind the lead to round out the tournament.

Clancy and Nutter led the team on day two, where they tied for fifth at nine over par.

The road ahead for the Penmen includes the Northeast-10 Championship in Endicott, NY and the Saint Rose Fall Shootout tournament over the Columbus Day Weekend.



Jake Nutter tees off at the D-II Challenge.

MEN'S CROSS COUNTRY

Matt Martin
Sports Editor

Nacho Hernando-Angulo recorded another first place finish on Sept. 19 at the UMass Dartmouth Invitational. He was the only runner from Southern New Hampshire University (SNHU) to finish in the top twenty.

The star runner finished with a 5:02.8 average mile and a total time of 25:13.61. Throughout the race, Hernando-Angulo battled Dieter Gutbrod of Southern Connecticut State. Gutbrod finished second, not far behind Hernando-Angulo.

The second Penman to finish the race was sophomore Tyler McLaren. McLaren finished twenty-first with a time of 25:57.32.

Overall, the Penmen finished sixth out of forty-three teams with a total time of 2:11:38.18. Brandeis University finished first overall.

A week later on Sept. 26, the Penmen took home a second place finish out of five teams at the Northeast-10 Preview Meet at St. Michael's College. The runners of SNHU and Southern Connecticut State University dominated the top ten, claiming eight out of the ten spots.

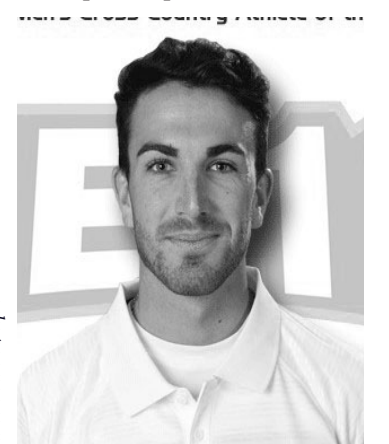
For the Penmen, sophomore Andrew Tuttle finished

ninth in twenty-eight minutes even. In front of him on the Penmen squad was junior Jacob Wormald at sixth. His total time was 27:37.5. Coming in fourth was McLaren with a time of 27:27.6.

Once again, Hernando-Angulo faced off against Gutbrod of Southern Connecticut for first place.

This time, SNHU's leading runner finished second by three tenths of a second. Gutbrod and Hernando-Angulo will be the match-up to watch this season.

Hernando-Angulo received the NE-10 Cross Country Athlete of the Week for the second time in three weeks. The Penmen will race again on Oct. 10 at the NEICAAA Cross Country Championship.



NE-10 Athlete of the Week.

SPORTS

MEN'S SOCCER STILL HOT

Brianne Torre
Staff Writer

Men's soccer kicked off the past week with four more wins to continue their undefeated record. Winning conference games against Bentley, Saint Rose, Stonehill, and American International College (AIC), the Penmen have captured the number one spot in the conference standings.

The Penmen shutout the Bentley Falcons 1-0 with the lone goal from graduate student Sofiane Tergou on a beautiful penalty kick. The foul happened to senior Sebastian Stezewski, deep inside the box. SNHU outshot Bentley by an exciting 9-4. Senior goalie Nick Zucco finished the game with his third shutout.

Saint Rose on Sept. 19 was a tougher game than expected for the squad. The Golden Knights led the game after a 0-0 halftime when a Saint Rose player shot 15 yards away from Zucco.

Four minutes later, however, senior Dominic Samuel headed

a free kick from graduate student Jonathan Lupinelli to tie the game. With eight minutes remaining, the team would win the game by an own goal deflection from a Golden Knight defender.

Away at Stonehill and home against AIC, the men won both games with two goals. Against Stonehill, Zucco recorded a shutout with 10 saves and junior Michael Rowley added two goals to the score sheet.

Most recently was a home game against AIC, where sophomore Matt Crowley debuted his career at the end of the first half, scoring his first collegiate goal with 38 seconds left on the clock. On his debut, Crowley said, "It felt good. I've been working hard and it's nice to contribute to the team. Glad to get the win."

Zucco, who was named the NE-10 Goalkeeper of the Week said, "It's nice to play on a great team with a great group of guys."

The men travel to New Haven on Saturday, Oct. 10 before returning home for a Queen City Cup Match against St. Anselm's.



Michael Rowley scores twice in the win at Stonehill

WOMEN'S TENNIS: RACKETS OF FIRE

Brianne Torre
Staff Writer

Women's Tennis here at Southern New Hampshire (SNHU) is off to a strong 4-1 start. Recently, the Lady Penmen have had big wins against conference rivals Franklin Pierce University (FPU) and Merrimack College.

The girls won all nine matches against the FPU Ravens on Sept. 26, through three doubles matches and six singles matches.

Graduate student Nour Kaddour and senior Ashley Loft won their doubles match 8-0 in one set. In one set, senior Yolanda Green and freshmen Kaitlyn Poje picked up a victory, outscoring their opponents 8-1.

Sophomores Lindsey Baum and Jaqueline Youngdahl won their doubles match 8-2 in one set.

Loft, Poje, and Baum also excelled in their singles matches picking up victories in those. Also winning matches in a crushing fashion were freshmen Lauren Makenchie, Sophea Sindorf, and Rachel



Kaddour (left) and Loft (right) have been a dynamic duo this season.

Wagner.

The following day, Sept. 27, SNHU beat Merrimack by a score of 6-3. Loft and Poje (8-1) as well as Wagner and Baum (8-5) recorded wins in doubles action.

Loft had a tough test in her singles contest, winning in three sets. Poje, Baum, and Wagner also scored wins in singles play.

In her two sets, Poje won 6-3 and 4-0. Baum won 6-3

and 6-1 in her match, and Wagner won both of her sets 7-5.

Come support Women's Tennis as their fall season wraps up in the month of October.

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FALL TEAMS

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