

THE



PENMEN PRESS

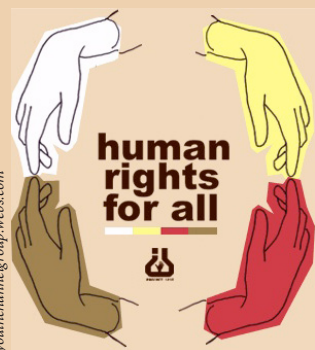
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December 10:
National Human Rights Day



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LAST CHAPTER PUB: OPENING SOON

Corey Davenport
Staff Writer

Saturday, December 1 at 7 p.m. is when Robert Freese himself will cut the ribbon to the renovated Last Chapter Pub and subsequently tap the first keg. Freese is a member of the Board of Trustees and the alumnus after whom the Student Center was named.

This event will go till the early hours of the morning. Food, drink and fun will be the atmosphere of the grand opening. A

live band will be playing, along with other activities for the students.

The Pub is going to be hosting events the entire opening week from December 3-8. The opening week events will be advertised when the dates get closer.

The Pub will be making some changes this year. Entertainment will expand due to the larger stage and improved sound system. Bands (student and local), bingo, and

Monday night football will be just some of many events to be hosted. The Pub also has a new projection screen that could mean movie nights for students.

Food will now be served in the Pub and it will not be associated with Sodexo, so students will be able to use dining dollars. There will also be free chips and pretzels available for all students.

The Last Chapter Pub will open at 10 a.m. and stay open till 10 p.m., except on Thursdays, Fridays, and Saturdays. On these days the Pub will be hosing wet events or the bar will be open for students old enough to drink. The bar will open at 8 p.m. and stay open until 1 a.m.

The Pub is shaping up quite nicely and is on schedule to meet the deadline of December 1. It is a completely different space and the final place to open in the almost completely new Student Center. Any students interested in performing in the Pub should email pub@snhu.edu



SNHU HONORS NATIONAL HUNGER AND HOMELESSNESS AWARENESS WEEK

Julianne Rainone
Layout Editor

The nation has celebrated and honored many events within the last few months, but one of the most recent and striking was National Hunger and Homelessness Awareness week. From November 10th to 18th, hundreds of programs across the country took place to raise awareness about homelessness and hunger in America.

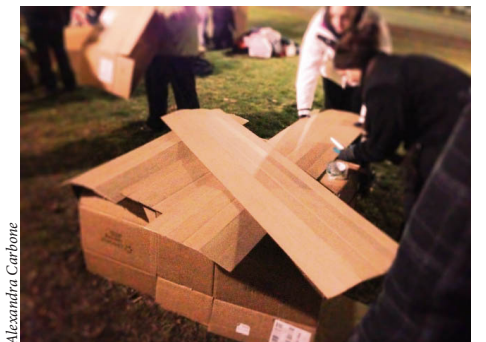
The National Coalition for the Homeless (NCH) is one of the biggest participating organizations not only during the week, but throughout the entire year. They dedicate their organization to "working to empower homeless people, whose voices are essential to the public policy debate", according to nationalhomeless.org.

The NCH's projects throughout the year and during Hunger and Homelessness Awareness week include events such as a voting rights campaign ("You Don't Need A Home to Vote"), a hate crimes/violence prevention project, and the Homeless Challenge Project, in which participants

are challenged to spend 48 hours without a wallet, nearly any belongings, or a home.

Southern New Hampshire University honored National Hunger and Homelessness Awareness week in their own way by hosting "One Night Without a Home" on Wednesday, November 14th. Much like the Homeless Challenge Project, participants spent the night outside of the dining hall from 9 p.m. to 6 a.m. and were only allowed to "bring" what they were wearing.

Alexandra Carbone, a junior at SNHU and an assistant coordinator at one of the Center for Community Engaged Learning's sites (Langdon Mills), was one of the students who spent the night outside during One Night Without a Home. "It was an eye-opening experience to recreate how it feels to be outside all night, although the truth is skewed because we probably had more clothes than most homeless do. I know a lot of us wanted to go back to our cozy dorm rooms, which also put me in perspective because the homeless don't



have a dormroom they could have gone back to." Carbone also added, "it's a way to create awareness and to get people thinking about what it means to have no where to go. I would definitely participate again in the future. I think the event has a very strong and positive message, and leaves a lasting impression on it's participants."

Hunger and Homelessness Awareness week is an annual event, make sure to get involved for 2013!

EDITORIALS

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LETTERS FROM THE EDITORS

Hello Readers,

The holiday season is officially upon us. After feasting over Thanksgiving dinner and dreaming of being able to dance like the Radio City Rockettes in the Macy's Thanksgiving Day Parade, it's time for Christmas music galore and Elf being played 24/7 on TV. I don't have a problem with Elf and I will most likely watch it forty-six times before leaving for winter break but I can only hear "Grandma Got Run Over By A Reindeer" about twice before wanting to disassemble my car radio with my bare hands.

It's hard to believe that the holidays are coming up so quickly along with the end of the semester. I'm not sure that I'm ready for it. We're at a strange age where if we let our inner child take over, this time of the year can be just as magical as it was when we were eight. On the other hand, we're old enough to have to worry about things like how to creatively use our college-student bank accounts to get everyone gifts, or who is in charge of bringing the spiked eggnog to that Ugly Sweater Party you decided to throw.

There is a fine line between the little kid excited for putting the star on the Christmas tree and running around, waiting in line at the ridiculously crowded grocery store.

My advice is to give into that little kid inside of you. Take a break from the stress of money, ten-page papers, and finals. Get your friends together, make some hot chocolate, cross your fingers for a snow-day, and watch Rudolph and Frosty (or whatever else ABC Family is playing incessantly.) It just might put you in the spirit.

Another option is to not worry at all about the holidays this year in case we end up being obliterated as a species and planet on December 21st. Hey, it's a valid possibility.

No matter what you believe in, what you celebrate, or what you decide to do this holiday season, have fun doing it.

Happy Reading!

-MEGAN KIDDER

Hello readers!

I hope you all had a wonderful Thanksgiving and got a chance to have lots of delicious homemade food from your family and friends. Now it's time to finish up your gift shopping (or start) and begin planning for the holiday that you celebrate. Lot's of people talk about shopping for the holidays, but not many people notice the people working for them during their shopping experience.

As somebody who works in retail during the holidays, I would just like to ask all you eager shoppers to please be kind! We try our best to find you what you need for your loved ones (and are secretly jealous that some of you are such generous givers!). Research what you need before you get to the mall or store, and ask store employees specific questions to get the most accurate and helpful answers. Make sure that you keep the receipts of your gifts, just in case. Also, take note of the sales happening after the holiday rush is over, most likely the sales post-holidays have much better deals (cue the gift cards).

Lastly, remember that the holiday season is a happy time, you don't need material gifts or someone else to supply your happiness, be thankful for how fortunate we really are and appreciate what we already have around us.

-SARAH SILVESTRIADIS

NEWS

THE DECOLFMACKER VETERAN'S LOUNGE HOLDS OPENING RECEPTION

Jessica Silva
Creative Editor

The DeColfmacker Veteran's Lounge held an official ceremony and reception to formally open the lounge to veterans on November 13.

An addition to the newly renovated Student Center, the lounge honors student, faculty, and staff veterans, as well as current military personnel and families of veterans. It also serves to assist them in financial and academic issues.

Robert DeColfmacker is a Vietnam veteran and the Chairman of the Board of Trustees at Southern New Hampshire University.

DeColfmacker and President Paul J. LeBlanc both signed the Statement of Support, presented by the U.S. Department of Veteran Affairs, in honor of the university and the lounge. The Statement of Support is in honor of all those who have, are, and will be serving in the United States military.

DeColfmacker and his wife

Patricia felt a responsibility for creating the lounge and encouraging veterans to further their education. Both of their fathers served in the military – Robert's father in World War II and Patricia's in Korea. This was their way of giving back.

"Education has been critical to our success and our family's success," said DeColfmacker.

SNHU has more student veterans than any other school in the state, dating back to its early years as New Hampshire College. The lounge is a place for these veterans to connect with others on campus and, according to DeColfmacker, "build a sense of community."

The opening of the lounge was one of many events on campus honoring veterans and military personnel during the week following Veteran's Day, including the annual reading of the names veterans who were lost in Iraq and Afghanistan.



Jessica Silva

December Calendar of Events

December 1:	Last Chapter Pub Grand Opening (7pm)
December 3 - 9:	CAPE Winter Week
December 5:	Big Money Bingo (10pm)
December 6:	Saint Nicolas Day
December 8:	Bodhi Day
December 8 - 16:	Hannukkah
December 12:	Late Night Breakfast (10pm)
December 13:	Saint Lucias Day
December 17 - 21:	Undergraduate Final Exams
December 25:	Christmas
December 26 - January 1:	Kwanzaa

STUDENTS MAY CAUSE FOOD PRICES TO INCREASE

Corey Davenport
Staff Writer

Sodexo is currently considering raising the prices of food to make up for losses caused by students who take or throw away plates.

Sodexo has been reasonable when it comes to food pricing. They raised prices for less than 12 items this last summer and overall Sodexo has not punished the students for the soaring costs of food and labor.

This trend of low food prices could change because students in the Southern New Hampshire University community are not returning dishes or using the green takeout boxes. This has become all too evident to Daniel VanAvery, the General Manager of Sodexo on campus.

The amount of plates that are not returned is staggering. Last year Sodexo bought 4,200 plates and by the end of the year had 370 plates left. That means they lost 3,830 plates at \$3.85 a plate, meaning they incurred a loss of around \$15,000. This year's cost is projected to top last year's loss.

Plates aren't the only things that students forget to bring back or throw away. Green boxes were a way that SNHU students could be more environmentally friendly, but are not faring much better than the plates.

The green boxes cost Sodexo \$10,000 last year, and due to the amount that were lost, they had to buy 3,600 more, incurring a cost of an additional \$10,300. The current \$6 charge for green boxes is not to make money, it is

just an attempt to give value to the green boxes so students do not throw them away. Bowls are another cost to Sodexo; around \$4,500 last year and around \$5,100 this year.

Lost utensils are another area costing Sodexo. Last year Sodexo lost \$14,000 because of missing and damaged utensils.

the above extra expenses comes out to \$50,000 - \$55,000, which means Sodexo loses about \$1,600 a week. The result is that this money needs to be made up somewhere. Sodexo and SGA are in the process of making students aware of an increase in future food prices if this waste continues.



Thecheffalliance.com

Daniel VanAvery has tried to raise awareness of this issue by serving food on paper plates and having the students use plastic utensils. There were some students starting to ask where the plates were, but that is exactly what VanAvery is wondering. He said, "We are asking the students to help solve this issue."

The grand total amount of money that is lost due to all of

The increase will be about six cents for every transaction. Some simple math reveals that this increase will cost the students an extra \$40.32 a year. The way to stop this increase is simple. Students need to be accountable for themselves and their friends by helping make sure dinnerware gets back to its proper place.

OPINION

I SWEAR, THEY'RE NOT USUALLY THAT BAD

Emily Winters
Opinion Editor

Your family is crazy. That, my wench, is the ugly truth. Of course, I use the word 'crazy' loosely. There are more mild cases of crazy, and then there are the certainly certifiable cases of crazy. But either way, crazy is definitely a label that everyone can apply to their family in some regard.

Thanksgiving has long been marked the "make it or break it" time of relationships and I could never figure out why. Something in the water that makes every man get up and run? The month of December and pressure to get a gift for us looming over our men? But I've finally figured it out. It's because this is the time we usually introduce our man to our family – and then he heads for the hills.

After seeing the craziness of my own family, I'm obliged to cheer him on as he sprints for the door.

But here's the deal. I'm not going to bother with "the right man will love you and your crazy-ass family", because we've heard all of that a thousand times. If you're genuinely worried about what

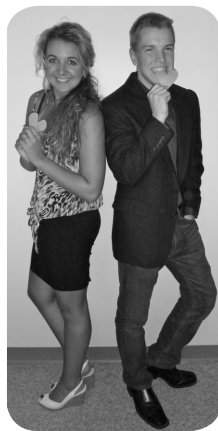
happened over break (like your parents being all lovey-dovey in the kitchen or your dad stink-eyeing your man through the entire meal) take your boy aside and sit him down. Start by apologizing (again) and ask him about crazy things his family did/does. Compare stories. What happened the first time you both brought somebody home?

If he brought you home to meet his family and a similar disaster occurred, cut him some slack. Even if his grandma asked what your intentions in the relationship are or his second cousin puked on your dress. Put yourself in his shoes. Imagine how mortified he is. Assure him that it's just a dress. Use lines like "That was nothing compared to what would've happened at my house..." Smile at him.

Laugh about it, and you'll both be just fine.

Hope you all had a marvelous break. Keep an eye out for the next few issues – we'll have Christmas gift ideas and other life saving advice. Byeeeeeee.

THE UGLY TRUTH



Emily Winters & Eric Beebe

So you thought it would be a good idea to bring your lady friend home to meet the family for Thanksgiving. Well, the jokes on you.

Even without your brother being the family's outspoken anti-Semite and your parents babbling on about their sex lives and how it applies to you two, you're reasonably sure that whatever semblance of a "thing" you two may have been before this fantastic trip has been destroyed. You spent half of the holiday imagining that if you covered your face with your hands, then maybe you really would disappear from the table. You were sure from the start that this was going to be a disaster, right when you walked into the house and your dog shit on the floor because it was so excited to see you.

So now comes time for damage control. There's nothing that can be done about your family. That's the unfortunate thing, everyone has crazy family members. However, that's also the bright side. Unless some alcoholic second cousin managed to do something

like puke all over your girlfriend's favorite dress, there's not much you really have to apologize for. Sure, you're embarrassed, but chances are she would've felt the same about plenty of what her family would've done in front of you. Just remember, you're not alone. Ask about the crazy shit that her family does. Every situation that would've made – or did make – either of you miserable sounds a lot funnier when it's just a thought.

You'll more than likely find you both have an even amount of stupid stories about your families and all the chaos they cause. And if you're even there, what's there to be worried about? Take the chance to make the best of each other's asinine stories and bond a bit. Besides, if she didn't think you would be worth a couple crazy encounters with family, she wouldn't have gone home with you in the first place. Just keep in mind that she's probably going to give you the benefit of the doubt, and you won't have much to worry about.

AN OPEN LETTER TO A REPUBLICAN PARTY IN CRISIS

Travis Morin
Staff Writer

Full disclosure, I am a registered Republican. Generally I support the party's views on small government policies, low taxes, and personal liberty. I'm by no means a partisan ideologue; on the contrary, the Grand Old Party has an array of views that I find to be repugnant.

That being said I'm not here to play spin control for the GOP, nor am I here to criticize the President. I'm writing this piece as a wakeup call to Republicans everywhere. Speaking plainly, the Republican Party has a serious problem.

President Obama faced significant obstacles in this election with the economy's sluggish recovery, and widespread dysfunction within Washington. Despite

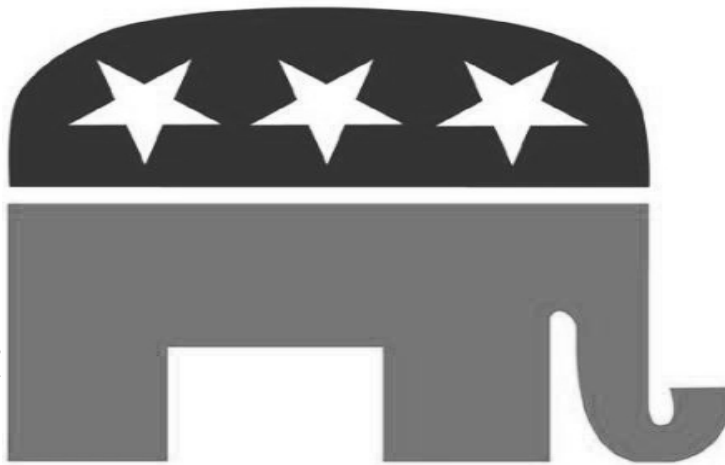
this advantage 2012 just wasn't the Republicans' year. It wasn't Romney's "47%" comments that did them in, nor was it the hard line positions he had taken during the Primary. It was demographics that sealed the party's fate.

Governor Romney took 52% of the male vote and 44% of the female vote, compared to Obama's 45% and 55% respectively. Overall Romney did strongest among white male voters, where he led Obama by 25%. Once upon a time such a margin of white male voters would have been enough to seal the election for a candidate, but at a time when white men make up only 34% of the electorate (compared to 46% in 1976) it just isn't enough. In contrast, Obama was able to secure 71% of the Latino vote, 60% of the youth vote, and 55% of the woman vote.

Latinos are the fastest growing segment of the population; they make up approximately 20% of the population and represented 10% of all voters in 2012. While they statistically favor Democratic candidates, this year saw another slump in a trend of faltering Latino support for Republicans. In 2004 George W. Bush took 40%

of the Latino vote, in 2008 John McCain took 31%, and this year Mitt Romney took only 24%.

tion that have kept Republicans in office for so long now stand in contrast to the winds of change.



What do all of these facts and figures mean in practice? If you're a Republican, nothing good. Between socially liberal youth voters, Latino voters viewing the Republican Party with increased skepticism, and female voters fearful of a Republican assault on reproductive rights, the GOP faces an uncertain future. The conservative political positions concerning marriage equality, reproductive rights, and immigra-

While the Republican Party awaits the midterm elections in 2014 and the presidential elections in 2016 it will have time to do some soul searching about the future of the party. Will the same staunch views in favor of traditional marriage and pro-life policies continue to garner votes among the socially conservative base of the party? Yes. But these stubborn voters will find their voices more and more displaced

as Millennial Generation voters (who very much define themselves by their open mindedness) take on an increased presence within the electorate. I'm a Republican because I believe in a limited, common sense government and free market capitalism. I'm a Republican because I think individual liberty and federalism are the best approaches to governance. It is my belief that if we as a party stuck to these values we would see many in my fiercely independent generation join the ranks of the GOP.

But all of this will be impossible so long as the narrow-minded bulwarks of the Republican Party continue to pursue policies that define our party as one that is predicated on telling women how they ought to define rape and how they should manage their own bodies, on preventing two people in love from being together in the eyes of the law because of their sexual orientation, and on an attitude toward immigrants that stinks of bigotry and xenophobia. To put it bluntly, Republicans will find themselves exiled from the White House so long as we continue to resist reforming ourselves with the times.

OPINION

OH, DON'T YOU LOVE REGISTRATION?

Ashley Bogle
Staff Writer

How is it that as a junior, I'm losing classes I need to freshmen and sophomores? Why is it that seniors can't get classes they need in their last semester at SNHU? Classes they absolutely need in order to graduate in May, (you know since the spring semester is their last).

Seniors register before those who get early registration, so what's going on? Why can't they get what they need? What about us juniors who graduate soon as well but are losing spots to freshmen and sophomores?

Early registration sets an extremely unfair playing field for juniors and seniors. Way too many people get early registration! I can understand sports teams, PALs, and RA's, but why is it given out as a prize at events? I heard a rumor that those em-

ployed at the Athletic Complex get early registration as well. If that's true I ask, why? I know there are a lot more people who get it too.

Now, I have switched my major twice, so I am slightly behind, but this shouldn't mean I should be losing spots to freshmen and sophomores in classes that I need.

Juniors and seniors should automatically register first. Plain and simple.

There is another problem too. There aren't enough fulltime faculty members, especially in my major, which is Communications.

There should never be just one section of a course offered that is a requirement for a major, like Public Relations for a Communications major. Especially when

there are eight sections of classes like Environmental Issues offered next semester. The problem is that there are plenty of faculty members in the Science department, but not enough in other departments. Public Relations is a required course for my major and with only one time slot, and early registration, it fills up too fast, and I don't stand a chance. So begins the battle with the Registrar.

I think both the registration process and the fact that SNHU needs more fulltime faculty both play a huge role in what's keeping juniors and seniors from getting the classes they need. Something needs to be done to fix this, and I can say from just listening to other students that I'm certainly not the only one who feels this way.

STUDENTS REACT TO THE LEGALIZATION OF MARIJUANA IN COLORADO AND WASHINGTON

Jeff Kaiser
Staff Writer

On November 6, Washington and Colorado became the first states to legalize recreational marijuana. What this means is that while people can freely smoke cannabis in these two states, if an individual is found to have marijuana in New Hampshire, it is a felony. For all of those who are unaware, a felony is a federal offense.

Numerous studies conducted over the years seem to have dispelled the myth that marijuana is harmful to one's health. On April 17, 2012, the University of Southern California released a long-term study in which the researchers found that the THC in marijuana actually fights the spread of lung cancer rather than causes it. More and more people are realizing that this plant is less dangerous than alcohol and tobacco.

Colorado and Washington have given pro-legalization advocates hope that within our lifetimes, marijuana can be smoked recreationally without fear of prosecution.

Not surprisingly, like any other

university, Southern New Hampshire University has its fair share of pot smokers and sympathizers. Below are the reactions of students on campus to the news.

"It's interesting to see someone take the leap of faith. Somebody needed to break the ice. We'll finally see what effect recreational marijuana has on society." - Corey D.

"I'm for it. But don't mention my name. It's unfortunate that talking about tabooed subjects are frowned upon in our society, but that's reality." - Anonymous student

"I think it's a step in the right direction. I'm hoping they'll legalize it here soon." - Mike

"As long as they tax and regulate it I'm all for it being legal. I think that since we're in an economic depression we could use the revenue that taxing weed could bring in. I mean people are going to smoke regardless, might as well help the economy." - Alex

"I think that even though I don't smoke pot, it's fair because it earns the states revenue and also makes it safer for the people who smoke because it will be better regulated and not from Mexico." - Nick DiCarlo

"I think it's a good idea. I think that Colorado and Washington are the lab rats because other states are going to see how this goes." - Murph

BITTERSWEET OPINIONS OF SODEXO

Alicia Frazier
Health & Wellness Editor

Taking a poll on Facebook and talking to students and faculty on campus revealed that there are bittersweet opinions regarding the food provided by Sodexo. Asked if they think the food provided by Sodexo in the Dining Center and Student Center is healthy, about half stated it was unhealthy and the other half stated that it was healthy. Some students had never even heard of Sodexo.

For those confused students, Sodexo is a food distribution company which is in contract with Southern New Hampshire University to provide the food for the Dining Center and Student Center. Sodexo provides services to a variety of locations including college and universities, hospitals, senior living centers, and military bases.

On the Sodexo website, under colleges and universities, one can read descriptions of their services and goals. Under resident dining it says, "Your students' dining experience should be fun. Adventurous. Delectable. Most of all, customized. Our residential dining programs provide fresh,

chef-prepared selections customized to meet the individual needs of your students, staff, and visitors." Most everyone agreed that Sodexo provides a great variety of foods. It is also true that if a student or faculty member has specific food allergies, if it is brought to the attention of the directors, accommodations can be made.

Despite the variety and personalization, some students and faculty still agree that most food is not healthy and greatly overpriced.

"I'd say the food here, and the way it is displayed, is unhealthy in that they give out large portions for meals and showcase their more fattening selections, i.e. personal pizza, taco plate, Mill City burgers, fried chicken baskets, etc. They don't call the college meal plans here the Chinese food and pizza diet for nothing." - Logan McCarthy

"It's all about your health choices. I've lost over 10 pounds since being here, making sure I make healthy choices. At every station there is at least one healthy

decision that can be made." - Erin Fitzgerald

"I think the prices are outrageous and the pizza is dreadful." - Dr. Andrew Martino

Prices, particularly those of the Pick Up Cups in the Student Center, seem to be the most upsetting aspect for students and faculty. For the size of the cup and the quality of the snack, most students feel cheated. Due to the taste, they are also not purchasing the healthiest snack cup provided. Talking to cashiers at the Student Center showed that the top five snack cups bought are: Gummy worms, gummy bears, neon gummy, chocolate covered raisins, and then chocolate covered pretzels.

The board of directors and Sodexo's goal is to accommodate the needs and wants of the SNHU community. To make any change, one must be willing to do the research, band together and speak out. For more information about Sodexo visit sodexousa.com or, on Blackboard under Community Life, click Dining.



ARTS & ENTERTAINMENT

REALITY TV ROUND-UP

Ricky Riley
Staff Writer

With the success of *Jersey Shore*, reality TV shows have exploded on the small screen. It appears that every channel now has a reality TV show. Are scripted TV shows not as important as they appear to be? There are multiple reality shows about romance, family, celebrities, parties, subcultures, and fear. *Catfish* and *Total Blackout* may be the most creative out of the whole. These two shows bring two interesting concepts that are not showcased

in other shows.

Catfish is the newest of these shows. It is inspired by the movie that focused on Yaniv 'Nev' Schulman, a man who began an online relationship with a woman that he did not know. He discovered that the woman he fell in love with over a period of multiple months was lying to him. The show focuses on other people's online encounters. Yaniv now acts as a matchmaker of sorts and he helps bring the two "lovers" together on the show.

What makes this reality TV show interesting is that it reflects our culture and shows that there are a lot of lonely people in search of real love in a virtual reality. By bringing the two people together in real life their expectations are not met and someone goes home unhappy.

On the other hand, *Total Blackout* is a *Fear Factor*-esque show that puts contestants in dark

rooms and requires them to figure out the things they are touching. Jaleel White from *Family Matters* hosts the show. What makes this different from other reality shows currently on TV is that these people are displaying real fear. It is funny and comedic for viewers because the show itself is the perfect example of dramatic irony. The audience knows that the objects are harmless and that the contestants' fear is not necessary.

These shows are not the run of the mill reality shows out today. They focus on real people and for the most part convey real emotions. They are not about rich people and their issues. The shows in general are not superficial and glossy. *Catfish: The TV Show* airs on MTV and *Total Blackout* airs on SyFy.

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VISITING AUTHOR: TIMOTHY WOODWARD

Jessica Silva
Creative Editor



Author and New Hampshire native Timothy Woodward visited Southern New Hampshire University to share his stories – excerpts from his novel and his journey to getting published – with students and faculty.

"He was very personable and relatable," Amanda Cullen said of Woodward. "It gives me a lot of encouragement that it's actually possible to become a successful writer coming out of the writing program at SNHU." Cullen is a sophomore in the Creative Writing Program.

Woodward received his Master of Fine Arts from Southern

New Hampshire University in 2008 and went on to publish his first novel in 2012.

If I Told You So is a coming out and a coming of age story of a 16 year old in a small New Hampshire town.

Woodward chose to write about the Lesbian, Gay, Bisexual, Trans, Queer (LGBTQ+) community because he very rarely saw anything else about it; he "wanted to fill that void" –especially for many of the students he taught.

Said Woodward, "I wanted to write a book where my students could see themselves and not

everything bad happens [to the characters]."

There were three things Woodward said he wished he had known while he was at SNHU: How crucial it is to make connections; how much writers really need to read; and "how much [he] would hate to read [his] own writing after so many drafts."

"Every connection you make is a valuable one," Woodward added.

He stressed the importance of using social media sites like Twitter and Facebook to talk to professionals and create contacts.



WE
FEEL SCARY.

OH
SO SCARY.

WE
FEEL EVIL.

OH
SO EVIL.

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ELLIE GOULDING'S "HALCYON"

David Scroton
Staff Writer



Ellie Goulding's follow up album, *Halcyon*, has now debuted for the fall season. It focuses on the end of a relationship and the gloomy feelings that follow after. But she has this dark topic riddled with positive feelings of the unknown that is to come.

Now, Goulding has a much bigger following in her homeland of the U.K. This caused this current album to hold off a little on the release date. Goulding was waiting for a bigger fan base to build up in the U.S.A. to release her second album.

This turned out to work perfectly in Goulding's favor, with

her big hit "Lights" topping the charts for many weeks in America about a year and a half after it had been out.

After the big success of "Lights" she released her first hit off the album, "Anything Could Happen." This song was based on the brighter future to come, as a message that no matter how bad it is now, just remember it will get better because anything could happen.

The release of that song made the next two weeks an even longer wait for Goulding fans. Goulding is back and is still as good as she ever has been.

With this base of a hard break up, audiences already know that there are a number of slow, heart-wrenching songs. These songs include "Dead in the Water," "Joy," and a sure favorite of the bunch, "Explosions."

But this is not just the album to have when feeling depressed. With songs like "Figure 8" and "I Need Your Love," Goulding shows her personal love for dance-style music. These songs will have listeners out of their

chairs and dancing and singing along.

The album originally had thirteen songs, but there is a deluxe version that contains a remix of one song, four new ones and the single version of her past song "Lights."

Getting this album is no question for long time Goulding fans, but is also a good choice for anyone in a breakup. Hopefully more people in the U.S. will start to notice Goulding and she will have a bigger fan base over here. For what with her voice and musical talent, this album will not be Goulding's last.



SNHU Film Series Review THE LIVES OF OTHERS

Samuel Doe
Copy Editor

On November 14, History Professor Ken Nivison hosted *The Lives of Others*, the most recent entry in the SNHU Film Series. The first feature length film directed by Florian Henckel von Donnersmarck, the movie takes place in 1984 East Berlin. It opens a window into life in East Germany at the height of its spy state identity, when the stated goal of the East German secret police (Stasi) was "To know everything."

At the film's beginning, Georg Dreyman (Sebastian Koch) is East Germany's "only non-subversive writer who is still being read in the West." His plays, which often star his girlfriend, Christa-Marie Sieland (Martina Gedeck), steer clear of politics altogether. And Stasi Captain Gerd Wiesler (Ulrich Mühe), doesn't trust him at all.

Wiesler quickly secures permission to place Dreyman under surveillance. He, and the film's audience, are soon hearing every word and seeing every act that takes place in Dreyman and Sieland's home. His timing is good. Dreyman, seeing the awful effects of the ever-present,

all powerful spy government on those he loves, is slowly being drawn into subversive activities.

But things are not as simple for Wiesler as he expected them to be. Wiesler lives for the Communist Party, but listening in on Dreyman and his lover, he comes to realize that his life, built up around a political dream, is hollow. Dreyman and Sieland are surrounded by pain and fear, but somehow their lives are fuller than his. As Dreyman makes his bid for humanity, Wiesler makes his own, turning a lifetime's mastery of espionage against his superiors, protecting Dreyman as he brings himself and Christa-Marie ever further into danger.

The film's setting in the year 1984 is no accident – many of the themes come right out of Orwell's novel. The government plays mind games with its citizens, doing its best to turn family and friends against one another. Dreyman and those around him are forced to engage in double-speak, saying things they do not believe and pretending not to believe things which are obviously true.

Asked why he thought *The*

Lives of Others was an important film to show to college-age audiences, Nivison spoke of the film's powerful portrayal of the stifling effect of the Communist spy regime on the human spirit, and of the power of empathy to work change in the human heart even in the most extreme circumstances.

The Lives of Others is, indeed, a powerful and gripping work of art, suspenseful, powerfully written and acted, and well worth tracking down for those who missed the showing at SNHU.



Ellie Goulding's Past Albums & Top Hits

- | | |
|--|--|
| 1. "Lights"
<i>Lights</i> , 2010 | 6. "Everytime You Go"
<i>Lights</i> , 2010 |
| 2. "Starry Eyed"
<i>Lights</i> , 2010 | 7. "Salt Skin"
<i>Lights</i> , 2010 |
| 3. "Your Song"
<i>Elton John Cover</i> , 2010 | 8. "Under the Sheets"
<i>Lights</i> , 2010 |
| 4. "The Writer"
<i>Lights</i> , 2010 | 9. Human
<i>Bright Lights</i> , 2011 |
| 5. "Guns and Horses"
<i>Lights</i> , 2010 | 10. Anything Could Happen
<i>Halcyon</i> , 2012 |

SPORTS

Pats Superbowl Bound?

SNHU STUDENTS HAVE THE FAITH

Evan Bodi
Sports Editor

For many people, Thanksgiving serves as a time to be grateful with family and friends. For Patriots fans, this time of year usually proves to be a good time to dissect the chances of the team making another run at the Super Bowl. This year has proven to be no exception.

New England, after stumbling out to an unusually slow start, has won five of their last six games. Several of these victories involved Brady and company destroying the opposition, including the 52-28 shellacking they put on the Buffalo Bills back in week four.

The Patriots have shown the ability to play complementary football. Their 31-21 October win over Denver is probably the best example they've shown of being a complete team all year by playing well in all three phases of the game.

That type of performance, however, is still considered a rarity for the Patriots secondary.

The Patriots defense consistently struggles to cover wide receivers, offering little resistance during long passing plays. When faced with having to defend the deep ball, the Patriots have usually ended up in deep trouble.

However, despite ranking at

the bottom of the league in defense, New England touts one of the best offenses in the game. Southern New Hampshire University students are optimistic that the shortcomings on defense can be neutralized with help from the Patriots' prolific passing attack.

SNHU student Everett Austin believes that the Patriots can be not only Super Bowl contenders, but Super Bowl winners. "I definitely say they can win it. I think even at 35 years of age Tom Brady can still carry the team."

The idea of Tom Brady being able to carry the team is common around the campus. Having a tight end as talented as Rob Gronkowski definitely helps.

"I think Brady and Gronkowski are a good tandem," said freshman Mercedes Premo when asked to describe the team's offense. "They can score enough points with the two of them."

While optimism is common for many Patriots fans on campus, there is one student who doesn't share the same perspective.

"Not with their defense," said undergraduate student Jacqui Reynolds when asked if New England can win the super bowl with their 28th-ranked pass defense. "They need to get better cornerbacks and safeties."

The hope at SNHU is that the Patriots offense can carry them back to the big game. They were able to pull off this trick last season. They won the American Football Conference by relying on Tom Brady to put up points.

However, in 2012, it may be the defense's ability to improve throughout the year that could be the difference between the Pats being a playoff contender or a Super Bowl contender.

SNHU FRESHMAN INTRODUCES NEW SPORTS SHIRTS, DUBBED G.R.I.N.D.

Evan Bodi
Sports Editor

If there is one aspect that sports athletes and workout gurus sometimes overlook, it is the required apparel. It is, after all, necessary to wear the appropriate gear when it's time to hit the gym.

However, Southern New Hampshire University freshman Daniel Krikorian has both a product and a message that he is hoping will be a big hit at SNHU and in the nearby area.

His company, DKDRIVE Inc.,

is promoting a new product that he hopes will be worn by many athletes, both at SNHU and throughout the country.

G.R.I.N.D., which stands for Get Ready It's a New Day, is a new workout shirt for athletes and gym nuts alike. It is a comfortable to wear t-shirt and features the acronym G.R.I.N.D. on the front in bold white capital letters.

"We are using motivational clothing to push the mental state

MEN'S SOCCER: PLAYOFF SUCCESS CONTINUES, GOAL IS TO WIN CHAMPIONSHIP

Evan Bodi
Sports Editor

Southern New Hampshire University's Men's Soccer, ranked 10th nationally in the NCAA Division II league, defeated Merrimack College 1-0 in the second round of the NCAA Division II Men's Soccer Championship East Regional at Larkin Field.

Men's Soccer continues to find ways to win, and is now the owner of an impressive 18-3 record. Merrimack College saw their season come to an end, finishing with an overall 15-4-1 record.

The Penmen advanced to the East Regional final with the win and will face fourth-seeded UMass Lowell at Larkin Field.

Senior Chris Tsonis sealed the deal for the home team, converting a penalty kick with 13:42 remaining in regulation for the only score in the game. He leads the team with 15 goals on the season.

That proved to be enough offense for the Penmen. Goalkeeper Dom DiMaggio was able to preserve the team's slim lead while earning his 11th shutout of the season.

This game could have gone either way, as the Merrimack College Warriors had their fair share of opportunities to take the lead in this defensive battle. Warrior Olof Lindhe attempted to head

the ball in inside the far left post, but DiMaggio was able to dive and make the save, preserving the shutout over Merrimack College.

Southern New Hampshire's Jordan Branco was asked about how the team's chemistry has affected their play, and he believes there is a correlation between good chemistry and success.

"We are more like a family than a team, always there for one another, and this follows onto the field. When a team is humble and sticks together, they can go far, which we have done."

It's clear that despite all of the meaningful victories, the team has its eyes set on winning a

championship.

Branco goes on to describe the significance of what winning a national title would mean to the team and SNHU.

"Winning a national championship would mean the world to us because we know we have the team do it. Also, speaking for the seniors, this is our last chance at winning that title and we want to end our collegiate careers on top."

Men's Soccer believes that this team is special enough to win a championship. The team has had many special moments during a season full of winning. The hope is that this trend continues until they are the last team standing.



snhupenmen.com

of athletes to a new limit. We understand the need for a comfortable sports fit shirt in and out of the gym," said Krikorian when asked to describe his product. "So, we've created a sports fit shirt that incorporates the motivation for the mental state in all athletes."

In all likelihood, it is the uniqueness of these shirts that will gather attention.

Aside from the catchy motivational message, these shirts are made out of high performance polyester. This material is thick,

which prevents the letters from sticking to a person's skin when he sweats. At the same time, it is lightweight enough to allow better performance.

Daniel, who is president and CEO of DKDRIVE Inc., is hoping to reach and inspire many individuals. "As we grow, we want to incorporate and sponsor all athletes and people who exceed their goals of yesterday."

With 16 SNHU sports teams, the chance for G.R.I.N.D. to be successful with campus sports teams exists. G.R.I.N.D. has already gained popularity off campus too in several states across the country.

As with any new product, there is often a deep motivation that inspires the company's founder to push hard to succeed. Daniel's story is no exception.

"My idea originally in life was to be an athletic trainer, due to my love of the gym and my want to better myself in baseball. However, I had a very discouraging

experience by a high school coach and an ideology by my younger teammates. This experience during my senior year of high school was one that had me thinking of how I wanted to change the mental state of these athletes through the use of inspirational tee shirts."

In the future, there is a chance that G.R.I.N.D. won't be restricted to appearing on athlete's backs. Daniel is hoping to expand his line of G.R.I.N.D. to introduce sweatpants, sweat shorts, and hats throughout the winter.

In the meantime, Daniel believes SNHU students and athletes may consider a G.R.I.N.D. shirt a great holiday gift.

"G.R.I.N.D. is always trying to expand its clothing to SNHU and is a great gift for Christmas. Also, if teams would like to have their workout shirts sponsored by G.R.I.N.D., we would love business and to support the school."

Visit www.grind-sports.com for more info.



Dan Krikorian

HEALTH & WELLNESS

On November 16, Hostess Brands Inc. filed for bankruptcy due to the Bakery, Confectionery, Tobacco Workers and Grain Millers (BCTGM) Union's nationwide strike. The company warned employees two days prior, stating that if they did not return to work by 5 p.m. on November 15, the company would be forced to liquidate.

After filing a motion with the U.S. Bankruptcy Court, Gregory F. Rayburn, chief executive officer said, "Hostess Brands will move promptly to lay off most of its 18,500-member workforce and focus on selling its assets to the highest bidders."

Does this mean the end of the Twinkie? According to the Hostess website, brand retail stores will remain open until the last products are sold. Hostess Brands will then sell its popular brands,

THE END OF THE TWINKIE?

Alicia Frazier
Health & Wellness Editor

which include Hostess, Drakes and Dolly Madison. These brands make products such as Twinkies, CupCakes, Ding Dongs, Ho Ho's, Sno Balls, Donettes, and Wonder Bread.

This gives some people hope that maybe the Twinkie will rise from the dead. Others feel that such products will not be a great loss. With obesity rates rising in America, not having the choice of an unhealthy snack may be a blessing in disguise. This will force some customers to branch out and try healthier snacks.

Student Gabrielle Giannelli

says, "I think we would be better off because there is a reason that the United States is the top country for obesity. Losing the company is probably going to benefit us in the long run because it is one less option for unhealthy foods."

Will the loss of Hostess products have a large effect on Southern New Hampshire University? Since the Student Center sells little to no Hostess products, one can safely say, no. Within the SNHU community, it seems there will not be much of an effect. In partnership with Sodexo, SNHU tries its best to carry healthier snacks for its students and faculty.

For more information, see the Hostess website. From a company that is 82 years old, Hostess says, "Thank you for all of your loyalty and support over the years."



TRANSFORM THANKSGIVING LEFTOVERS

Alicia Frazier
Health & Wellness Editor

Thanksgiving may come and go, but leftovers linger like the unwelcome relative. Most people turn leftover turkey and veggies into stew or a potpie, but what does one do with containers of leftover stuffing? The Food Network supplies many Thanksgiving leftover recipes. One of these is a simple, quick, and delicious snack made from leftover stuffing.

cup cranberry sauce, 1/2 teaspoon freshly ground black pepper, 1/2 cup walnuts, and oil for frying

Directions:
Preheat oil to 350 degrees F

Cut leftover stuffing into bite-sized cubes and set aside.

In a small bowl, whisk eggs and milk.

Coat each stuffing bite with this egg wash, then dredge in the bread crumbs until fully coated and set aside.

In a food processor blend cranberry sauce, pepper, and walnuts, and set aside.

Once oil is at temperature fry each piece of stuffing until golden brown about 4 minutes.

Drain on a paper towel and serve with cranberry pesto.

Second Day Fried Stuffing Bites
with Cranberry Pesto

Prep Time: 10 min
Cook Time: 4 min
Level: Intermediate
Serves: 4 to 6 servings

Ingredients:
Leftover stuffing, 2 eggs, 2 teaspoons milk, 1 cup seasoned bread crumbs, 1

BREAK FREE FROM THE TURKEY ON WHEAT

Alicia Frazier
Health & Wellness Editor

As part of International Education Week, a variety of international lunch dishes were made available in the dining center for students and faculty. This provided a great opportunity to celebrate and take pride in the wide variety of cultures represented here at Southern New Hampshire University.

The week's featured countries include: Morocco, Thailand, Turkey, Saudi Arabia, and Japan.

Monday: Thailand – Fish with red curry sauce over jasmine rice

Tuesday: Morocco – Braised Chicken with dates and Moroccan spices served with couscous

Wednesday: Turkey – Turkish Lamb Stew

Thursday: Saudi Arabia – Shish Taouk with rice pilaf and chopped Arabic salad & pita bread

Friday: Japan – Miso marinated Salmon with cucumber daikon relish

When asked what she thought about the dining center serving international lunch dishes as part of International Education Week, Emily Bishop said, "I think it is awesome! We get to try a bunch of different meals. It is also a good change from what we normally get."

Although International Education week has passed, this does not mean one cannot try a daring new dish. For one day break free from the turkey on wheat and order pizza with a unique topping or even seafood linguini. Not only can trying international dishes and foods be exciting, eating a variety of foods is also healthier.

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SOCIAL MEDIA

KEEPING UP WITH PHI OMEGA PSI

Lauren Sousa
Contributing Writer

The sisters of Phi Omega Psi have been keeping busy these past two months putting on events and being active within the Southern New Hampshire University community.

Last month, Phi Omega Psi inducted Bella Kai into the sorority as an honorary member. Bella is a little girl near and dear to the hearts of the sisters who suffers from Rett Syndrome and works hard each day to live her life to the fullest.

Bella recently took her first steps without assistance, and the sisters could not be happier. For such a little girl she has impacted many people and will continue to do so throughout the years.

Sister Nicole Noons and Phi Delta Psi Brother Garrett Gregory raised \$333 for our Honorary Little Sister to support her fight against Rett Syndrome, and the sorority will continue to raise money and awareness for Bella each year with the annual "Walk for Bella" stroll around campus. Be sure to look for flyers next year to come and support the cause!

Fall Fest is another event that the sisters participated in this past month, with the two other sororities on campus, Kappa Delta Phi and Phi Delta Beta. At this event, there were apple cider donuts, caramel and candy apples, and opportunities for pumpkin painting and candy jar making.

The sisters had a great time and are so happy they got the opportunity to hang out with all of the girls from the other sororities. Those who missed this event this year should be sure to stop by next year; it is always a fun time!

Greek Games occurred in October and were a great time for all who played. Some of the events that took place were bas-

ketball, ultimate Frisbee, egg toss, dodge ball, soccer, and volleyball, among several others. Although the Phi Psi's did not come in first place, everyone had fun and they look forward to participating at the games in the spring.

At the close of the Greek Games was Alumni weekend, and the brothers and sisters got the chance to hang out and reminisce with alumni from many graduating classes. There was a dinner held in the Miles Room at the cafeteria for all members former and present, and it was so fun to hear all of the stories from alumni of what their days at SNHU were like.

On November 5-9 the sisters co-sponsored Nutrition week. Phi Omega Psi, along with Radio SNHU, Phi Delta Beta, Kappa Chi, and the Student Government Association hosted various events to promote healthy lifestyles and eating, and had a great turn out. Some of the fun and healthy events included a Zumba night, special meals at the cafeteria, Fro-Yo Night, The Barbie Campaign, a blood drive, and some healthy snacks with peer educators. All of the events were a hit and the hosts were happy to see students taking the opportunity to take part in such healthy and beneficial events.

The Phi Psi's hosted their annual Lip Sync Contest on November 15. It was a great night filled with lots of laughs and some wonderful talent.

If you have any questions about any of these events, sororities in general, or Phi Omega Psi, feel free to contact the sorority's President, Brittney Freckleton, or the sorority by emailing Brittney.Freckleton@snhu.edu or PhiOmegaPsi@snhu.edu.

PROJECT UGANDA: RAISING AWARENESS TO HELP THE LIVES IN NKURINGO

Kaycee Gnatowski
Social Media Editor

"What I get the most pleasure from is being away and being out of contact, and living closer to the Earth," stated Southern New Hampshire University Professor Michele Goldsmith. Goldsmith is Associate Professor of Science in the School of Arts and Sciences, and the Papoutsy Distinguished Chair in Ethics and Social Responsibility.



Prof. Michele Goldsmith

Goldsmith has been traveling to different parts of Africa studying gorillas since 1991, including the Congo Basin and the small village of Nkuringo, which is located in Uganda. As a primatologist who travels to Uganda almost every year, she studies the behavior of the mountain gorilla and how tourism in the area impacts the primate and its natural habitat.

In 1999, Uganda faced civil unrest which impacted the area where she conducts her research.

"There was a massacre and I was asked to give up my field site for safety and other reasons," stated Goldsmith. "I started living with the rangers and with the army for safety, and did not know if National Geographic would give me approval to go back because of civil unrest," she explained.

Many people are unaware of the living conditions in Uganda and how much different lifestyles there are from here. Here, in the United States, people have cutting-edge technology and schooling that is available to everyone. Americans have the option to buy a one-story home or a three-story mansion with an attached garage. In some rural areas in Uganda, the residents live in makeshift homes and have no sanitation, running water, or electricity.

Goldsmith used to stay right in the middle of the rainforest when studying the mountain gorilla and

had to make her own means of living. "Our field camp was something that we built down there with mud, dung, and branches. It was built with dirt floors and dirt walls," stated Goldsmith.

Living with technology, electricity, and running water for much of one's life and then traveling to a location without any of those things must be a huge culture shock. On the contrary, Goldsmith stated, "It is a cultural shock when I get back [to the United States]. Living in the rainforest in the middle of nowhere is more natural for me."

In 2009, Goldsmith moved her field site a two hour hike up the mountain to the small village of Nkuringo. There she started to see the human aspect of the work she does with the gorillas and the direct impact tourism had on them.

"It has become a little touristy town. There are tourist campsites, T-shirts for sale for tourists, and the orphans dance for the tourists twice a day," explained Goldsmith.

The tourists are welcomed by the residents of the village and they are completely aware of their surroundings and the wildlife of Uganda. Even though the tourists are bringing in revenue for this rural town, Nkuringo is still lacking in sanitation, running water, and electricity. If a resident needs water for any reason, he has to walk down to a river, which can be hours away, and carry it back with him.

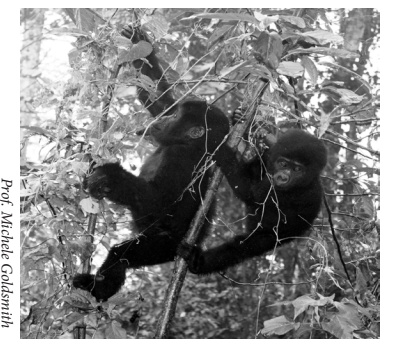
Currently, Goldsmith is working with her field assistant of fourteen years to help build a primary school for the orphan group, and the first health care clinic in the area. Both developments will help the residents of Nkuringo immensely and provide work for some of the people.

"The health care clinic will allow the residents to have immediate access to health care, which they do not have now," stated Goldsmith. The nearest hospital to these residents can be as far as a few hours away, so having a medical clinic right in their area will allow for quicker treatment. "They might be planning to do prenatal care and vaccinations," she added.

The building of the Primary

School will take some time, but is a great addition to this rural village. "The orphans will go to school, no matter what level they get to," explained Goldsmith.

When Goldsmith arrived in Uganda sixteen years ago, her main goal was to study the impact tourism had on the mountain gorilla. Over time, her goal has remained the same, but has now expanded into helping the residents of Nkuringo. "I have a big space in my heart for nurturing," she stated.



Prof. Michele Goldsmith

SNHU students can also play a role in helping the residents of this rural village gain a better and safer life. There are many items that are needed but most would be best bought in Uganda, therefore monetary donations could help. Donations can be sent to Michele Goldsmith at her SNHU mailbox in the Robert Frost building. Students who wish to donate used laptops can also discuss this with Goldsmith.

Students who would like their donations to be used in a specific way may send an attached note with their donations indicating how they would like the donation to be used. Donations can be put towards the building of the Primary School, Health Care Clinic, or a specific item.

A receipt, photo and/or a personal "Thank You" note will be brought back by Professor Goldsmith from the residents of Nkuringo.

If you have any questions regarding Professor Goldsmith's next trip to Uganda or about a donation, she can be reached at (603) 668-2211 X2534 or M.Goldsmith@snhu.edu.

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SOCIAL MEDIA

THE TOP 5 FROM THE TOP MAN

Kaycee Gnatowski
Social Media Editor

Southern New Hampshire University President Paul LeBlanc is no doubt the heart and soul of SNHU, and contributes a great deal of time and effort into building a wonderful school for all of its students. President LeBlanc keeps up with SNHU students in various ways, one of which is through the popular media website Twitter. The Penmen Press takes a look at the top 5 Tweets from the President in "The Prez Says."



11.6.12.

"SNHU will no longer take a commission on textbook sales. We are walking away from \$500k of revenue and insisting on lower costs to students."

11.7.12.

"More young people voted than in 2008. SNHU students did their part. Great energy and turnout."

Be sure to check out the next issue of The Penmen Press to see the next top tweets from "The Prez Says!"

11.9.12.

"Just checked in at the Disney Dolphin Resort for my conference talk tomorrow. The whole thing sort of creeps me out to be honest..."

11.6.12.

"'Funny part: guy on plane sees me looking at mag and says, 'That you?' 'Ur, yeah it is,' I say. His reply? 'You need a better pic.' Ouch."

11.6.12.

"To my SNHU students: On 9-11-02 I became an American Citizen so I could have a say in this country's future. Join me in voting today. Vote."

SNHU

Penmen Cash

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CREATIVE



Julianne Robinson

"PROCRASTINATION"

Sasha Leston
Staff Writer

Hi!

How are you? It's been forever since I last saw you.

Oh, sorry, this is my good friend, Procrastination.

Isn't he great?

He always gives me the perfect reason

Not to write that three-page paper due in two days,

Or not to study for that big mid-term at the end of the week.

I don't know what I'd do without him.

Can you imagine life without Procrastination?

It would be CRAZY!

We'd be doing things ahead of time,

We wouldn't be pressed for time when trying to finish our work...

Huh... now that I think about it,

Maybe Procrastination isn't so nice after all.

"DISEASE"

Rachael Hali
Staff Writer

I am an illness,
a disease.
That enters your body
without warning.

I am everything you hate,
despise,

"SYNCHRONICITY: PART IV"

Megan Kidder
Co-Editor-in-Chief

I was doing it. I got up at the sound of my first alarm rather than hitting snooze until the last possible second I was able to pretend it wasn't morning already.

I was getting out of bed without dragging my feet. I was humming sappy songs in the shower and brushing the makeup on my face with oomph.

It seemed uncontrollable as I parked my car in that same parallel spot on the side of the street and walked on the sidewalk to the coffee shop with an intense yearning for a pumpkin latte and a run in with this mysterious coffee thief.

I could feel what I was doing. I was on a mission to see this guy from the coffee shop again only because Nora had planted a seed in my head about him. It annoyed me that best friends had that talent. As much as it annoyed me and as much as I was fighting internally for going to the coffee shop with my hopes up, I was still walking up that enchanting walkway and opening the doors.

At the counter, he was nowhere in sight. I expected him to be waiting for me at a table, ready for our second encounter. Our second date, my psycho female mind fantasized. I wanted an iced drink because I was starting to feel sweaty, the way you feel when you're nervous about running into beautiful men at coffee shops.

I decided against the iced drink as the barista waved me to the register. I thought changing my order might jinx my chances of running into him again.

As I waited at the pick up counter I fiddled with my phone, pretending to text someone but just pressing buttons with my clammy fingers. I tried to be as nonchalant as I could pull together and quickly scanned the shop without luck.

"Pumpkin latte?"

"Me," I said awkwardly, not that

the minimum-wage barista cared.

I took my steaming drink without a peep from anyone behind me. I rolled my eyes at myself for being so disappointed by not running into him again. I walked by plenty of people every day. I held doors open for countless strangers behind me every day, I didn't care if I ever ran into those people. I was okay with passing people by and forgetting their faces or the way their voices sounded. But not his and I couldn't figure out why.

I took out my phone and called Nora.

"How old am I?" I asked into the phone as I grabbed some napkins.

"Uh..." was the response I received from the supportive other end.

"I am twenty-three years old and I'm still here fantasizing about some random guy that I saw ONCE by chance." I angrily stuffed the napkins in my pocket.

"Shut up, you're at the coffee shop again aren't you?" Nora said. "Is he there?"

"No...unfortunately," I said. "Or fortunately, because I'm insane."

"You should've got his number," Nora ignored my plea for mental help. "This guy could be like...your soul mate."

"I have a little schoolgirl crush on some nameless guy who happened to get coffee at this café once. One random occasion." I was being a little loud for a coffee shop. "I'm fucking creepy."

"You're in love," Nora gushed.

"Not helping," I said. "Tell me how crazy I am and make sure I never do this again."

"Hey, it's not your fault they have good coffee." Nora the opportunist was at it again.

"Nora-" I was unable to finish my sentence because as I charged through the door with embarrassment, I collided with destiny.

and want to purify
yourself of.

Suffocating you
with every haggard breath
you take.

I try to take sympathy,
be merciful, and weak.
Yet, as with any disease
one dose of Robitussin®
won't cure me.

No, I will fester and thrive,
as your body tries desperately
to survive.
As I display no pity
to your dying cries.

"THE LABYRINTH"

Samuel Doe
Copy Editor

I always regret it

When I enterw

The winding passageways

Of the school website

But don't bring along a spool of golden thread

Back out. To find my way

It's no jest - I begin to wonder

If the mess is but a cover,

A trap to lure and hold

Some foul hybrid creature

The internet has disowned.

I begin to wonder

What grinning monster lurks

At the heart of the labyrinth.

"BIG TASTE: SMALL SERVINGS"

Dahvin Greenfield
Staff Writer

Your nerves are sunflower seeds.
Each tick comes with a crunch,
clearing of the throat, clenched jaw.
You choke on the shells,
spit them back as words.
My nerves are chewing gum.
The problems proceed with each piece,
but I never mind undressing another issue.
I keep the nerves alive,
exhale into these lungs I call bubbles.
Once they pop, I know I've said too much.
I can't imagine chewing gum with a mouthful of seeds.
Now I see, we've had a miscommunication.
I peel back the foil,
lay the piece on my tongue,
chew, chew, smile.
You clear your throat,
build up saliva and spit back at me.
My bubbles remain small, premature.
Your choking gets louder,
your hands filled with seeds.
Your eyes ground-gaze;
the choking turns to bronchitis.
Chunks of seeds are sprayed at me.
The room has stomachached some more people,
some more viewers, couple more talkers.
They watch us.
They watch you spit at me.
I continue to chew and
keep it short and sweet.

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