

# THE PENMEN PRESS

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penmenpress@snhu.edu

Manchester, NH



February 10:  
Enjoy Valentine's Day



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## BERNIE SANDERS VISITS SNHU BEFORE PRIMARY

Melanie Friese  
Copy Editor

The second floor of the Dining Center hosted Democratic Presidential Candidate Bernie Sanders on Jan. 21. Although there was little advertising for the event, many students, faculty, and members of the public attended to hear Sanders give his stock speech focused on income inequality, and to hear his call to action to vote in the primary for the spirit of causing a political revolution.

Sanders reiterated that he believes "we need a political revolution in this country" because he "cannot do it alone" and "the government belongs to all of us and not just a few billionaire campaign contributors."

With Sanders' growing popularity in the national polls, and New Hampshire's Primary right around the corner, the event received both national and international attention from media outlets such as CNN and Nippon TV, a Japanese news station.

Sanders did not reveal any breaking news in his speech, but



Bernie Sanders salutes the Southern New Hampshire University Audience.

he did emphasize his environmental philosophies in saying he is against fracking and the natural gas pipeline when questioned by an audience member. Sanders also expressed his desire to expand energy efficiency in the

United States and work to break American dependency on fossil fuels.

Environmentalist and novelist Bill McKibben expressed his support for Sanders, his policies, and the "authenticity" of Sand-

ers' campaign in his introduction of the candidate. McKibben claimed that a candidate

.....  
Please continue to Page 2.

## ALTERNATIVE BREAK TAKES MIAMI BY STORM

Nicole Clark  
News Editor

Over Winter Break, a group of Southern New Hampshire University (SNHU) students packed their bags and went to Miami, Florida to conduct service projects. This trip was an Alternative Break option, organized by the Center for Community Engaged Learning. The Alternative Break program allows students to participate in a week-long trip to various locations for Winter or Spring Break in order to conduct service projects.

Each location has a specific topic that is focused on throughout the trip. During the Miami trip, nine SNHU students, two chaperones, and two trip coordinators participated in many projects based on the topic of human sex trafficking and gender based violence.

While on the trip, the group stayed in hostiles. Their days were divided up between the Camillus House, Lotus house and Miami Rescue Mission which provide residential programs along with meal services for their clients. All three of these locations work with the Miami Homeless Trust.

Students helped clean, cook, serve meals, organize pantries, and give a helping hand with whatever was needed while at the hostiles. They also spent a day mulching a garden and playground area at the Lotus house. This was to make the living areas more welcoming to clients and give them a place to relax.

On the last day of their trip, the group participated in an outreach project to inform the community about human sex trafficking and gender based violence. They passed out flyers and talked to people about the



Students wait at the airport before heading to Miami, Florida for their Alternative Break.

serious issue. The flyer included warning signs people should look for and who to contact in order to help a victim.

The Alternative Break trip was a success and all of the participants enjoyed conducting the services they did.



# EDITORIAL

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

## Extra! Extra! Read all about it!

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

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

If interested, please e-mail [penmenpress@snhu.edu](mailto:penmenpress@snhu.edu) with your information!

## BLAME IT ON THE SNOW

Friday, Feb. 6. The day that many students on campus will be writing down when they are filling out the insurance papers for the crashes that their cars went through during the first major snowfall of the school year. It's a very unfortunate situation, and we're glad that nobody was seriously injured. Although, we are wondering if there is a way to prevent situations like what happened Friday from happening again in the future.

It seems that Southern New Hampshire University (SNHU) doesn't like to cancel classes. This is understandable; it is a university, and every student who walks this campus is here to learn. Weather shouldn't stop that, and, across the vast majority of the country, it doesn't.

But NH is different with snowfalls measured in inches throughout winter. Often it seems that these storms come in the night and are plowed prop-

erly by morning. But, occasionally, like Friday, the snow continues to fall through the night and well into morning. Yes, the snow was projected to stop by afternoon, but in the morning, road conditions weren't safe for all vehicles.

The question that we would like to pose is whether there is another way that we could handle these cancellations.

SNHU has, in the past, cancelled classes starting at a specific time to avoid snowfall. We wonder if canceling morning classes should be considered by the university more often.

From personal experience, coming from a school in northern NH means that cancellations should be a common occurrence; however, in reality, there were very few snow days in my high school at all. What occurred more often was a two hour delayed entry.

In high schools, the two hour delays are commonly used

to ensure that buses will be able to arrive safely and on time as they pick up students. But they proved effective when snowfall continued through the night into the morning. This delay gave enough time for the roads to be properly plowed. It also allows the snow and ice more time to melt after being salted as well as naturally as the temperatures rise throughout the day.

We realize that this is an option that is likely thought of each and every time that a snowstorm is predicted in the forecast to hit SNHU during the night. Our recommendation is only that partial cancellation of morning classes be considered more heavily next time we all wake up to a winter wonderland.

During the last snow fall, our campus was plowed incredibly well, but it isn't only our campus that students worry about when they commute to class on a snowy day.

## BERNIE

Continued from page 1.

cannot be phony to the people of Vermont and New Hampshire, because they would know it, and attested to Sanders' claim that he truly is for the "little guy." This provided the context for Sanders' speech to emphasize his initiatives to be a green president, which has not yet been a significant plug in his campaign.

Presenting his usual points, Sanders expressed his outrage for income inequality, billionaires abuse of power and their monetary influences in government, student debt and high education costs, the need for reform in the criminal justice system, and the lack of expansion of social security for seniors and disabled veterans. Sanders received great applause from the crowd when he stated that he "will not nominate anyone to the Supreme Court unless they'll overturn Citizens United."

Sanders strongly encouraged young voters to go to the polls and vote, with the assumption that they would vote for him and spark a revolution in this country where the masses join together to influence the government instead of just the wealthy few. Sanders cited the Koch brothers as a quint-



Bernie Sanders points angrily at student loans.

essential example of unbelievably rich citizens who use their money to influence politics all across the United States. "The middle class bailed out Wall Street; it is now Wall Street's turn to bail out the middle class," Sanders said.

The college vote, or the young vote, has notoriously been under-represented in presidential elections because of the lack of participation. Many voters wait until the November elections to cast their votes when they have less headache inducing options, but the young population has been even less motivated to get to the polls on Election Day.

Sanders' plea demonstrated that the campaign's main goal in the weeks leading up to the primary on Feb. 9 was to motivate college students to vote regardless of who they supported. The campaign seemed to assume that a large percentage of college students were in support of Sanders.

The Sanders campaign may not be incorrect in thinking that he has a high favorability among college students, but the primary will determine whether or not Sanders' campaign successfully motivated young voters to go out and vote, regardless of their party and presidential preference.



# NEWS

## THE ONE WITH ALL THE PENMEN

Gabriel Carrio  
Staff writer

The Last Chapter Pub morphed into Central Perk on Jan. 31 as more than 60 students gathered to watch several episodes of the classic sitcom "Friends." The event began at 8 p.m. and ran for approximately two hours, showcasing five episodes that were streamed from Netflix onto a projector.

Tom Balestracci, the assistant director for the Office of Student Involvement and fan of the show, handpicked each episode. "I chose these episodes because they're really classic moments from the series, and all contain pretty big moments from the show, like the reveal of Chandler and Monica's relationship, and Phoebe learning that she'll have twins," Balestracci said.

When asked why he wanted to organize this event, Balestracci said, "I program a lot of events out of the office, and I knew this Sunday didn't have anything scheduled, so I wanted to set up an event for



Gabriel Carrio

students to just hang out and relax while watching a show that I love and I know plenty of other people I've talked to do too."

A green screen was set up in the back of the pub for students to take their pictures in front of, placing them inside the Central Perk set from the show. The pictures were printed on mugs along with the words "The One with all the

Penmen" in the "Friends" font.

Cookies and coffee were provided by Cup of Love, the student run bakery located in the Hospitality building, and were enjoyed by many of the attendees.

People were in good spirit, as laughter and chatter could be heard as the episodes played. Balestracci was pleased with how the evening went, and the size of the turnout.

## SNHU INTERNSHIP AND JOB FAIR

Katie Schmeizer  
Staff Writer

The Southern New Hampshire University (SNHU) Internship and Job Fair will be held on Wednesday, Feb. 17 from 2-5 p.m. on the second floor of the Dining Center.

Without having to leave campus, this is an opportunity for students to network with more than 60 employers who are specifically looking to hire SNHU talent.

There will be companies with openings for every major, so all students are encouraged to attend. Employers are looking to recruit students graduating in May as well as students interested in summer internships.

Some of the employers that will be at the fair include Binnie Media, Easter Seals, the New Hampshire State Police, Londonderry School District, PC Connection, Target, Hay Creek Hotels and Evo Rock and Fitness. To see a complete list of participating employers



The Career Development Center

and lists by major, visit CareerEdge at [careeredge.snhu.edu](http://careeredge.snhu.edu).

Leading up to the event, CareerEdge will also have details and tips to help prepare students. The Career Development Center is available to help too. Appointments can be made with career counselors to help perfect resumes and elevator pitches, and career counselors can even in-

troduce nervous students to specific employers during the event.

This event is open to all SNHU students and alumni. Professional dress is required, and it is suggested that attendees bring at least ten copies of their resumes to hand out!

Contact the Career Development Center with any questions at [careerdevelopment@snhu.edu](mailto:careerdevelopment@snhu.edu) or 603-646-9793.

## THE TOP TWEETS FROM THE TOP MAN



A LeBlanc always pays his debts.

Not all of us have access to social media, but being deprived of Southern New Hampshire University's (SNHU) President, Paul LeBlanc, and his Twitter account (@SNHUPrez) isn't fair to our readers. Here are some of our favorite tweets from the top man on campus.

12-23-15 10:18 AM: In the last 12 months we have saved our students \$8.7m in textbook costs. \$3.34m came from surrendering the commission schools take.

12-23-15 10:19 AM: Is SNHU the only institution not taking a commission on book sales? Do students know that's part of the expense of books?

1-3-16 5:08 PM: Where the hell is my ascot? Downton Abbey starts in less than an hour and I'm not ready.

1-11-16 6:29 AM: Bowie helped make possible Madonna, Prince, Lady Gaga, Kanye, and so many more. He was the Warhol of pop music, the definition of cool.

1-20-16 7:29 PM: My relationship theory: if you are making each other laugh, cracking up each other, then everything else is probably going well.

1-26-16 3:58 PM: Having just walked some distance, I'd liken DC snow removal to a puppy trying to act like a big dog: not very convincing, but sort of cute.

1-31-16 1:48 PM: Know those

songs that in a heart beat transport you to a special moment? Black Eyed Peas' Gotta Feeling is on my list. Top 10 day in life.

2-2-16 7:14 AM: SNHU partnering with SMG, managers of Verizon Arena. Will remain to SNHU Arena starting in September. Includes internships, games, more.

2-2-16 7:54 AM: Best part of the deal is I get to skate as Big Bird in Sesame Street on Ice. How could we say no?

2-3-16 10:50 PM: Love the NH primary. Out to dinner tonight and chatted with Gabbie Giffords and Mark Kelley and met WGBH's Margary Evans and Jim Brody.

2-6-16 8:07 AM: Working on a taxonomy of Twitter profile pics, the types of pics people use for themselves. Can you tell I have free time this morning?

2-6-16 7:27 PM: I've always heard that Marco Rubio is actually smart. Not seeing it. Also very sweaty and acting kind of amped up.

2-6-16 9:34 PM: Watching the GOP debate. Like the perverse pleasure of watching crashes in NASCAR. Spectacular mess and you hope no one gets hurt.

2-7-16 5:32 PM: Game prediction: Carolina buries the Broncos.

2-7-16 7:08 PM: So much for my game prediction!



# NEWS

## CHECK YOURSELF BEFORE YOU WRECK YOUR BANK ACCOUNT

Shannon Collins  
Staff Writer

Most people have probably experienced a situation while shopping when a cashier tells you that if you open a credit card you'll save \$20 on your order or get 30% off your next purchase. The enticing offer makes it easy to agree, but there are some things you should know about credit cards before signing up just to receive a special offer.

Before you sign up for a credit card, it is important to learn as much as you can about the terms that come with it. There are some credit cards that have start up fees, annual fees or very high interest rates. Most credit cards also have a bonus for using it, such as point systems, frequent flyer miles, cashback

opportunities, etc.

When you sign up for a credit card, you take money out on a line of credit, which is another way of saying you are borrowing the money. Unlike a debit card, credit cards don't take the money out of your account immediately and it isn't mandatory to pay the full balance each month. When you receive your credit card bill, you will be required to pay at least the monthly minimum balance, which is only a small fraction of what the full balance is. However, paying only a portion of the balance comes with a high price: interest.

For example: you opened up a credit card with a 15% interest rate on Jan. 1, and the period goes until Jan. 31. During the month, you charged \$737 and received the bill in the beginning of February.

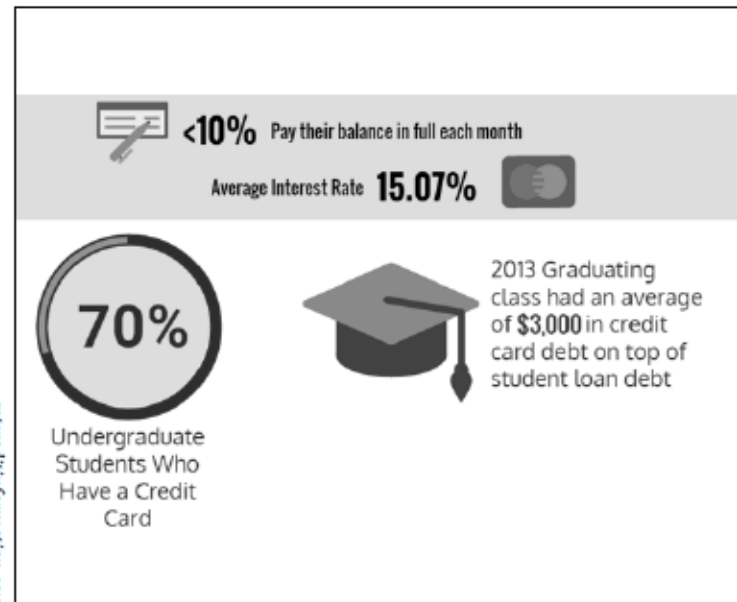
The minimum payment of \$16.58 looks better than paying the full \$737. If you don't charge anything else to the card, and only decide to pay

the monthly minimum payment until it is paid off in full, it will take you 76 months. You will pay a total of \$400.42 in interest, on top of your

original balance of \$737, for a grand total of \$1,137.42.

You would be paying more than half of your original balance just in interest! If you decided to pay the full balance off instead, then you wouldn't have to pay any interest on your original balance. That is why it very important not to treat credit cards like loans and to pay your balance off in full every month.

If you think you can be responsible with a credit card, sign up for one that is the best fit for you. If you don't plan on paying the full balance each month, pick the credit card with the lowest interest rate available and offers a bonus that entices you, such as one percent cashback on all purchases or five percent off every purchase at your favorite stores.



## NOT YOUR GRANDMA'S BINGO: SPRING CONCERT HEADLINER REVEALED

Melanie Friese  
Copy Editor

The second floor of the Dining Center shook with excitement on Jan. 28 as students hunched over their Big Money Bingo cards and tried their luck to win one of the prizes: a Go Pro, \$100, a Southern New Hampshire University (SNHU) shirt and pants set, gift cards to the Quill, a mini-fridge, or a Samsung TV.

After each game, Brody Glidden, Vice President of Coordinators of Activities and Programming Events (CAPE), revealed a piece of information about the spring concert, leading up to the announcement that Timeflies will be the main entertainment for the spring concert on Mar. 31, with Bryce Vine returning as the opening act.

As a pop band, Timeflies is a Boston duo of Rob Resnick, the producer, and Cal Shapiro, the vocalist, who self-produced their first album in 2010.

Doors will open for the concert at 7 p.m. and the show will begin at 8 p.m. No entry will be allowed after 9:30 p.m.



Students react to the reveal of Timeflies as the headlining group for this Spring's major concert.

and there will be no re-entry allowed. Current SNHU students will be allowed to purchase up to four tickets and they will be available for purchase on SNHUTickets.com on Feb. 15 for \$10 per ticket. Beginning Feb. 29, SNHU faculty, staff, and alumni will be able to buy tickets for \$15 per ticket, and members of the public can purchase tickets for \$20 on the same day.

For SNHU students inter-

ested in volunteering for the event, the volunteer sign-up survey will be available from Feb. 1 through Feb. 12. Those that volunteer for two or more blocks will receive a free ticket, free shirt, and a chance for a meet and greet with Timeflies.

Judging by the excitement in the room after the announcement, this should be another popular concert among SNHU students.

## POWER HOUR LIFTING EVENT

Bryan Creevy  
Editor in Chief



The Body Building and Fitness Club is breaking into the new semester with a Power Hour event on Saturday, Feb. 20 from 5-6 p.m. in the Southern New Hampshire University (SNHU) Fitness Center.

This event is kicking off an entire semester of Power Hour events sponsored by The Bodybuilding and Fitness club. Every other Saturday the club will host the same event at the same time and place. Each Power Hour is not only for club members; the club encourages any student to attend the event.

"You can expect loud and intense music, chalked hands, and a lot of cheering," said Adrian Ramos, the vice president of the Body Building and Fitness Club.

"We're trying to help people break their personal records."

The idea for this event came from the Warhouse Gym in Pennsylvania, where events like this are held. The club's president, Alessio Zisa, was inspired by this gym, and wanted to bring a similar event to SNHU. There will be Gatorade provided for all participants during the first Power Hour.

Not only will there be a Power Hour event every other Saturday, but the Body Building and Fitness Club will host several other events throughout this semester. They are planning to host several weight lifting competitions and even a fitness expo.

Club members wanted to encourage any interested SNHU student to come join them at any of these events.



# NEWS

## THE SECOND ANNUAL GENEQUALITY DRAGSHOW



Performer, Haute Damn, preparing for last year's drag show.

Katerina Wilhelmi  
Creative Editor

Lights, camera, and drag? Feb. 13 marks the Second Annual Drag Show hosted by Southern New Hampshire University's (SNHU) Generation Equality club. Generation Equality is a club here at SNHU dedicated to promoting equality for all people in the SNHU community, and in the Manchester community as a whole.

Last year's drag show included lip syncing, dancing, and delicious snacks. This year will have just as much excitement along with a new twist: each drag king/queen will be doing celebrity impersonations. The exciting event will be held in the Last Chapter Pub at 8 p.m.

This year's drag show won't just be a fun performance of students dressed in drag and lip

syncing. It is going to be a donation drive for Youth on Fire, an organization that supports Gender Sexuality Romantic Minorities (GSRM) homeless youth.

"We'll be collecting coats, hats, gloves, socks and blankets in the days leading up to the drag show and in the pub that night. We have many SNHU organizations co-sponsoring with us like Student Government Association (SGA), SAGE, the Deborah L. Coffin Women's Center, Radio SNHU, the Center for Community Engaged Learning and the Presidents Commission for LGBTQ+ Advocacy, just to name a few," Aubrey Shimabukuro, President of Generation Equality said.

All students in attendance can expect to have a wonderful time. This event will surely be something to remember.

## SUCCESS WITH THE LEARNING CENTER

Melanie Friese  
Copy Editor

On the second floor of the Shapiro Library Learning Commons, the Learning Center offers many opportunities to aid students' academic experiences at Southern New Hampshire University (SNHU). The Learning Center is a part of the Student Success Team on campus that works to support students in achieving their academic goals and building their confidence.

The Learning Center offers mentoring, tutoring in math, writing, business and specific subjects as requested, and several niche programs, including a scholarship retention program and a special program for NCAA athletes.

In each of these specific disciplines, students can receive walk-in assistance, one-to-one tutoring and classroom assis-

stants. They can also attend special workshops held throughout the semester. For example, the Learning Center holds APA, MLA, and Chicago style review sessions as well as grammar review sessions. Math and business disciplines prepare review packets for various classes and offer a variety of problems, especially towards the end of a term.

For math classes that have classroom assistants, tutors assigned to their classes hold review sessions outside of the class. Business review problems are available in multiple disciplines within business, including accounting, finance, economics, marketing, etc.

After attending three walk-in shifts, a student can apply for a one-to-one tutor in any of these broader disciplines or for a specific class. If a student would like a French tutor, the Learning Center staff tries to find a

tutor who has taken French and is qualified to tutor French. This can likely be done for any class.

For international students, the Learning Center provides Conversational English tutoring, in which a native English speaking tutor facilitates a conversation among themselves and up to three international students. International students must sign-up for sessions at the Learning Center ahead of time.

Students of all levels are encouraged to visit the Learning Center to improve their writing, math, business, or English speaking skills.

The services are offered to all students because everybody could use constructive feedback and practice in honing their skills in any discipline. For more information, visit the Learning Center page on MySNHU or pick up information and schedules in the office.



## FROM WORK-STUDY TO WORK READY

Shannon Collins  
Staff Writer

While filling out the Free Application for Federal Student Aid (FAFSA), there is an option to apply for Federal Work Study (FWS). Applying for FWS is non-binding, but allows students to be considered for funding as a part of their financial aid award. FWS is a federally funded program that allows students to work either on or off campus.

A common misconception is that FWS goes directly towards a student's tuition bill. With FWS, students receive a check and can decide whether to save or spend the money. FWS positions are just like

any other non-FWS positions, but in some cases have valuable added benefits.

Southern New Hampshire University (SNHU) alumnus, Nick Carey, worked with The Center of Community Engaged Learning during his freshman year to find an off-campus FWS position at The Salvation Army's Kids Café. During Carey's time at the Kids Café, he found a place where he could thrive in multiple ways.

He found a passion in learning about kids from other cultures and backgrounds. "Working at Kids Café I felt like I was learning so much about people who come from situations vastly different

than mine, something I was usually taught by the media, textbooks, and volunteering at soup kitchens," Carey said. Carey was able to form memorable bonds with the children there. "The second thing that hit me was the bright personalities of the children. They love to interact with the volunteers," Carey said.

By his second semester, he knew that he wanted to dedicate his life to working with children like the ones at Kids Café. He declared Elementary Education as his major. Because of his dedication and hard work, he was hired as a lead counselor at the Salvation Army's summer camp, and won their College Volunteer

of the Year Award.

The summer after graduation, his boss at Kids Café told him about a part-time position that opened up for a gym/tutor coordinator, which he gladly accepted. While working there, he also worked as a substitute teacher at various schools around Manchester. He noticed that a lot of the kids from Kids Café went to Beech Street Elementary School.

After substituting several days per week there all year, he was offered a job for the 2015-2016 school year as a technology teacher. With the school year going great so far, Carey has enjoyed working with the children who attend

Kids Café both in and out of school.

He was able to find something in life that truly makes him happy and could not be more grateful for the opportunities he has had because of the FWS program.

"It was easy to notice that many of the children attending Kids Café needed positive role models in their life that set expectations for them and had a smile of their face, and I was happy that my work study job allowed me to be one of those people," Carey said.

Students that have FWS on their financial aid award can apply for a FWS job. Job postings can be found at snhu.peopleadmin.com.



# NEWS

## COMEDIAN JESSI CAMPBELL COMING TO PERFORM AT SNHU

Bryan Creevy  
Editor in Chief

The comedian Jessi Campbell will be performing at Southern New Hampshire University (SNHU) on Thursday, Feb. 18 at 9 p.m. in the Last Chapter Pub.

Campbell was booked for this event by the Coordinators of Activities and Programming Events (CAPE) when they visited the National Association for Campus Activities (NACA) Northeast Conference last semester. NACA is where CAPE has found various talents to bring to SNHU for events in the past.

"We hope that students will come enjoy the performance and the first comedian of the spring semester," said Justin Terlisner, the CAPE Late Night Committee Chair.

Campbell has recently been awarded the title of 2015 Female Performer of the Year by Cam-



funnyphone.com

pus Activities Magazine.

She has been nominated for several other awards, and has been featured at over 200 colleges to date. She has a Comedy CD out named, "Winner Winner," and she was the People's Choice winner at the 2009 Aspen Rooftop Comedy Festival.

There will be free food and drinks from the pub for this

event. CAPE encourages all students to come and enjoy the first comedian of the year.

Though there are no other comedians scheduled for the semester, CAPE has Mat Lavore, a hypnotist, magician and mentalist, scheduled to visit SNHU on Feb. 24, and "Ball in the House," an A Capella group, planned for Mar. 3.

## TRENDSETTER TOUR: PUBLIC

Katie Leonard  
Staff Writer

On Jan. 21, Coordinators of Activities and Programming Events (CAPE) held a concert for Southern New Hampshire University (SNHU) students in the Last Chapter Pub. The band

Public performed some of their most popular songs. Public is from Cincinnati and has been performing together for three years. The show started out with a few slow, heavy melody songs. The band appeared very focused on the notes they were playing, and less on the overall energy of the performance.

After the first few songs, John Vaughn put his guitar to the side while Ben Lapps, drummer, and Matthew Alvarado, bassist, took to a whole new groove. The combination of bass and drums livened up the show.

Vaughn added a new level of energy to the room with his dance moves and his smooth funky vocals. In that moment, the band came alive with funk and excitement. The frontman and drummer met in



norpop.com

their high school jazz band, and fell in love with playing together. Not long after the two started jamming together, they met their bassist in the same jazz band and invited him to join them.

Although the band is best known for their indie-pop sounds, they surprised the small crowd with their sudden change to funk.

The audience was kept on the edge of their seats with the quick song changes and Vaughn's high energy.

Interacting with the crowd, Vaughn's witty outbursts made everyone smile, and in some cases, blush.

Lapps' drumming was dramatic and eccentric with his movements. He appeared to be in his own world, separated from the rest of the band.

In an interview following the performance, Vaughn revealed that the band's inspirations come from Muse, Led Zeppelin, the Red Hot Chili Peppers, and the Killers.

## GAMING CLUB EVENT!

Bridget Downey  
Staff Writer

In a world of constant technology and endless screen time, it becomes easy to forget how great card games were so long ago. The Southern New Hampshire University (SNHU) Gaming Club took over the Corcoran Conference room in the Student Center on Jan. 30 to play card games.

A wide variety of card games were set up around the room, including classic playing cards and golden oldies like Uno. Cards Against Humanity was one of the most popular card games of the day. A good sized group filled the

tables to compete. "Dealing you in means we get to find out what horrible people we are," said one player, throwing a card with a smirk.

The event progressed while students were continually dealt into games whenever they wished. "It's a chill competitive kind of afternoon thing," said another SNHU student.

Everyone was laughing and having a great time while they enjoyed the games, pizza and soda in such a friendly competition environment.

The Gaming Club has a new gaming event every Saturday. Check out their Facebook page (SNHU Gaming Club) for more information.

## OPEN MIC "WHAT'S LOVE GOT TO DO WITH IT?"

Laurelann Easton  
Layout Editor

Join Creative Writing Club for their first Open Mic Night of the semester on Feb. 11 from 6 p.m. to 7 p.m. in the Last Chapter Pub. Students are invited to share their poems, stories or songs about angst and the troubles of love (be it positive or negative).

The theme of the Open Mic Night goes along with Valentine's Day, but is not strictly restricted to it.

The Open Mic Night is meant for students to voice their thoughts and feelings about love, relationships, and Valentine's Day. Comedy skits, fun facts to share about the holiday or even personal experiences are also welcome at the event.

Students are encouraged to leave their stage fright behind, regardless of their Valentine's Day opinions, and to enjoy the free pizza and snacks available. It's only fair to share some of your own work!

## MOCKTAIL MONDAY

May Mullen  
Layout Editor

On Jan. 25, the event "Mocktail Monday" was put on by Coordinators of Activities and Programming Events (CAPE) and co-sponsored with the Wellness Center and the Hospitality Student Association in the Last Chapter Pub.

CAPE members mixed a variety of non-alcoholic drinks for attendees to enjoy while they listened to the live music of Dustin Hatzenbuehler.

Volunteers gave attendees the option of six different drinks to choose from. The drink selection included Cran-Apple Cider, Shirley Temple, Sparkling Sangria,

Faux Champagne, Baby Bellini and Pilgrim's Punch. Ginger ale, sparkling cider and sparkling grape juice were mixed with various fruit juices to create fun, non-alcoholic versions of popular drinks.

Dustin Hatzenbuehler was a big hit with the large crowd of excited patrons. A singer-songwriter from Minnesota, Hatzenbuehler made a name for himself after performing on "The Voice." His soulful songs inspired by classic R&B music provided a wonderful atmosphere for the night.

"The service was friendly and the drinks were great," said Lauren Makechnie, while double fisting Shirley Temples. "Unique events like these are a great way to get out and mingle with people."



# PENMEN ABROAD

## WHEN IN ROME...

**Megan Palmer**  
*International Mascot Advisor*

Study Abroad. The two words that every college student hears as early as their first orientation. As pre-university, post-high school students, it can seem like an ideal impossibility. All the packets and brochures of happy students smiling by the Trevi Fountain or the Colosseum are glowing photographs that every university has in reserve.

Yet, here I am. Studying abroad in Rome, Italy over 4,000 miles from my home sweet Southern New Hampshire University. I know; it is still a crazy sentence to me too. In doing so, I have the honor and opportunity to write from my expatriate state to give the "in-the-thick-of-it" look into "Study Abroad" that students might not otherwise get.

Arriving in Italy immediately proved that I had not learned as much Italian as I

had intended. You would be surprised at how far you can get on "Ciao," "Grazie," and "Dove il..." The answer is not very. Being immersed in a new language is the kick in the pants that encourages me every day to learn new words.

The language barrier is not as dividing as I anticipated; many people are very willing to listen to my clumsy Italian and do their best to help. They come right back at me with their clumsy English, both of us on language training wheels, wobbling towards understanding.

Adjusting to a new place means becoming a part of society, not as a tourist, but as a citizen. Learning when to smile, when to make eye contact, and when to use formal versus informal language; there is a lot to learn. Even though learning new cultural norms is an ongoing task, there are some things that are entirely universal. Dogs are cute no matter

where you go. Babies all laugh the same. Teenagers still congregate and listen to pop music. Every school takes terrible school ID pictures. It is in the little things that I feel at home.

Studying abroad also makes you realize how relative the word "home" really is. I am aware that I have only been in Rome for three weeks, yet it already feels like months and months. In such a short amount of time, I have become accustomed to walking down streets older than my home country. I have almost found my place in a place of so much history. Okay, that is not true. I will never not be amazed that one second you are crossing the street almost being hit by a dozen cars and the next you are standing in front of the Colosseum. That will never get old.

Adjusting to a new place is a process, and I am so fortunate to be doing so surrounded by people doing exactly the

same thing. Being out of my element makes me realize how similar people are, whether

they are Americans or Italians or some Study Abroad mix of the two.



Megan Palmer

## ...DO AS THE EUROPEANS DO!

**Annie Boghigian**  
*Scone Connoisseur*

I had read books, seen pictures, and (tried to) studied maps before I boarded my six hour flight to the country where I would spend my semester. I could not quite explain how I was feeling. I had planned on studying abroad before arriving for my first year at Southern New Hampshire University (SNHU). Now being a junior in the Education program, I can say my dream is coming true.

I am currently studying abroad in Canterbury, UK, which is a two hour bus ride east of London. With classes only four days a week, a few hours per day, I have been able to travel to different places in Europe. With four weeks (out of only 11) passed, I have been to London, Ireland, the White Cliffs of Dover, and have plans to visit Scotland, France, Wales, and Italy at the least.

From the start, I have believed that I am undeniably lucky to be able to study in a place like the United King-

dom (UK). I have been given the opportunity to travel and learn for two and half months with virtually no other responsibilities. That is not something everyone can say at this point in their lives.

It did not truly hit me that I was studying abroad until a few weeks post-arrival. It hit me after a trip to Ireland that this was not just a quick vacation. I was not going home to New Hampshire after an eventful adventure in Ireland. I was going to be in the UK for a while.

While I am incredibly happy to be abroad and believe I am lucky to have this opportunity, it was a slightly different start than what I had anticipated. I was away from my friends and family and everything that was familiar to me. I was also thrust into the company of thirty people, twenty-three of whom I had never met before. I was lucky to find out that I was going to be around a wonderful group of people for almost three months.

Another aspect that I was not prepared for when



Annie Boghigian

studying abroad were the multitude of differences in language and culture when arriving here. Common words that are heard in the US are unheard of in the UK. Words such as restrooms and French fries are not used. Instead of saying restrooms or

bathrooms, British people say and expect to hear the word toilets. In addition, instead of French fries, people in Britain say chips (American potato chips are called crisps).

I have already learned so much in the short four weeks

of being abroad. I can only imagine what other experiences I will have and what I will learn. I recommend studying abroad to all college students. It is an experience of a lifetime and something that should not be overlooked.



# ARTS & ENTERTAINMENT

## KUNG FU PANDA 3 WEIGHS IN ON THE RIGHT SIDE OF THE SCALE

Addison Thyng  
Staff Writer

The Kung Fu Panda movies are known for three main things: comedy, martial arts philosophy, and actual fighting. "Kung Fu Panda 3" still relies on those three pillars of the series, but is more imbalanced than the previous 2 films; however, that does not make it an overall bad movie.

"Kung Fu Panda" was a surprise hit in 2008 being smart and funny, while its sequel did everything even better in 2011. This third installment has Po trying to get in touch with his origins as a panda while a supernatural villain is stealing all of the Chi for the kung fu masters across the land.

While this movie does weigh more on its comedic aspects, Po finds that it does take time to teach Eastern philosophy through his interactions with his fellow pandas, and gives the

audience entertaining fight sequences. The comedy in this movie is meant mostly for families. Some jokes did get a chuckle out of me, and it was well written, so it was not painful to watch.

While the comedy may not be the series' best, the action and philosophy, when it does occur, is the best this trilogy has to offer. It does a great job of showing audiences the Eastern ideas behind Chi, and, while it may be animated, the fighting is very fun to watch and well done, with the exception of the ending in which the fighting is partially there for comedy. Other than that, it is still impressive.

"Kung Fu Panda 3" is a good time, especially if you like the others in the series. It may have more comedy than it needs, but the other good stuff in it is the best of the series. If you are willing to sit through the okay comedy of the panda village, then the rest is definitely worth watching.



## TWENTY ONE PILOTS: "VESSEL" AND "BLURRYFACE"

Gabriel Carrio  
Staff Writer

One of my new favorite bands is a duo that has been around for a little while, but has only released two studio albums. Under the label Fueled by Ramen, Twenty One Pilots is a band comprised of two members: Tyler Joseph and Josh Dun. Formed in 2009, the band has released two independent albums, three EPs, and two studio albums. I will review both since I just could not choose between the two.

Released in 2013, "Vessel" is Twenty One Pilots' debut studio album. The 12 track long LP features some of the duo's most popular songs including "Holding on to You," "House of Gold," and "Car Radio," their most well-known song before "Blurryface." This album is excellent. The variety in the songs prevents the album from being classified into a single genre, and even the songs themselves are difficult to classify, as Twenty One Pilots has taken influence from rap, rock reggae, and even folk and implemented

them however they feel. This works incredibly well.

The songs listed before are some of their most popular off of "Vessel," and for good reason. "Holding on to You," for example, is my favorite song on the album, and is in the running for my favorite song from them in general. You need to hear the second verse yourself in order to really appreciate it, but it means a lot to me, and Tyler Joseph presents it so well.

"Vessel" shines in its first half, as the first six tracks are unskippable gold, but after "Car Radio" comes "Semi-Automatic," and from there the album becomes less memorable. It does not become bad; it just loses the steam the beginning has. The first six songs are all amazing. Everything after is just... alright. That is where "Vessel" and "Blurryface" differ the most.

Released in early 2015, "Blurryface" is Twenty One Pilots' sophomore album, and it definitely shows the band's progression as artists. Dun's drumming is better, Joseph's vocals are better, and production quality is better, every-

thing is just... better!

Seriously though, as a cohesive work, "Blurryface" stands up better than "Vessel" does. Every single track on "Blurryface" is great. Not one of the fourteen tracks is worth skipping. "Heavydirtysoul," "Stressed Out," "Ride," and all of the songs in succession are excellent. While I personally feel that the best songs on "Vessel" are better than any song on "Blurryface," the album as a whole does not stand as strong.

Where "Vessel" falls off at the halfway point, "Blurryface" proudly stands tall throughout the duration of the album. One thing "Vessel" does hold over "Blurryface" is that its vinyl release is a translucent record, which is pretty damn cool.

While Twenty One Pilots is gaining some much deserved popularity after the release of "Blurryface," they are still leaning towards the underground side right now. If you have not heard of them, I highly recommend giving them a listen. Both albums can be bought on iTunes or streamed from Spotify.





# ARTS & ENTERTAINMENT

## THE REVENANT MAY GET AN OSCAR FOR DICAPRIO

Gabriel Carrio  
Staff Writer

Alejandro González Iñárritu ("Birdman") blessed theaters on Christmas Day 2015 with the release of "The Revenant."

The movie follows Leonardo DiCaprio as Hugh Glass, the real life frontiersman (1783-1833) as he survives a vicious bear attack, is abandoned by his crew of men, and has to make his way back to their settlement to survive and exact revenge on one man.

No spoilers are in this review. To put it bluntly, this movie is vi-

Foxmovies

olent. Many characters die: some good, some bad, but all brutal. The detail and depiction of the violence in this film is gritty, realistic, and the cinematography (done by Emmanuel Lubezki) and sound design make every impact feel solid and legitimate. Viewers not fond of violence, or squeamish when it comes to gore, might want to close their eyes during those scenes. I do not recommend skipping the movie altogether, but be ready to look away for those parts.

The very first scene is a Native American attack on Glass' fur

trading crew. Arrows and bullets fly, bodies fall everywhere, and the screams of men fighting and dying are heard all around. It is intense, gripping, and sets the tone for the rest of the movie. Iñárritu grabbed my attention and did not let go for a single moment throughout this film. There are a few lulling scenes that act as respite both for DiCaprio and for the audience.

DiCaprio's performance was incredible. His acting was 90% physical, showing how dedicated he was to the role by truly appearing to be a man fighting beyond human endurance to survive in

the wild with life threatening injuries.

People all over the Internet have been saying that they expect DiCaprio to finally get his Oscar for his role as Hugh Glass, but I am not so sure. While his performance was remarkable, it was all physical. Tom Hardy, on the other hand, gave an absolutely riveting performance as John Fitzgerald, the film's antagonist.

Being the cause of Glass' harrowing journey, and his sole purpose for making it back to the settlement and getting revenge, Hardy's portrayal of the frontier

traitor is certainly Oscar-worthy in this reviewer's opinion. Every time he was on screen, I could not wait for his lines to start. All of it was amazing: the accent, the personality, and the dialogue. The character of Fitzgerald, while not necessarily bringing anything new to the table villain wise, is still incredibly written and performed.

"The Revenant" is about two and a half hours long: violent, grey, and very intense. This is an incredible film that is worth every minute, and it comes just in time for the Oscars.

"The Revenant" gets a 10/10.



## NO HATE FOR TARANTINO'S EIGHT

Gabriel Carrio  
Staff Writer

"The Hateful Eight," Quentin Tarantino's newest, and eighth, film came out Christmas Day 2015 alongside "The Revenant." Opinions for this film seem to be split down the middle. "Hateful Eight" is either a perfect example of Tarantino's talent and auteurship, or a waste of three hours.

"The Hateful Eight" was my number one most anticipated film of 2015. From the moment the movie was announced, I was incredibly excited. Tarantino is one of my favorites, and I hoped "Hateful Eight" would not disappoint me. It did not.

The fact that the movie takes place in one room for the vast majority of it bored many moviegoers, but I loved it. It allowed the audience to focus completely on the characters, their relationships with each other, and their

development. The characters become more fleshed out as the film goes on along with the overarching mystery that the plot centers around.

The movie follows a cast of eight characters. Samuel L. Jackson, Kurt Russell, Jennifer Jason Leigh, Tim Roth, Michael Madsen, Walton Goggins, Demian Bichir, and James Parks play the main characters. There are a few more actors, including Channing Tatum, but they play much smaller parts in the film, and/or do not appear until near the end.

Brief plot summary: Sam Jackson, Kurt Russell, Jennifer Jason Leigh, and Walton Goggins are travelling to Red Rock, the town where Daisy Domergue (Leigh) will hang after being turned in by John "The Hangman" Ruth (Russell), a bounty hunter. They get snowed in by a massive blizzard and have to stay in Minnie's Haberdashery to ride

out the storm. The rest of the plot continues from there, but I cannot provide more details without spoiling it.

Overall, I loved "The Hateful Eight." The shots that dragged on a little too long (to show off the fact that it was filmed in 70mm) were excellently shot. I loved the jokes that lasted almost a little too long (every character getting their turn to nail a door shut). I loved the graphic violence Tarantino is known for (and be warned: I mean it when I say graphic), and, most of all, I loved that it was definitely a Quentin Tarantino film.

If graphic, unnecessary violence, and excessive racism (fitting to the time period) does not turn you off, you should definitely watch "The Hateful Eight." The actors were remarkable, even Sam Jackson and I am no fan of his work.

Overall Score: 10/10

## A BOY WORTH WATCHING

Addison Thyng  
Staff Writer

Two kinds of movies are often mixed up: thrillers and horror. Horror films are meant to scare the viewer and make them jump. Thrillers, on the other hand, are meant to keep the viewer on their toes, get them involved with the mystery, and create a suspenseful atmosphere. After viewing "The Boy," I declare that, while it is not a good horror movie, it is a decent thriller.

In its commercials, "The Boy" is marketed to be much like "Annabelle," a similar horror movie involving a creepy doll, and while that may entice some people to see it, the fact-of-the-matter is that it is not the film they are going to get. With the exception of one or two scenes, "The Boy" presents itself as a mystery or thriller rather than something that's meant to scare you.

Throughout the whole film, I was more intrigued with the premise and the doll's story rather than frightened by it or the events that take place. The acting is much like a thriller, and the atmosphere is much like a thriller, and all in all it does that decently for the first 75% of the movie... then the last 15 minutes happen.

This ending took both me and the rest of the audience completely by surprise. It was what brought the movie from just okay to good/great. The rest of the film is, like I said before, decent. The acting is good and the suspense is alright, just none of it is really superb or amazing, but it gets the job done.

Overall, I would recommend "The Boy" to anyone who thinks they would like this premise. If you are looking for a decent thriller with a good twist ending, I would say go see it. Remember to think of it as a mystery film rather than a scary movie.



# CREATIVE

## "Lucifer's Life"

Haley Corning  
Staff Writer

Five-month old betta fish, Lucifer, of Fremont, N.H., passed away overnight in his tank on Jan. 19, 2016. In his early stages of life, Lucifer, also known as Luci or Luke, was adopted by a loving 19-year-old Haley. He was relieved of his small plastic cup on the shelves of a local pet store in Epping, N.H., and later introduced to a well filtered, three-gallon cylindrical tank where he lived a happy life-at least until his

abrupt parting.

Lucifer was commonly known for his beauty. People frequently commented on his bright scarlet scales that were dusted in silver, and his crown tail that curled as he swam. He was also known for his outgoing personality. Lucifer did not fear people; instead he would greet them, following their movement around his tank. He even recognized the familiar faces which were associated with feed-

ing time.

Lucifer never mated. However, he was admired by many people. Of all the fish she could have chosen, Haley refers to him as truly, "quite a catch." Funeral services will not be held, as Lucifer was given the traditional fish burial immediately upon the discovery of his passing-his body flushed down the porcelain river. He will forever remain in the hearts of his loved ones.

"Lucifer"  
Haley Corning  
Contributing Photographer



## "Too Cute For Company"

Melanie Friese  
Copy Editor

Our love's too cute for company  
When all our faux quarrels in spring end in belly  
Tickles and soft forehead kisses and our feet  
Inked in green, an empty bingo dabber  
Lost behind the couch while we're wrapped  
Around each other as two clear glue sticks  
Melted onto a heart shaped lollipop.

Our love's too sweet for company  
When we lie like Italians on soft green grass  
With faded books in our soft summer hands  
And I move your pages like stale curtains for your  
Attention, your sincere bookworm love bug,  
And the sun hides your smile in white when you  
Throw your book above your head and cover me  
In the pink tulip blush of springtime as our lips  
Fly like fanciful monarch butterflies around us.

Our love's too quaint for company  
When I scribble poetry on yellow fall leaves  
And you lock them into a chest in your room  
And you draw me a rose on the back of a red  
Scroll and write passionate cliché phrases inside  
With the ink of my laughing blue tears  
And with the fire of each day we've been together  
You burn your love  
On a heart of wood.

Our love's too real for company  
When we sip milk chocolate from the same  
Purple mug and hide ourselves in a green  
Knitted blanket my grandmother made  
And tie knots upon knots of popcorn  
On white strings for a joyous day  
Humbled by the silence of the world  
Outside our little temporary cabin  
Embraces us with its warmth, wooden  
Sanctuary for our comfortable souls.



thesixymintulepoe.com

"Roman Star"  
Megan Palmer  
Contributing Photographer



## "Woman"

Calpernia Nicole Charles  
Staff Writer

Is it wrong for a woman to be confident and strong?  
For her to know what it is she wants without being told by someone  
else?

For her to stand up for what she believes in, without being looked  
down upon?

Is she not to know more than the basic information?  
Or is she to pretend that old information is news to her so others can  
feel better about themselves?

Never that – she should be able to  
Excel with pride.

Communicate without shouting.  
Participate without dominating

Whisper but allow her words to have an impact.

She should build with compassion

Strengthen with love

Teach (share) with respect

She must rise above the average  
but always keep sight of who she is

She must be able to visit her past and use it to create a future  
Without EVER losing her true self.

## "Falling"

Bridget Downey  
Staff Writer

There's only so much I can put  
my heart through

Before my mind cuts in

All that once felt so wrong sud-  
denly feels okay

You gave my heart control

And too tired for the wheel,

It was passed onto instinct

My nature overcoming nurtured  
caution,

And has placed me here,

In your arms

Carrying me back to the world  
of inward pointed hearts

And I'm okay,

I'm prepared

For another trip down this road  
With someone I want to call

mine



# PENMEN CORNER

## HOW THE PENMEN PRESS SPEND VALENTINE'S DAY

**Aleisha Bourgault-Callahan** I am looking forward to Valentine's Day this year since I actually have a boyfriend. I don't know if he's doing anything for me.

**Jesiree Carrera** I love Singles Awareness Day but I love the day after even more. I don't need Cupid to help me find someone, I need half off all chocolate.

**Nicole Clark** Valentine's Day is a great day to spend with the people you love and care about. it could be your best friend, boyfriend, or even you family its a day to show people how much you love and care about them!

**Brendon DiBíasio** I'll be doing nothing out of the normal day to day life on valentines day.

**Bridget Downey** I like the history behind Valentine's day, but I really don't like what Valentine's day has become. I don't like how commercialized it is.

**Kayla Durant** Valentine's Day is a special occasion, filled with heart shaped donuts, chubby babies, and love notes. It's a special day to show one's love for their partner, but not the only day to do so.

**Laurelann Easton** Valentine's Day is all about sharing love with the ones you care about. This year, try showing some self love and treating yourself!

**Lexi Emerson** For those not getting the V or the D, happy valentines ay!

**Melanie Friese** I don't take Valentine's Day too seriously. It's about celebrating love, any kind of love, in any way. My love and I are just going take the time to appreciate being together without chocolate teddy bears and 99 red balloons.

**Nicole Kenney** Valentine's Day is a nice day for couples or just forming couples to celebrate love or get to know each other. Whatever you do for Valentine's Day, whether you recognize it or not, just don't ruin it for other people by rubbing your love in another person's face.

**Rebecca LeBoeuf** For Valentine's Day, my boyfriend and I always dress up and go somewhere for dinner. Each year I get him a new bow tie to wear that night. Even if we go to Red Robins, we like to look classy.

**Tyler Leighton** Does anyone know how much international shipping costs?

**Matt Martín** I don't really believe in Valentine's Day. I feel that if you love someone, you should love them everyday of the year and give them flowers, chocolate, or a gift on any day or anytime, not just one day.

**May Mullen** I eat 400 cherry cordials and cry.

**Brianna Ouellette** I treat it like any other day.

**Katerina Wilhelmi** I think Valentine's Day is a holiday that Hallmark capitalizes on. However, I do like receiving chocolate.

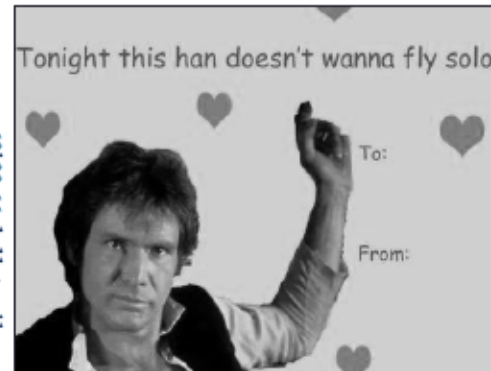
Here at the Penmen Press we love bringing you the news. We don't always get to bring you our opinions.

That's why we started Penmen Corner, our new regular feature where our entire staff 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, have a **Happy Valentine's Day!**





# OPINION

## ROSES ARE RED...

Tyler Leighton  
Editor in Chief

The holidays are a minefield for relationships, and no depth charge has maimed more noble soldiers than the nuclear bomb that is Valentine's Day. It's a special day, and there's a lot of responsibility when it comes to planning a great night out. Failure could mean the end of everything, just because your box of chocolates doesn't have enough of the caramels. It's stressful, but by listening to these wise words you'll be able to ensure a long lasting relationship, at least until next Valentine's Day.

A great day should have a great start, that's obvious. How can you start a day like this on the right foot? What you need to succeed is a surprise. Either breakfast in bed or an Edible Arrangement delivered for lunch. Finding the perfect gift is one thing, but how you give it to them separates the Valentine's pretenders from the real Love Gurus. Make your gift a spectacle. Have a giant twelve-foot teddy bear delivered to their work! They'll love everyone else in the office seeing how much you care.

To make sure you aren't left in the doghouse Valentine's night your planning should begin weeks in advance. After finding the perfect gift, you absolutely must follow that up by finding the best restaurant in town. Booking a table in advance is necessary this holiday and it

will show that you really want to make tonight special.

Now, they may be thinking that when you both return home that the night is over. They're wrong! You're not some kind of Valentine's Day rookie. This night is going to be the greatest of their life and by extension yours!

You've already picked out their favorite movie, probably something starring Ryan Gosling, and lit 342 candles across the entirety of your shared apartment. It'll be difficult sitting through that chick flick, but assuming you're able to stay awake you'll nearly be finished with what is undeniable a perfect day.

How should you end the night? After surprises, gifts, dinner, and their favorite movie you may think that your significant other would be content. Maybe if this was Columbus Day you would be right, but for the holiday commemorating St. Valentine? You need to step your game to the highest possible level and then multiply that by at least three.

Plan a route, and take your sweetheart on a guided tour of your neighborhood. Make sure you hide all of the gloves before you go out so that when you hold hands there won't be any stupid mittens standing between the two of you. The cold in the air will huddle you both together tightly in the snowy setting. That is how you end the perfect Valentine's Day.

THE UGLY TRUTH

## ...FLOWERS DIE SOON

Rebecca LeBoeuf  
Copy Editor

Valentine's Day. One of the most commercialized holidays of the year. It's not about love anymore; it's about doing what every other couple in America is doing, and spending a ridiculous amount of money in the process.

Please, please say this Edible Arrangement left on my desk is here by mistake. I hope it actually belongs to one of my other mushy-gushy co-workers.

There's a card! Oh, gosh, it sings. Yep, it's clearly mine, and the entire office knows it now. Is my face red yet? Thanks a lot, sweetie. What do I even do with all this cantaloupe and mango? Who even likes that kind of fruit?

In the weeks leading up to Valentine's Day, the prices of flowers and chocolate skyrocket. Huge stuffed animal bears make their way to the shelves in the front of stores.

I don't need a bouquet of five dozen roses to commemorate the number of Valentine's Days we've spent together. I don't have a vase that large and my roommate is allergic to things that grow.

Don't even think about getting me that giant box of assorted chocolates. What, are you trying to make me fat? Everyone knows only about half of those assorted chocolates even taste good.

That huge, pink fuzzy teddy bear? Don't even think about it. Where do you expect me keep that? My dorm is only so big.

The lines at every restaurant will be through the door, and I do not want to wait for an hour to be seated and then another half an hour for my food to actually be placed in front of me.

No, let's just stay home. We can make a spaghetti dinner as good as any restaurant can, and if you want to be romantic, we can light some candles and maybe even pull a "Lady and the Tramp."

Let's skip the Chick Flick also, I can watch that anytime with my girls. There's no need to make you suffer and I don't want you to fall asleep halfway through, disrespecting such a great, emotional movie. I want to watch something we both will enjoy.

Instead of going on a walk tonight, let's just stay in and watch some Friends reruns. There is nothing romantic about going for a walk in 12-degree weather and a foot of snow. Plus, it's dark out. I cannot see a thing.

Why do you have to go above and beyond in demonstrating your love for me on one day a year? It would be a more romantic gesture if you took me to dinner on a random Thursday, just because or bring me flowers randomly because you happened to pass the florist.

Let's not be like every other couple and feel the need to publicly show that we are not single on Valentine's Day or spend money on the ridiculously priced Valentine's Day items when they will all be marked half off tomorrow.

## DEFENDING VALENTINE'S DAY

Jesiree Carrera  
Opinion Editor

Most people hate the concept of Valentine's Day, but somehow, no matter how cynical I can get about life and love, I enjoy it.

It may be a bit commercialized, but I like the sappy and sweet little gifts that my boyfriend gets me. I'll even go as far to say that while the storefronts look like they vomited up what the Powerpuff Girls are made of, they still look really nice.

Valentine's Day is an excuse for me to be able to go

out of my way to make and buy my boyfriend things that I normally wouldn't splurge for. On any normal day, it would seem as an extravagant gift, but I could focus on him and things that he has wanted and been interested in for a while.

Also, with busy lives and schedules, it gets difficult to plan nice days out where we can get dinner and be with one another. Sure, we may fall asleep together watching Netflix all the time, but it's nice every once in a while to be able to sit down at a nice res-

taurant and watch a movie where we can expect to focus on one another.

While my boyfriend and I may not be the full on, mushy, gushy kind of couple, it's still a great day to be with one another.

Maybe we won't go for a romantic walk in the park and have the exchange of the giant teddy bear that I could fit into and flowers that will probably trigger my allergies extremely. Maybe, just maybe, we'll have a really nice night together and remind each other how much we truly care for each other.

gmattey.com





# OPINION

## WATCHING DEADPOOL ON VALENTINE'S DAY

Katerina Wilhelmi  
Creative Editor

As January comes to an end, there are two things on everyone's mind: keeping their New Year's resolutions, and what to do on Valentine's Day.

Valentine's Day, the day of love. The day where you spend time with your significant other, or, for some people, where you stay at home, cuddle with your dog or cat, eat chocolates and binge watch a Netflix series or two.

Many people will take part in the tradition of going out on Valentine's Day. For example, many people will give their significant other chocolates, flowers, maybe jewelry, and

then go to dinner and a movie.

Usually the movie is a sappy love story where two unlikely people find love. While you may be ready to bawl your eyes out with some touchy-feely drama, I've got one thing on my mind: let's go see "Deadpool."

"Deadpool" is arguably one of the coolest Marvel superheroes of all time. Not only is he inappropriate, with some "crude" humor (hence why the movie is rated R), he breaks the fourth wall by talking directly to the audience, something that has never been done in a Marvel film. What really makes this film worth watching is the hunky lead actor Ryan Reynolds (yeah, Ryan



Deadpool will be waiting.

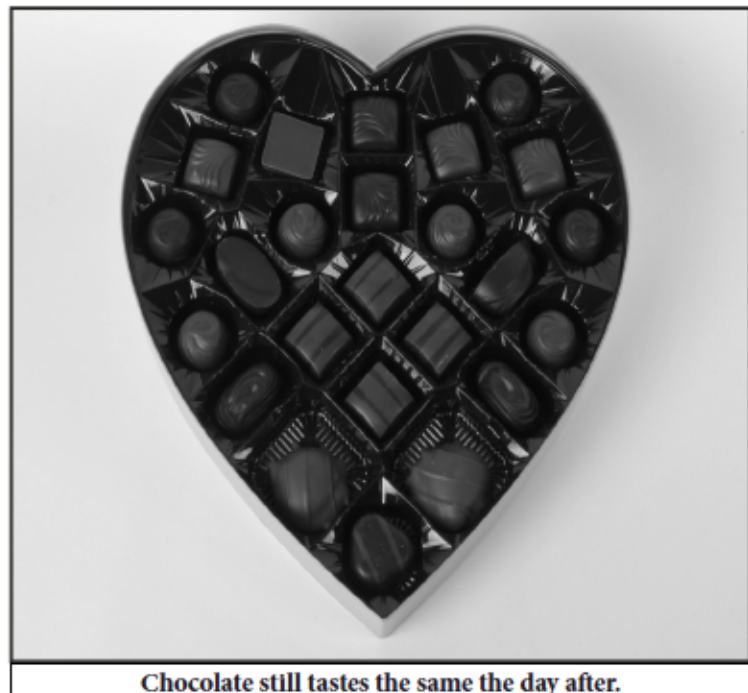
Reynolds). Who better to play a sassy, inappropriate superhero in a skin tight costume?

This movie will be a perfect date night for you and your significant other. I know my

boyfriend would much rather see "Deadpool" than some sappy love story, and chances are yours does too. Go see something you both will enjoy.

Grab your significant other

and go see see Ryan Reynolds take on bad guys to save his girl as the badass "Deadpool" this February 14th. I've already got my tickets, what about you?



Chocolate still tastes the same the day after.

## WHERE MY SINGLES AT?

Nicole Kenney  
Staff Writer

At the start of each new year, retail stores throw this holiday right in our faces. Half of us welcome it into our arms and look forward to celebrating with that special someone.

As for the rest of us, it serves as a reminder of our lonely lives and emphasizes our indefinite solitude. You guessed it, right? Valentine's Day.

As a retail worker, I cannot express how sick of Valentine's Day that I already am. The closing of Christmas 2015 commenced the product-stocking of pink and red everything. Ro-

mance here, chocolates there, and cheap stuffed animals everywhere.

For those, like me, without a romantic partner to spend the day with, we have three options. One: we can cry into our ramen as we binge Netflix in a blanket fort. Two: we can kick back with our friends and celebrate our friend-love. Three: we can take the day to look in the mirror and show ourselves some well deserved love. Personally, I'm choosing option three.

In South Korea, singles gather to celebrate their singledom on April 14, otherwise known as Black Day. While America does not have an observed holiday for

singles, this does not mean that we cannot celebrate ourselves.

In light of Black Day, I challenge you singles to take on Valentine's Day without harboring on your lack of a significant other.

Instead of spending money on a date or an expensive present, treat yourself! Like Donna and Tom on Parks and Recreation, you deserve a Treat Yo Self day.

This holiday is all about love, but don't forget to show it to yourself before anyone else. Also, remember that Valentine's Day chocolates are discounted the very next day – even more of a reason to celebrate!

## PLEASE, STOP COMMERCIALIZING OUR LOVE

Bridget Downey  
Staff Writer

It's Valentine's Day again. The holiday season is finally over and before we can even take a breather to look at our now very empty bank accounts, we walk into the stores that have suddenly been redecorated to look like a million Jigglypuffs threw up all over the place. Valentine's Day is upon us.

As if it was not enough that we had to spend our entire life savings over the past two months on friends and family, we are now bombarded with

media and people around us making a huge deal out of a national holiday that "celebrates love." Let us be honest here, that is not what it is about at all.

There's a list of things to hate about this day. The stores and media outlets shove it down our throats: our oh-so-happy coupled-up friends gushing over their plans, and the insanely annoying amount of pink and red everywhere you look, just to name a few. What really destroys the whole idea for me is how truly commercialized it is.

Every year, I can go out to CVS around 5:30 p.m. for some

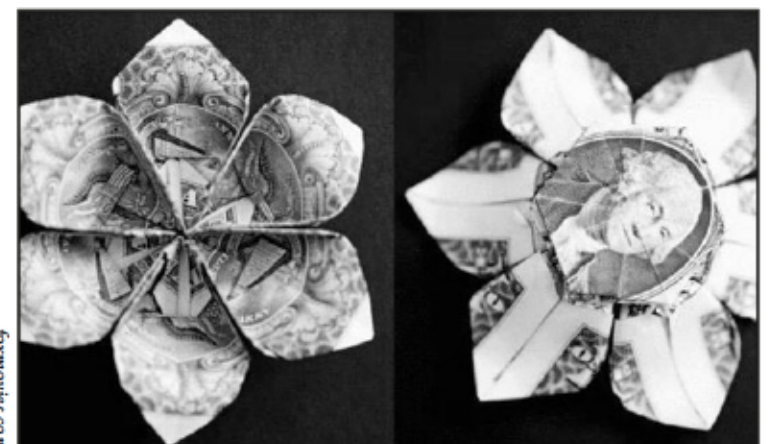
candy or popcorn and see over ten men run in for the last bouquet of red roses for their significant other after a long day at work, which honestly seems like the last thing they want to do.

This isn't bashing men for stereotypically forgetting Valentine's Day. It's the fact that they're going for the flowers because they feel like they have to. What happened to "just because I love you" flowers and little random acts of love for our partners?

Valentine's Day is not romantic. It's a day invented by corporate America to sell flow-

ers that are out of season, chocolates that are way overpriced, make people in relationships

feel obligated to spend money on their partner, and make the single feel lonely.





# HEALTH & WELLNESS

## SMARTER DRINKING ON COLLEGE CAMPUSES

Kayla Durant  
Staff Writer

Nowadays, it is increasingly important for young people know how to drink responsibly and safely. According to the National Institute of Alcohol Abuse and Alcoholism, 4 out of 5 college students drink alcohol. In Southern New Hampshire University's (SNHU) Clery report, featured on the front page of the Penmen Press on 21 October 2015, SNHU has experienced a steep decline in liquor law arrests. In 2013, the university had 6 arrests compared to the 0 arrests made in 2014.

Nevertheless, educating students about alcohol consumption is important to keep them safe instead of just telling them to avoid alcohol. Underage drinking should not be encouraged, but it is important for students to know how to safely consume alcohol because many will turn 21 during their time at SNHU and they should know how to safely enjoy it.

Any person who drinks alcohol should understand the basic information about it and how it affects people. It is important to consider what constitutes one serving of alcohol in order to prevent binge-drinking and alcohol poisoning. This relates directly to the percentage of alcohol in the drink. Alcoholic beverages have varying alcohol contents, and these are labeled on the bottle.

When attending a party or drinking in public, be conscious of what is in the drinks, including the alcohol content and potential for being drugged. In short, keep an eye on the drink, especially when around strangers or acquaintances. It is also a good idea to try to drink with familiar people, those who can be trusted.

It is imperative to be aware of the factors that influence how alcohol will affect people and their Blood Alcohol Concentration (BAC). According to the AAA DUI Justice Link, "women reach a peak BAC about 20 percent higher

than men do." In addition, a person's body weight also greatly influences BAC levels. Based on the amount of fluids in the body, a heavy-set person requires more al-

cohol to feel the effects than a lighter person does.

If ever caught in a situation that involves alcohol abuse, the Health and Wellness office can offer many

resources to help. Additionally, Health and Wellness has more tips and facts about safe drinking outside of their office for students to reference.



## CHICKEN SOUP FOR THE COLD

Kayla Durant  
Staff Writer

Is chicken noodle soup a valid home remedy or just a comfort food?

Many people believe chicken soup is merely a comfort food without any legitimate, medicinal benefits. If parents teach their children throughout their whole lives that eating chicken soup will help cure their pesky colds, they might begin to believe this as fact.

This methodology creates a placebo effect in which people think they feel better after consuming chicken soup, but in fact chicken soup does not assist their immune systems in returning them to normal health.

On the flip side, other people believe that chicken noodle soup may well have



legitimate healing properties.

In 2000, Dr. Stephen Rennard of the University of Nebraska Medical Center conducted and published a study, "Chicken Soup Inhibits Neutrophil Chemotaxis in Vitro," in which he gave participants homemade chicken noodle soup.

The results of the study concluded that chicken

soup aided in the movement of neutrophils, a type of white blood cell that helps protect the body from infection.

According to the Mayo Clinic, any types of warm liquids, including chicken broth and tea, help quicken the movement of mucus through the nose. These warm liquids help clear up congestion, make it easier to breathe, and hydrate the body.

With this in mind, chicken soup can provide some relief to cold symptoms. With the cold season approaching, it is important to know how to fight the horrid symptoms in order to stay healthy and in class.

Make sure to grab a hot tea from Penmen Place or a steamy broth from the Dining Center and get better soon!

## KAN JAM TOURNAMENT

Hosted by  
Frisbee  
Club



February 29th 9pm  
Small gym

Pizza provided by the Penmen  
Press!





# SPORTS

## WOMEN'S BASKETBALL GETTING BACK ON TRACK

**Matt Martin**  
Sports Editor

Women's basketball here at Southern New Hampshire University (SNHU) has struggled with their start to the second half of their season. The last 10 games have left the Lady Penmen 3-7 after a red hot 9-2 start in the first half of the year. But, things are looking up as the girls are on a two game win streak.

The first win of this mini-streak was at home in a Northeast-10 match-up against Le Moyne on Penmen Whiteout night on Jan. 26. Freshman Kylie Lorenzen continued her red hot rookie year, leading the team in points and rebounds. Lorenzen tallied 14 points, hitting 7-8 field goals and grabbing nine rebounds.

Sophomore Cat Stinson also played a great game, finishing with 13 points. Sophomores Olivia Conrad and Jennifer Shelp both added eight points apiece. The Penmen went on to win an exciting 52-51 game over the Dolphins of Le Moyne.

In a NE-10 match-up, SNHU's female hoopsters

brought the Pace University Setters here to SNHU, and won in a double digit fashion. Stinson and senior Erin Doherty led the way in points. Both of them had 13 points. Doherty also gathered four rebounds. Shelp once again had a big day, scoring eight points and pulling down six rebounds. Junior Sara Ryan and freshman Aaliyah Paxton also helped out in the rebound department. Ryan grabbed seven while Paxton lead the team with eight in the game. The final score ended up SNHU: 58 and Pace: 46.

Lorenzen offered some words about how the team needed to get back on track. "The main reason we had a successful start was that there was no fear and we did what we do best, play basketball," she said. "We've had some setbacks with some key injuries and some tough losses so we lost some confidence. Recently, we got together and we figured out we need to rebuild that confidence. We've got momentum right now with this little 2-0 run and game by game, we'll get our confidence back."



Erin Doherty looks to pass the ball to a teammate.

The road ahead for the women's squad will include a home game on Wednesday, Feb. 10 in an NE-10 match-up against Bentley University at 5:30 p.m. The game will air on NESNplus/NESN National

and WGIR 610 AM.

Then, the Penmen will travel to Merrimack College on Saturday, Feb. 13 before they return home to face Franklin Pierce University on Wednesday, Feb. 17, in a

game scheduled for 5:30 p.m. The SNHU Women's Basketball team will finish out their season at home against Saint Anselm for the Queen City Cup. Go out and support SNHU Women's Basketball.

## WINTER SPORTS UPDATES

**Tyler Leighton**  
Editor in Chief

The last issue of the Penmen Press was released before winter break, Dec. 9, just as the winter sports season was beginning to heat up. For those that weren't able to follow all of Southern New Hampshire University's (SNHU) sports teams, here's what has happened since you've been gone.

After an 8-0 stretch to begin the season, the Women's Basketball Team hit a rough patch over break.

They suffered their first loss at the hands of Merrimack on Ugly Sweater Night Dec 9th. After the loss, the women went 2-2 before hitting a tough patch of games that saw them drop five consecutive contests. Between issues, the Women's team has gone 5-9, with all of their losses coming in the Northeast (NE)-10 Conference. With five games

remaining, the Women's Basketball Team finds themselves at 13-9 overall and hope to make a move from the middle of the NE-10 in the season's last month.

The Men's Basketball Team fared better between our publications. They began the stretch with four consecutive wins before taking a loss by only two points at the hands of Concordia.

The men's team was able to amass an impressive record of 11-4 since the end of term with all four losses coming by six points or less. The men are playing well as they hope to carry their current five game win streak forward while jockeying for a position within the NE-10's Northeast division.

Lastly, we have the Men's Hockey Team whose record of 2-5-2 over the break, doesn't reflect how well the team has played of late. The team began with five straight losses, but their

play has been much improved since.

Over the break, the men's team played themselves into overtime a total of six times. These games, though well played by the SNHU team, only resulted in a record of 1-2-3 overall.

With two games remaining, the Men's Hockey Team finds themselves in their place in the conference with a strong 3-1-3 record that they'll look to improve upon as they close out their season.

With the end of all three winter sports seasons within sight it's important to remember to send our senior athletes off the right way. The men's hockey team finishes their season February 13th at 7pm against Stonehill. Men and women's basketball both finish their seasons on national television starting at 5:30pm February 23rd against Saint Anselm. Go out and support our senior Penmen!

**81 WEBSTER ST. MANCHESTER, N.H.**  
**603-623-5458**  
 STANLEY'S BARBER SHOP HOURS ARE AS FOLLOWS,  
 TUESDAY, WEDNESDAY & FRIDAY: 8am-6pm  
 THURSDAY: 8am-7pm SATURDAY: 7am-1pm



# SPORTS

## SNHU MEN'S HOCKEY MEETS THE MANCHESTER MONARCHS

**Matt Martin**  
Sports Editor

While many watched the Patriot's game on Jan. 24, Southern New Hampshire University's (SNHU) Men's Ice Hockey teamed with the Manchester Monarchs for a double header at the Verizon Wireless Arena.

The Penmen took on Northeast-10 rival, Franklin Pierce University, while the Monarchs faced off against the Adirondack Thunder.

"The ice is no different than any other, expect it is very hard to play at especially when we've been having problems staying ahead in games, you know?" Penmen sophomore forward, Kyle Valliere said about playing on the professional ice.

The Ravens of Franklin Pierce jumped out to an early 4-0 lead. By the end of the second period, the game was not looking good for the Penmen. In fact, the game looked just about over. But, it was not. There was still an entire period left to play.

Five minutes into the third period, the Penmen went on

the power play. Soon after that, seniors Anthony Laperriere and Jim Gabrione set up Valliere for his ninth goal of the season. At that point, the score was 4-1, Franklin Pierce.

Just over a minute later, Laperriere put his third goal of the year in the back of the net. His goal was assisted by juniors Nathan Bergeron and Devin Murray. Twenty seconds later, junior Jay Sylvia passed the puck to Gabrione who scored the third Penmen goal of the night, and his seventh goal of the season.

But, the boys were not done. With 10 minutes to go in the game, it was Valliere again with his tenth of the season and second of the night. Yet again, he netted a goal on the power play. Laperriere recorded another assist on the game and sophomore Matthew MacInnis got on the score sheet with the second assist on that play.

Ten minutes later, the game was over. It ended in a 4-4 tie. SNHU scored four unanswered goals to ensure they didn't get a loss.

Following the game, Valliere commented, "Yeah scoring two goals is fun, but it was



Junior captain Jay Sylvia hunts for the puck in the game against Franklin Pierce.

the team that made it happen. Like I said, it's been tough for us being ahead, but just like the game against Morrisville, we knew we had more skill and that we just needed one goal to get it going. We just needed to play with a little more pep in our step than just going

through the motions of it all." "It was really a great game," said junior SNHU student Patrick Keenan. "I work for the Monarchs, actually so I had to be there, but one of my duties was the SNHU game and to make sure everything was going accordingly. But the Pen-

men played great in the third and even though they didn't win, coming back down four is still pretty awesome. It was great working with SNHU again too."

Support Men's Ice Hockey on Senior Night coming up on Saturday, Feb. 13, at 7 p.m.

## MEN'S BASKETBALL HOPES TO FINISH STRONG



Adrian Oliveira surveys the court while running the point.

**Brianne Torre**  
Staff Writer

The men's basketball squad left the winter break behind with a 4-3 record during the month off of school. In the past two weeks that school has been back in session, the boys have picked it up winning four out of their last five games.

Now, with a 14-8 overall, Southern New Hampshire University's (SNHU) men's basketball is looking forward to playoff time. Only six games left in the regular season, with four of them being home. Make sure to support the team at any of the upcoming games!

Getting to the homestretch of the season, the biggest thing with



Daqualse Andrews flies past his defender for a layup.

the team is "being more consistent on defense and taking care of the ball like we have been on offense," says Junior Chris Walters. "It's definitely important to focus on those things." Walters goes on to say that, "our underclassmen have been playing really well, so they will hopefully help us a lot. Especially in the playoffs."

The team, who has been winning their last five games by at least an 18 point deficit, is determined to finish the season strong.

The men's team will be taking on St. Michael's on Saturday, February 6, and Bentley on Wednesday, February 10. Both games are at home in the SNHU Field House. Don't miss out!

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

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

...Or you could just follow and like our social media accounts and we can call things even.

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