

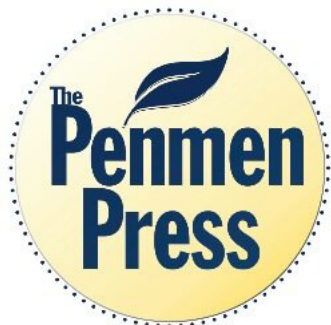
THE PENMEN PRESS

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February 24, 2016

penmenpress@snhu.edu

Manchester, NH



February 24:

Inconvenience Yourself Day



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CLINTON RALLIES AT SNHU AFTER NH PRIMARY

Nicole Clark
News Editor

Southern New Hampshire University (SNHU) was once again host to Hillary Clinton as she waited to hear the results in the New Hampshire Primary on Feb. 9. This time though, the results didn't go in Clinton's favor. By the end of the night it was Bernie Sanders and Donald Trump who were celebrating their resounding victories in New Hampshire.

Clinton came to the stage to address the crowd with her husband, Bill Clinton, as well as their daughter, Chelsea Clinton. Hillary was met with many boisterous supporters and wall-to-wall press. Even though she did not beat candidate Sanders, she still congratulated him in the beginning of her speech

Clinton expressed how



Tyler Leighton

Clinton's campaign met unexpected road bumps in New Hampshire.

change is what this nation needs in order to be successful.

She on the topic of Flint,

Michigan and their serious water issue as well as the wage difference between men and women.

"No bank could be too big to fail and no executives

Please continue to page 2.

PENMEN PINK DAY BASKETBALL GAMES

Addison Thyng
Staff Writer

On Feb. 6 Southern New Hampshire University (SNHU) showed their support for beating breast cancer by putting on their 11th annual Penmen Pink Day event.

During the women's Basketball game those who were attending the or anyone who just wanted to help spread breast cancer awareness showed their support by helping out the Catholic Medical Center (CMC) who was raising money outside of the gym. From raffle tickets, to Penmen Pink clothing, all funds went to the CMC and to help research breast cancer. Catholic Medical Center's Surgical Director of Breast Health, Dr. Connie Campbell, was at the event and spoke during the game's halftime.

The CMC tables were always crowded, and just as crowded was the gymnasium with many sporting the famous pink color for breast cancer awareness. They rooted hard for the Women's team to bring home the win, which they easily accomplished against Saint Michael's, 60-52.

Even when the game was going on there was always someone checking out the CMC tables learning more about breast cancer or making a donation to cause.

Many who attended the game had surviving family members or were survivors themselves. Each of them wore an assortment of different items like buttons and brace-

lets, all dressed in pink to show their support.

After the game had ended it was clear to once again be a success. Almost all the clothing items were gone and the raffle jars were overflowing. And it didn't hurt that SNHU took home the victory. It not only helped the teams playoff chances but made for a great mo-

ment for the energetic crowd.

We at the Penmen Press are avid supporters of raising breast cancer awareness and send out congratulations to our Women's Basketball team and everyone involved in this year's great event. We hope that next year's Penmen Pink Day can accomplish even more!



Gabe Carrio

Kim Velie, Carol Burke, Dr. Connie Campbell, Maggie Pilotte, Brenda Cannon
A few of the women Volunteers from Catholic Medical Center at one of the Breast Cancer Awareness Table

EDITORIAL

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

Extra! Extra! Read all about it!

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

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

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

GROUP PROJECTS ARE GROUP ANGUISH

Alright, SNHStudents, it's that time of year again. It's almost halfway through the Spring semester, so not only does that mean Midterms are fast approaching but also the bane of our existences: group projects. Somehow, the message still hasn't gotten back to teachers and professors. Students have been bemoaning group projects since middle school and yet, once again we are forced to work together with people we don't know in order to complete a project that's worth a quarter of our grade.

Whenever a group project is assigned it essentially turns any class into a lottery. The best case scenario, or winning ticket, gets a partners who work well with together, and who evenly divide the work getting it done effectively and on time. However, much like

the real lottery this these wins are far and few between. The more likely scenario is getting partnered with at least one person who refuses to do any work, one person who disagrees with every plan that is made, and one person who doesn't communicate with the group and gets their work done separately.

The idea behind group projects isn't completely awful: Students working together to achieve a common goal. However, in practice, it hardly ever works. Everybody gets work done in different ways and everybody gets along with different people, and yet somehow, professors always seem to partner students up. It's not wonder hardly any work gets done given the random assortment of assigned "friends".

The only saving grace for

group projects is when the professor allows students to pick their own groups. But even then there are always some students who don't have friends in class and are forced into a group with other randoms like them or a group of friends who will exclude them from all communication. At that point, the professor might as well have assigned the groups themselves.

Group projects just do not and will never work out well for the students involved. If professors want to still use them, then maybe they should make take a hint from the admissions department and give their students a form to fill out about how they best complete group work and what type of people they work well with.

If that's too much, though, most students would rather do projects on their own, anyway.

HILLARY CLINTON

Continued from Page 1

to powerful to jail. You can count on it."

She spoke about getting better jobs into the economy and higher wages so people don't have to struggle to live. "We need to build a growth and fairness economy with higher wages and more good paying jobs."

Clinton was disappointed about losing the New Hampshire Primary but she will forever have a place in her heart for the state. "I still love New Hampshire, and I always will."

In the weeks since polls closed in New Hampshire they began opening across the country. The Nevada Caucus for Democrats on Feb 20 saw Hilary Clinton winning with 52.7% with Bernie Sanders just behind in close second place with 47.2%.

The South Carolina Primary for Republicans, also on Feb. 20, saw Donald Trump winning with 32.5% of the votes and Marco Rubio and Ted Cruz following with 22.5% and 22.3% of the votes respectively.

Next on the political calendar is the South Carolina Primary on Feb. 27 for the Democratic candidates.



Clinton addressing supporters at SNHU.



Some supporters brought creative signs to the rally.

THANK YOU

LOUISA MARTIN (1952-2016)

WORDS FROM SNHU



"Louisa 'MAMA' Martin was a person that made you smile when you did not want to and laugh harder than you thought you could. Knowing her for the past 5 years, she has impacted me in ways I can't even imagine. I thank her for believing in me and never giving up. Love you MAMA."

Michele Haughton, 2015

"Louisa was an inspiration to students. She continually gave everything she could to the less fortunate. Her celebration of life consisted of attendees from all different backgrounds and showed that she touched so many people's lives in great ways."

Ryan Evaul, 2019

"The memorial was very powerful. The room was filled with every kind of love you can imagine."

Caryssa Propfe, 2018

"I could go on for pages about Louisa, and yet all the words in the world couldn't ever describe how grateful I am to have had the privilege of being so close to her. She adopted me into her family, and once you're in, you're in forever. Not that anyone would ever want to get out. I've learned more from her than I could list. However, the most important things I learned from her are to stand up for what I believe in, believe in myself, don't be afraid of what I don't know, and how to love. She was a once in a lifetime presence and I will miss her more than I can fathom. Thank you Louisa rest peacefully, all my love and more."

Mikko Wells, 2017

"She's my mentor, friend, and mom. I know that without her by my side, I wouldn't be where I am now."

Fabiola Espinal, 2017

"Calling Ms. Louisa anything besides mom just felt weird. Even if you didn't know her well it just felt like the right thing to say." "Her office offered an escape from whatever you needed in that moment. If that meant a place to think and close your eyes for moment, she gave you that peace."

Gabrielle Grosvenor, 2017

"Louisa made a huge impact on me during my three years here at SNHU, she made SNHU feel like my home away from home & she played the mom role for me here on campus. She was the main reason I didn't leave SNHU when I wanted to. She touched everyone's lives that she came into contact with, she brightened up the room with her smile, she will be dearly missed & we will continue her legacy here at SNHU."

Carlesa Huezos-Rosales, 2017

"It is with great sadness that we share the loss of beloved staff member Louisa Martin. Louisa will be missed in many ways and for many reasons, most notably for her innate ability to connect with students who often referred to her as 'mama.' It may be impossible to speak to the void that has been created as we've lost a valuable friend and colleague and many students have lost a surrogate mother."

"On a personal note, I know having worked with Louisa for her entire tenure at SNHU, that her smile, sense of humor, limitless candor and loving manner were a gift to us."

Heather Lorenz, Dean of Students

"Mama was very important to me. Through every struggle she was there for me. She picked me up when I was down. It's funny to have met such a kind, loving person in Applebee's. Even though she is gone I know she is still here with me. She has helped me with goals I didn't think I could complete. Kept me in school. Mama is an angel. Though I mourn that she is gone, I know at the same time she really isn't. It's weird to say that I know she is with me and with that I know I can conquer whatever is thrown my way. Rest easy, Mama. You'll never be forgotten. I love you!"

Chelsea Marceau, 2016

"Well, when I first came to SNHU I looked for a cultural and diverse environment, considering we are a predominantly white school. Culture is very important to me. So when I was introduced to Louisa I would a faculty member who I felt really understood me and connected to me. Her office soon became a comfortable place for me on campus and it was her welcoming attitude and realistic look on the world that made that happen."

Samantha Chery, 2018

"Louisa was a brave and giving person, always fighting for what was right for humanity, especially her students. She had a great sense of humor and I will miss that great smile of hers around the office."

Jacqueline Dunn, Office Manager, Student Affairs Office

"Louisa had a positive impact on me and my players' lives. She took great care of our players and other athletes, especially in time of need. She gave them the support, guidance, love and encouragement when they first arrived on campus and continued even after they graduated! With the relationship she had with my players, we became closer. She was a mentor, a colleague and a person I could call a friend. I could go to Louisa for advice, a laugh or just to say hello. I grew more confident of who I am because of her! I had the privilege to serve on the diversity committee with Louisa and I thank her for the opportunity to learn more about our students and their needs. My players and I will miss her and her infectious smile. Rest in peace, my friend!"

Karen Pinkos, Head Women's Basketball Coach

"I met Louisa prior to entering the SNHU community. She was one of my greatest mentors, heroes and mother figures that had come into my life. The mother-son relationship I had with Louisa was something I never imagined waking up without being there. Being an inner city kid from Boston transitioning to a man living in Manchester, New Hampshire; striving as a college student and then graduating; and developing as a professional post-college, Mama Louisa did not only implement discipline, focus and comfort for me to get through these phases, but she also was my motivation. I was not working hard in life for just myself: I was doing it for her and I."

"The memorial service was a very beautiful service. The family members, friends and attendees of the memorial were all pleased and happy to celebrate the life of Louisa Martin. I am very thankful for the support of the SNHU community. It was a joy to know that many of Louisa's efforts in providing support for students did not go unnoticed. The memorial showed that Louisa Martin went 'The Extra Mile' when it came to supporting students."

Asad Hardwick, 2014 graduate, Project Manager, Office of the President



Founding and prior members of the Beloved Community at Martin's memorial service held at SNHU.

"Her witty jokes, feisty attitude, and that contagious smile are what made her such a genuine and awesome person. She has taught us many life lessons about love, showing compassion, not being afraid to stand for your beliefs and most importantly, staying strong and holding on."

Toneita Thomas, 2017

"I would love spending time in Louisa's office where our discussions were always focused on the students. Her dedication and commitment to students was truly contagious. She had a way of making me want to be more involved and engaged in our community and for that I am truly grateful."

Matthew Lowell, Assistant Professor, Organizational Leadership

"I have had the pleasure of working alongside Louisa these past two years as her graduate assistant and it has been both a pleasure and honor working with her to promote diversity on our campus. She always came into work every day with a smile on her face and was always making everyone laugh. Better known as Mama to those who were close to her, she was always there to support her students and myself, and would go to great lengths to help anyway she could. I am grateful for having had this experience and being able to be mentored by Louisa as she has taught me things that will last a lifetime."

Rachel Sharp, Graduate Assistant, Office of Diversity Initiatives

NEWS

PROTECTING YOURSELF FROM CREDIT AND DEBIT THEFT

Shannon Collins
Staff Writer

There have been several large cases of credit and debit card theft in New Hampshire during the past year. The cases have spread throughout the state including to Londonderry, Hudson, and Dover. Many of the thieves are stealing account information, making counterfeit cards and then buying gift cards. There are a few ways the information is being stolen and some tips to protect yourself as best as possible.

Many thieves use radio frequency identification (RFID) chip enabled cards to steal account information. RFID cards can remotely scan information through wallets or

purses. The information that is collected is enough to make a working counterfeit card. Your information can be stolen while shopping at a store or simply walking past the person on the street. One way to prevent this from happening is to store credit or debit cards in RFID shields, wallets, or purses. Another option is to ask your bank for a card that is not RFID-enabled.

Thieves are also collecting card information through skimming devices. These devices are most often found on gasoline pumps. They look like regular card scanners, but have instead been equipped to steal account and personal identification number (PIN) information. These devices can be difficult to detect, so

police officers recommend looking at the keyholes on the pump. If it looks like it may have been tampered with in any way, notify the clerk immediately. It is recommended to go inside and pay at the register, but if that is not an option, use a credit card at the pump. If you must use a debit card, choose the credit option to avoid entering your PIN.

You can also prevent account information from being stolen by carrying only the cards you need, cutting up old cards, keeping your PIN and account number secret and shredding receipts. Also, be careful about who you write checks to because there is information on them that can help people hack into your bank account.

Many card companies are now switching over to chip cards, also known as smart or EMV cards, which use a unique process to determine whether the card is authentic. These chip cards are embedded with a microchip as well as the traditional magnetic stripe. These cards encrypt information to help increase data security when used at chip-enabled terminals.

If you lose your card, make sure to report it immediately. Once your card is reported lost or stolen, federal law states that you cannot be held liable for charges that occur after that time. With a debit card, each provider has certain regulations as to how much you are liable for, regarding unauthorized charges

prior to filing a report. Typically, with a credit card you are not responsible for any charges if you can prove it was not you that made them. This is one reason why the convenience of online banking is so helpful. You can access your checking account at any time to look for unauthorized charges.

Check your bank statements frequently to ensure your receipts match all transactions listed. If you notice anything suspicious, alert your credit card company or bank immediately to limit your liability. If you think your information might have been compromised, but no charges have been made yet, still request a new card for precautionary measures.

HOW TO USE THE LEARNING CENTER



Melanie Friese

Melanie Friese
Copy Editor

Going into the Learning Center for the first time can be intimidating for students. They know when walk-in tutoring is and they walk into the library room 205 and then... this is when students often feel awkward.

For all walk-in tutoring sessions, tutors have nametags and signs that indicate who they are and the subject that they tutor. Tutors sit next to their signs most of the time, so they are easy to locate. A student should mention the type of tutoring they would like when they walk into the room, and a tutor from that discipline will be able to help. Once students sit down with a

tutor, they must fill out their email, Student ID Number, grade level, course and instructor and session goal. It is always good practice to come prepared with the assignment details. Writing walk-in tutoring is limited to 30 minutes per student per session, but math and business tutors work with students throughout the shift as they practice sample problems.

Typically, after visiting walk-in tutoring three times, students can request a one-to-one tutor by filling out the Request for Academic Assistance form. Students can find this form in the Learning Center office or ask Jill Judd, the Administrative Office Manager. If a student requests tutoring in a discipline The

Learning Center does not offer walk-in tutoring for, such as History or Justice Studies, a student can fill out the form without coming to walk-ins.

The Learning Center also offers a mentoring program for which students fill out the same Request for Academic Assistance form, but instead select 'mentor.' Different than a tutor, a mentor specifically focuses on overall academic achievement skills such as time management, studying for tests, taking notes, and motivation.

International students who are interested in conversational English are encouraged to go to the Learning Center office and find the binder on the table in the middle of the room. In the binder, students can sign up for sessions for that week. During these sessions, international students have the opportunity to converse with a domestic student tutor about a variety of topics.

The Learning Center attempts to make it as easy as possible for students to get the academic assistance that they want. At any time, go to the second floor of the library and find a team dedicated to the success and achievement of every student that walks through their doors.

THE TOP TWEETS FROM THE TOP MAN



Jayne Matloux

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.

2-10-16 7:23 AM: Free advice to Clinton campaign team: don't try to win by attacking Sanders integrity and disparaging supporters. Win with better ideas.

2-10-16 7:25 AM: NY Times editorial makes that point. Part of winning this race is outlining a compelling & inspirational vision, as well as being genuine.

2-10-16 7:27 AM: Sanders did it on the Dem side. Trump, in a perverse way, did it on GOP side. Both reveal huge unhappi-

ness with our political class.

2-14-16 7:42 PM: I'm a little amazed at Republican stance on appointment of Scalia's successor. Does the Constitution limit a second term to just 3 years?

2-19-16 2:53 PM: Pleased that Russell Banks will be joining us in June for our MFA's tenth anniversary. He was our first Visiting a Writer when we launched

2-21-16 12:54 AM: Couldn't wait anymore. Watched all remaining episodes of Downtown Abbey. It was great.

2-22-16 11:03 AM: There were student complaints about wifi in Webster. Adding 7 more wifi access points. Will do another survey of dorms over the break.

NEWS

STUDENT VS FACULTY NAME THAT TUNE

Katerina Wilhelmi
Staff Writer

Ready for some tunes? On Tuesday, March 8, Southern New Hampshire University's (SNHU) Radio SNHU will be hosting the very first Student Vs. Faculty Name That Tune in the Last Chapter Pub.

In the past, students participated in this event by guessing the names and artists of songs from different genres. For example, there has been a Name that Tune: Rock themed, 90's themed, even Disney themed (which was harder than you think).

Last year, Radio SNHU put on an event where faculty and staff members competed against one another for various prizes. The winner was of that event was Steve Boucher, who was awarded \$100.

Students will get to see their professors outside of the classroom and share a com-

mon interest of music hanging out in a fun setting. The goal of the event is to get students and staff members to interact in a fun and competitive way that wouldn't be possible otherwise.

To play the game, students and faculty will be broken into teams. Then, the music will be cued. When a team recognizes the song, they will hit their buzzer and list the title of the song. "So far, our plan is to have two teams for each of the four rounds," Sarah Creeden, the General Manager/President of Radio SNHU said. "Each team will consist of one student and one person from the faculty or staff. Each winning team from the rounds will go onto the winner's round where they will battle it out to see who can get first, second, and third place."

No matter who wins it should be a night full of fun and tunes for all.

COMMUTERS NOT NOTIFIED OF PARKING RESTRICTIONS

Melanie Friesen
Copy Editor

Commuter students and faculty came to campus on the morning of Wednesday, Feb. 17 and found some of the parking lot behind the Shapiro Library blocked off for the Career and Internship Fair participants. A vehicle from public safety sat in the lot to save the spaces, and barriers were set up. There was no prior notification from Public Safety that these parking spaces would be closed. This was not the first time there were parking restrictions without any notification. Public Safety Director Jim Winn said that Public Safety "took 100 out of 465 spaces in the lot. If there is not going to be an impact,

we do not notify people of the closed spaces. If we were closing a whole lot, we would notify people." Winn explained that Public Safety conducts surveys every day for the first three weeks of each semester to determine the flow of traffic in the parking lots. Surveys are conducted at the beginning of class times to see how popular the spaces in the lots are. This allows them to judge how many spots they can give to guests for special events without having to displace commuters. Winn continued, "We don't want to displace people. I wouldn't authorize closing the spaces if anyone would be displaced based on the surveys." Senior Paul Peters, who got to campus before 9 a.m., said, "I wasn't frustrated

today. I was like, whatever."

Another student who preferred to remain anonymous said, "I couldn't find anywhere to park. I ended up parking behind the swimming pool on the side just so I could get to class as soon as possible. I was 6 minutes late to class because of this. If I had been notified, I would've come earlier and probably would've been okay." This student arrived to campus after 9 a.m. to get to his 9:30 a.m. class. After notifying Winn that some commuter students and faculty were displaced on Feb. 17 even with only 100 spaces taken, Winn said that he may "consider making a notification in the future. Not for just 25 spots, but maybe for more than that."

POET LACEY ROOP SLAMS SNHU

Laurelann Easton
Layout Editor

Lacey Roop took the stage on the night of Friday, Feb. 19 in the Last Chapter Pub with her slam poetry. CAPE put on the event and it was co-sponsored by the Deborah L. Coffin Women's Center, Student Activists for Gender Equality, and the Office of Diversity Initiatives. Roop read some of her poems that centered on themes of gender, sexuality, and the power of women. Roop was born in Mississippi, but she has spent the last eight years living in Texas, and is in the middle of her Do Good Be Better Tour giving performances around the United States.

Roop kicked off the night with introducing the crowd to what slam poetry is through an anecdote of her birth, which morphed into a poem about feeling too much. Music caught the crowd as the story shifted into the poem.

The unusual nature of this story turned poem was described as having formed out of how Roop will sometimes write short stories that somehow become poems, and vice versa.

One particular poem she presented, "A Lesson from Third Graders," explained how her parents discussed ways



lacyroop.com

to make her realize that she is a girl and not a boy. Subjects like this, as well as how love has nothing to do with gender, were spoken through personal anecdotes within the poems at times.

Though Roop claimed to not be a funny person, she was caught slipping witty lines in between her poems during her hour-long performance. Music also continued to run behind some of the poems as an additive to the power of her words.

Her time on stage was certainly a performance and not

just a recital of words. Roop made it possible to get excited about words as shown by the cheering of those in the audience. Sophomore Ericka Broderick said, "I've never seen a slam poet before and that is the best way to describe Lacey. Her poems truly slammed my perspective on society and left a mark unlike any other."

Roop's poetry focused on particular topics, such as love, gender, and imagination, which allowed a diverse crowd able to appreciate the work of art that slam poetry can be.

CAREER DEVELOPMENT'S ON CAMPUS INTERVIEWS

Katie Schmelzer
Staff Writer

Have you been looking for a job but lack the benefit of work study? Do you think you'd never be able to secure a real job because you'd need to force your friends into giving you a ride to your interview? Well, have no fear as there are still opportunities for you to secure yourself a job without stepping foot off campus.

Southern New Hampshire University (SNHU) students are having job interviews with companies without ever leaving campus. The Career Development Center sponsors a program called Campus Interviews where students can potentially land a job without setting a foot off of campus. Employers from excellent and reputable companies are traveling to SNHU, looking to interview and hire SNHU students. These opportunities are valuable, convenient, and accessible for students who

lack a consistent method of travel.

Campus interviews save students a lot of trouble in their job searches. Career Development encourages any interested student to apply.

Students simply upload their resumes into SNHUCruit and request a campus interview. Students will either hear back from the employer or the Career Development Center to schedule an interview time, and the employer will travel to campus to meet with them.

Participating employers include Kohl's, Bottomline Technologies, Target, Easter Seals, Celtics, CVS Health, Marriott and Ethos Group.

See CareerEdge (career-edge.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

TOUR OF THE TAZA CHOCOLATE FACTORY

Jingyin Wen (Wyndee)
Staff Writer

Students for Environmental Action (SEA) organized and sponsored a trip to Somerville, Mass. to visit the Taza Chocolate Factory on Feb. 6. The president of SEA, Hannah Pierce continued this annual event because students have enjoyed the chocolate tour for the past few years. The tour began with a greeting from the Taza Chocolate Factory clerk who then showed students around the store and introduced different types of Taza chocolate with sample pieces. Since chocolate is especially popular around Valentine's Day, the Taza employees had the store decorated for the holiday.

"I enjoyed the trip to the Taza

Chocolate Factory," Vin Nut-halapati, a member of SEA said. "I signed up for this event on the SNHU Tickets site because I love chocolate and I like making new friends and I love networking with people."

The tour of the factory, located inside the store, lasted for approximately one hour. The building carried a strong scent of cacao bean.

There are huge, modern machines and assembly lines equipped in different working zones. The clerk told students about the product process, how the brand started and answered questions about their chocolate.

Taza founder Alex Whitmore studied Spanish in Mexico and was inspired by the local hot

chocolate there. He loved the unique texture and intense taste of it and decided to make his career in manufacturing this chocolate into a product. The name company name, "Taza," means "cup" in Spanish.

Taza purchases the organic cacao beans from selected farm suppliers and completes the remaining process including the grinding, roasting, shaping, design, packaging, promoting and selling within the factory.

They use hand-carved Mexican traditional stone mills named Molinos to grind the cacao which preserves the natural flavor of the beans. Along with bringing the environmental friendly product to stores, Taza is a family-owned business.

Jingyin Wen (Wyndee)



INTERNATIONAL WOMEN'S DAY AT SNHU

Melanie Frieze
Copy Editor

On Tuesday, March 8, Southern New Hampshire University (SNHU) will celebrate International Women's Day on campus. This is a day of celebration recognized by many countries around the world who encourage accelerating gender parity (this year's theme) while celebrating the achievements of women.

Organized by Brooke Gilmore, the director of the Deborah L. Coffin Women's Center, the day will consist of a series of events to celebrate women in the SNHU community and promote the cause of the day.

Sponsors and partner organizations involved include Outreach, International Student Association, Student Activists for Gender Equality, History Club, Office of the SNHU President, the Center for Community Engaged Learning, Office of Institutional Advancement, the International Institute of New Hampshire, and the World Affairs Council of New Hampshire. Gilmore hopes that "this event will become an annual celebration of women and women's issues on a global scale" on SNHU's campus.

The day will begin at noon with a luncheon on the second floor of the Dining Center. SNHU President Paul LeBlanc

will give a brief speech at the commencement of the luncheon. This event will set the stage for the rest of the day and will allow for attendees to mingle and network with the women of SNHU.

Following the luncheon, there will be interactive and educational tables presented mostly by the student organization sponsors. Each table will have a different topic including women in history,

famous international women, how to get involved and support gender parity, photo opportunities and more. Tabling will happen throughout the early afternoon from 1-4 p.m.

There will also be two afternoon sessions in the Hospitality Boardroom from 2-4:30 p.m. In the first session, SNHU students Youssaira Akennad and Rachael Straehle will speak about their experiences volunteering with women in Morocco and Kenya, respectively. The second session will be more interactive. Attendees will make welcome kits for refugee women and children while the director of the International Institute of New Hampshire provides and overview of the organization's work.

The day will wrap up with a showing of "He Called Me Malala" at 5 p.m. The film is sponsored by the World Affairs

Council of New Hampshire. Before the film, a panelist of SNHU international students will share their views about women's rights and issues around the world. Participation in International Women's Day is free and open to all, but attendees are invited to bring a donation to help and welcome refugee women and children into the Manchester community. Donation item suggestions include sanitary pads, adult or baby shampoo, diapers, baby formula, toiletries and coloring books with crayons.

Contact the Deborah L. Coffin Women's Center at womenscenter@snhu.edu with any questions.

MONOPOLIZE YOUR TIME IN SNHU GAMING CLUB'S EVENTS

Mustapha R. Price
Staff Writer

Southern New Hampshire University's (SNHU) Gaming Club is the perfect club for SNHU gamers of all kinds to become a part of. The club puts on a variety of events that anyone can attend. Gaming Club meets every Saturday from 12-3 p.m. in the Corcoran Room of the Student Center.

Coming up on Feb. 27, Gaming Club will be hosting a Mega Monopoly event. This is a chance to play the game that challenges students' hypotheti-

cal fiscal responsibility. However, this time, there may be a special twist.

In the mood for some high stakes? Gaming Club invites students to go to the Hearthstone: Heroes of Warcraft tournament. Students will have the opportunity to show off their masterful deck building skills and maybe even win a prize. This event will take place on March 5.

It is the prime time to get involved with Gaming Club with the variety of events the club is hosting, leading up to Spring Break.



Brandon DiBasio

The Legend of Zelda: Ocarina of Time and the N64 was dusted off for SNHU Gaming Club's Retro Game Day Event on Feb. 20th.

NEWS

PROTECTION FROM IDENTITY THEFT

Shannon Collins
Staff Writer

Identity theft is a serious problem in the United States. According to the Bureau of Justice Statistics, there were 17.6 million reports of stolen identities in 2014 with an average of \$3,500 in losses. In an effort to protect your identity, always be careful about what information you share. Information that should be protected include your name, social security number (SSN), date of birth, phone number, and address.

Be sure to shred documents and receipts. These pieces of paper contain personal information on them. Any document that has personal information on it such as bank receipts, register receipts, bills, medical records, etc. should be shredded. It is best to use a cross-cut shredder, as that will distort the information.

Be careful about who you give your SSN number to. Only give someone your SSN if you absolutely have to. Try asking if there are any other forms of identification you can give instead. Do not walk around with your SSN card or have it written down anywhere unless you have to. It is best to keep your SSN card locked in a hidden fire and waterproof safe.

Another way that thieves can get personal information is by hacking onto devices and accounts. It is very important to have a password protected lock



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screen on your phone, tablet, and computer. It is also crucial to have anti-spam/virus software installed. This will help protect you from hackers and keep you at less risk from unsafe websites. Having a proper password for all accounts is important as well. For example, no one should leave their my.snhu.edu account password as their birthday because it is easily hackable. Also don't have your password be "password" or "123456." Those are some of the most popular passwords, which makes your account easier to attack. Keep your passwords long with varying numbers, letters and special characters. Try to have a different password for each account and change them every couple of months to increase security.

Be careful when downloading apps on your phone. Before downloading an app, read what permissions are

required for the app to run. Many apps require a lot of extra unnecessary permissions. If you are unsure about an app, read through the ratings and comments to see if anyone has had problems with it.

Lastly, protect yourself from phishing scams. Phishing scams are emails and phone calls that claim to be a part of a trustworthy organization, but are actually just trying to get information out of you in order to steal your identity or request money from you. According to Auburn University, these emails can look so convincing that 80,000 people fall for them every day. You can always call the company the email is claiming to be prior to entering in any information, to ensure it is legit.

Always be careful about who you give your information to. If you think your identity might have been stolen, call your local police station.

2ND ANNUAL DRAG SHOW

Melanie Friese
Copy Editor

Generation Equality (GE) held its second annual Lip Sync Drag Show on the night of Saturday, Feb. 13. Every seat in the Last Chapter Pub was filled with cheering students, some in drag and some not. Aubrey Shimabukuro, President of GE, welcomed the audience and thanked them and the performers before she handed the microphone over to Ben King, also known as Benita, the Mic Controller (MC) for the night.

Surrounded by Hollywood themed decorations, complete with a red carpet extending from the stage into the audience, performers in drag lip synced famous pop music. Some songs included "Hush, Hush," "Oops, I Did it Again," "What I've Been Looking For," and "Same Old Love."

In addition to being weekend entertainment, the event raised donations for Youth on Fire, an organization that offers a safe, confidential place for homeless, runaway, and street involved youth from the ages of 14 to 24. Attendees were asked to bring gloves, hats, scarves or other winter clothing as a donation, but the event was free to everyone. GE raised a few donations that night, but decided to extend the fundraiser for a week following the event in case some students forgot their donations.

Shimabukuro said that she wanted people to "have fun, enjoy

the show, the delicious food and the amazing performers." After the show, Shimabukuro said it was "all that she could have asked for." Shimabukuro hopes that this will be an annual event and that it will grow every year.

Audience member Doug Gavelek said that it was "the best drag show that [he had] ever been to." A Masters of Business Administration student in the audience, Zinah Alshukri, said that "the show was awesome, the song selection was awesome, and the Ninja Sex Party act was funny."

After the show, performer Shannon Tenney, part of Ninja Sex Party, thought that "it went really well. I was terrified initially, but I felt so much more confident once I got on stage."

Fellow performer Brandon Dolce, also known as Nicki Minaj, agreed that he was "nervous at first." Dolce said it was his "first time performing since high school, and [his] first time in drag. It felt awesome and came naturally after getting onstage and seeing the audience's support." Senior Liz Cyr thought that "Brandon wore stilettos better than she could."

Congratulations to the performers: Ryan Evaul (Amanda), Brandon Dolce (Nicki Minaj), Brian Nguyen (Lele Mona Reece), Ben King (Benita, MC), Shannon Tenney & Alyssa Mary Newton (Ninja Sex Party), Kaitlin Tetreault (Sharpay Evans, Miley Cyrus, and Beyonce), Caryssa Propfe (Ryan Evans), and David Scroton (Tanya Malone).

GEARHEADS CLUB GRABS SNHU' S ATTENTION

Bryan Creevy
Editor in Chief

Southern New Hampshire University (SNHU) Gearheads, a new club on campus this semester, has peaked many students' interests, starting strong with 58 active members.

Gearheads is a car enthusiast club where members are able to showcase their cars and hang out with other like-minded individuals. Josh Walker, the president and founder of the club, got Gearheads approved in December.

When asked about his goals for the club this semester, Walker said, "Definitely to grow more because I think it's great; it's the only club of its kind on campus. There's no other club for like-minded people in the sense of cars."

Dates that members plan on getting together to hang out with their cars are sent to all club members. They have general member meetings once or twice a month on Thursdays at 6 p.m. Meetings take place in the lower parking lot behind Webster Hall on warm days and in the Corcoran Conference Room of the Student Center on days when it is cold.

There has been one general meeting so far this semester, and no events, but Walker has plans for the Gearheads later in the semester.

"In April, when it's a little warmer, we're going to have a car show," said Walker. "It will be on April 2, and we're inviting people both on campus and off campus."

Walker plans to have various sponsors and automotive companies come to the event along with



Joshua Walker

food trucks. It is planned to take place in a section of the East Side parking lot that Public Safety will close off during the event's time slot.

"It will essentially be 'Bring Your Own Cars,'" said Walker. "There will be several different

categories ranging from European cars all the way to Mud Trucks. There will be several different categories so it's inclusive for everyone."

Walker hopes that Gearheads will host even more events in the future. He wants to put on several

cruises, but knows that those will take a lot of planning to really be successful.

The club is open to all students, and anyone that has questions or is interested can contact Walker at joshua.walker2@snhu.edu.

PENMEN ABROAD

UK FOODS BEAT THE TEST

Annie Boghigian
Captain Crisps

Before coming to the United Kingdom (UK), I heard that many food items in Europe had fewer preservatives than in the United States which led to them being healthier. The American students and I came to the conclusion that fewer preservatives are why there are quicker expiration dates.

We have not only been trying the food from grocery stores but also UK restaurants. We try to find restaurants that have European items on the menu to try different things. Last week we went to a pizza place with a name I can neither spell nor pronounce. After we each ate a 12 inch pizza by ourselves, we were full but felt wonderful. There was no regret after eating an entire pizza nor was there a sick feeling in our stomachs. The pizzas tasted delicious, fresh, and I cannot wait to go back.

A common difference in wording of food items between the US and UK would be in regards to French fries. In the UK, French fries are called chips. If you would like a burger and fries, you would say a burger and chips. Potato chips are called crisps. It took a little while in the beginning to get used to the different words, but now I say them without really paying much attention.

I would also like to mention my new favorite food item that I discovered while studying here in the UK. I had never had a scone before arriving here and I can now say that I absolutely love them. I like to think of them as a cross between a biscuit and an English muffin.

Since being in the UK, I have had plain, cheese, blueberry, blueberry and ginger, and an apple and cinnamon scones. They have all been amazing. I know I will miss them when I am back in

the United States.

Another interesting fact about food in the UK is that most of their grocery store foods have very quick expiration dates. I never knew it was possible for expiration dates to be in a few days rather than a few weeks. Since arriving in the UK, I learned to not stock up on many food items because they will go bad well before I would be able to eat them.

Pasta sauce, for example, had an expiration date expiring in a few days after I purchased it. I have discovered that in order to salvage the food I buy and make sure it stays mold-free would be to freeze it.

My roommate and I know what many of the grocery store employees look like because of our frequent visits and we quickly became pros at navigating the store aisles.

I have had delicious food in Wales, Ireland, and the UK. I am excited to continue my adventure and food journey.

Annie Boghigian



DEEP ADMIRATION FOR ITALIAN FOOD

Megan Palmer
Pasta Padawan

Ah, Italy. What a beautiful cornucopia of deliciousness you are. How dare you pair your beautiful sights with that gentle caress for cooking you have so mastered. You bestow upon every citizen, tourist, and study abroad meals to satiate even the deepest of hungers.

A bit melodramatic? Maybe, but my admiration for the food of this country runs deep. There is no comparison and I have never felt so blessed not to have a dining center on campus. It has forced me to learn how to shop (and in Italian, no less), and it has also encouraged daily exploring. There is no shortage of bakeries, gelaterias, pizzerias, cafés, and restaurants, and every one proves more wonderful than the last.

In my time since being here, I have embarked on many kitchen adventures. While sitting with my

apartment mates, we have had many discussions about eating on a budget and consider ourselves brilliant shoppers thanks to the discovery of the 75 cent giant bag of pasta. You would be surprised at how far that can go.

I've mastered the art of making pasta the perfect Italian al dente and crafted the perfect meat sauce. I can sauté basically anything and cannot fathom ever living in a home without olive oil.

Of course, our own cooking prowess is nothing compared to that of actual Italians. The Italian friends that we have made are a God send in their willingness to come to our apartment and cook dinner for us.

My pasta skills have nothing on theirs. They are the true Jedis in their craft. Some of the best food I have ever eaten in my life has been here. Two euro pizza from the pizzeria down the road is proof that man could truly find world peace if he

tried hard enough.

Biscotti gelato puts Ben & Jerry's to shame — not that I don't have a constant homesick hankering for a tub of The Tonight Dough. If you are ever so lucky to end up in Italy, get yourself some arancini, stat. Rice and sauce and meat and cheese all fried up into a ball. Buon appetito!

If you really want to understand a place, look first to their food. Food is such an integral part of a culture and it can tell you so much about what a certain society values, loves, and lives. Dinners that last for three hours in the company of friends are, to me, one of the most beautiful shared experiences that we as people can have. No one rushes. There is no hurry to get the check, and time is just a creation of man, meant to be broken and ignored.

Let's just say that it's a good thing I have to walk a mile to school and that I climb an average of 17 flights of stairs a day.

Megan Palmer



PENMEN ABROAD

TALE OF AMERICAN TASTE

Jingyin Wen (Wyndee)
Burgermeister

Shamefully, I have not had much experience with American restaurants to put in this article. After the six months that I've spent studying in the U.S., I did not try many restaurants. I mean, I could have done more, explored more, and achieved more. Let me just share what I did eat and how I feel about the food here.

Days after I finally conquered the uncomfortable jet lag and strange surroundings, I put myself out to enjoy the life here. I adjusted my image for a makeover and headed down to the cafeteria. The main reason that limited me to explore the restaurants off campus is the meal plan

I had in the first semester, which covered almost every meal I needed. Most of the time, I ended up eating in the school cafeteria.

To be fair, the cafeteria food is quite nice and it's okay for me to have every meal there as I am not too fussy nor do I have high-standard requirement for daily meals.

Besides, there are loads of choices and the menu differs every day. We can try international cuisines at times and there are special offers according to certain festivals.

Gradually, it spoiled me rotten because of the meal portions, and the sweet desserts.

Fun facts I discovered about food in America:

When I went to the cinema with friends, I was so surprised the popcorn tasted salty here as I only had sweet caramel popcorn in my whole life!

Also, every cookie I had tasted was crispy like chips, but I tried my first bite of a soft cookie and it was strange.

I liked having burgers a lot, but for some reason I have rarely ordered any burgers since I've been here.

It's quite difficult to define the original authentic American food. It's like a fusion of various cultures and essences but adapted with American characteristics.

I guess that is the exact whole charm of the country. You can always tell a lot about a place by its food.

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ARTS & ENTERTAINMENT

NARUTO STORM 4 SENDS SERIES OFF WITH IMPROVEMENTS

Bryan Creevy
Editor in Chief

There's big news for the Naruto fanbase this month. While the manga ended on November 10, 2014, the video game series following the knuckleheaded ninja's story, Ultimate Ninja Storm, has finally caught up and wrapped up its series with the release of "Naruto Shippuden Ultimate Ninja Storm 4" February 9.

Minor spoiler alert: "Naruto Shippuden Ultimate Ninja Storm 4" picks up where the third game ended, in the middle of the Fourth Great Ninja War at the point where it informs gamers of Hashirama and Madara's past with Naruto fighting Madara alongside Kakashi attempting to reveal his true identity.

Storm 4 is the first title in the series to take on next generation consoles, it has been released for Xbox One, PlayStation 4, and PC, and they have taken full ad-



vantage of the new hardware.

The game consists of over 100 playable characters with some having various costumes to wear. Improvements have been made to the game's mechanics allowing you to choose a character's

Ultimate Ninjutsu from the list of the techniques they know

before battle, and also allows you to switch places with one of your support characters mid-fight. Some teams have also been given a special Team Finish move, so battling with different teams can be rewarding.

The game also comes with several modes. Story Mode is a

branching timeline of battles and cut scenes from the fight between Hashirama and Madara all the way to the final moments of the anime. Adventure Mode is unlocked after completion of Story Mode and allows players to explore the world after the events of the story completing side quests

and interacting with some of the game's many characters.

Just like games prior, Storm 4 has an online battle mode where players can connect to other gamers across the globe and battle it out in with their favorite teams in a Best of Three competition.

No game is ever perfect. The challenge of acquiring the Secret Factor in quick time events has been made significantly easier by requiring less stars in order to obtain it. This change allows for slower reaction times, lessening the feel of immersion in the combat. Also, the online sometimes experiences problems connecting to a match.

Storm 4, overall, has really improved on some core concepts fans have been asking for. With great replay ability, improved hardware, and a smoother experience, finishing off the franchise could not have come in a better way.

THE PENMEN PICKS: THE BEST MOVIES OF 2015

Gabe Carrio & Addison Thyng
Staff Writers

5 "The Martian"

Based on the 2011 Andy Weir novel, "The Martian," starring Matt Damon, had a lot of hype surrounding its release. With Ridley Scott as the director, is there a better director to get science fiction fans excited? It met and exceeded audience expectations with great acting, a suspenseful plot, smart, and surprisingly good sense of humor throughout. "The Martian" wasn't a surprise, but even we didn't expect it to be this good.

4 "Star Wars: The Force Awakens"

"What?" you yell at the newspaper, "Star Wars isn't number one? This must be a mistake!" Well, my friend, this is no mistake, "The Force Awakens" was an excellent movie and wiped away the bad taste left in the mouths of "Star Wars" fans from the prequels. The movie is action packed, fun, and a great successor to the original trilogy.

It was wonderful to see "Star Wars" up on the big screen again, especially with J.J. Abrams in the director's chair. Even with astro-

nomically high expectations, it didn't disappoint. "Star Wars" is a must see for all moviegoers, but there are three other movies that left a bigger impact and brought more surprises to the table in 2015.

3 "Straight Outta Compton"

With "Star Wars" and "The Martian" there was already build up and people were expecting great things, us included. That's why when a film comes along and takes us totally by surprise it can surpass other films that had more hype on them. "Straight Outta Compton" is the bio-pic of famous rapper Eazy-E and the rise and fall of group N.W.A. in the mid 80's to early 90's.

This movie took our writers by complete surprise turning out to be an astoundingly well-put together movie with a lot of heart and passion. The acting was absolutely incredible. The entire ensemble cast gave great performances. Particularly notable is O'Shea Jackson Jr. who did an incredible job playing his real life father Ice Cube. Even if you don't like rap music or the N.W.A., it can't be denied, "Straight Outta Compton" is a fantastic film.

2 "The Revenant"

While the classic "revenge story" may have a plot we've seen many times before. "The Revenant" takes it and does on the best versions of we've seen to date. Realistic and unforgiving in its brutality, "The Revenant" tells the true story of Hugh Glass and how he survived after being left for dead by his hunting party in the winter of 1823. With beautiful cinematography and an all around fantastic ride through this man's journey of survival it kept everyone's attention.

It also gave audiences one the best portrayals of a frontier settler ever. While DiCaprio did a good job as Hugh Glass it really isn't "Oscar" worthy. No, the best actor of this movie is Tom Hardy as the antagonist Jon Fitzgerald. He gives one of the best performances of his career. It feels like the producers had a time machine and pulled a settler from the 1800's. If anyone deserves an Oscar it's definitely Hardy.

A great cast, good action, and a world that's gritty and realistic make "The Revenant" a film that everyone should see. Just be ready for honest brutality and a movie that doesn't pull any punches.



1 "The Hateful Eight" - The Penmen Pick for 2015

2015 was a great year for films, but only one could be our Penmen Pick for 2015. "The Hateful Eight" is the eighth film by famous director Quentin Tarantino, and nothing this year was as interesting and fun as this film.

Taking inspirations from movies like John Carpenter's "The Thing" and old spaghetti westerns, "The Hateful Eight" was a fantastic ride of mystery, gore, humor, and that over-the-top style that made Tarantino famous in the first

place. Being shot on actual 70mm film the movies looks gorgeous with great wide shots and stunning detail up close. The entire cast gave Oscar worthy performances.

While some may be turned off by the three hour running time, know that the who done it plot will keep you sucked in for the entire ride.

It is a must see for any film fan and an absolute necessity for a Tarantino fan. If you haven't already seen it, get ready to watch our favorite film that 2015 had to offer.

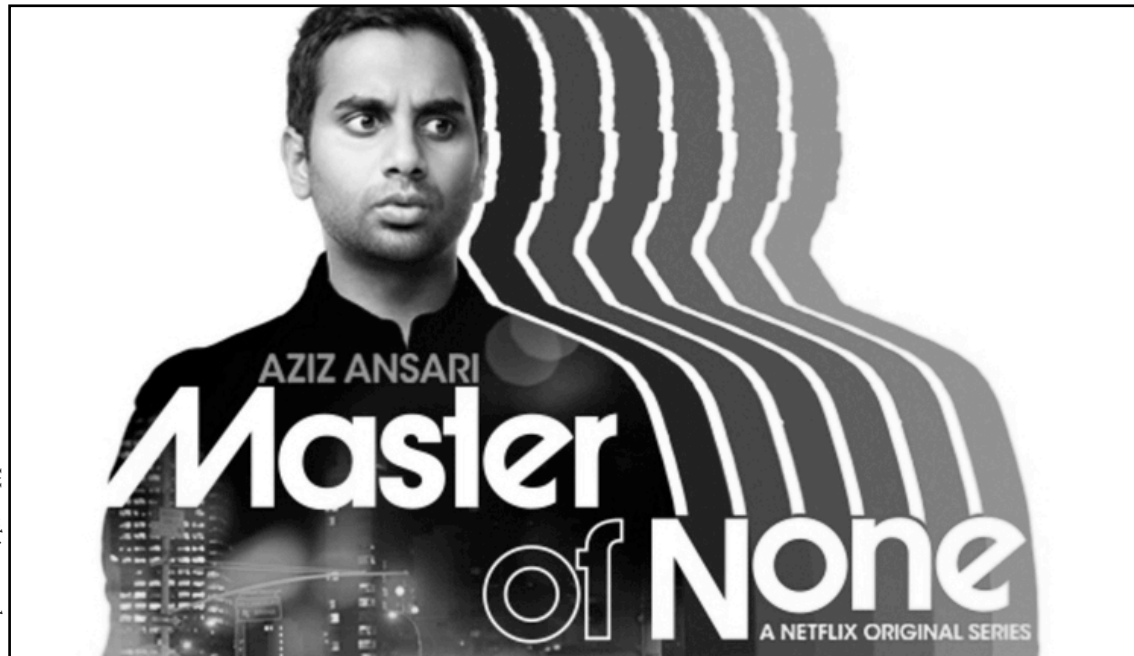
ARTS & ENTERTAINMENT

NETFLICK OF THE WEEK: MASTER OF NONE

Tyler Leighton
Editor in Chief

A new series hit Netflix back in Nov., but this one wasn't met with huge watch parties or all night binges. When "Master of None" was released, there was a quiet, small, audience that sat down and watched, and told their friends. That word of mouth four months later has led here. One of the best shows on Netflix has been right under your nose since Christmas.

"Master of None" is the brainchild of Alan Yang and Aziz Ansari, the latter of whom also stars. Both men are probably best known for their work together on the series "Parks and Rec" where Yang worked as a writer and director on several episodes, and Ansari starred as entrepreneur Tom Haverford. Together, both men co-wrote seven of the first



season's 10 episodes.

Ansari's patented form of high energy and offbeat humor from "Parks and Rec" returns. "Master of None" follows An-

sari as Dev Shah, an actor who has finally worked his way up from commercials to his first film role in the awful movie, "The Sickenin'." Episodes

follow Shah's everyday life and the weirdness that comes with living in New York, the struggles of being an actor who hasn't yet made a name for

himself, and the difficulties of trying to maintain a healthy relationship.

It's easy to compare "Master of None" to "Louie," and in a lot of ways they are similar. They are both shows by comedians that follow a vague and hilarious portrait of their own lives. "Master of None" is different because it follows a man in his 30's. He doesn't have kids, he doesn't know what he wants to do, and he's just starting to question himself. In case you didn't realize, this show is perfect for college students, especially seniors.

Overall, "Master of None" offers Netflix something it doesn't have, a show that's currently relevant. This is one show that almost everyone with a Netflix account can find something to relate to. Right now, "Master of None" is a classic that will only get finer, and more popular, with age.

GABE'S JAM SESH: MADEON: "ADVENTURE"

Gabriel Carrio
Staff Writer

"Adventure" is an album I only discovered a few months ago, but was released on March 30, 2015 under the label Columbia Records.

While I only discovered it during the fall of 2015, "Adventure" left a big impression on me. I had been following Madeon, a 21 year old French electronic music producer, for a while, listening to his independently released singles and watching him grow as a producer, but right around Thanksgiving I realized I hadn't listened to his debut album.

Quickly correcting my mistake, "Adventure" took me on a journey I didn't expect. Starting with "Isometric," a short introduction comprised of ascending gravelly synths, the album then leads directly into "You're On," a French-house track and my second favorite song off the album. "Isometric" and "You're On" blend into each other, forming a seamless experience for the album's beginning.

From there comes "OK," an incredibly energetic dance track where the only vocals are heavily altered OKs that rise and fall

in pitch. It sounds bad when you describe it like that, but it's definitely catchy and a great track. Then comes "La Lune," featuring Dan Smith, the singer of Bastille (they made that one song "Pompeii" everybody knows) followed by the album's biggest hit and the only single I remember coming out: "Pay No Mind," featuring Passion Pit.

"Pay No Mind" is my number one favorite off of "Adventure," and the one I cannot help but sing along to the entire time. "Pay No Mind" actually has a bit of a narrative to its lyrics, which makes it one of the more impressive tracks considering this is an electronic album. I won't go into it, because I feel like I can't give an accurate description, so you should definitely listen to it.

Sadly, most of the songs after "Pay No Mind" fall short to the expectations set by the tracks before them. Not a single song is bad, mind you; they're just not as memorable.

I've listened to "Adventure" roughly forty times and for the life of me I wouldn't be able to recall anything about the songs after "Pay No Mind." That's kind of sad consider "Adventure" is in my top ten albums of 2015.

The album also has a deluxe

version, which features four songs not on the standard release, and which don't really add much to the album apart from a longer playing time. They're still worth listening to though.

"Adventure" features many catchy, memorable dance tracks

that really just make you feel happy, as well as some others that aren't/don't. "Zephyr" is an example of a less catchy/memorable/happy song, but it's still great. Of the songs that don't come to mind, this one is definitely of a higher tier. It's pretty intense

compared to the rest of tracks.

If you're into electronic music, feel like dancing, or just want to try something new, then support Madeon and give his first album a listen. You can find "Adventure" on iTunes for \$9.99 or on Spotify to be streamed.



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ARTS & ENTERTAINMENT

"THE FINEST HOURS" WAS A COUPLE OF PRETTY BORING HOURS

Gabriel Carrio
Staff Writer

"The Finest Hours," directed by Craig Gillespie ("Fright Night" and "Mr. Woodcock"), released on January 29, is based on the true story of the most daring small boat rescue in U.S. Coast Guard history.

The film stars Chris Pine as Bernie Webber, captain of the boat that rescued 32 survivors off the T2 oil tanker SS Pendleton.

Recently engaged to his girlfriend Miriam, played by Holliday Grainger, Webber must go out with three other members of the Coast Guard in the middle of a blizzard to rescue the survivors of the Pendleton, which snapped in half and subsequently lost half of its crew.

The film cuts back and forth between Chris Pine's part of the story, and Casey Affleck's. Affleck plays Ray Sybert, an engineer on the

SS Pendleton who becomes the leader of the survivors and manages to keep the ship from sinking just long enough for everyone to be rescued.

Taking place in 1952, the film is a period piece as well as being based on true events.

The characters are all from Massachusetts, minus Commander Cluff (Eric Bana) who is a transfer from the south, and is the one who sends Webber and his men out into the ocean.

Massachusetts accents are abundant and consistent apart from Holliday Grainger's accent. She's English, though, so I guess she gets a pass.

Unfortunately, most of the actors don't really seem to care about the characters they're playing. Lines are delivered with little emotion, which really makes it hard to believe the characters care at all about what is going on. Only the big named stars seem to give it their all including Pine, Grainger, and Affleck.



Casey Affleck, as Ray Sybert, rallies the crew of the SS Pendleton after the ship lost its captain when the vessel split in two while traveling through a rough storm.

DASH, JUMP, AND GLIDE INTO MARIO AND LUIGI PAPER JAM

Mustapha R. Price
Staff Writer

3DS owners look out! Mario is back and Luigi's seeing double as the fifth installment in Alpha Dream's "Mario and Luigi" series of Role-Playing Games, "Mario and Luigi Paper Jam" has big shoes to fill. Those shoes become bigger when the crossover game incorporates elements from the popular "Paper Mario" series as well. Fans of both series will be drawn to the unique visual style and upbeat comical writing. They may be slightly confused and even somewhat disappointed by the lackluster storyline.

"Paper Jam" begins with Luigi tipping over a book that unleashes the denizens of Paper Mario's own Mushroom Kingdom into the real world. Two Princess Peach's, two Marios, and you guessed it, two Bowser's are there. Now a trio of heroes with their Star Sprite guide must pursue and defeat this Koopa

alliance.

To be blunt, you don't play a Mario game for its story. That's simply a fact, but one would play this game for its vibrant worlds, and yes, it's stellar combat. This simple and easy to grasp RPG system gets shaken up with even more quick time reflexive action. Using the A button to control Mario, the B button to control Luigi, and the Y button to control Paper Mario, there are numerous dynamic combinations.

The game avoids feeling too fast thanks to its turn based restrictions. You never lose the elements that make it a Mario game, but the RPG traits are woven in, in a way that feels authentic, effective, and most of all consistent.

As I previously mentioned, this game gains quite a bit from its beautiful environments. While it rehashes a lot of the themes of previous Mario games, each area has a good combination of paper and cardboard environment pieces as well as

rounded pieces to match the style of the game's main setting.

This is complemented by the comfortable over-world controls. Worried that controlling the jumps for three characters might feel clunky or weird? The X button serves as a simultaneous jump for the brothers, even adding a bit of a flutter.

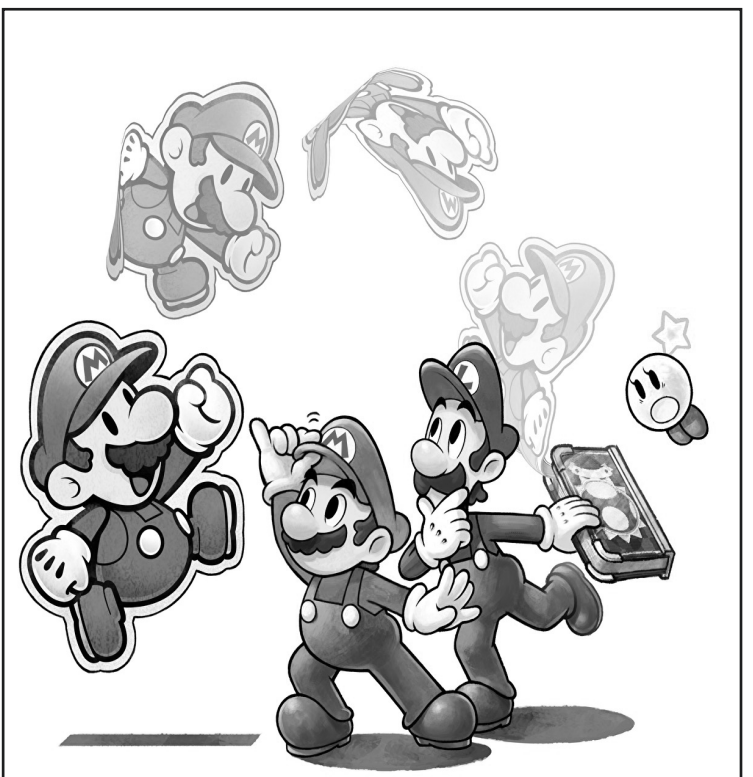
Arguably, this game's greatest trait is its humorous writing. From the Paper Toads that crowd the world to Bowser and his baddie crew, you're never short of a few laughs.

There are even scenes where a real and paper princess bond over the tedious nature of Bowser's kidnapping tactics. When you see Bowser Jr. and Paper Bowser Jr. start hanging out, your heart will melt. It may be the cutest thing ever. The only character who allows their dialogue to fall flat is Starlow, but that may be my own personal bias.

While elements of the

"Mario and Luigi" series are lost in "Paper Jam," new elements take their place, and make for a very powerful experience. More characters, more personalities, more

clever writing. This is without a doubt one of the 3DS's better experiences, recommended for anyone looking for a fun, light-hearted, simple role playing adventure.



NintendoWorldReport.com

CREATIVE

"Addiction"

Calpernia Nicole Charles
Staff Writer

If I had an addiction would you want to know?
Would you support me and carry me until I am on safe shore,
Or would you judge me for my weakness I can hide no more?
Would you pull away from lack of understanding,
Or would you become my rock and ear for easy listening?
Would it be too hard for you to care and love the broken me,
Or would you look beyond for the me that use to be?
Would you see my struggles in my eyes,
Or with time would you simply just pass me by?
If I had an addiction would you want to know?

"The Predator"

Haley Corning
Staff Writer

She sprinted full power across the gravel. She could barely hear the crunch of broken concrete under her shoes as she fled. Her breath was heavy, but she didn't even seem to need the oxygen. The lumping and thumping of the blood pumping through her ears, was all she could process except for the sound of her pursuer. The creature was gaining on her, quickly. She wouldn't make it, but she tried. Have to lose it- I have to, she prayed. She heard it close behind her- a hair's breadth away. Almost there. As she finally reached her destination, she braced for impact. No, no, not like this! The chains on the canary yellow swing clinked as she grabbed hold and swung on. Her long, free-spirited hair wrapped itself around her shoulders like a shawl.

But the bee merely landed on her small purple converse for a short moment, hummed, and then continued to happily seek out another flower.



"Secret Garden"
Katie Leonard
Contributing Photographer

"Wishes"

Haley Corning
Staff Writer

I've never wished to be the best
I have no need to follow nor lead
I'll step back and wait for you to carry on
I have no desire to be ahead
I'd rather explore and wander off
Into lands that aren't supposed to exist
And discover creatures that aren't supposed to be there
I'll backtrack and change my mind
I'll recreate your goals for me and turn them into dreams
I will be me.



"Roman Sculpture"
Megan Palmer
Contributing Photographer

"Young New Englander"

Melanie Friese
Copy Editor

Warm light on solid snow breaks through rose tinted aviators and sparks fly into my inward eyes, a catalyst for my memories. I miss those days, immune to cold, reckless and daring, running through icy fields with friends, falling over our fluffy puffy boots, ignoring silent city streets and snow plow symphonies in C.

Shadows on slush stuck to my boot - forgot to spray chemicals to make it slide off - yet another brave New Englander commute no storm rambunctious enough to keep me inside; no, I have two meetings today and they cannot be rescheduled. Eight inches won't pay off student loans, but that 32 dollars from my four hour shift at Dunks will.



"Vatican Days"
Megan Palmer
Contributing Photographer

PENMEN CORNER

WHAT THE PENMEN PRESS THINK ABOUT MIDTERMS

Aleisha Bourgault-Callahan I don't mind midterms, but I will admit, all the studying takes a toll. I haven't had midterms here at SNHU, but I have at a different college, so I expect them to be similar. Question is, how I can fit in time to study with all of my other activities?

Jesiree Carrera At least this means we're halfway through the semester!

Bryan Creevy "Do, or do not. There is no try." -Yoda

Kayla Durant "May the odds be ever in your favor." -Effie Trinket

Laurelann Easton Don't stress about midterms. Instead, try to use it as a way to gauge how you're doing in a class so far and a chance to find ways to improve in your classes for the second half of the semester.

Melanie Friese As an English major, I would much rather write midterm essays than take midterm tests. Either way, I consume more coffee than usual during this time.

Nicole Kenney My thoughts on midterms? They're only useful if they get me out of doing a cumulative final.

Rebecca LeBoeuf I don't really have midterms.

Tyler Leighton I'm going to go through my notebook and rewrite everything I think will be on the test in a really small font.

Katie Leonard Taking a midterm exam is the equivalent of drowning in a bathtub.

Jaime Mailloux Brb crying myself to sleep.

CeCe Mitchell It's that special time of the semester again, midterms! Don't fret, stay focused and you'll get through it. It'll be over before you know it.

Megan Palmer "Of course, it is very important to be sober when you take an exam. Many worthwhile careers in the street-cleansing, fruit-picking and subway-guitar-playing industries have been founded on a lack of understanding of this simple fact." -Terry Pratchett, Moving Pictures

Mustapha Price I'm more concerned about after midterms. Totally gonna veg out.

May Mullen I worry more about group projects than midterms.

Kaitlin Tetreault I think my favorite part about midterms is being in the library with a few friends until 1AM just hanging out, doing homework, and making dumb jokes.

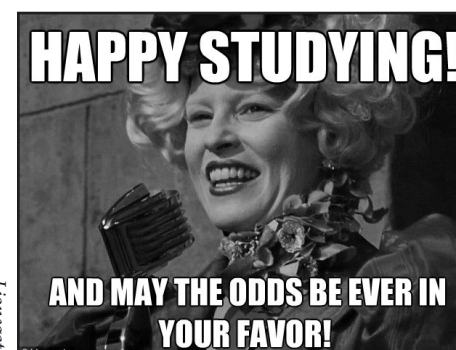
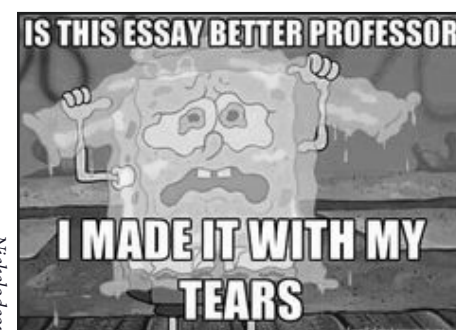
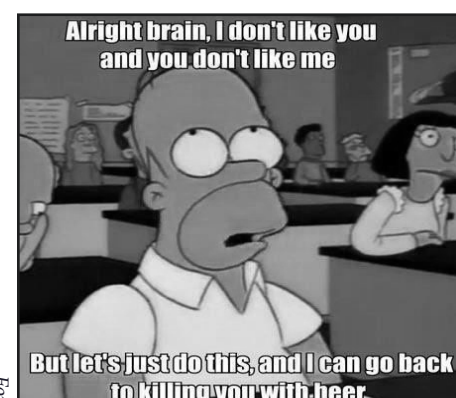
Katerina Wilhelmi I think that midterms are unnecessary. Everyone tests differently, and not everyone tests well.

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 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,

Good Luck on Your Midterms



OPINION

UP UP AND...

Tyler Leighton
Editor in Chief

I have been blown away by the sheer awesomeness that superhero movies have become. When I was a kid, I used to watch cartoons like “Batman: The Animated Series” and I thought that there was no way anything this cool would ever be a huge budgeted Hollywood movie. That’s why I wasn’t some hotshot producer in preschool because not only are superheroes consistently the best performers at the box office, just ask “Deadpool,” but superhero movies are always fantastic too, just ask “Deadpool.”

If you have any trouble recognizing how cool superheroes are, I recommend you take a look around, wherever you are, and see how many people around you are wearing a superhero shirt. A lot, right, right? And that’s because on top of being awesome superheroes have looking cool down to a science. Awesome logos, it helps that anything looks good on tight spandex, the harder part is looking good in tight spandex but heroes pull that off.

That’s why most of the people parading around in those spandex suits are either giant men or incredibly well to do women. You can see every single muscle and every curve because it makes it harder for the bad guys to grab ahold of the hero. Those holes in the women’s

costumes specifically designed to show off cleavage actually function as aerodynamic support. Our heroes not only look fine, but they’re also finely adept at fighting crime.

What makes superhero films so great is that there are no other movies that pack in as much action as they do. Good guys fighting the bad guys who are, usually, just as awesome and kick just as much butt as the heroes are. Fights between two big burly dudes, just throwing each other into buildings until for some reason the bad guy gets blown up... or does he?

Once you’ve seen all of the individual superhero movies then you can go and watch the team up movie! The first “Avengers” was actually pretty lame with only six heroes. Good thing for us Marvel’s learned their mistake and announced that “Avengers: Infinity War” will have over 67 characters. I can’t wait to see Spider-Man talk to Deadpool. The possibilities for super interaction are endless.

I’ll be here waiting in my Captain America pajamas, with my Thor mug, and my Iron Man cereal until “Captain America: Civil War”, and “Suicide Squad,” and “Batman V. Superman: Dawn of Justice,” “X-Men: Apocalypse,” and “Doctor Strange,” and “Gambit” hit theaters, and that’s just the rest of 2016! Who knows what super heroes will be on my clothes, in my room, and in my head come this time next year!

...GO AWAY

Rebecca LeBoeuf
Copy Editor

From the “Avengers,” “X-Men,” “Captain America” and “Deadpool,” superhero movies have been blowing up the big screen for the past decade. People of all ages purchase tickets to see these movies in theaters.

Children are taught improbable dreams of magic powers and adults fuel their childish dreams of attaining power and fame.

Watching ordinary men become invincible by saving the world from evil, and giving into fame and love in the end fills viewers with a maddening passion to be that superhero. Or to have any form of power or fame, either good or evil.

The costumes that superheroes wear are ridiculous. Spiderman’s brightly colored spandex, Batman’s bat ears, and Iron Man’s bulky, robotic armor only draw attention to the superheroes, making them unable to discretely save the day. Also, superheroes need to learn to put on some pants from one time or another.

Almost every woman you will find in a superhero movie is sexualized. Under the miniscule chance that the superhero is a woman, that woman shows too much cleavage, has mile long legs, and has every man ogling at her.

Take the new “Batman v Superman: Dawn of Justice” movie coming out. Both famous superheroes stop in their tracks

when scantily clad Wonder Woman appears, and they talk about her like she is an object. As men are typically the superheroes, women primarily play the role as the dependent, fragile damsel in distress.

The villains of most superhero movies completely encompass evil. That is what’s wrong with the plot of superhero movies.

In reality, the villains are not 100 percent evil all the time. Villains have families they love and soccer practices to bring their children to. Yeah, sure, they take the opposite side of the superheroes in heated topics, but that doesn’t make them completely evil.

There is nothing that makes us sympathize with the villains. What’s the use, anyway? The villains are always defeated in the fight scenes. There are never any conflicts averted or making up to be friends. Just a swift kick, a couple of powerful punches, and an unfair move of invisibility.

Though superhero movies have existed since films were first invented, we have seen them come out in multitudes this past decade. They’ve even created plots that make superheroes meet other superheroes and then fight evil together. At least that is freshening up the basic superhero plotline.

Nevertheless, now that you’re twenty, it’s time to put away your Avenger’s backpack, hide your superhero bobble head collection, and end your quest for superhuman strength.

THE UGLY TRUTH

IF TRUMP WINS, HERE'S WHAT WERE GONNA DO...

Amanda Fakhiri
Staff Writer

There has been a lot of talk around campus about the presidential election, and especially about candidate Donald Trump. It seems like a lot of students would rather move to Germany than subject themselves to a Trump presidency. I know it seems a bit extreme, but Trump is not about to let any of us go to school for free.

For some college students, it is a problem for a presidential candidate to not have a progressive stance on education. Why should we, as students



who are living off of Sodexo and Easy Mac, vote for a man who wouldn’t do anything to try and lessen the pile of loans and debt most students are under? The best he is willing to offer is a

longer time to pay off loans and more government assistance.

Trump was quoted at Simpson College saying, “I get asked all the time about student loans by students with debt up to

here, and I tell them it’s all about the jobs. You have to get a job”.

When Trump is running against candidates who are proposing free tuition, telling students to just get jobs is just not going to cut it. If he does get elected (which is laughable) you as a SNHUDENT have a couple scenarios in which life would be somewhat okay once you graduate.

The first option you can do, as Trump instructs, is get a job, at some place that has something to do with your major. It will most likely be hard because of all the other college students who have been instructed to pay off their piles of debt by getting a job, but

you will probably pay off your loan debt by the time you retire.

Your second option is to flee the country. This might be tricky as you would have to learn a new language and find a new university, but in Germany they will pay for you to go to college. If you know German, I would get a move on those applications.

There is one last option though, go out and vote for someone else!

Hopefully America will not vote in someone like Trump, but we saw what happened in the primary. Keep your options in mind and get on those plane tickets because Election Day is coming!

OPINION

ANXIOUS FOR AN ARBORETUM AT SNHU

Melanie Frieese
Copy Editor

For many years, a recreational gem of trees has been waiting, untouched, to be used by the Southern New Hampshire University (SNHU) community. During the last couple of years, SNHU administration has contemplated turning a particular 25 to 35 acres of forest into a facility that would preserve the landscape (amidst all of the recent construction) and provide a beneficial, multi-use place for recreation.

Located to the south and west of the SNHU Facilities building, this plot of land has an awkward shape that would be difficult to construct buildings on. Maintaining it as an arboretum would allow the space to be used for many SNHU community activities.

Primarily, the arboretum could be used as a recreational area. The arboretum would

provide campus with a lengthy, beautiful, forested trail that would allow for pleasant walks. Imagine students and professors walking amongst the trees in the fall semester as they discuss their latest research; this type of interaction was highly encouraged by the ancient Greek philosophers, and was often practiced by Aristotle and his students in his Lyceum.

For students studying the environment at SNHU, the arboretum could be an extension of the classroom, and allow the hands-on education that employers love to see. Classes in other disciplines could also occasionally have their lessons outside, weather permitting, for fresh air and new perspectives.

Mike Weinstein, SNHU alumnus and current Science, Technology, Engineering and Math (STEM) Advisor to SNHU's School of Arts and Sciences, has been working diligently on strategic plan drafts for this project. Weinstein has

spoken with many offices and departments on campus and trusts that they are all in favor of the arboretum. His recent challenge with this project is that it needs to become a priority amidst the other projects of the university.

"The idea is to balance our growth with sustainable development, and not only maintain scenic forestland for SNHU students, but to provide them with academic, recreational, and health benefits," Weinstein said about the arboretum. "Currently, there have been several drafts of a startup and strategic plan, but nothing has been finalized. By letting students see what is at stake, it would be great to raise more awareness on this issue and help provide a little nudge to Administration to officially certify this project!"

In addition to benefiting the SNHU community, the arboretum could be used by the greater Manchester community



news.psu.edu
SNHU Arboretum: A Recreational and Educational Haven

as a recreational and educational area. Partnerships could develop with Manchester schools wanting to take field trips to the arboretum.

With SNHU's recent industrial expansion on campus, the arboretum would

demonstrate environmental consideration by the university. There are no blasts required to turn a forest into an arboretum. Now students and staff have to let administration know that they want this arboretum on campus.

THE PATRIARCHY FINALLY INFECTS OUR SEX BLOGS

Jaime Mailloux
Advertising Editor

Please note the blogger mentioned added a disclaimer to the article discussed after its initial publishing claiming its content was "satirical."

Roosh V is a microbiologist turned blogger who has written cringe worthy articles such as "8 Things American Women Must Do to Themselves More Be Attractive for Men," and "10 Reasons Heterosexual Men Should Leave America," and has seemingly overnight become infamous for his satirical article "How To Stop Rape."

Roosh refers to himself as a "Neomasculinist" which he says "combines traditional beliefs, masculinity and animal biology into one ideological system."

A cornerstone of this ideology is the belief that mankind has only survived because we live in a patriarchal society where men are heads of state and the home. He goes into great detail on specific proportions and physical characteristics women MUST have to be considered attractive.

Another belief is that



rooshvforum.com
Roosh V in his natural habitat.

everyone should follow the binary sex code, so those who do not act in those two categories are considered "artificial, non-biological and deviant." He hates the gay and transsexual community, or basically anyone who doesn't conform to gender stereotypes. What a guy, right?

Aside from being a sexist blogger, he's also a sexist author! He has a range of pickup and sex tourist books with tasteful, elegant titles like "Bang," "Day Bang," "Columbia Bang," "Ukraine Bang," and so much more.

In "How To Stop Rape," Roosh criticizes rape education and compares men knowing that rape is bad is like knowing that the sun rises and sets each day. It's simple common sense. Even though I'm willing to bet this man has never stepped foot into an actual rape education class in his life.

He goes onto discuss that women have become lazy when protecting themselves from being raped in social settings. Then he discusses how some women lie about rape because they're ashamed, and they

wrongfully criminalize men. This does happen and is a problem, but he then begins the swan dive into a satirical idea that is absolutely crazy.

He satirically writes, "make rape legal if done on private property. I propose that we make the violent taking of a woman not punishable by law when done off public grounds." He continues, "For all other rapes, however, especially if done in a dwelling or on private property, any and all rape that happens should be completely legal."

Let's consider this "satirical

thought experiment." Would this law apply to men and children as well? Is it legal to rape service people who come onto private property? If a car is considered private property can someone legally take someone into their car and rape them?

Even if it is not to be taken literally, I find his suggestion completely absurd and sexist. This is especially a problem when taken in the context of the rest of Roosh's serious blogs that are very sexist.

Roosh wants women to live in fear of men so the patriarchy that he holds so dearly isn't threatened.

Men like him desecrate women to inflate themselves and their delicate masculinity. Roosh is but a horny bottom feeder whose constant rejection has fueled a blind hatred for the opposite sex.

Roosh also manifests a paranoia that there is an Illuminati-like system of women trying to enslave the male populace. This guy is clearly not of sound mind and has so many latent sexuality issues even Freud wouldn't know what to do with him.

OPINION

THE SNOW NEVER BOTHERED ME ANYWAY

Laurelann Easton
Layout Editor

Around campus, I have heard some complaints about how much snow we've gotten recently, and before that people were happy that we hadn't gotten much snow. It was basically spring!

Not having snow is just unnatural. It's winter. We live in a state that is meant to get snow this time of year. El Niño certainly has had an impact on the weather for the last few months, and global warming could be a dark reality.

Aside from the scientific reasons behind the warmer weather and previous lack of snow, less snow is detrimental to New Hampshire's economy. NH

thrives on skier and snowboarder tourism. Certain ski resorts, such as McIntyre Ski Area and Loon Mountain Resort, would not be able to function and draw in money without substantial snowfall.

Not everyone enjoys skiing or snowboarding though. Sometimes you just want to stay inside with a blanket and hot chocolate, and watch Netflix to avoid the cold weather. I find this appealing because I'm not likely to stay upright on a pair of skis despite my love of snow.

Conversely, any complaints about how awful this winter has been are unfounded. You should be grateful you live here if you don't like winter because other

places get far more snow, like the cities along Lake Ontario in central New York. I grew up in Oswego, and we got a hefty kind of snowfall called "lake effect snow."

This translates into many snowstorms that average six to 24 inches of snow per storm at a time, and we get a few of these in any given season. Over the last thirty years, Oswego has gotten an average of 112 inches of snow per year, and Manchester has an average of 60 inches. I do not understand why anyone would complain about our wimpy first snowfall.

The amount of snow that central New York gets equals many days of cancelled classes,



and getting to stay in with your hot chocolate and blankets or romping around in the snow. Why would anyone complain about this?

In reality, the snowfall so far in Manchester is nothing. Oswego recently got snowfall, too — 27 inches of it in an overnight

storm.

It does no good to complain about what you cannot control. Weather is just nature, and it won't change its ways.

Grab your gloves, scarves, hats, shovels and scrapers, and figure out how to beat the weather.

MIDTERM MAYHEM

Jesiree Carrera
Opinion Editor

As I flip through my yearly calendar, looking forward to Spring Break and summer, a strange realization comes to mind. It's almost that time of the semester: midterms are happening soon.

I can hardly believe that the semester is almost halfway over. It seems like January just started with the amount of snowfall that we've gotten lately.

It's almost time to start seeing people panic about their grades and asking their professors for extra credit projects to push their high Cs to low Bs.

Coffee sales will probably go up because students may need

that jolt of caffeine to keep them awake for all of those homework assignments, projects, and papers that are due. Cans of Monster and Red Bull will be chugged on the way to 8 a.m. classes as students try to pry their eyes open and somehow manage to get the attendance for class that day.

Students will soon flock to tutors. Some will go with questions about their assignments while others will rush to cram an entire half of a semester into one study hour.

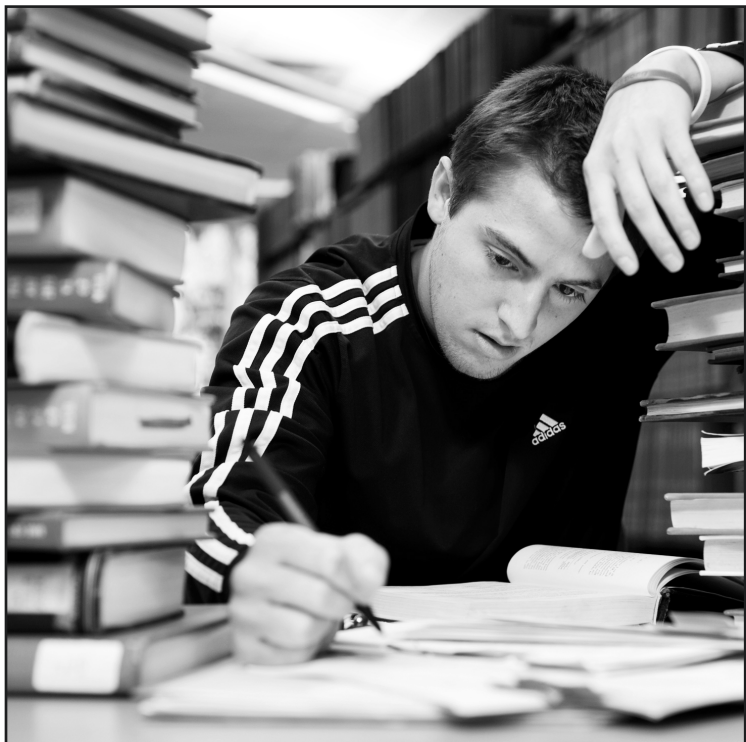
The library will be filled with students who are attempting to get a study room or some sort of quiet place, while other students will be trying to get the motivation to start their papers

and projects that either should have been started weeks back or were recently assigned for midterm.

Internet servers may go down because of the influx of students that are attempting to sign in and submit their assignments at the same time.

Teachers will be feared with their dreaded red pens and corrections. They'll start realizing that their syllabi don't even come close to what they are actually teaching in their classes, only to add on more work and stress to this already hectic time.

Whether you're one of those students that hates midterms or loves it because of how quickly the semester is flying by, one thing is certain. It's mayhem.



WEATHER OR NOT

Bridget Downey
Staff Writer

By now, we all know how it works. In New England, we have four seasons: almost winter, winter, still kind of winter, and road work.

February and March are staple months for the lackluster time in between winter and still kind of winter (some call it spring) where the snow is dirty, the roads are covered in slush, and we walk across campus in the wind begging for the merciful release of death or a sign

of warmth on the horizon, whichever comes first.

Just a few weeks ago, Groundhog Day passed and many rejoiced because no shadow was seen and it was expected to be an early spring. Some of us were not so happy with the cold and no snow. The fifty degree weather made the summer lovers hopeful.

Then, of course, there were two blizzards. There wasn't even a break between the blizzards. It was one blizzard then a few days for plowing, and, just when the parking was back to normal,

we got covered with another six inches of snow.

For New England, six inches is not a problem at all. We're built for this stuff, but why did it have to wait so long. A foot in one week and no day of campus wide cancellations and now it's just back to being absolutely frigid. It has literally been in the double-digit-negatives kind of frigid.

Keep dreaming of Florida and spring break, ladies and gentleman, while we wait for whatever Mother Nature has in store for us next.



HEALTH & WELLNESS

FIGHTING INSOMNIA: THE COLLEGE STUDENT'S ARCH ENEMY

Kayla Durant

Health & Wellness Editor

Going to college and suffering from insomnia often-times goes hand in hand. Insomnia is a prevalent sleeping disorder and is characterized by trouble falling asleep and staying asleep. Insomnia can be caused by any number of things, but it is most commonly induced by stress.

The best way to fight insomnia is to first figure out the cause, whether it be influenced by daytime habits or emotional problems, and tackle the symptoms accordingly. In Peter Crosta's article "Insomnia: Causes, Symptoms, and Treatments," he describes non-pharmacological methods by which to treat insomnia. He states that maintaining a healthy and regular sleep schedule is imperative. In short, go to sleep and wake up at the same time every day. Keeping with such a schedule can retrain the mind and help fight against insomnia.

Secondly, controlling the



stimuli the brain is exposed to before going to bed is important. Such stimuli can include TV, phones, and eating. With that being said, only sleep when

tired and limit technology usage. Substituting unhealthy habits such as these and replacing them with exercise and a regular sleep schedule can make

it easier for one to fall asleep and stay asleep throughout the night.

Although the college workload may tempt students to skip

sleep in exchange for late nights spent writing 10 page essays, in the long run, one's mind will ultimately reward them more for the rest.

NEW METHODS FOR FOOD SAFETY AT CHIPOTLE AND SODEXO

Kayla Durant

Health & Wellness Editor

In light of the recent Chipotle E. coli debacle, food safety has become more of a significant issue than ever be-

fore. It has not only drastically affected the chain restaurant themselves, but it has put every other restaurant in the fast food business on the edge of their seats. As a result of the E. coli outbreak last year,

Chipotle headquarters closed their doors for a four hour staff meeting in an attempt to make sure another outbreak like this one does not happen again.

Some of the changes they

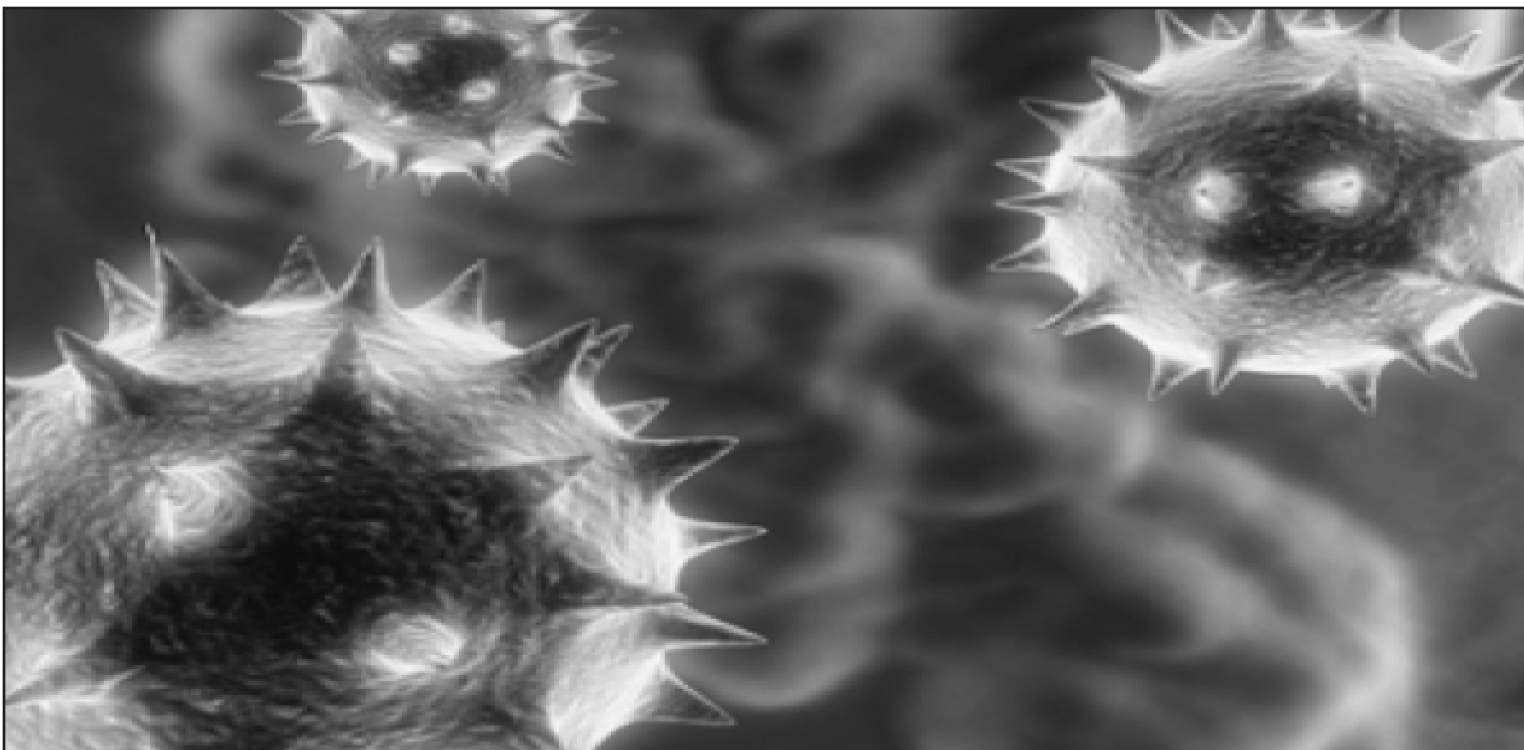
will be making include paid sick leave, to ensure that when employees are sick they will stay home, changes to their food preparation techniques, and additional DNA testing on food products before it is

sent to their stores.

Here at Southern New Hampshire University (SNHU), Sodexo maintains a high standard of food safety to ensure the good health of all students. General Manager, Daniel VanAvery, takes an exceedingly great amount of effort to ensure that health policies are met. Employees are Serve Safe certified every three years as opposed to every five as is normally required.

In a statement, VanAvery said, "Most of what we do on a daily basis is centered around food handling and food safety as food focus in an environment like a college campus is critical."

To ensure food is being handled correctly in the kitchen, they utilize color coded cutting boards and utensils to protect against cross contamination. Beyond that, they follow stringent policies on food holding temperatures and shelf life, to make sure SNHU students feel safe when they decide to dine with Sodexo.



SPORTS

WOMEN'S BASKETBALL TEAM STILL FIGHTING FOR THE PLAYOFFS

Matt Martin
Sports Editor

Southern New Hampshire University's (SNHU) Women's Basketball is now 14-11, going 2-3 in their last 5 games. The Lady Ballers of SNHU recently lost a close game at home on Feb. 10 to Bentley, behind Bentley's Jen Gemma who scored 31 of the team's 60 points in the game.

On the Penmen side, Kylie Lorenzen notched a double-double, meaning she tallied double-digit statistic totals in two categories. Lorenzen had 16 points and she grabbed 15 rebounds on her way to the double-double. Freshman Brianna Camara added 11 points and six rebounds in the 60-56 loss.

The next game for the Lady Penmen was a trip to Merrimack College, where SNHU lost 65-55. This time, Camara led the way in points with 18, which was a career and game high, and also in rebounds with six. Sophomore Jennifer Shelp



Erin Doherty plays some tough defense.

also had a big game, adding 14 points.

SNHU did get a big win at home on Feb. 17 for Team

IMPACT Night against Franklin Pierce. Sophomore Olivia Conrad put up big numbers leading the team in points

and rebounds with 13 points and 10 rebounds giving her a double-double on the game. Senior Captain Erin Doherty

also contributed 13 points to the win while grabbing seven rebounds. Lorenzen would also finish with a double-digit point total. She tallied 11 points. Shelp had a late basket to seal the deal in the 56-55 win over the in-state rival Ravens.

With a couple games to go, the playoff hopes are still high for the women's squad.

"There is still a chance for us to make playoffs," said Captain Erin Doherty. "We need to take care of business and win our last two games. We realize these games are extremely important and as the captain, I'm trying to keep everyone focused on staying together and on the same page. I need to lead by example by working hard every day. We're coming off a big win and Saturday's game is huge so we to just play as a team and stay motivated and we'll be in good shape."

Follow Women's Basketball as they do their best to win out the rest of the regular season and land a spot in the playoffs.

FIFA 15

TOURNAMENT

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TITLE SNHU CALL FOR NOMINATIONS!

WHO ARE WE: Title SNHU is a newly formed Southern New Hampshire University Title IX student led task force, and we are looking for students like you!

OUR MISSION: Title SNHU seeks to bring education and information to the SNHU Community regarding Title IX and sexual misconduct as a way to increase accountability and awareness when it comes to policy and action.

WHO WE'RE LOOKING FOR: The Title IX Task force is looking for a diverse and inclusive group of Southern New Hampshire University students who demonstrate outstanding personal skills and exemplify the five leadership qualities that embody a Title SNHU problem solver: passionate, critically thinker, innovative, resourceful, and engaged.

THE NOMINATION PROCESS: If you're a student and think you'd be a great fit for this group, please nominate yourself by emailing a copy of your resume and a cover letter telling us how you think you exemplify the five leadership qualities to titleix@snhu.edu. Nominations will be accepted through February 29, 2016. We are seeking a diverse cross-section of students for this team.

Passionate

Critical
Thinker

Engaged

Resourceful

Innovative

TITLE
SNHU

SPORTS

MEN'S BASKETBALL: HIGH HOPES FOR PLAYOFFS

Brianne Torre
Staff Writer

Southern New Hampshire University's (SNHU) Men's Basketball is taking their game to the next stage in the coming weeks as playoffs quickly approach. Making it to the Elite Eight last year in the NCAA tournament, the squad is hoping to make a reappearance this year.

The 17-9 overall record has currently placed them in the number four spot in the Northeast division of Division II (DII). They've fallen behind Bentley, town-rival Saint Anselm, and Stonehill. Bentley, whom they recently lost to by a small seven-point deficit, has not played as many games as the Penmen have in their season yet. This factor could change the standings.

"Honestly, as exciting as the possibility of NCAA's

and the NE-10 tournament sounds, we still have two more games. And that's what is most important right now," junior Chris Walters said about the end of the season and the start of the post-season. "The Elite Eight experience last year was something I will never forget. But that was last season, and this is completely a new season. A new team."

Basketball fan Derek Vanat is excited to see the team progress this season. "This team is ready for NCAA's... Their style of play is different this year. They are a run and gun team, and play their best when they are out in the open court on fast breaks. This style of play will carry them deep into the NE-10 tourney and hopefully into the NCAA's," Vanat went on to say. "I am excited for the game against Saint Anselm's! That would be an



Mike Coupl

Rodney Sanders bringing the ball down.

encouraging win to pick up as they head to playoffs."

Keep an eye on the men's team as they end their regu-

lar season this week and head for the playoffs!

SEASON RECAP FOR SNHU MEN'S HOCKEY TEAM

Aleisha Bourgault-Callahan
Staff Writer

Southern New Hampshire University's (SNHU) Men's Ice Hockey just concluded their regular season with a 1-0 win against Stonehill College on Feb. 13. The Penmen went 8-13-4 overall with a home record of 4-6-3.

When asked about how the team's season went, Head Coach Kenneth Hutchins said, "It's been a challenge,

but we've improved the last 3 weeks with our overall system fundamentals and mental and physical conditioning which helped us to finally find our team chemistry and identity."

Heading into the post-season, sophomore forward Kyle Valliere leads the team with 12 goals, followed by senior forward Jim Gabrione with eight. Tied for third are freshman forward Artem Efimov-Barakov and junior

forward Jay Sylvia, who both have six apiece. In assists, Gabrione leads with 15, Sylvia has 12, and sophomore defensemen Sean McTiernan has eight. Leading in points are Gabrione with 23, Sylvia with 18, and Valliere has 16.

Sophomore goalie Ryan Slatky leads with 18 games played and over 1,000 minutes played in those 18 games. Slatky has a goals against average of 3.40 and a .915 save percentage. Senior

goalie David Letarte comes in second on the team with 344 minutes played, and goals against average of 4.18 and an .882 save percentage.

The season will continue, however, as the Penmen head into the Northeast-10 Championship Semi-Finals as underdogs.

"If we play with poise, confidence and competitive greatness for a full 60 or more minutes, we can beat any NE-10 team in the play-

offs," Hutchins said. "We are in the playoffs now and we do not care about anything else except getting ready for Saturday and hope as many students and staff can make the quick drive over to Saint Anselm's and give us a home crowd advantage like two years ago."

The Penmen's Semi-Final game is at Saint Anselm College on Feb. 20 at 4 p.m. in a Queen City Matchup you won't want to miss.



Aleisha Bourgault-Callahan

Aleisha Bourgault-Callahan

Sophomore Chris Moquin.



Senior Jim Gabrione faces off against Assumption College's Nick Fenuccio