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Thomas Jefferson Day



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SNHU RAISES OVER \$21,000 FOR RELAY FOR LIFE

Tyler Leighton
Editor in Chief

Relay for Life once again returned to Southern New Hampshire University (SNHU), and by the end of the night, the 27 teams made up of almost 200 total members of the SNHU community had raised nearly \$22,000 in total for the American Cancer Society.

On Friday, Apr. 8, SNHU students from multiple clubs and organizations across campus saw their multiple months of hard work fundraising pay off in the form of the late night event, which started at 7 p.m. and continued on until the late hours of the night on the Dining Center's second floor due to surprisingly cold weather.

The all night event was separated into two parts by the intense and emotional Lumina Ceremony in which survivors from the SNHU community shared their stories



The braid was not harmed during shaving.

with cancer.

The event was co-sponsored by many of the organizations around campus who participated. There were multiple events going on throughout the

night including hourly bingo, massages, many buildable arts and crafts, as well as complimentary food and drinks. Also, sumo wrestling matches and the occasional round of Zumba

were popular throughout the night as well.

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APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Nicole Kenney
Staff Writer

April is Sexual Assault Awareness Month and Southern New Hampshire University's (SNHU) Women's Center will be organizing events all month to spread awareness among students and staff. The Women's Center will incorporate ideals from Enough is Enough into their month-long campaign by educating about sexual violence on college campuses and the importance of affirmative consent.

On Apr. 11 through Apr. 15, activities will focus on the White Ribbon Campaign. This campaign is male driven as boys and men pledge against sexual violence towards girls and women, promote gender equity, and encourage healthy relationships. A group of male students will wear white ribbons to show their support. The campaign will end the week with a barbecue and photo opportunity on Apr. 15 at 12 p.m. to 2 p.m. on the campus quad.

Sexual Assault
Awareness Month

Sexual Assault Awareness Month will be promoted by the Women's Center with several events planned throughout the month.

Tyler Leighton, a student involved with organizing the event said, "We'll be gathering signatures and pictures all week to show off at the barbecue. It's a great way for the campus to show their support for the White Ribbon Campaign."

On Apr. 18 through Apr. 22, the Women's Center will promote the Clothesline Project (CLP). Furthermore, the Women's Center will team up

with SNHU's Coordinators of Activities and Programming Events (CAPE) to promote the on-campus activities for Sexual Assault Awareness Month at CAPE events.

The CLP is aimed at addressing the issue of sexual violence against women. By creating t-shirts, women and allies affected by sexual violence can express their emotions on a canvas for all bystanders to see. Throughout

the week, shirt-making stations will be set up for students and staff to create their own t-shirt designs to spread sexual assault awareness. These shirts will be hung on a clothesline and displayed at the campus quad.

Brooke Gilmore, the director of the Women's Center, shared her excitement for this month's activities and said, "What I'm really excited to see for this year is that...our men on campus are really taking an active role and helping coordinate programs for this month [and coming] together in support of sexual assault awareness and prevention."

Gilmore continued, "[I] want to engage campus in this month of awareness because this is an issue that's really prevalent on college campuses and the current statistics indicate that either one in four or one in five college-aged women can expect to be sexually assaulted during their college years, which is really jarring and I think that we need to promote more awareness around these issues."

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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!

TO ORGANIZATIONS ON CAMPUS

We're hot off the heels of Southern New Hampshire University's (SNHU) Relay for Life, the successful fundraiser resulted in more than \$21,000 being donated to the American Cancer Society. It was an amazing event, with a lot of talent student leaders from multiple organizations and offices around campus showed that it's possible for anyone to make a difference. Given all the good that came from this event it's hard to believe that we don't come together more often for positive community building events throughout the school year.

At SNHU there are dozens of events that happen over the course of a single month. Most of these events are sponsored by a single organization on campus. It's sad to say, but often events can get lost in the shuffle, marred by poor attendance or lack of budget, and then are considered failures by the groups that put them on. We feel that this doesn't need to happen because of the resources available,

namely our other organizations on campus.

It's rare seeing a campus organization support one another. Events can be seen as ways to singularly promote one organization above all others when they should only be concerned with entertaining the students that attend them. This falls on the shoulders of the student leaders that don't want to ask for help. Looking for co-sponsorships isn't a failure. It gets more students involved, gaining experience, and puts your event in a position to succeed.

The main, event oriented, organizations on campus tend to be CAPE, SGA, and IGC, their large membership and equally large budgets put them in an enviable position when it comes to hosting events. Having a clearer way to establish a co-sponsorship opportunity with these organizations would greatly improve the chances of smaller organizations abilities to host multiple events throughout the year.

As of now there are occasional club collaboration meetings scheduled throughout the year in which the topics of co-sponsorships and event planning are discussed. It's a good start, but there is another step that these meetings have yet to reach. That point is one where instead of having clubs ask what they need from one another, they are reaching out willing to help. Until we reach that point when our organizations work together we won't be a real community, we'll continue to be separate organizations with separate skillsets and external qualities.

It would be great to see co-sponsorships mean something on campus beyond spending money, buying pizza, or staffing a table. Each club at SNHU has two goals, to grow and have fun. It's something that nobody can argue with and each of our organizations can and should be doing our best to help other organizations grow and have fun with us.

RELAY FOR LIFE

Continued from Page 1

Rachael Straehle decided to challenge the fundraisers on campus by offering to shave her head if a total of \$18,000 had been donated in total by everyone that participated. Luckily, the SNHU fundraisers were up to the challenge meeting this goal with days to spare before the event. This time allowed the interest of our own President, Paul LeBlanc, to percolate, which culminated in him doing the honorary shaving during Relay for Life.

After multiple cries to the crowd asking, "Am I doing it right?" LeBlanc had finished, with some help from one of the event organizers Megan Sage. Rachael's reasoning for shaving her head was announced during the long and unprofessional shaving process by the event's DJ: "Rachael is voluntarily shaving her head now in hope that the money we raised tonight will make it so that no one is forced to shave their heads because of cancer in the future."

SNHU's Relay for Life

Late n Make ch n e



Matt Petersons soars through the air during his dance off with Caroline Flemming.

Late n Make ch n e



Caroline Flemming dabs after her victory.

2016 was an event filled with unforgettable moments for everyone who participated, and even though it may be over, planning for the 2017 event is sure to start soon and

with 362 days to go before the event, it looks like SNHU has a strong chance to beat the fundraising goal from this event to help get rid of cancer once and for all.

NEWS

DEEPA WILLINGHAM ADVOCATES EDUCATION FOR GIRLS

Melanie Friese
Copy Editor

Deepa Biswas Willingham, founder and chair emeritus of PACE Universal, advocated the importance of girl's and women's education around the world and stressed the need to eradicate poverty in every country. This would create a more peaceful world and solve economic, social, and safety problems facing the world today, especially in the trafficking of women and girls.

Willingham presented on Thursday, Mar. 24 in Southern New Hampshire University's (SNHU) Walker Auditorium at the request of Brooke Gilmore, the director of the Deborah L. Coffin Women's Center.

"I'm an ordinary woman

who has done this... educate one girl, and you educate a whole village... we are stopping trafficking one girl, one woman at a time... Literate women do not produce illiterate children," Willingham said.

Throughout her presentation, Willingham spoke about how educating one girl or one woman in an impoverished village educates the whole community. According to Willingham, a man who gets educated leaves the village for the city to make more money, but a woman will stay in the community and teach others because women are nurturers by nature.

Willingham built her first school for girls in Piyali Junction in India, which is close to Kolkata, India, the village she grew up in. Since this school has had

great success in improving the lives of girls and women around the village, in addition to improving the infrastructure in the surrounding village, Willingham's organization has received multiple requests for duplications of the school in other parts of the world.

The next school will open in Tecuena, Mexico, once construction is completed. "I think it's necessary for young girls to be educated in order to enact change, promote awareness, and create equality," said SNHU junior Natalie Jones after Willingham's presentation.

PACE Universal has also received requests to start a school for boys. Willingham told a story that some of the girls in her school raised the concern that they wanted to marry smart boys. "We will never solve this problem unless men are involved... We've got to take care of both of the sexes to make sure our population is healthy," said Willingham.

Willingham said she has seen firsthand that empowering girls makes a significant and positive impact on the impoverished community. "This school is harder to get into than Harvard," Willingham said about her school in Piyali Junction. She elaborated, saying that the school can only accept so many girls each year, but many more want to come and their parents want to send them.



SNHU Graduate Student Magdalene Stanley standing with Deepa Willingham after the presentation.

Melanie Friese

BODY POETS COMING TO ROCK SNHU

Katerina Wilhelmi
Creative Editor

The Body Poets will be coming back to perform at Southern New Hampshire University (SNHU) for a second time in the Last Chapter

campuses and at different dance and music festivals.

They group incorporates light tricks, improv-humor, and hip hop dancing into their acts. They perform in unique costumes and include special effects. Their jokes



The Body Poets

Pub on Friday, Apr. 15, at 9 p.m. The Body Poets will first do a teaser show in the Dining Center at 6 p.m. The event is sponsored by Coordinators of Activities and Programming Events (CAPE).

The Body Poets are an American dance group that appeared on "America's Got Talent" in 2011, and made it to the Vegas Round. They also appeared on TruTV's series, "Fake Off" in 2014 and Fox's "So You Think You Can Dance" in 2015. They have recently started touring the country to perform on college

and dancing allow audience members to laugh and dance along with them.

Justin Terlisner, the CAPE Late Night Chair and coordinator of this event is pleased to be bringing the group back to SNHU. He invited them back because it is something he felt students would enjoy. "We decided to bring them back because they were awesome to work with last year and they drew quite a crowd."

Along with the unique performance from The Body Poets, there will be free snacks and drinks available.

STUDY ABROAD DEPARTMENT REACTS TO BRUSSELS ATTACK

Katerina Wilhelmi
Creative Editor

The city of Brussels, Belgium fell victim to two coordinated terrorist attacks by the Islamic State, or ISIS, on Tuesday, Mar. 22.

One of the explosions, caused by a suicide bomber, occurred in the departure hall at the Brussels Airport in Zaventem, and the other occurred at the Maelbeek Subway Station in central Brussels. Thirty-one people died and 270 people were injured.

In accordance to procedures set by the Study Abroad

Program, all students abroad and parents of students were contacted, and all students are safe and accounted for.

What does this mean for students from Southern New Hampshire University (SNHU) that are considering studying abroad?

Stefano Parenti, the Director of the Study Abroad/Exchange Programs has taken an active role in ensuring that students and parents are made aware of the potential dangers that come with studying abroad. Students and parents are encouraged to attend the "Pre-Departure Educational

Experience" seminar.

The Study Abroad Program at SNHU is prepared for situations like these. Each student has an emergency contact available 24/7 overseas.

"Since the beginning, we have decided to develop a Study Abroad Program through few selected direct partnerships for a responsible controlling of our programs," Stefano said. "This is becoming very useful during these tragic events, for keeping the situation under control and for guaranteeing an effective and quick communication with our partners, our students, and their families."

Veronica Doyle, a SNHU student studying abroad in Florence, Italy, explained that these isolated events, though tragic, should not deter other students from going abroad. "I was in Florence when it happened. It honestly hasn't really affected me at all. Life has been the same as it was before the attacks. If anything this is the safest I've ever felt and I'm living in a major city versus living in a town at home," Doyle said.

Doyle continued, "They have military police at all the major monuments and tourist attractions, but you hardly ever notice because they have

been present here since I first arrived. The only precautions I have taken are enrolling in the government's Safe Travelers Enrollment Program (STEP), which just allows you updates on the areas you say you are traveling to and it lets people back home know your whereabouts."

Despite the terrorist attacks, students are still encouraged to study abroad. "We encourage our students to face the world head-on and, in this way, they will continue to be part of the global story, helping to do good, and make the world a better place," Parenti said.

NEWS

CURRIER AFTER HOURS FEATURES KILLER HEELS

Nicole Kenney
Staff Writer

On Thursday, Apr 8, Southern New Hampshire University's (SNHU) Coordinators of Activities and Programming Events (CAPE) organized a trip to the Currier Museum of Art's Wearable Arts event. The event ran from 6 p.m. to 9 p.m. and showcased an artisan fair that featured wearable textiles and accessories from League of New Hampshire Craftsmen artists.

Other festivities that occurred at the Currier After Hours event included live music by the Bradford Bog People. CAPE brought a group of SNHU students to the museum to tour the museum, shop with local wearable arts vendors, and visit the temporary Killer Heels exhibit.

In addition, shoe designer Zack Lo gave a talk about the shoe industry and how shoes go from concept to product; he also displayed samples of his work that museum visitors could pick up and inspect. Lo, an international shoe designer from Taiwan, was brought to the museum by Currier worker Lynn Thompson who said, "[The Currier] wanted a shoe designer to become a part of [the Wearable Arts event] and have a voice and tie into the Killer Heels exhibit." Thompson went on to mention that Lo donated raw shoe components such as leather, shoe

forms, and prototypes for the Killer Heels exhibit's create-your-own-shoe area.

Students who visited the Killer Heels exhibit were floored at the range of shoes in terms of style, age, and function. Museum attendee and junior Epiphany Smith said, "I thought the museum was very interesting. It was definitely cool to see the Killer Heels exhibit and see all the different styles of heels...I definitely had an awesome time!" The shoes on display ranged in creation from the years 1740 to 2014. Categories in which the shoes were broken up included Space Walk, Architecture, Metamorphosis, Glamour and Fetish, Rising in the East, and Revival and Reinterpretation. In addition to the physical high heels, monitors were posted around the exhibit and played various short films about high heels and shoe fetish culture.

The spotlight was stolen

from the Killer Heels exhibit as Apr 8 marked the first night that the Currier Museum of Art had a copy of William Shakespeare's First Folio. This folio is the first printed work of Shakespeare's literature and was printed in 1623 - just seven years shy of Shakespeare's death. The folio will tour to 23 museums, 20 universities, five libraries, three historical societies, and one theater.

CAPE event coordinator and SNHU sophomore Haley Mailloux said, "The event was really great tonight. It was a lot of fun and it was cool that there was a fair going on that showcased jewelry, scarves, and outfits. I really liked the Killer Heels exhibit...I was really shocked to see how amazing the heels were structured." The Currier Museum of Art holds many different after-hours events like this once a month and will highlight the Hippo de Mayo Taco Challenge on May 5.



The Killer Heels exhibit at the Currier Museum of Art will run until May 15.

Jay Zukerhorn

GET THE 411 ON A 401(K)

Shannon Collins
Staff Writer

Though retirement seems far off, it is never too early to start saving for it. There are many different kinds of retirement plans such as a 401(k) for employees of private and public for-profit organizations, 403(b) for employees of tax-exempt or non-profit organizations, and 457 plans for employees of state and local municipal governments.

The most popular plan is a 401(k), which is an employee sponsored retirement plan that allows employees to save and invest part of their paycheck. The money is automatically deducted before paychecks are taxed, which decreases taxable income. Therefore, people with a 401(k) pay less in taxes.

Eligibility in a 401(k) plan depends on the employer. Some employers have a waiting period that is anywhere from one month to one year long before employees can start making contributions. Some employers will even contribute to their employees' 401(k) plans. If they do contribute, they will typically do anywhere between 25 to 100 percent of their employees' contributions, or they will match the employees' contribution amounts. This is often used as an extra incentive for employees to participate in their 401(k) plan.

There is a maximum contribution level set every year. For example, the maximum amount someone could invest in 2014 was \$17,500. This limit is adjust-

ed every year based on inflation.

Employers are also allowed to set their own maximum contribution level. For example, an employer could limit employees to 20 percent of their pay, which means employees that make \$35,000 a year are only allowed to contribute \$7,000 a year to their retirement plans. The Wall Street Journal says that people over the age of 50 can make "catch-up" contributions of up to \$5,500 above the maximum limit.

If employees leave their companies before they are fully vested, which may take up to 10 years, then they will lose a portion of their contributions to their 401(k) plan. Employees that leave the companies sponsoring their 401(k) plan can see if they are eligible to roll over their account balance to a new employer's plan, roll over their balance to an Individual Retirement Account (IRA), leave their balance at their former employers (though if the balance is under a certain amount, they may be required to close it), or withdraw their account balance for a lump sum cash payout.

Withdrawing an account before the age of 59 ½ subject people to an early withdrawal penalty. Only those over the age of 55 who have been let go by their employers or have become totally disabled are free of penalty charges. People can check with their employers to see if they are eligible for the company's 401(k) plan and what benefits are offered. A lot of money can be saved with a 401(k) plan.

CAMPUS INTERVIEWS CREATE CONVENIENCE FOR SNHU STUDENTS

Katie Schmelzer
Staff Writer

The Career Development Center sponsors campus interviews, which give Southern New Hampshire University (SNHU) students a chance to meet with reputable companies without even leaving campus.

Senior Ashley Walbridge had a campus interview with Kohl's, which led to her accepting an internship offer for their management training internship program.

At the Feb. 17 Job & Internship Fair, Walbridge met with two Kohl's representa-

tives, filled out an application, and was contacted a few days later to participate in a campus interview. "I just picked out a time and I did it! It was so easy," Walbridge said.

Walbridge went through two rounds of campus interviews before accepting an offer. "It went really well. It was so much less intimidating than if I had to walk into Kohl's where I would have been so much more nervous," Walbridge said. "Since I was in familiar territory, it was so much easier. I just checked in with Career Development, and it was way more comfortable

being right on campus."

Walbridge doesn't have a car on campus either, so she did not have to worry about transportation, which was another convenience. "It's a good opportunity for students to get to talk with these companies without really ever having to go anywhere," Walbridge said. For other students, Walbridge said, "I definitely recommend it. It's silly not to! Even if it's something that you wouldn't think you'd end up doing. I didn't initially think I'd be working for a retail company."

There are several other companies who frequently

Elizabeth Keaton



come to SNHU to participate in campus interviews as well, including Bottomline Technologies, Target, Easter Seals, Celtics, CVS Health, Marriot and Ethos Group. See CareerEdge (careeredge.snhu.edu)

for more information on the available positions within each company. Contact the Career Development Center with any questions at careerdevelopment@snhu.edu or 603-645-9793.

NEWS

HOW TO CREATE A BUDGET

Shannon Collins
Staff Writer

Paydays never seem to come soon enough and they always seem to be gone before they can be enjoyed. It can be easy to watch Friday's paycheck disappear before the end of the weekend. That is why creating a budget can be extremely helpful.

A budget is something that can be used to keep track of income, the amount of money earned, and expenses, how much money is spent. The goal in creating a budget is to see and track what money is being spent on, if it is possible to lower any expenses, and to ensure that income is greater than expenses.

In order to create a budget, it is necessary to collect all monthly/annual bills and recent paychecks. This will include car payments, rent, utilities, insurance, groceries, entertainment, loans, etc. If those expenses are greater than a person's income, then variable costs, costs that fluctuate such as gas, entertainment, groceries, eating out, etc., should be lowered. For example, daily morning coffees add up over time. A \$3 coffee 30

days a month is \$90 a month. In a year's time, that is \$1,080 a year spent on coffee alone. By simply making coffee at home, a lot of money can be saved.

According to LearnVest, it is best to use the 50/20/30 guideline. They say that 50 percent of a person's income should go towards paying for fixed expenses, or prices that remain the same, such as rent, utilities, car payment, insurance, etc. Twenty percent should be dedicated to a savings account and 30 percent can go towards flexible expenses such as gas, food, etc. For people that tend to overspend, it is suggested to try paying in cash to help decrease spending. By paying in cash, people are physically watch-

ing their money deplete every time they spend it. When paying with a credit card, people do not see the physical money, so it can be harder to keep track of spending.

There are many ways to set up a budget. Excel can be a good resource, as there are templates available for the specific purpose. Mint Personal Finance is a free app and budgeting tool that is popular and easy to use. It is available in both the App Store and Google Play. There are many other free budgeting tips and resources available online.

Like SNHU Making Cent\$ Financial Literacy page on Facebook for answers to any questions about budgeting, student loans, or other financial tips.



fn.gov.nh.ca

TO GRAD SCHOOL OR THE WORKFORCE

Shannon Collins
Staff Writer

Graduation is only a month away, which means that seniors are running out of time to determine their immediate plans following graduation. The big question that many students are debating is: graduate school or the workforce?

Before making the decision, it is important to look at the pros and cons of each. Is it worth it to go right into graduate school, or is it a smarter decision to go into the workforce? For most people, it comes down to their major and ultimate career goal.

Students are encouraged to research their field of interest and learn what the average degree level is, how obtaining a master's degree could be beneficial, if salary would increase as a result, and future trends in the field.

According to USA Today, 54 percent of biology and life science majors earn their master's degree, making this field competitive. The average master's degree in this

field will earn 33 percent more than a bachelor's degree, for a total of \$400,000 in lifetime earnings, according to the National Center for Education Statistics.

It is important to weigh the opportunity cost of continuing education. For example, if a person with their bachelor's degree is earning \$50,000, and obtaining a master's degree will not increase the salary, then it may not be worth it. However, if a master's degree will earn the person a salary increase to \$75,000, then it might be worth it.

A person's opportunity cost is also measured by the time, experience, cost, and planning that is put into the degree. If a person decides to go full-time for his/her master's immediately after graduation, that person will be unable to work full time, which means he/she is losing experience in exchange for an education. It is important for people to research whether their field values experience or education more.

Cost is also a large factor when deciding if graduate school

is the best decision. After people complete their bachelor's degree, they can no longer input their parent's information on FAFSA, nor are they eligible for Pell Grant. Graduates are entitled for loans. Right now, graduate students can take out \$20,500 in Stafford unsubsidized loans at a rate of 5.85 percent.

The National Center for Education Statistics also reported that one in four people with master's degrees borrowed more than \$100,000 in student loans, and one in 10 reported borrowing more than \$150,000. That much debt is not something to think lightly about. If a person were to default on those loans, it would significantly hurt his/her credit score. Also, having that much debt can make it harder to buy a house or a car.

The decision of when or if to go grad school is completely personal, and there are many factors to take into account. It is important to do research before making a decision. No one way is the right way.

SENIOR TUTOR SENDOFF

Melanie Frieze
Copy Editor

As the spring semester comes to a close, the Learning Center is preparing to send off their senior peer educators. In honor of their work and future success, the Learning Center would like to acknowledge them for their accomplishments and their next steps after graduation. Some peer educators will go straight to graduate school, some will begin working full-time, and others will volunteer for different organizations. Here are some of the senior peer educators' plans after graduation.

Ian Searles plans on getting a job in the sports marketing field, preferably with a baseball team.

Jordan Gray will be working at State Street in the Future Focus program.

Christopher Hakes is applying for full-time positions and has plans to pursue graduate school at the end of the year.

Matthew Sandstrom will be working as a Support Engineer to help web developers who use Kentico solve any problems they have at Kentico Software. Kentico Software is an enterprise

website and content management platform.

Jessica Bylund will attend Rhode Island College to obtain a Master of Social Work. She is also looking for a full-time job to supplement her graduate studies. Madeline Reid is pursuing her Master's in Political Science and looking for a full-time position for the summer.

Elizabeth Worth is going to graduate school for counseling psychology. She will also be seeking certifications in play therapy, marriage and family therapy, and substance abuse therapy.

Nicole Mede is looking for a part-time job and continuing her education to receive a Master of Accounting.

Anastasia Koniali will be returning home to Greece following graduation to spend the summer with her family. In the fall, Koniali will begin a master's degree program in England where she will also play basketball.

The Learning Center staff give their congratulations to all graduating seniors and wish them luck on their journeys ahead.

EXIT COUNSELLING

Shannon Collins
Staff Writer

Graduating seniors that took out any federal loans during their college career completed entrance counseling, which was an introduction to student loans.

Prior to graduation, it is required that seniors do Exit Loan Counseling if they have taken out any Direct Subsidized Loans, Direct Unsubsidized Loans, Perkins Loans, PLUS loans for graduate and professional students, Federal Supplemental loans, or have received the TEACH grant. Exit loan counseling is a tool to help students understand their responsibilities as a borrower. It is intended to help students understand repayment plans, deferment, and forbearance options. During the process, seniors will see their student loan balances, how much interest their loans have accrued over the past few years, and who their loan servicers are, which

is who the monthly check will be written to.

Exit loan counseling will take about 20-30 minutes to complete, and it must be done in a single session. Students will need their FSA ID, student account information, information for two references, and any details they have about their future, such as income or living arrangements. Remember, the sooner student loans are paid back, the less interest they will accrue, therefore costing less money. A great time to start paying off loans is during the six-month grace period when graduates are not earning any interest on their subsidized loans.

All seniors who received an email from exitcounseling@snhu.edu are asked to fill out the survey to select how they would like to complete their exit loan counseling. The options include a one-on-one session, a group session, or to complete it alone. Any questions can be directed to exitcounseling@snhu.edu.

PENMEN ABROAD

STUDYING IN THE UNITED KINGDOM'S UNIVERSITIES

Anna Boghigian
Delegate for More Bakeries

In the United Kingdom (UK), students in higher education usually refer to themselves as being in a university or uni. Similarly in the United States (US), each university is different with unique customs and classes. While studying abroad in the UK, I attended Canterbury Christ Church University (CCCU) in Canterbury.

CCCU offers many majors and classes for students. One major in particular that caught my attention was the American Studies major. Most of the study abroad students, including myself, were considered British Studies students because we were taking classes that were in the realm of British culture. The American Studies students were taking classes that revolved around the United States and American culture.

My classes at CCCU consisted of two literature classes, a sociology class, and a

class that compared and contrasted the US and the UK. British students were in each of my classes, and for three out of four of my classes, I was one of the only American students.

Instead of using the word professors to address my teachers, I had to call my teachers lecturers. The word professor is saved for the men and women with years of experience and prestige under their belt.

The majority of my classes were two hours each once a week. The classes consisted of a lecture in the beginning where the lecturers would use a printed lecture they had or would use a PowerPoint. The second hour was left for a discussion where the lecturer would ask questions and ask for students' feedback.

I personally enjoyed having a class once a week for two hours more than having a class twice a week for one hour. I also enjoyed the lecture and discussion aspect the classes had. I think

having specific time for discussions with the lecturers helped me with the topics we were discussing.

CCCU, for the most part, does not give homework or tests. Most classes give a single essay and sometimes an exam at the end of each term or semester. While I had less homework and tests than I would normally have in the United States, I feel that I still learned a lot through the discussions and the knowledge each lecturer had.

The less work also gave us enough time for travelling which was helpful.

There were many differences between the university I attended in Canterbury, UK and Southern New Hampshire University (SNHU), but it was still a college. There were club events and emails about student elections, as well as the use of Blackboard and TurnItIn.

I feel so lucky to have been able to study at another university and hope others get this opportunity!



Anna Boghigian



Anna Boghigian

CAN YOU SPOT THE DIFFERENCE?

Megan Palmer
Ambassador for Peaceful Pasta Consumption

School in another country can be daunting. For many students, it is more of a culture shock than any other aspects of the actual culture. Experiences vary, depending on the university that students attend; some return saying they never had homework, and others come back to discuss the academic struggles they faced. Every study abroad experience is different, and the key is to not have too many expectations or comparisons to the stories of other study abroad students.

Keeping this in mind, I find it difficult to actually talk about my university experience abroad because I would not want to instill any preconceptions for students thinking of travel; however, from my observations, there are some things that I think are translatable across universities when it comes to international studying.

One of the main differences



The AUR

This is the American University of Rome where Megan studies on a sunny day.

that I have noted studying in Italy is that as a student, you are forced into being incredibly organized when managing your time. When weekends can mean travel and exploring, your time management skills need to improve through the roof in order to stay on top of your responsibilities and academics.

Another big difference is that the language that is all around you will not always be your native language. As native-English speakers, there is a bias towards English, and the privilege of this being the most common language. It is also a disadvantage, though, as it makes Americans often less ad-

apt at language acquisition because we have never rigorously learned or had education integrated with another language. If you are studying abroad, this is not an excuse. My Italian may be shaky, and my classes may be in English, but trying to speak Italian is the most valuable thing I do every day.

University life is also very different regarding food. Often times, there is no dining center on campus and no meal plan, so you are responsible for feeding yourself without a quick chicken grilla to fall back on. Part of your thinking needs to include budgeting (and knowing where to get lunch close to your campus and on the run).

It is important to note, however, that I am studying at the American University of Rome – emphasis on the “American.” The university is not too different from my experiences in the states: the expectations are similar, the grading standard is the same, and the classroom set up does not differ greatly. Yeah, that means sometimes there are still group projects. Apparently those just cannot be avoided.

When going into a new university, whether it's across the state or across the globe, there will always be differences. You have to adapt as a student and as a citizen. There are still clubs and ways to get involved and it is still school. Roll with the punches, and be adaptable.

PENMEN ABROAD

COLLEGE IN DIFFERENT COUNTRIES

Jingyin Wen (Wyndee)
College Hopper

Having seen three campuses in two academic years so far, I have my fair share of experiences and thoughts about differences found in campus life under different cultures and institutions.

American campuses are fenceless. Everyone can come and go as they please. In my previous school, there was an enclosing wall that separated the tranquil campus from the bustling city and traffic. Although the non-teaching area was opened to public, there were full-day security guards on duty standing at the gate to check visitors' ID.

The relationship between teachers and students in oriental culture is that the teacher or professor is superior over the student. Students need to use a certain manner to greet and talk with respect to their professors. Students need to call them with the title "sir"/"miss" affixing their

family name. They must use honorific words and no contradiction with attitude. In America, some professors that I have met here are as friendly as my fellow peers to us.

The grading system is also very different. According to the feedback from my friends, in some countries like Germany, China and Korea, the final exam at the end of semester is all that matters. Usually, final exam week is vital for college students, as they have to memorize what they have learned in different subjects throughout the entire semester. The grading in American colleges refers to attendance, quiz and tests scores, assignments, and participation. This makes it more fair and less stressful than the other option.

A day-off is the happiest thing for any student. Public holidays, the gap between two semesters, spring break and snow days are like bonuses for students. You may wonder if there is any difference, are


school holidays the same in all of the schools around the world? From my experience in primary school, middle school, and high school, the considerate teachers would always assign their students ample amount of homework and observation project in case we get bored in vacation.

Here is what I have noticed. There are vending machines commonly seen on American campuses. While in Asia, we have commissary or stores like the 7-11 in the school building and residential area, offering delicatessen, snack, beverages, and gadgets like stationery.

These are the points I found different campus life, I did some research (asking around friends mainly) and took notes. Only after listing to them, I realized that there are many differences and what I have experienced is not thorough enough. As it is my first semester here, the exploration is still on-going.



Jingyin Wen (Wyndee)



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MEN

Sign the pledge & pick up ribbons:

April 11 9-2 Student Center
April 12 11:30-2 Dining Center
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April 14 5-7:30 Dining Center

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Friday, April 15 12pm at the Quad.

All are welcome!

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ARTS & ENTERTAINMENT

BATMAN V. SUPERMAN: IS IT REALLY THAT BAD?

Addison Thyng
Staff Writer

"Batman v. Superman: Dawn of Justice" seemed to be in a bit of trouble from the beginning. A movie with this much buildup and hype behind it almost never delivers. Not only is it the first time the Caped Crusader and Man of Steel are meeting on the big screen, but it is also supposed to officially jumpstart the "DC Movie Universe" leading into the Justice League. With that said, "Batman v. Superman" is a perfectly serviceable movie. It is by no means perfect but I don't think it is nearly as bad as people would make it out to be.

The one thing that cannot be argued is that the movie looks gorgeous. The fight scenes are very well done and flashy, and it may be the most faithful interpretation of Batman's fighting style in a movie to date.

Another positive aspect of the movie is that there is not a single bad actor. Ben Affleck does a good job playing both Batman and Bruce Wayne, while Henry Cavill reprises his



Warner Bros. Pictures

role from "Man of Steel" and does a good job playing Superman and his alter ego. The only one that falls the slightest bit short is Gal Gadot as Wonder Woman. Her performance isn't necessarily bad, but sometimes her delivery is a little stilted, as

if she were reading from cue cards.

Now, for the elephant in the room: Jesse Eisenberg as Lex Luthor. I'm going to come out and fully admit that I thought he was absolutely fine. He was well acted, well written, and towards

the end even looked threatening. His attitude may depict a different version of Luthor, but he is young in this adaptation, and he acts exactly how I thought a young person becoming a villain would act.

Everything else in the movie

did just what I expected, fun action with a little philosophy, especially around Superman, with a well-acted cast and a plot that was interesting enough to keep me watching.

The only real misstep I felt was in the last act of the film a plot point was introduced and seemed pretty forced, and probably should have been kept for a sequel or something. Maybe replace it with more of the ideological differences between Superman and Batman and the film would have been stronger. The last bit did give us the best action so it at least paid off somewhat.

Overall, I did enjoy the movie and recommend it to other movie lovers, but hardcore comic book readers may not like it as much since some of the characters and choices are so different from the source material. The plot could have been a bit more focused, but it did not ruin the film, and the bits of thinking that were presented were very well done. It is not an excellent film, but I don't see it as a bad one either. 7/10

NETFLICK OF THE WEEK: TOMMY BOY

May Mullen
Layout Editor

If you're ever scrolling through Netflix looking for a hilarious and heartwarming comedy to unwind to, look no further than the 1995 classic "Tommy Boy" starring the comedic dream team of David Spade and the late, great Chris Farley.

Tommy Callahan (Chris Farley), the eponymous protagonist of this film, is a bumbling yet good-hearted young man returning to his beloved hometown to work for his father and auto-parts mogul after having just barely passed college. However, after his father's abrupt and unexpected death puts the entire company and town in danger, Tommy volunteers to set out on a road trip with his childhood enemy, Richard Hayden (David Spade), to save the company.

The movie is a wild ride from start to finish. An odyssey through the American midwest (though the movie was actually filmed in Canada)



Paramount Pictures

only encompasses the middle of the film. Run ins with deer, a plotting step-family, a wrecked car, and completely and utterly failing at being salespeople are only a few of the many problems Richard and Tommy face over the course of the movie.

A simple-enough plot

made into one of the greatest road trip movies (if the genre of "Tommy Boy" can be narrowed down to something as simple as that) of all time. This is because of the movies all-star cast and unforgettable lines.

Farley and Spade were real-

life friends with the same sort of vitriolic closeness, a fact that clearly shines in their interactions as the uptight Richard slowly begins to defrost towards Tommy. Some of the funniest moments in the film were either improved by the pair or were based on their

actual experiences working together on Saturday Night Live (SNL).

"Tommy Boy" is not just an hour and a half of SNL-esque jokes, however. It does have its emotional moments, mostly due to the strength of the characters. Despite Tommy's incompetence and Richard's snarkiness, you genuinely want to see them succeed in their quest to save Callahan Auto Parts. The movie banked very heavily on that fact that David Spade and Chris Farley are a great pair with good chemistry, and for the most part it absolutely succeeds. The fact that the actors are having a great time filming transfers well into the atmosphere of the film.

For a rather simple comedy movie, "Tommy Boy" really succeeds in giving its two main characters satisfying character development that grows naturally alongside the plot. The end of the movie will leave you with a warm, feel-good sense of completion, and isn't that all you need from a Netflix comedy?

ARTS & ENTERTAINMENT

DARK SOULS III: PREPARE TO DIE AGAIN

Gabriel Carrio
Arts & Entertainment Editor

"Dark Souls III," the third and final installment of From Software's Souls series, is set to release one week from the writing of this preview, and the day before the release of this newspaper. Launching in North America on Playstation 4, Xbox One, and PC on Apr. 12, the game has already been released in Japan since Mar. 24 and received very positive reviews.

Returning to the style of the first Souls game, and taking cues from From-Soft's most recent title "Bloodborne," "Dark Souls III" promises to close out the saga as satisfactorily as possible while touching on fans of the series' nostalgia. For example, fan favorite characters like Siegmeyer of Catarina make their return.

New environments, enemies, and mechanics are established in "Dark Souls III," but they are not overwhelming, making it a pleasing and worthwhile journey for longtime fans of the series, and an acceptable title for new players to jump into.

The bonfire mechanic from previous Souls games



"Dark Souls III" is darker than ever.

has been changed, requiring players to use enemy corpses to start a fire to rest at.

Weapons now have "Weapon Arts," giving every weapon in the game a special ability to mix up the player's fighting style. Not every weapon has a unique ability,

though, as some are repeated. There is a set of daggers whose art allows the player to dash and dodge attacks, as well as another weapon that allows the player to restore lost health with each successive hit, a la "Bloodborne."

While the first and second

"Dark Souls" both had expansive worlds to explore, spanning large distances and horizontal areas, "Dark Souls III" has a much denser, vertical world. It is large, there is no denying that, but director of From Software Hidetaka Miyazaki stated that "III" might

be smaller than "II" in world size, but has much more depth than any Souls game before it. There is more to look at, learn from, and glean information from on the world you are in and who you are fighting.

Like its predecessor, "Dark Souls III" has a hub world players will return to when they want to level up, speak to their collected Non-Play Characters (NPCs), and travel to a different area. The fact that progressing through the game adds to your hub world is an incentive to return to it, which "Dark Souls II" lacked.

As the title implies, and as those familiar with the series should know, "Dark Souls" is a painfully difficult series of games. New encounters, and even recurring ones, with enemies require patience, timing, and skill to beat, and bosses prove to be formidable challenges. The class you pick at the start of the game, what items you use, and how you spend your souls to level up determine what experience you'll have in the game, and how hard it will be. That is not to say that there is an easy way to play it. You will die. A lot.

"Dark Souls III" hits stores on Apr. 12 for \$59.99.

ERASED IS A MYSTERIOUS AND HEARTRENDING THRILL RIDE

Bryan Creevy
Editor in Chief

There is a point in everyone's past that they wish they could go back to and do things differently, but most never get the second chance to do things right. The chance to change the past is given to protagonist Satoru Fujinuma in the hottest anime of the spring 2016 season, "Erased," also known as "Boku Dake ga Inai Machi (The Town Where Only I Am Missing)."

29-year old Satoru experiences a phenomenon he calls Revival from time to time where he is sent back to the past (usually only a few minutes back) to try to stop a life-threatening situation. After being in a car accident because of Revival, his mom visits him and witnesses a serial abduc-



tion in progress, triggering a returned interest to a series of three abductions that happened to Satoru's classmates when he was 10. When his mother gets too close, she is killed and a Revival is triggered sending Satoru back to Feb. 1988 several weeks before the date of the first abduction. Almost instantly, Satoru knows what he was sent back to do. "Erased" is a teeth-grinding, immersive experience that leaves you on a bigger cliffhanger than the last with each new episode. As Satoru desperately tries to save the three abductees, he enters into the life of the first abductee, Kayo Hinazuki, and quickly learns why he remembers her as such a secluded girl.

With a lot of relatable issues, "Erased" takes viewers back to a time where every-

thing was simpler and exposes them to the darker world that is always surrounding a child. Being twenty-nine living the life of a ten-year old, Satoru sees this life in a different light, and that view is easily transitioned over to the viewers.

Whenever the show gives the viewers a happy moment, it takes it away by adding to the mystery that Satoru is so desperately trying to solve, and by the end of the 12-episode series, it leaves the viewers very satisfied with all doors being closed and all loose ends tied up. It is an anime that pulls at every heart string and truly immerses its viewers into its world. "Erased" is only available in its original Japanese, but it has an English subtitled version available on Crunchyroll and Hulu Plus.

ARTS & ENTERTAINMENT

"DE-LOUSED IN THE COMATORIUM" BY THE MARS VOLTA

Gabriel Carrio
Arts & Entertainment Editor

The Mars Volta was a progressive rock band formed in 2001 that lasted until 2012. They didn't release their debut album until two years after their formation, having released an EP first in 2002.

Released on June 24, 2003, "De-Loused in the Comatorium" is the debut album and, arguably, magnum opus of The Mars Volta. The album is ten tracks long and has a playing time of one hour. From start to finish, each song seamlessly blends into the next. This is seen most clearly with the first two songs on the album, "Son et Lumiere" and "Inertiat Esp." If you listen to just "Son et Lumiere," it cuts off right at the end. If you listen to just "Inertiat Esp," it starts up in the middle of a guitar riff. I recommend listening to it in one sitting to get the full experience the album has to offer.

For the most part, the album is a steady stream of pure prog talent, not to forget the significant Latin and jazz influences

clearly shown as well. Omar Rodriguez-Lopez on guitar is magical, and Cedric Bixler-Zavala's vocals range from beautiful, to frightening, to just plain weird throughout the album. Blake Fleming on the drums is inspirational to me as an aspiring drummer. Surprisingly enough, the bassist for this album is Red Hot Chili Peppers' own Flea, giving an excellent performance.

Musically, "De-Loused" is memorable beyond belief. Thematically, the album is dark, twisted, confusing, and probably completely incomprehensible to anyone outside of the band (what does "Beyond the ant hills of the dawning of this plague" mean?). No matter how much research I do and how many theories I read, I have no idea what is happening in any of the songs, or what the story they are telling is. The album originally released with a short story written by Bixler-Zavala and Rodriguez-Lopez to go along with the music. I have no idea what is happening in it, all I know is it is about a character named Cerpin Text.

Over the course of The Mars

Volta's eleven year lifespan, their music evolved and became more Latin inspired and sophisticated. But their lyrics never changed. Five albums later and I still have no idea what is happening. Honestly though, it adds to the overall experience for me.

On a side note, the two best songs on the entire album (also

the longest) are "Cicatriz Esp" and "Take the Veil Cerpin Text." They are the most progressive, go through the most dynamic shifts, and have by far the best overall sound. They both do have incredibly long "jam sessions" though, where nothing really happens for a while and there is a long break from the best parts

of the son, but that is prog for you.

"De-Loused in the Comatorium" stands as one of my favorite albums of all time, and I give it an immovable 9.5/10. You can stream it on Spotify, buy it for \$7.99 off iTunes, find the CD somewhere, or buy the vinyl for over \$200.



The Mars Volta performers standing in black.

HIT A HOMERUN WITH "EARTHBOUND" ON NEW NINTENDO 3DS



Mustapha R. Price
Staff Writer

The classic Super Nintendo Role-Playing Game (RPG) "Earthbound" makes its return as a virtual console game only on the New Nintendo 3DS console. This game combines the best of classic RPG elements with light flattering humor, and most importantly, the masterful storytelling of Shigesato

Itoi. Despite being a second installment of a trilogy only fully released in Japan, "Earthbound" stands strong even as it stands alone.

From the time the game starts, the music and scene set an unfamiliar, eerie tone. The actual in-game sequences of the beginning put the player in control of a confused Ness as his coming of age experience begins. The neighbor, Pokey

(a mistranslation of a perhaps more well-known character named Porky) knocks on Ness' door, requesting help in finding his lost brother. The adventure unfolds from there. The player explores a world slowly becoming more and more threatened by the looming presence of the alien forces of Giygas.

At a glance, this seems like a simple story, but it is expanded by Ness and his psychic

abilities. Ness, being destined to defeat Giygas must ally himself with many different people from all around the world. Be it to gain access to different areas or fighting alongside players, "Earthbound" is a game full of infinitely useful characters, playable or otherwise.

Thanks to its modern setting, there is plenty of room for quirky humor in this game. That can be seen almost immediately by the fact that players fight corrupted dogs and crows in the beginning portion of the game or swapping out the swords and shields for bats and yo-yos. Even switching health potions for hamburgers makes this game very different from the "Final Fantasies" and "Dragon Quests" of that era.

Despite this, the game does not lose any of its storytelling quality. It is still quite capable of achieving the same degree of epic emotional charge, and perhaps is able to do so because of how truly relatable it is. Not everyone can relate to taking a sword in hand and doing battle

with demons, but the story of a boy traveling to new towns and meeting new and scary people is one that rings true for many. Making friends who become family while facing adversity is something that can be understood on a pretty universal level. "Earthbound" captures that better than most traditional RPGs could.

The combat of "Earthbound" is unique, swapping mana for Psychic Power, and spells for more precise character specific techniques. While it still follows the formula of a turn-based RPG it does break a lot of traditional boundaries.

The visuals pop, with saturated colors filling the world with life and character. The vibrant soundtrack and wonderful sound work make for a very fun living world.

"Earthbound" is a gem. It is a true classic in the JRPG genre that should be experienced by all gamers. New Nintendo 3DS owners should certainly give this game a purchase if possible.

CREATIVE



"Westminster Abbey"
Melanie Friese
Copy Editor

"Tunnel Vision"

Haley Corning
Staff Writer

Sometimes the light at the end of the tunnel is misleading.
It shifts our atmosphere—hurls long awaited rain into the desert.
But this is dry land, not a forest. Only a flood collects.
And we find ourselves washed away among the rubble of hopes that fell very short.
I find myself envisioning you as the light, but I know better.
You're bad weather—no matter how much I want you to be the air around me.
I am pain, and you are loss. I am wrath, and you are greed.
I can find you, and you can fix me, but you would have to let me in.
You will never do that.
And I know what the tunnel glare looks like.
I know I have hate inside that is enough to challenge anything I used to hope we could be.
My hate only stems from your apathy
And you hide like a dog with his tail up his rear
When you don't want to face
Yourself.

"Factors for Friends"

Haley Corning
Staff Writer

I am amazed by small gestures
Even the lies that keep us alive on the weekends
But falling stars are beautiful bombshells
We never notice the difference from here

The moment that I lost my best friend
Were moments we had far too many of
And everyone else could see it—
I was me though.

I confused a factor for a friend
You were an acquaintance with whom

I simply,
More frequently,
Acquainted.

I find our introduction to be tainted with only
friendliness.

You stopped caring when the tide ran out
And the sand was dry—
So time ran out with the tide too
And took with it,
You.

"Manipulation"

Bridget Downey
Staff Writer

I'm done with this
I'm done with you
And the sick enjoyment that my pain serves you

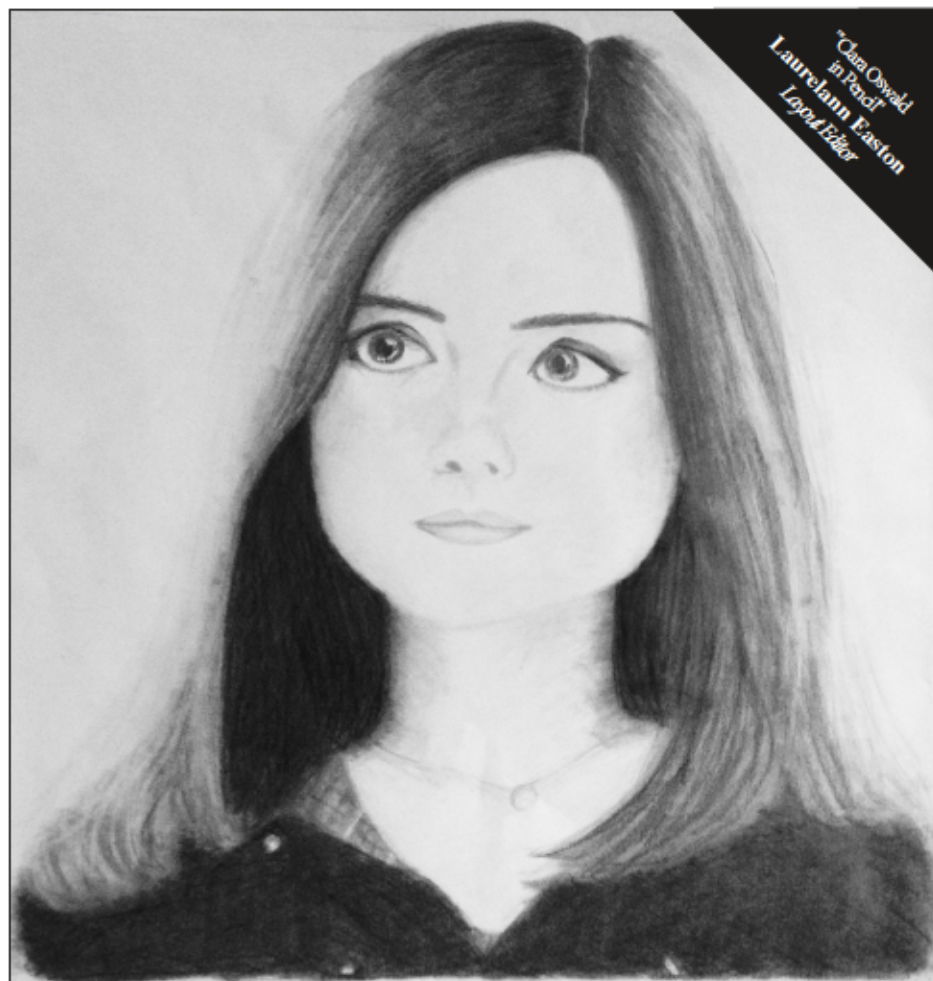
You learned from the best
How to play people and tear them down
And how to make people love you.

You lied
You manipulated me
And I'm stronger than your games you play,
So you turned to them
And made me an enemy

Was it truly that bad;
To have someone fall for you?
Does it scare you that much?
Did I take too long after I went too fast?

Words can't describe how angry I am at you.
You're destroying my life,
There's no one left that I can trust.

Stay the fuck away from me!
There's nothing I want from you
I know you won't stay away from my friends
But you can be DAMN SURE
Neither will I.



"Class Oswald in Pencil"
Laurelann Easton
Layout Editor

PENMEN CORNER

RELAY FOR LIFE AT SNHU

Stacey Aleksa: This is my 6th Relay, and I am so proud and happy to be here! My favorite part of Relay has always been being a part of something life changing, and sharing that experience with my friends. I have always done Relay with my school, and it has been really awesome to branch out. Seeing the different styles and activities of each Relay is always so exciting. As an Academic Advisor at SNHU it has been a really great experience to share this time with my co-workers and best friends!

Jessica Camera: I like Relay for Life because people come out and support everyone who has have or had cancer. It's a really supportive event and everyone is truly amazing. I did this event in support of my cousin, Alison. She passed away three months ago and this event is helping me get closer to her memory. The amount of people that came out tonight to support this cause is truly incredible. It shows you the amazing community that we have.

Melissa Childs: Relay for life brought me some of my closest friendships. Whether I was working on the committee for my school or just coming as a participant there is this wonderful feeling you get when doing this type of event. I feel very lucky to know I've been part of such an amazing event for the past 6 years

Nick Flanders: Relay for Life has always been an event that I love taking part in. For the past 5 years I have been going to local Relays to pay my respect to those who have lost their lives due to cancer and cheer on strong survivors. My favorite part about this Relay for Life was the Luminaria Ceremony. I loved hearing the stories of the survivors and how strong them and their families have been. It gave me time to reflect on people I have lost because of cancer. I dedicated this Relay for Life to my grandma who passed back in 2005, so the ceremony was emotional for me. It was heartwarming to see some of my friends at SNHU come up to make sure that I was alright. The main point of Relay is being there for other people and this one definitely showed how SNHU is a loving community filled with people who are there for one another.

Caroline Fleming: I truly enjoyed my time at Relay for Life. Personally knowing some of the leaders around campus who put the event together - it was just great to see what community leaders have the ability to do, especially with an event that means so much to people. I really enjoy attending events like Relay because it's amazing to see a community come together for one cause - finding a cure. We have all been affected by cancer in some way, and it's incredible to hear all the stories that are shared. In years past, I have partaken in Relay for Life, but none like this. Maybe it's SNHU. Maybe it's how the night's events were broken up. Maybe it was the location. I'm not quite sure, but what I do know, is that for the first time while attending a Relay for Life event, I wanted to stay the whole time - start to finish, and I did.

Hilary Flynn: Since doing my first Relay For Life 6 years ago, I have developed such strong friendships with all of my teammates. The sense of community in the American Cancer Society is amazing!

Cindy Hureau: As an academic advisor with SNHU, I meet hundreds of students affected by so many things. It's great to find support at relay to better connect with students.

Becca Lazinsk: My favorite part of Relay is the sense of community that I feel when I am with my Relay team, both before & during the event. My mom died from breast cancer when I was 13, & my dad is a cancer survivor, so it means so much to me to see my fellow COCE Academic Advisors support me by joining my team & fundraising a LOT! I've been Relaying for 15 years and currently serve on the National Relay For Life Leadership Team; I promise you, the Relay community is unlike anything else. I believe so fully in the mission of Relay & the ACS. To me, there's nothing better than being in a place surrounded by people who feel the same. That's Relay.

Sarah McPherson: This was my first time at Relay. I have never seen such an amazing group come together in honor and remembrance of our loved ones. I feel blessed to be a part of such an amazing movement that has made such impactful changes within the community. As an alumni of campus, a graduate student, and a staff member here at SNHU, it moved me to see all groups come together. Such an awesome experience!

Logan Waterman: I enjoyed Relay for Life because I was able to witness a community coming together to support everyone who has been affected by cancer. This was an incredible experience. I have never attended Relay for Life before and was amazed at the number of people who donated their time and money to the cause. I felt like a true part of the community.

Here at the Penmen Press we love bringing you the news. We don't always get to bring you opinions (That's right you!). That's why we started Penmen Corner, our regular feature where our entire campus is given the opportunity to share their opinions on topics and events.

If you'd like to share your opinion on this or a future Penmen Corner go to our Facebook or Twitter where we'll share our topics.

Follow us @PenmenPress.

From the Penmen Press,

THANKS FOR FIGHTING!



Lauren Makechne



Lauren Makechne



Lauren Makechne

Southern
New Hampshire
University



Southern
New Hampshire
University



OPINION

A SWING AND . . .

Tyler Leighton
Editor in Chief

There's nothing more satisfying than watching your favorite team win the big game. It doesn't matter what sport it is, watching bowling would be great so long as I could watch a team from my hometown take down those pins. Healthy competition can cause more drama than the best daytime soap opera, and I'd rather watch men play with balls than *The Walking Dead* on any given night. Zombies just don't have the same kind of thrill as two men going at every other day for a win or a loss.

One of the best events for avid sports fans just ended, March Madness, or the best reason to call in sick for work. The opening round of March Madness is four straight days of college basketball. Twelve hours of basketball a day, two or three games going at the same time. It's so much activity that it's almost impossible to keep track of everything!

Being a fan of sports give you so many special wardrobe opportunities, there are jerseys, t-shirts, and even hats. The best part of it all? You can get so many hats! Just in baseball there are special hats for Opening Day, the Fourth of July, if your team makes the playoff, if your team wins the division, if your team wins the League Championship, and if they win the World Series. That's the po-

tential for five hats in just one season of baseball!

So you have your special hat picked out, and you're ready to take a trip to the park. Aside from the draw of seeing your favorite team, the best reason to go is for the amazing food. You can get the greatest hot dogs in the world, boiled of course. You can get a regular hot dog, if you're a nerd, but if you're a real sports fan that means that you're prepared to stuff over one foot of hot dog into your face each and every half inning.

Prepped and ready, you're spending time in your real wooden seat, with real sports fans. Close enough to the field to yell obscenities at the other players when they're trying to make a play. Joining in on the, "Let's go [Insert Preferred Team Name Here]" chants and cheers. In the summer you get to spend hours next to the most rabid fans who've painted their chests with startlingly accurate representations of the home team's jersey even with all of the body hair. Jumping around with them after getting a big last second win is a sweaty delight.

Being a sports fan is the best thing that you can do for yourself. Being a fan engenders a sense of passion and loyalty that it's impossible to gain through any other means. It makes you a part of a group that's accepting and ready to have fun. Don't worry about the cost, or the time commitment, just think about how great it feels to win.

THE UGLY TRUTH

. . . A MISS

Rebecca LeBoeuf
Copy Editor

It is that time of year again when companies raffle off free sporting event tickets and people throw parties to watch sports games. Oh, wait. That happens all year round.

At least one sport is always in season, and there never seems to be a pause between the end of one sport and the start of another. March Madness has finally come to a close, ending basketball season, just to overlap with Major League Baseball's Opening Day.

Watching sports gets boring quickly, especially when seasons come to a close and are filled with double headers and championship series. Take March Madness, for instance. A month of grueling basketball games happen one right after the other. By grueling, I mean difficult to stay awake during as men frolic back and forth on a court, chasing a bouncing ball.

Fans spend exorbitant amounts of money to be season ticket holders. For a mediocre seat at New England Patriots games, season tickets can cost \$1,200. That could buy a couple of laptops, a cruise in the Caribbean, or pay off some student loans.

Most people also like to purchase memorabilia to fit in and show support for their favorite teams. The average cost for a Boston Bruins jersey

is \$170. After purchasing the ticket and the jersey, you have to pay for parking, and then probably for food and drinks. A \$6 Fenway Frank and a \$10 beer later, you will not only be bored, but broke too.

Though it is extremely delicious, you may want to rethink purchasing the food at sports games. Not only is it ridiculously priced, but it is ridiculously unhealthy. Your wide variety of selections generally fall into one of three categories: greasy, fried, or both. From the burgers to the fried dough to the nachos, your arteries will be repulsed and you will be in need of a bathroom to find immediate relief.

Hopefully, once you make your way to your small plastic seat, you will not find yourself stuck next to an unruly, drunk, middle-aged man that has letters painted on his bare chest.

Is it really worth attending hockey games that pauses every ten minutes for a brief fight among opposing players? The players should settle their dispute after the game so they do not waste their fans' time and money.

Sports games can be enjoyable to attend every once in a while and one fried dough or some cotton candy will not kill you.

Just think, as soon as you get bored, it is perfectly acceptable to stare at the attractive players wearing spandex to highlight their cute butts.

SPRING BREAK IS ALL HOMEWORK, NO PLAY

Laurelann Easton
Layout Editor

In the spring semester, every student looks forward to the award of the week-long spring break—a break from classes and the stress of steady piles of homework. Yet with all of the homework that students get assigned to do over it, is it really a break at all?

Personally, I had nearly ten assignments to take care of over break. They were not all small assignments, between starting research projects and papers, and long readings to push through.

This is not meant to be a "woe is me" sort of piece, but rather a point that I did not ac-

tually have much time to relax over spring break. Isn't break supposed to be, quite literally, a break?

When students returned from their time off from classes, teachers asked, "How was break? Did you enjoy it?" Many responses were negative, indicating that many students did not enjoy their break at all. I wish we could say otherwise.

I understand that teachers have a tight syllabus to stick to in the fifteen weeks we are given a semester, and the work I had to do was not a misunderstanding of when things were due according to my syllabi.

I knew when everything had to be done, but there was just no

chance of finding time to do it preemptively in order to relax over break. If I were to choose to put this work off, I would have made my week post-break more difficult than necessary.

I know that I, as well as others I know, have a heavy workload and tight schedules because of avoiding homework during spring break. When I go home over break, I like to promise my friends that I will see them, but instead I said I was doing homework more than half the time.

I hung out with someone to do homework with them, and that is just not right in the spirit of spring break!

Many of these friends are people I have not seen since

Christmas. When I do get a chance to go home, I want to see them, spend time with my family who miss me, and not have my nose pressed against a book or a computer screen.

Please—in the spirit of spring break and the relaxation students long for that comes with a true break, let's back off on the load of homework given over this week.



Nickelodeon

HEALTH & WELLNESS

DEBUNKING THE DETOX MYTH

Kayla Durant
Health & Wellness Editor

In recent years, everyone knows someone, if not themselves, that has tried a trendy health cleanse. Health cleanses are typically a smoothie or beverage that a person would drink daily for all three meals in place of solid foods. These health cleanses are intended to cleanse the body of built up toxins and in result making the body look more vibrant and seem healthier than before.

According to Elizabeth Palermo, though, these cleanses do not rid the body of toxins any more quickly or efficiently than our body does itself. In the long term sense, Palermo concludes that an increased fruit and vegetable intake would be more effective for good health than two-day cleanses. In a statement from professor of nutrition, Stella Volpe, she states that the kidneys and liver do a terrific job of cleansing the body of toxins every day.

The reason such cleanses have become so mainstream are due in part to social me-



dia and the short term weight loss experienced. For instance, famous singer and actor, Beyonce Knowles made the Master Cleanse well-known, and she noticeably lost weight for her role in the movie, "Dreamgirls." The concoction

was made up of cayenne pepper, lemon, and maple syrup. For ten days all she consumed was this beverage, and at the end she lost more than fifteen pounds reportedly. Through this, she reported being irritable and groggy. All in all,

cleanses show short term results, but at the cost of starvation and depriving a person's body of a wholesome diet.

In college, the idea of eating healthier seems like an idea fit for dreams. In reality, however, it is not totally out of the realm

of possibilities to eat healthy on a budget. Adhering to healthy alternatives, including organic macaroni and cheese mixes and naturally made peanut butter, can go a long way and still fare better on college students' wallets.

DAYLIGHT SAVINGS TIME AFFECTS SLEEP AND PRODUCTIVITY

Kayla Durant
Health & Wellness Editor

Although daylight saving time gifts people with longer and beautiful summer days, it also robs people of valuable

sleep. Daylight saving time affects everyone differently, depending mostly on an individual's health and habits. According to Dr. Michael J. Breus, if a person gets six hours or less of sleep every night and typi-

cally drinks caffeine before bed (a college student for example), setting the clocks forward may have a bigger impact on them than people who sleep more than six hours every night.

This one hour time change

can make people experience a lack in productivity and concentration, and at the same time make them feel more fatigued and tired during the day. Some studies have shown that human bodies never really adapt

to these changes, due to the fact that their "biological clock" is in tune with natural changes in time and light rather than those constructed by society. When the daytime is longer, people are exposed to more natural light, which causes their bodies to produce less melatonin, a hormone that helps people sleep. According to Jennifer Welsh and Sarah Kramer, however, there are some noticeably positive effects of daylight saving time. For one example, deadly car accidents are less likely because it is most likely that more people will drive when it is light outside making it safer on the road.

During this time change, it is even more imperative to keep a healthy and consistent sleep schedule. Going to bed and waking up at the same times each day has shown to improve people's overall performance during the day. Also, it is important to avoid caffeine an hour before bed at all costs to ensure a good night's rest.



SPORTS

BASEBALL TEAM STILL UNDEFEATED IN APRIL



Derek Bauer watches the baseball sail out of the park.

Aleisha Bourgault-Callahan
Staff Writer

The Southern New Hampshire University (SNHU) baseball team has won every game they have played in the month of April so far.

In their double header at American International, the Penmen saw both a 13-6 and a 16-5 win. Third basemen Zach Goldstein started the first game with a triple and scored on a run batted in (RBI) by shortstop Manny Cruz.

Also scoring in game one were right fielders Ryan Gendron and John Stanton, second basemen Mike Mastroberti, center fielder Carson Helms, first basemen Derek Bauer, designated hitter Andrew Lalonde, and catcher Cam Oliviera. Starting pitcher and junior, Ben Criscuolo, allowed six runs. Five of those runs were earned, and he gave up 11 hits. Criscuolo also struck out three and walked two in his seven innings of work.

The second game led to the Penmen getting four runs on an error and two wild pitches. Gendron also had a RBI groundout. Goldstein, Cruz, Mastroberti, Helms, and Lalonde all scored twice during the game, along with Stanton and Bauer each scoring once, and Oliviera scoring three

times. Starting pitcher Alex Person allowed five runs with four earned on 10 hits. Person walked one and struck out six in the seven innings he pitched.

Against Post College, the Penmen got a 6-0 victory. Goldstein, Cruz, Helms, and Bauer all scored once with Gendron scoring twice. Starting pitcher Tim Viehoff earned the win, striking out 11 in his seven innings of work. Pitchers Rob Del Signore, Ian Searles, and Dylan Sbordone all helped as well.

In a double header against Pace on Apr. 9, the Penmen won both games. The first game had Cruz, Bauer, and left fielder Sean Webster scoring twice. Mastroberti, Helms, Gendron, and Oliviera each scored once in a 10-0 win. Starting pitcher Justin Valdespina got the win, allowing only two hits in his nine innings pitched. He walked four and struck out seven.

Game Two showed Goldstein, Cruz, Mastroberti, Helms, Gendron, Lalonde, and designated hitter Matt Rabbito all scoring once in the 7-1 win. Person earned the win again, allowing only one run on six hits. He walked one and struck out five in his eight innings of work.

The Penmen's next home game will be a double header against Assumption College on Saturday, Apr. 16 at 3 p.m. and 6 p.m.

WOMEN'S LAX CONTINUES WIN STREAK

Brianne Torre
Staff Writer

After taking a tough loss to Le Moyne on Saturday, Mar. 26, 17-7, the Southern New Hampshire University (SNHU) Women's Lacrosse team brushed it off and came to their next three games with clear eyes.

The Lady Penmen faced off in a Northeast-10 battle against Merrimack on Mar. 30. Freshman standout Kristen Wilder led the team with five goals and sophomore Alexa Bedell was right behind her with four goals. Bedell added four assists to the game, tying her career best for most points in a game at eight. Junior Ellen Decker also made the scoreboard with a pair of goals and three assists. The first half with a 6-6 tie. Eventually, the Warriors of Merrimack would achieve their high-

est lead of the night, with the score at 14-8. The Penmen fought back and attained an astonishing eight unanswered goals to give them the final victory of 16-14.

Apr. 4 brought another win to the Penmen against Molloy College. The game gave Wilder a career high of nine points. Senior Alexa Allen and junior Casey Duggan had four goals each and Bedell finished with one goal and three assists. This game ended with a final score of 18-8, in favor of SNHU.

More good news for the Penmen came as Bedell and Wilder received some NE-10 Accolades after the game. Bedell was named the NE-10 Player of the Week and Wilder was named the NE-10 Rookie of the Week.

The Penmen's most recent game was against Franklin Pierce University (FPU) on Apr. 9. This

one ended in another win, 17-11. Allen started the scoring streak for the game just over a minute in, off of Decker's assist. Back and forth the two teams went on Larkin Field. Eventually both teams received a break at half time, leaving the field at a score of 11-9 with SNHU in the lead. When play resumed, both teams went on a scoring spree, scoring eight goals total in the second half. This brought the game to an end with SNHU on top. Allen finished the game with six points, Wilder and Bedell notched five, and Decker and Duggan had three each.

The Lady Penmen start an extensive road trip at Assumption on Apr. 13. They will visit other NE-10 Rivals Bentley and Stonehill before they return home for a game against the American International College Yellow Jackets on Saturday, Apr. 23 at 1 p.m. on Larkin Field.

PENMEN PROFILE: IAN SEARLES

Aleisha Bourgault-Callahan
Staff Writer

There are many student athletes that deserve recognition in the Penmen Player Profile, but one that stands out is senior pitcher for the Southern New Hampshire University (SNHU) baseball team, Ian Searles. He is a marketing major with a minor in sports management.

Searles was born and raised in Wareham, Mass. He is a 2012 graduate of Wareham High School. While there, he competed in baseball, indoor track, and football. As a senior in high school, he was team captain of the baseball team, and during that season he had 77 strikeouts in 46 innings. He was also selected in the South Coast All-Conference selections three times, as well as being a three time New Bedford Standard-Times All-Star.

In his freshmen year at SNHU, Searles appeared in six games, making for a total of 5.2 innings and eight earned strike outs. During his sophomore year, he made 16 appearances; 15 were out of the bullpen with a 4.52 earned run average (ERA). He did not allow a run in seven appearances.

His first career start was on Apr. 9, 2014, during his sophomore year. In that game, Searles struck out eight players and walked one in the six innings that he pitched.

Last year, when he was a junior, he made seven appearances out of the bullpen, with a 3.60 ERA. That year he held opponents to a .242 batting average.

This year, Searles has a 4.15 ERA



Ian Searles stares down the batter from the mound.

so far, and has pitched 4.1 innings. He has allowed two runs on seven hits, striking out five and walking one.

Since it is his senior year, this is his last season here at SNHU. "It's a bunch of mixed emotions. I'm always trying to have fun with it and with the game, but knowing this is likely my last year of real baseball is sad," Searles said.

His favorite pitch in his arsenal is his slider. It has been his best pitch since he came to SNHU as a freshman. "I love throwing it and getting a sharp break and seeing a hitter swing and miss. It's almost like it just disappeared on him because of the movement," Searles said.

His biggest supporters are his parents. They inspired him to play baseball and when he realized he was good at it, he stuck with it.

When asked about his inspirations and idols, Searles said, "My inspirations are any pitcher under six feet. For example, Kris Medlen and Marcus Stroman because they prove people wrong that pitchers need to be tall." He also says that being a short pitcher made it hard to get recruited by college baseball teams.

"I think so far we have started very strong, currently number five in the country, but we have some improvements we can make that can take us to the next level," Searles said. "This is the best team I've been a part of in my four years."

Searles is trying not to think about it being his last year as a Penman. He is simply trying to relax and enjoy every moment of being an athlete at SNHU for the last time.

SPORTS

MEN'S LACROSS WITH STRONG SHOWINGS AGAINST NE-10 RIVALS

Matt Martin
Sports Editor

After tallying one win and four losses in their first five games of the season, Southern New Hampshire University's (SNHU) Men's Lacrosse has gone on a three-game win streak to return to an even .500 for the season. All three wins have come against Northeast-10 Rivals. The first win of the win streak was at home against Bentley on Wednesday, Mar. 30. Goals were not in short supply during this particular game for either team.

On the victors' side, goals were scored by sophomores Dan Malave, Cory Cairo, and Devin Calkins, who scored two. Also scoring were juniors Dan Trainor and Keifer Heckman, who had three goals, and senior Cam Joyce added five goals including the game winning goal in overtime to seal the 13-12 victory for the Penmen. Junior Goalie Tyler Walsh saved nine

of the 21 shots he faced, earning his first win of the year protecting the net.

Saturday, Apr. 2 was another game in the win column for the Penmen. This game was also at home, against the College of Saint Rose. Malave and Trainor each scored a goal. Joining them on the goal sheet were sophomores Mark Beirne and Cam Rewucki, juniors Cameron MacGuire and Zach Jacobs, and senior Eric Johnson. Walsh protected the net once again, saving 12 of 21 shots, earning another win.

But, the big stories of this game were Heckman and Joyce. The two combined for nine of the 16 Penmen goals in the game. Joyce netted five goals while Heckman netted four. The final score, SNHU: 16, Saint Rose: 9.

The final game of this current win streak occurred on a road trip to Vermont to face-off against St. Michael's College. Once again, the goals

were not in short supply for the Penmen. SNHU scored as many goals in the first period alone as St. Michaels did in the whole game, which ended up being seven.

The goals were scored by Malave, Calkins, and MacGuire, who had two. Sophomore Khyan Gaddy made it on the score sheet this game for the Penmen as well. Joyce, Heckman, and Trainor all had four goal apiece, combining for 12 of the 17 Penmen goals. Earning his third straight win in goal was Walsh who had 13 saves on 20 shots, which was good enough for a 17-7 SNHU Penmen victory.

Men's Lacrosse is back at it again on Saturday, Apr. 16 when they travel to Franklin Pierce for a high noon start time against the NE-10 Rival. Then, the boys return home for a Queen City Rivalry Match-up against the Saint Anselm Hawks on Wednesday, Apr. 20 at 7 p.m.



Daniel Trainor carries the ball with a St. A's defender taking a whack at him.

SNHUpenmen.com

MEN'S TENNIS PUSHES STREAK TO FOUR STRAIGHT

Matt Martin
Sports Editor

Southern New Hampshire University's (SNHU) Men's Tennis team is on a hot streak, winning their last four meets in shut-out and close-match fashion. Much like Men's Lacrosse, these wins all came against Northeast-10 Rivals for the tennis squad. Saturday, Mar. 26 was the first meet at home, against Adelphi. The whole team pitched in for the win. In three doubles matches and six singles matches, the Penmen won every single match and got a 9-0 win over the Panthers of Adelphi.

SNHU then traveled to Bentley to face the NE-10 rival Falcons on Wed, Mar. 30. The Penmen were perfect, winning their three doubles matches. The boys then won three of the six singles matches, earning a 6-3 record overall in the meet, picking up yet another win. Apr. 2, a Saturday, was another road trip and another win for the Men's Tennis Squad. This time it was to American International where they played a shut-out. Six singles matches, six wins. Three doubles matches, three wins.

Once again, the whole team had a hand in the overall victory and it was the third win in a row.

The fourth win was a tight one the following day at Le Moyne. In this match, the pairing of freshman Max Georgeoff and sophomore Sebastian Ramirez recorded the only doubles victory for the Penmen at this match. As far as singles action goes, SNHU dominated, winning four out of six. Sophomores Xavier Auborn, Taigo Fernandes, Miguel Marreiros, and Ricardo Marreiros all picked up wins in their singles matches. The overall final score was SNHU: 5, Le Moyne: 4. Although this win streak has been a team effort, sophomore Ricardo Marreiros was in the news this week. He was the recipient of the NE-10 Rookie of the Week Award two weeks in a row for his stellar performances. Marreiros went 5-1 this past week, placing first overall in the conference in singles competition and second in doubles action.

"I believe the bond between teammates makes everything easier," Marreiros said. "Chemistry is really key. We've been working hard having in mind



Miguel Marreiros serves his way to a win.

the things that aren't in our favor, but we have so much mental strength and it's been there when we needed it," he added, regarding the team's recent success.

"Regarding my award," he

continued, "It's an honor to have it two weeks in a row. I've been putting my time in and this is my passion. Tennis is my game. I just want to play good tennis, win with my team, and having this award has been the icing

on the cake." Catch Marreiros and the rest of the red hot Men's Tennis team when they return to the home court on Wed. Apr. 20 against Merrimack at 3 p.m., after a lengthy three meet stand on the road.