New Residence Hall in the Works

TAMMY SYBEL STAFF WRITER

Every year the time comes when e-mails are received and lottery numbers are assigned to designate what student gets to pick what room on what day. The better the number, the better the residence hall. Many will want to designate what student gets to pick what room on what day.

"Additional beds will provide more opportunities for students to live on-campus instead of moving off-campus."

RAYMOND GONZALEZ
Associate Director of Housing Operations

Your life matters. This is one of the main ideas that the non-profit organization, To Write Love on Her Arms (TWLOHA) stresses. Sophomore Sarah Vander Wall is bringing a chapter of TWLOHA to the University this semester, as well as making Monmouth the first college in New Jersey where TWLOHA is recognized.

According to their website, twloha.com, "To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-harm and suicide."

The idea of TWLOHA is that no one person is alone, no matter how much it may seem that way. The site goes on to state, "We know that pain is very real. It is our privilege to suggest that hope is real, and that help is real."

"We live in a difficult world," TWLOHA explains on their website, "and you’re part of a bigger story. You need to know that your life matters."

About a year ago the founder of TWLOHA, Jamie Tworkowski, spoke at Vander Wall’s previous college, The College of New Jersey. The idea that the organization covers so many different things and touchy subjects appealed to Vander Wall. "The fact that people aren’t alone can really brace the stigma for those affected," she explained. "I think every college should have it. Knowing people who have been through rough patches in their lives, and that they aren’t the only ones, can make a difference," she said.

TWLOHA encourages treatment on their website, whether it is from people sitting in front of counselors, people stepping into treatment and at more desperate times, calling a suicide hot line. Beyond treatment the idea of TWLOHA is to bring people together, to help one another. "We believe community is essential," the site states. "That people need other people, that we were never meant to live alone."

The organization, according to TWLOHA’s website, started with a story written by Tworkowski, about 19-year-old Renee Yohe, who struggled with addiction, depression, self-injury and attempted suicide.

Tworkowski’s story, written in February 2006, discusses Yohe’s life five days before she entered treatment. While unable to get Yohe checked into a treatment center, friends offered moral support in the meantime. "We became her hospital and the possibility of healing filled our living room with life,” Tworkowski had said on the page.

They began selling TWLOHA t-shirts as a way to pay for Yohe’s treatment, as well as creating a MySpace to give the organization a web-based home.

Love continued on pg. 16

Students Tweeting @MnmthProblems to Make Remarks on Campus

CASSANDRA FIGEROUA STAFF WRITER

A new way to reveal problems about the University became available on the Internet. It is called #MUProblems, which is a trend on the social media website known as Twitter.

Twitter is a site that gives individuals the opportunity to share and discover what is important to them. "Find out what’s happening, right now, with the people and organizations you care about," says the Twitter homepage in an attempt to attract users.

By "tweeting" or posting an update to the #MUProblems trend page, students have the ability to state their feelings and comment on instances that occurred at the University. The trend has been used by students to tweet about their course load, the teaching skills of the professors, the wireless Internet, tuition money, food and parking. #MUProblems is a trend that speaks about the negative aspects of the University.

MU is an acronym for different schools, such as Marshall University, so the trend #MUProblems is not limited to solely Monmouth University. Many of the tweets are focused on those schools. However, @MnmthProblems is a twitter page created specifically for Monmouth University students and faculty. It is not a trend page; rather, it is a separate twitter identity.

"Monmouth should definitely look over the site, if they haven’t already, and take note of things that bother students," said Rachel Dimucci, a sophomore at the University. “To please a student, you must to think like one.”

The health and welfare of the University’s student body is promoted by the Student
Obama Orders Lowering of Higher Education Costs  
Colleges and Universities Failing to Comply May Face Loss of State Funding

William Craig
Vice President for Finance

Nevertheless, Monmouth University’s tuition increases have consistently been among the lowest charged by private colleges and universities in New Jersey for over 15 years, resulting in a tuition and fee rate that is in the lowest third of that group of institutions in the state.

Due to the reduced or declination of certain sources of income, such as state support, increased percentages in tuition and fees, and the decline in interest rates, it becomes difficult to keep tuition costs low, according to Craig. “Nevertheless, Monmouth University’s tuition increases have consistently been among the lowest charged by private colleges and universities in New Jersey for over 15 years resulting in a tuition and fee rate that is in the lowest third of that group of institutions in the state,” Craig said.

The psychology department proudly hosted its 55th semi-annual research conference, co-ordinated by Dr. Natalie Ciarocco and Dr. Janice Stapley this semester.

Throughout the day, nine paper presentations and 31 poster presentations displayed the results of each student’s original senior thesis project. Projects, under the guidance of faculty supervisors, were seen through from idea conception to data collection and the display of the results at the conference. Drs. Demarest, Dinella, Holmes, Lewandowski, and Stapley all served as thesis supervisors this semester.

This year’s recipient of the best paper presentation was Jacqueline Abate, for her paper entitled, “Evaluating Relationship Partners: The Mere Personality, and Willingness to Leave Home.” The best applied psychology poster award went to Juliana Pierce, who worked with Dr. Hatchard’s poster, “Strength of Attachment on Preschoolers’ Self-Regulation” and Chelsea Thomson for her poster, “Who Studies Abroad?: A Look at Birth Order, and the Experience of Attachment.”

Congratulations to the award winners and all the senior thesis students on the completion of their projects.
University to Build New Residence Hall

Hall continued from pg. 1

need to move off campus,” Nagy added. Raymond Gonzalez, the Associate Director of Housing Operations of the Office of Residential Life, said “We are trying to provide more students the opportunity to live on-campus, including juniors and seniors. It is my hope that the new residence hall will provide us the flexibility to do that.”

Gonzalez echoed the thoughts of Nagy and commented on how the increased space will help ease the stress of students trying to work to live situations. “We also hope to have a small food service operation there operated by our food service provider,” Nagy said. “Accord- ing to Gonzales, an important goal of the building of a new residence hall is to mini- mize or eliminate the current waitlist on which many rising sophomores are placed in order to get housing for the following year. More beds and more space will hopefully put this problem to bed.”

While these plans for a new residence hall are in the works, there is no set date for the beginning of construction yet. “The timing of construction is not set yet,” Nagy said. “We must finalize our plans and take them to the Borough of West Long Branch for approval.”

The new residence hall will be situated in lot six, which is the parking lot currently located to the right of Cedar Hall and behind Spruce Hall on the residential side of campus. In terms of the style of the new residence hall, Nagy said that it is supposed to be a traditional corridor style, very much similar to the likes of the recently built Mullanyes Hall. The new residence hall also would house a few extra features not seen in the University’s other residence halls.

Mary Anne Nagy, Vice President of Study Abroad and International Affairs, added.

Hawks Tweet Feelings About University

Twitter continued from pg. 1

Government Association (SGA) Nicole Levy, President of SGA, said that she guarantees that SGA will begin to look at the Twitter page now that it has been brought to their attention.

More and more students will be likely to use Twitter as a tool to get their opinions heard because it is quick and simple. Levy said that Twitter pages involving the University are a positive thing. “One of our biggest problems is that we can’t get students to talk to us about what they would like to change, but something as easily as tweeting can be the solution,” she said.

Mary Anne Nagy, Vice President of Student Services, said that she finds #MUProblems to be an unacceptable way for University students to share their concerns. However, she also recommends voicing those concerns to people who can help.

“I think the appropriate use of any social media tool to express a concern is fine,” Nagy said. “I would also encourage students that have a concern about something on campus to share that information with those who might be able to ad-

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Nicole Levy SGA President

Katie Currin, a sophomore double majoring in accounting and management, said that #MUProblems is very commonly used on campus. “I think the #MUProblems trend is a negative or positive thing for the university and tweet more about the good things about Monmouth.” Migliaro said. “People are so quick to notice the nega-

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The next installation of engraved bricks will be located along the walkway to the Cedar Avenue quadrangle, over the entrance to Wilson Hall. They will be ready to view by the time of the Spring Commencement on May 16, 2012. When asked if she was going to purchase a brick, senior Jessica Fina stated, “Absolutely! I already told my mom about it so she’s pre- pared. Any and all students are able to purchase a brick and personalize an engraving. If students want the brick to be placed by com- mencement, orders must have been finalized by February 1, 2012. All of the purchasing information can be found at www.monmouth.edu/bricks or call 732-571-7528. Proceeds from the tax-deduct- ible bricks go directly to support the students of the University. The bricks cost between $300 and $400 depending on the size cho- sen. "Even though the bricks seem a little expensive, it’s totally worth it after all we’ve put into Monmouth," said Fina.

Many students find the cam- paign to be a great idea, but one student in particular was extreme- ly moved by the project. "I feel re- ally emotional when I think about all my senior friends graduating, but knowing I can see their name on the walk makes them less- en, the vibe of the place," said Megan Cabe, a sophomore.

"I have money to go to the Hawk Walk Brick Campaign but the Student Alumni Asso- ciation is also putting the proceeds toward a $25,000 endowed schol- arship. The Student Government Association is also using the mon- ey to fund more extracurricular activities at the University," Stephanie Santopade, an alumnus of the University who gradu- ated in 2010, gave a little insight on the impact of the campaign.

McGraw College Admissions Getting More Competitive

JESSICA MEYERS MCT CAMPUS WIRE

College admissionsGetting More Competitive

"Sorry, I'm an average middle-
school kid," said Emily Cohen, vice president of IvyWise, a New York company that specializes in college admission consulting. "I'm not the most brilliant student, but I'm working hard and I have the determination to succeed. I'm sitting in my 16-year-old body and I'm still writing my college essay. It's hard not to be sucked in," Cohen added.

"It's nice knowing that, even though I'm not there anymore, that brick represents me," she said.

"Mormon had such an impact on my life and it’s nice to know I have been able to leave my mark," said Fina.

"It’s nice knowing that even though not there anymore, that brick represents me," she said.

"The college admissions process has morphed into a focused fight to prove individual exceptional- ism," said Dr. Nick Chabue, dean of admissions at Northwestern University. "It and only may get more intense. Colleges nationwide have seen swelling numbers of early appli- cants this year, fueled by an indu- stry pushing college readiness and the growing influence of online marketing.

Even the time when students apply has crept later in recent years, Cohen said. "This past year, Texas's most prestigious col- lege, Texas, has accepted 21 percent of its applicants, the lowest percentage in 10 years. In the past two years, Texas Christian University's early applications have gone up by 20 percent. It's a good news, bad news kind of deal," said Ray Brown, Texas Christian University's dean of admis- sions. "It's a tough year to be admitted, but the flip side is that they are taking it very seriously. College advisers attribute the spike to myriad factors, among them the enhanced accessibility provided by technology, a more streamlined application process and a belief that early interest will grant students an edge. "You technically can apply on your phone," said Rachel Brooks, a senior at Frisco, Texas’s Liberty High who shoulders five advanced placement classes, plays in the marching band, and edits the school newspaper. She also skipped her senior trip. "I made my decision as a junior. The 16-year-old me, I guess," she added. "I'm definitely putting more time into them this year. It's taking more seriously, but the flip side is they are taking it way too seriously." College advisers attribute the spike to myriad factors, among them the enhanced accessibility provided by technology, a more streamlined application process and a belief that early interest will grant students an edge. "You technically can apply on your phone," said Rachel Brooks, a senior at Frisco, Texas’s Liberty High who shoulders five advanced placement classes, plays in the marching band, and edits the school newspaper. She also skipped her senior trip. "I made my decision as a junior. The 16-year-old me, I guess," she added. "I'm definitely putting more time into them this year. It's taking more seriously, but the flip side is they are taking it way too seriously."

"College essays have been the buzzword "holistic" to describe the value in higher education. More young people than ever see college as a way to get an edge over another applicant. "We begin to think about college prep and extracurricular activities at the University. But the entire process disgusts Tracy Begland. "It's not what I expected. It's not what I expected."

"The Internet has absolutely made our ability to communicate with students much, much easier," said Wes Wagarren, Southern Meth- odist University's dean of graduate admission and executive director of enrollment services. "You technically can apply on your phone." Prospectives attended go on virtual college tours, hear testimonials from current students on YouTube, and send a common application to several colleges by clicking a button. And a school can appeal to more young people than ever before. "Admissions teams echo the buzzword "holistic" to describe how they mitigate for a financial aid leg up. "It's hard not to be sucked in," said the Coppell, Texas, mother, said. "You're not competing up there with your peers if you don't do some outside things."

"Colleges have tried to lessen disparities by providing more financial aid. The University of Texas automatically accepts 21 percent of applicants last year. So don't always assume that the student who is able to travel abroad and do these other things necessarily gets them a reason- able advantage over another stu- dent. Marcus Alvarez doesn't. The Irving Nimitz High School senior stays for after-school tutoring even though it means he'll walk the two miles home. He doesn't have a laundry list of extracurricular activities, choosing to play drums in the band and volunteer at a law program that works with troubled teenagers. He'll be the first in his family to go to college. He's also first in his class. Alvarez's college essay focused on self-made opportunities. He fin- ished his applications at 11:59 p.m. on New Year's Eve.

"It’s a lot of questions are about overcoming obstacles," Alvarez said. "And I was thinking if I didn't have any challenges, I wouldn't have anything to write about. My experience is you do what you love and everything falls into place." He wants to go to Harvard.
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Are Freshmen Becoming More Serious?

The Outlook Staff Opinion

With the rise of unemployment in our country, some researchers are also seeing a rise in maturity levels of college freshmen. According to the recent “American Freshman” poll, 85.9 percent of first-year students in the United States said that being able to land a job is the most important reason for attending college.

According to an article by Larry Gordon on MCT Campus Wire, this is the strongest response to the question in 40 years and is sharply higher than the 70.4 percent in 2006 before the recession began. Most of the editors at The Outlook think otherwise.

The first year at college is still a wake-up call for most students. It’s the year during which they are re-establishing themselves within their social circles and figuring out who they really are. It’s the year of big changes and big transitions in a student’s life which essentially makes them more focused on dealing with those changes, than landing a job after college. They are more concerned with being accepted by their new friends and finally being able to have “freedom” away from parents or guardians. To most first-year students, freshman year is about testing boundaries, when they should be focused on attaining their degree.

The majority of us had to take general education classes that are usually filled with first-year students. We came to a conclusion that their attitude really takes a long time to snap into college mode. Most of the students still treated the coursework with a high school attitude. Several of them were more concerned with where the party is the upcoming Thursday rather than the paper due on that same day.

On the other hand, some freshmen are realizing the effects of the failing economy on their careers because of professors. A lot of professors are opening students’ eyes to the situation in our country and urging students to get involved with leadership groups on campus in order to enrich their resumes. But are those students listening? Most of the students that want to get involved are juniors or seniors, who suddenly seem to have a wake-up call.

Some freshmen are aware of the bleak economy and how competitive the work force is getting. While interviewing the incoming freshmen during New Student Orientation, one of our editors realized that a lot of the students were very set on their goals. They seemed to have it all figured out and had concrete plans of what they wanted to achieve.

Through observation, we realized that college freshmen at the University are aware of the status of the economy and have a stronger set on their goals, but are no different with their mindset than past classes. Their focus is still on their transition and being accepted, and of course, where the party is this weekend. They still don’t realize the importance of enrolling in their classes right from the start of their college career.

Correction:

In the article regarding “books@monmouth” in the January 25 issue, it is stated that on the website “a tax of seven percent is included on purchases from the University bookstore.”

Sales of required textbooks in the state of New Jersey are exempt from sales taxes, therefore no tax is charged on them in the University Store. If the website is adding the seven percent, it will be overstating the actual retail at the store in price comparisons.

Bill Rainey
University Bookstore Manager

Editor’s Note: The Outlook regrets any misunderstanding this information may have caused.

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The Outlook 7

February 8, 2012

REALITY TV IS NOT GOING ANYWHERE

Bye Bye Polar Bears

JACKLYN KOUFFATI
OPINION EDITOR

The first day of February has finally arrived. Instead of everyone putting on their winter coats before heading out, they are grabbing their sunglasses and slipping on their sandals.

There is something wrong with this picture, but it’s reality. This is all because of a something called global warming.

While most people think this is a hoax that someone started just to get the world in a frenzy of spending tons of money on “going green,” I believe that it is true. If someone were to explain the snowstorm in October and the summer weather in February, feel free. Until then, I will keep believing in global warming.

Many may have heard the term, but not everyone knows what it means. Global warming is literally exactly what it sounds like, the warming of the planet. It is a result of the “greenhouse effect.” According to geographic.com, the “greenhouse effect” is gases that let light in but keep heat from escaping, kind of like the walls of a greenhouse.

There are several different things that cause global warming. Coal burning power plants and cars are the largest sources. According to nrdc.org, the US is the largest source for carbon dioxide pollution.

Something obviously needs to be done about this. The US is supposed to be one of the most powerful countries. If we start to take responsibility and change our ways, maybe other countries will follow our footsteps.

If global warming continues to get worse, the world isn’t going to be that safe of a place anymore. Storms and hurricanes are going to get stronger, flooding is going to get more extreme, and droughts are going to be unbearable.

The weather patterns are majorly affected by global warming. If temperatures continue to rise, polar bears won’t be able to live in their natural habitat. They are predicted to become extinct by the year 2015, according to nrdc.org.

The non-believers only think that the animals are the ones being hurt, but they are wrong. People themselves are at high risk because of global warming. It increases pollution intensifying pollen allergies and asthma. It even causes more of a widespread of diseases and increases the chances of heat related deaths.

The first day of February has finally arrived. Instead of everyone putting on their winter coats before heading out, they are grabbing their sunglasses and slipping on their sandals. I have become increasingly fed up with the amount of material that has stolen my heart. Maybe a show for the housewives and the tax brokers of America, or how about a show where the rich and famous keep their lives taped for naught? “The Real World” was a hit. We had never before seen a show in which people voluntarily had their lives taped for national viewing, but nevertheless, “The Real World” was a hit. We have seriously come a long way from those seven strangers who were picked to live in a house and have their lives taped.

Reality television, it’s safe to say, has become a cringe worthy obsession of our generation and even our society as a whole.

Wonder what it’s like to be a hoarder, to live in clutter and filth with nothing to look forward to except the next item to add to the collection? Look no further than TLC, “The Hoarders Channel.” It will teach you a thing or two. Take an in-depth look into the lives of unstable people who don’t know how to let go of something as simple as an empty picture frame, because they have developed some sort of emotional relationship with not even the picture inside, but the frame itself. If you wondered what it was like to let “things” take over your life and home, “Hoarding: Buried Alive” can show you exactly what it’s like.

Do you care about what polygamists deal with on a day-to-day basis, and how one man can balance his three wives and 10 kids? I’m sure you are all dying to know, no need to fear, “Sister Wives” can give you all the details if you ever wish to live the polygamous lifestyle.

What about “Toddlers in Tiara’s?” The frilly, pretty-in-pink, newest form of child abuse; and it’s not limited to air on television. Reality television, it’s safe to say, has become a cringe worthy obsession of our generation and even our society as a whole.

I am so sick of reality TV, and I know I’m not the only one. It all started with “The Real World,” which had a great concept of a group of 7 strangers from across the country being placed in a new environment, fighting for their attention and his rose.

The guy always seems so calm and collected, and the rose always goes to him. “Jerk Shore” is like crack, and most of us just can’t get enough of it. Four seasons in, you think we would be over it, but no, Snooki and the “Jersey Shore” cast has surpassed the show to become a household name, and bring in a bigger income than they probably thought possible before their initial casting interview.

When you think of reality television, it’s safe to say, has become an obsession for what? Because they willingly embarrass themselves on national television to keep ratings higher than Paul D’s hair.

It doesn’t seem that hard to come up with a concept for a show, with all the garbage that people watch. “Mob Wives,” my guilty pleasure, proves that all you need to get people hooked is a bit of controversy. In other words, what you are actually saying.

It adds to the mystery of “the lifestyle,” when you play the game “what the %&%@ did she just say.”

I am starting to believe that the illogic of it all, we know reality television is not going anywhere any time soon. It has never been better for the hopeful reality TV stars to make it big and make even bigger money.

It is hard to imagine what could be next, what new angle our generation could put on to get viewers hooked.

Maybe a show for the housewives and the tax brokers of America, or how about a show that is just a prequel to “Mob Wives,” or a show for the housewives and the tax brokers of America.

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It is hard to imagine what could be next, what new angle our generation could put on to get viewers hooked.
Why Are the Youth Not Voting?

ALYSSA GRAY CONTRIBUTING WRITER

One vote. That’s all it takes for someone to not only change the outcome of any given election, but also determine which party wins and loses, what rules and regulations shall be determined and how secure a position someone could obtain in a distant future, but somehow the youth are not voting.

Conversely despite all of the importance held behind such a vote, polls show that young people are not as apt to vote as their parents and elders. According to the Star Ledger on February 8, 2012, politics is not something that many don’t vote because of these mindset. “Youths don’t vote,” according to Joseph Kyrillos Jr., “they are lazy and don’t want to pay attention. The old way is to not vote because that their vote won’t matter.”

Freshman Lindsey Pieschel states that, although she plans on voting this upcoming election, she has a problem with voting before.

Such a behaviorism stated by Kelsey and felt by Pieschel are those that every youth in America agrees with. “I don’t think I will be voting,” Kelsey said, “I will be waiting until my senior year in high school to make that decision.”

These connotations can primarily be attributed to a basic lack of awareness. “Every young American with the political system, as compared to that of their parents, is not participating in the process.” Pieschel stated. “Youth should be more educated in high school about voting. If it isn’t taught at a young age we are going to be more reluctant to use it later.”

According to Dr. Joseph Paten, Chair of Political Science Department at Rutgers University, young people have been able to determine whether someone will vote or not,” said Paten. “They are voting for the candidate that they believe is the best for the problem at hand. If a particular candidate is not voted for, that candidate doesn’t get the job.”

Youth voting in most scenarios serving as the minority simply doesn’t care. There is no wonder that several find themselves asking the age old question, “Does my vote even matter?” It is this train of thought that has proved to be one of the key factors in deterring past youths from making their views known in the polls.

Another cause contributing to these inhibitions is education. The fact that voting is presented to them that has been drilled into every student’s head from elementary to secondary school. “It is about all that most can truly recall about voting,” Pieschel stated that, “We know that people died for that right and that we should use it, but we don’t really know how to go about it. It is this where lack of education comes into play, son.”

Additionally, high school students are the legalized right to vote at 18 yet they have not been afforded that opportunity. “Youths should be more educated in high school about voting. If it isn’t taught at a young age we are going to be more reluctant to use it later.”

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Another factor influencing youths could be the registration requirements. “In some states, such as New Jersey, one must register 21 days in advance of the election.” Pieschel stated. “Youth in this day and age move around a lot, and are not as settled as older demographics.”

Patten goes on to suggest that having same day registration, like that in Minnesota or Maine, could bring in a larger turnout amongst the youths.

Call Carlin, a reporter for CBS, on April 8, 2008 article, that in order for politicians to draw in young Americans, they have to change the way the suggest they go about such by using methods that aren’t traditional. “Voting shouldn’t be an act of social networking propaganda,” he says, “Youth from higher income can not only poorer, but they are still very young with many youth not voting because they are not interested.”

Other means suggested include holding events targeted specifically for young men and women, such as massive parties. “Voting is a very big issue for young Americans and simply getting them involved in the process is crucial,” Patten said. “If the politicians are taking Carelin’s words to heart.”

As stated by Patten, young people have been voting more often over the last two presidential elections, both of which involved the increased utilization of internet, social networking and networking propaganda. “Voting isn’t something that was high the same way it was in 1940s, Patten goes on to say that the high turnout by young Americans is what ultimately caused Obama to become the president of the United States. “It was the first time that young people have been able to single-handedly move the system to a new path. That’s why they are so important. If we can’t get the youth to vote, the rest of the population will simply be at risk.”

With the youth finally taking a stand and not only finding their voice, but letting it be heard through the polls, perhaps the change that America has been waiting for will finally be achieved, one vote at a time.

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Joseph Kyrillos Jr., a Monmouth County State Senator, has hopes of running for federal elected office in Washington, D.C. next year. He announced on Wednesday, February 1, saying that he plans on running as a Monmouth Senator seat.

Kyrillos, who represents the 13th District from 2001-2004, is also the New Jersey Senate, which includes Monmouth County and the United States Senate seat. Kyrillos has been in the Senate from 1992-1997 and served as the Majority Conference Leader from 1997 to 2001 and served as the Economic Growth, Commerce, and Performance to the Republican nominee. Kyrillos would look to link his name recognition to the nomination for the state of New Jersey.

The result of the poll, 44 percent for both Kyrillos and Little, who is running against Colts Neck based Menendez for the state’s Senate seat.

Senator Menendez has already raised more than $10 million for his re-election campaign. Roughly half of the money comes from North Jersey-connected donors, with law firms in Roseland, Florham Park and Teaneck combining to deliver him $270,000, the most of any candidate.

About 300 individuals have donated the maximum $5,000, the absolute limit, and a reported 39 cents out of every dollar raised was given from outside the county.

The finance, insurance and real estate industries combined to do $15 million for the two candidates, according to the report. Meanwhile drivers and lobbyists have given the campaign nearly $1.8 million.

1992, Kyrillos had run unopposed as the U.S. House of Representatives, looking to unseat incumbent Frank Pallone Jr. (D-NJ) for the Sixth District. “We have proven in New Jersey that strong leadership can change the course of history,” Kyrillos’ release stated. “Under Governor Christie, the state has become known as the school safety. President Obama’s job performance. According to the poll, 46 percent approve, while 45 disapprove, a slight improvement for Obama over the October Public opinion poll, which put his approval rating at 44 percent and disapproving at 7 percent. At his campaign kickoff last Wednesday, Senator Kyrillos, with his parents, wife, and children by his side, opened the event by saying “America faces tough and uncertain times. Our families face challenging times.”

Our spirit America’s spirit is being tested. Over 20 million of our fellow Americans are out of work or unemployed today and many more are discouraged, facing layoffs and new reality.

Kyrillos in another interview stated he is running because he is “worried only one direction America is headed today.” He said, “We proved in New Jersey that strong leadership can be possible.”

Citing statistics that he said show our unemployment rate has nearly doubled and the national debt has similarly grown during Menendez’s years in office, Kyrillos, R-Monmouth, promised that the crowd that he will “take a different path,” according to the Asbury Park Press.

Cristina Marzella, a student at the University, said that “it’s time for a change in Senatorial leadership for the state of New Jersey. I feel that the time has come for a man like Joseph Kyrillos to lead us toward a more successful and brighter future. I support his efforts in both voting to re-
Debate Hawks Host Successful Tournament

Students Argue Over Best Way to Approach Foreign Policy

The content of these debates varies each season. Currently the topic is U.S. funding to Middle Eastern countries such as Yemen, Bahrain and Syria. Each school chooses a specific case to run as the affirmative constructive, while the negative side attacks it in order to discredit or effectively explain why this plan is flawed.

Students use different forms of evidence and proof to build their arguments. They try to create a narrative that is persuading the round. This evidence can incorporate arguments from the team to a certain extent or argue for a set of values created by the constructive. Many teams come up with elaborate displays to demonstrate their position and appeal to the judge. Essentially the only rules of debate are respect for your opponents along with the ethical traditions of the sport. Although debate political issues, the practice of debate provides them with the ability to think and formulate logical responses on their own, granting them a valuable skill in any area of expertise.

The hours put in by the students competing were extremely long exhausting. The actual debate rounds, starting at 8:00 am, last approximately two hours. There were breaks in between. The commitment of all the teams was truly admirable. For a few teams in particular, this hard work paid off in the end. Institutions such as West Point, Liberty University and Boston College all left taking awards home for their outstanding performance.

The end of the competition rounds on Sunday concluded with an awards ceremony in Wilson Hall. CUNY, James Madison, George Mason and West Virginia were all schools that won speaker awards, confirming the high quality of the schools in attendance.

Events such as these tend to require a great amount of volunteerism and planning. Luckily the Monmouth Debate students along with their coach Dr. Joseph Patten handled the logistics of the tournament efficiently and professionally. The team created an incredibly welcoming environment for schools that traveled great distances to participate. The competition was an extreme success for Monmouth as well as the competitors. The tournament ended up being one of the largest events on schedule this season. The entire debate program has grown significantly incorporating students of diverse majors and interests, as well as students that have a passion for politics.

Dr. Patten is very proud of his team and the way the tournament ran. “It was very exciting to host a tournament. There were 20 of the best colleges and a great group of competitors.”

The Monmouth Debate Hawks have had a successful and productive season thus far, bringing home trophies at tournaments at West Point Military Academy and Rutgers University Newark. The schedule for the spring season includes a trip to Cornell University on February 10 and another event that has yet to be scheduled.

The Debate Hawks look forward to a very successful semester and continuing to soar to new heights.
February 8, 2012

LIFESTYLES

Pilates is much more than just an exercise. It can be a great stress reliever too.

Pilates is much more than just an exercise. It can be a great stress reliever too.

Becoming a Better “You” with Pilates

SLOANIE CORAN
STAFF WRITER

Through emphasizing proper breathing technique, correct pelvic and spinal alignment, along with concentration on fluid and smooth flowing movement, anybody can become deeply in tune with the body. An individual must focus on manipulating and control its movements.

In the practice of Pilates, it is the quality of movement which is valued over quantity of repetitions. According to the Mayo Health Clinic, it is important to remember that proper breathing is more essential than execution of a movement.

Pilates strives to elongate and strengthen, thus improving muscle endurance and overall body cinch. A body which is balanced with strength and flexibility is less likely to get hurt. Consider your Pilates workout a whole body, even the feet and ankles, according to Pilates.com. No matter what level you’re at, the Pilates core is always working. Your entire musculature is evenly conditioned and balanced, helping you enjoy daily tasks and sports with improved ease, better performance and less chance of injury. That is why so many sports teams and elite athletes now use Pilates as a part of their training regimen.

Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates should consult with your medical professional if you experience any doubts about your Pilates program or if you suffer from physical pain, you should take extra care before begining your Pilates program.

According to Pilates.com, you should never pull back if you feel over-exhausted. Don’t lose your balance or the Pilates Pilates was designed to progress naturally from one movement to another. If you feel yourself slipping, stop at the beginning and pull back to the areas you have found most challenging.

According to Pilates.com, Pilates was first developed in the early 20th century by Joseph Pilates. He first called Pilates “contrology” because he believed that the mind controlled the muscles. There are six original principles of Pilates which are concentration, control, center, flow, precision and breathing.

Many Pilates teachers refer to the group of muscles in the center of the body – which encompasses the abdomen, lower back and upper thighs, the “powerhouse.” All movement in Pilates begins and ends with powerhouse, and flow outward to the limbs.

Breathing is one of the most important aspects of Pilates. “Breathing helps us learn to stay calm in other stressful situations,” explains Schaaff. It’s true, a deep breath that brings things down in the diaphragm can impact your emotional state significantly and should therefore be used in any stressful situation.

Actually taking the time to stop and inhale/exhale deeply gives the body and mind a brief moment of self-awareness. Too often we are running so fast that we don’t come to a stop in a task that we forget to experience time in the present moment. Recognizing how busy we are, and correcting it with a prolonged breath, is a positive response that will balance stress levels. Pilates can teach you how to breathe correctly and is known as “diaphragmatic breathing,” according to Pilates.com.

Mind and body exercises remind us that our thoughts are fueling stress-free way of life.

Pilates techniques will help you achieve an energetic flow. "The change in your Pilates class is over, you’ll be completely energized. Don’t forget to end on a sweet note, and you’ll surely be the master of seduction this Valentine’s Day.

Seduction for Valentine’s Day

JACLYN GUYER
STAFF WRITER

Think back to around January 5th. It’s only ten days until New Year’s and you head to your local supermarket to pick up a few essentials for that evening before you begin roasting the inles you notice there is an extra flow of customers taking over the store – pink and red.

“What happened to New Years?” is something you’re being asked. Well, for your convenience, all of the New Year’s paraphernalia is already available and the holiday has only just come and gone.

That’s right. The stores are in full Valentine’s Day mode. There are chocolate boxes scattered here and there, chocolate roses in full bloom, and a teddy bear holding a big sign that says “I Love You.” At this point, you might be thinking “No, Valentine’s Day, I hate you.” But whether you’re single or in a relationship, the occasion can actually be enjoyable without falling into the easy “chocolate box gift trap.”

Many foodies agree that nothing says “I love you” more than preparing a home cooked meal or at least saying “I love you” more than preparing a home cooked meal or at least saying "I Love You." At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.” At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.” At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.” At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.” At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.” At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.” At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.” At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.” At this moment, says “I love you” more than preparing a home cooked meal or at least saying “I Love You.”

According to Pilates.com, Pilates “contrology” because breathing is a positive response that will balance stress levels. Pilates can teach you how to breathe correctly and is known as “diaphragmatic breathing,” according to Pilates.com.

Mind and body exercises remind us that our thoughts are fueling stress-free way of life.

Pilates techniques will help you achieve an energetic flow. “The choice to engage in a healthy activity that is being carried out within your body and a state of complete awareness can be achieved. Once your Pilates class is over, you’ll be feeling of calm and feel completely energized.

The best part is that Pilates is easy to start. There is a plethora of books, tutorials and videos to help you get started. On campus, students can check out the online Club and register for a 10 credit Physical Education Yoga, Pilates, or Tai Chi class. What can be better than earning credits while making an effort to stay healthy?

If you practice Pilates regularly, it will change your body. According to the American College of Medical College, “Pilates is known for creating long, strong muscles and a lean look; Pilates also strengthens muscle tone, balances musculature, supports beautiful posture, and teaches you to move with grace and fluidity.” All of these aspects will make you look and feel fit.

Making the choice to engage in a physical education class such as Pilates is an enormous stress reliever and can also boost self-esteem. When you feel better, that radiates, and you look better as a result.
Catholic Centre

Sunday Mass
Sundays at 12 PM in Wilson Chapel

Daily Mass
Mondays & Tuesdays at 12 PM in Wilson Chapel

Catechism Group
Tuesdays at 4:30 PM at the CC

Eucharistic Adoration
Thursdays at 12 PM in Wilson Chapel

Valentine's Day Party
Thursday, Feb. 9 at 7 PM at the CC

Penance Service
Wednesday, Feb. 15 at 7 PM at the CC

Pajama Party
Thursday, Feb. 16 at 7 PM at the CC

www.mucatholic.org/ on Facebook
Monmouth University Catholic Centre
16 Beechwood Avenue, West Long Branch, 732-229-9300
Gate to our house is located in the rear corner of Lot 4
next to the Health Center

Monmouth Area Vegetarian Society (MAVS)
Free Events open to the Community:

Sunday, Feb 19th at 1:00 pm
Film Screening of Water - The Great Mystery
followed by special guest speaker Lindsay Kemp
of Love Bottle.
There will also be a vegan potluck as part of this event.

Sunday, March 11th at 1:00 pm
A special presentation by The Front Yard
Farmer Wendy Weiner, whose amazing gardening work has
been seen at such places as Jan Ber Jon's JBJ Soul Kitchen.
There will also be a vegan potluck as part of this event.

Sunday, April 1st at 5:00 pm
Transitioning to a Vegetarian Diet,
a special presentation by Lauren Forney of
Center Your Health and 3 Healthy Chicks.
There will also be a vegan potluck as part of this event.

All events will take place in the
Magill Commons building
*Please RSVP to mcharris@monmouth.edu.*
Follow the Monmouth Area Vegetarian Society
on Facebook for healthy recipes, events, and updates

FIRST YEAR SEMINAR
PEER LEARNING ASSISTANT (PLA) INFO SESSIONS

If you are someone who...

✓ Has an interest in becoming more involved at MU
✓ Would like to work closely with full-time faculty to support
learning within the First Year Seminar
✓ Has taken FY seminar and want to help new students adjust

PICK A DATE:
ANY WEDNESDAY BELOW:

Feb 15  Feb 22  Mar 21  Mar 28  Apr 18

3:30 PM – 4:30 PM
CSS Conference Room
(Lower Level of Student Center)

For more information contact Bea Rogers at
brogers@monmouth.edu or call 732-571-3584
Scheherazade: Tell Me a Story Engages Viewers With a Powerful and Moving Tale

DAN STE. MARIE
STAFF WRITER

The Proven Film Series kicked off last Monday in Pollak Theatre, entering its fifth year at the University, with a screening of the Egyptian movie Scheherazade: Tell Me a Story. Proven Director Dr. Thomas Pearson acted as host for the event, welcoming guests to the theater and introducing "a great film." He said this year’s theme, “A Journey into Muslim Culture with a Special Focus on Women,” was inspired by the events that led to the Arab Spring.

"How was it in these ancient capitals of the world that we saw such political volatility?” said Pearson. “Everybody was talking about the role of the social media in bringing about various upheavals; we were thinking it’d be very interesting to use film to get some sense of the social, political, and economic and cultural origins of those upheavals against the patriarchal regime.”

There was an open discussion afterwards with guest panelist Dr. Carole Haywood, a Professor of Learning at Ocean County College, who was born and raised in Egypt.

She said the title scheherazade is based off the popular Middle Eastern tale of the 1,001 night story of the nights where a Scheherazade is a woman trickster that tells stories to a king to keep him from cutting her head off. In the movie, scheherazade is a woman “exposer of real life, in your face situations.”

Scheherazade is a story about Hebbas (Mona Zak), a well-known television hostess at “Dusk to Dawn” notorious for covering controversial political topics like illegal immigration that leaves the government and viewers alike in awe. She’s a very pretty woman but a fierce host that climbs over tables as she debates with her guests.

Her husband, Karim (Hassan El Raddad), has a successful career at the government run news network. One catch is he has to convince Hebba to stop covering controversial issues and do more light material.

The director incorporates the powers of the group and gets some of the funniest lines. As any found footage film, it helps to have a believable cast of unfamiliar faces. This is achieved with Chronicle’s main cast of DeHann, Russell, and Jordan look and act like high school students while giving their characters distinct personalities.

DeHann shows Andrew’s depression as well as his joy at gaining his powers, Russell acts as the voice of reason, and Jordan is the comic relief of the group and gets some of the funniest lines. Most, so they present their characters having no responsibilities by laughing when they pull pranks on unsuspecting people like when Jordan jumps from a car from one story to another and they laugh like actual teens as the lady girl frantically.

These actors display a care-free attitude to not make Andrew, Matt, and Steve feel like superheroes, but kids膨胀, and Russell catch Andrew and Matt’s struggling relationship with any expectations and tough stances as their powers pull them into dark territory.

Josh Trank does a wonderful job directing Chronicle, capturing all the fun of having powers as well as the dangers of them. Yet, he really shines with how he plays with the camera. While many found footage are in first-person, it’s not always the case here. The director incorporates the powers into the camera work and altering the film’s perspective. Rather than feeling weird, this moves the movie more interesting by expanding its scope, like when Andrew and Matt change from a three-camera setup to a unicycle to fly.

Trank also takes advantage of other camera forms like securing powers with super specials. In DeHann, Russell, and Jordan look and act like high school students while giving their characters distinct personalities. These actors display a care-free attitude to not make Andrew, Matt, and Steve feel like superheroes, but kids膨胀, and Russell catch Andrew and Matt’s struggling relationship with any expectations and tough stances as their powers pull them into dark territory.

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Local psychedelic progressive rock band Karmic Juggernaut tore up The Press Room in Asbury Park during their show last Friday night. The three-man band rocked so hard that the audience was left slack-jawed and mind-blown.

Karmic Juggernaut (K-Juggs for short) is a band who are known for their music which mixes forms of funk, blues, metal, and classic rock to form an exceptional band. This sound would be comparable if you had Rush, Umphrey's McGee & Trey Anastasio, with one fantastic super group. Their style is a truly original and refreshing.

As the band took the stage, the bar had an overwhelming smell of beer and urine. People began to crowd the band with the first squall of the guitar. Without hesitation, the band unleashed a dark, technical, grooviness jam to rock out the audience. The guys sat in their studio called "The Hangar," and discussed the history and future of Karmic Juggernaut.

The band is made up of Kevin Grossman (drums), Randy Preston (guitar/bass/vocals), and University alumni, James McCaffrey (guitar/bass/vocals).

All three members attended Wall High School, and in 2004, they formed the band for a battle of the bands. The first time they played together during the audition, "We just went into the audition and jammed...it was completely spot on," McCaffrey explained.

After winning the battle of the bands, K-Juggs created their first EP, "Guacamole Genie." They demo and sold it to everyone in the high school, Grossman said. The band then got up on stage at the Stone Pony.

The Stone Pony really enjoyed having the band play and began to book them. "Hit records." We started doing gigs there.

I think that year alone we did 50 shows in a row. He also played New Years that year. "It's just like the Stone Pony."

As the band got older, keeping in touch with their audience is one of the most important parts of the way they use it to be. "Once we got out of high school, it was a lot harder to keep up on the body. It was just as easy as walking around the halfway being like 'show tonight, eight o'clock. Show tonight, eight o'clock.' It's not the same anymore," Grossman explained.

Preston positively replied, "I would say that the crowd has gotten bigger than it was. It's grown.

"Well, they are better now..."

"They're incredible," seizes Colton Kayser. "There are no better musicians out there. My jaw hits the ground every time I see them."

Kitty Moon, a junior at Middletown High School for the Performing Arts, agrees more. She said, "Karmac is where music should be going. Ponton jokingly explained its meaning. He said, "The name didn't make much sense at first. It was just kind of like, oh, it sounds cool but as time went on it was like, oh...we can make this make sense if you look at it this way, you know. It's like half of our music is karma and the other half is juggernaut and it meets somewhere between.""

"Karmac-Juggernaut," says McCaffrey and Grossman chimed in, laughing and repeating the phrase in a spaced out tone.

Listeners and lovers of K-Jugs waited anxiously for their new EP, that was released in early January. On the EP, there are four songs, many of which were recorded in Ron Frangipane's, associate professor of Music and Theatre Arts, own recording stu-

Local band Karmic Juggernaut rocked out on February 3 when they played their signature heavy rock beat at the Press Room in Asbury Park. James McCaffrey, who plays guitar, bass and sings, is also a University graduate.

One of the song entitled, "WaHa Hoo" was recorded and taped using only solar electricity in various spots in New Jersey. A music video for that song will be released in the next few weeks and can be found on their website, Karmacjuggernaut.com. Other songs on the EP such as "Guacamole Genie" were performed at the Press Room, McCaffrey and Preston's timing while playing was completely spot on as their fingers sweep all over the fretboards. Grossman bashed on his red marble fret boards. Grossman
dressed in, laughing and repeating the phrase in a spaced out tone. The band their first gig at the Stone Pony. McCaffrey also has never been changed, and Preston jokingly explained its meaning. He said, "The name didn't make much sense at first. It was just kind of like, oh, it sounds cool but as time went on it was like, oh...we can make this make sense if you look at it this way, you know. It's like half of our music is karma and the other half is juggernaut and it meets somewhere between.""

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Ah, Valentine’s Day. That time of year when your television haunts you with online dating commercials, tempting you to log on and meet “the one!” Flowers.com is gradually showing up on the side bar advertisements on your best online behavior, especially in the first few months. “Last year, this girl I was seeing sent me a relationship request on Facebook after our third date. I haven’t spoken to her since,” said Mike Zelek, 21, a senior at Rowan University. Even without Facebook, the beginning of any relationship is dangerous, also known as Phase one, especially right before the big V-day. We all act like angels and dance around each other like we’re walking on broken glass. Girls pre-tend they “love” football and are die hard “Yorkie fans.” I always get more texts from girls in February just because they want me to show up on Valentine’s Day with candy,” said Alex Cohen, sophomore at the University. Guys act like they aren’t jealous when their new girlfriend hugs her lab partner or stop talking about yourself 24/7. It’s time to let him get a word in. No guy wants to hear you babble on about how your mom is and why your favorite drink at Starbucks is the nonfat mocha iced latte with extra whip cream. “Usually when I’m on a first date I sit there listening the entire time, I love when I can get a word in their iPhone playing Temple Run all night. “My ex used to phone calls without even excusing himself when I was mid-sentencement. It made me want to scream in the middle of a restaurant,” said Kayla Nennecke, 22, senior at Seton Hall University.

One more deathly mistake to avoid is past the initial meeting process and the pains of a first date, and enter into a relationship, then kudos to you. Facebook is a great way to mess up a good relationship! Girls, try not to stalk your boyfriend’s wall 18 times a day, calling him about every single girl that writes on his wall. “Sometimes I think she’s deleting my Facebook to avoid getting nasty texts from whoever I’m dating,” said Zelek.

And another thing, ladies, there is nothing more aggravating than a mobile phone number of girls you follow on Twitter and drug store box of chocolates that your “baby” sent you. If you want to stay in any kind of relationship, be sure to upload one of these shots to Facebook the next time you receive flowers. Nobody cares that you have “the best boyfriend in the world.” The flowers probably came from Shop-Rite and costs $9.89. Congratulations, your boyfriend is coming close enough to the food store!

Last but not least, guys, if you want to be trusted and play X-box all day, rather than hang out with your “amazing girlfriend,” then just fine. But a word of advice: Don’t even think about touching that controller the next time your girl is hanging out in your room and you guys are the best bated. “If a guy gives you a “taste of his mouth,” ask for the phone number, then only make a special call to your girlfriend,” said Ventricelli. Unless you want to majorly piss off your girl, you will be sure to upload one of these shots to Facebook the next time your “amazing girlfriend,” then just fine. The controller the next time your girl is hanging out in your room.

Meet the Real-Life Cupid

Profile of Gary Lewandowski, Psychology Professor Who Specializes in Relationships


Casey Wolfe

Staf Writer

Valentine’s Day is quickly approaching and many people will be spending time with their boyfriends, girlfriends, finances, and spouses. But what draws us to these people?

Dr. Gary Lewandowski, psychology professor who specializes in relationships, studies just that. As an undergraduate, he studied at the University of Pennsylvania in Millerville, and moved on to the State University of New York at Stony Brook for graduate school. Throughout his career, Lewandowski has been featured in many different press interviews, including CNN, The New York Times, Women’s Health, and Cosmopolitan.

Lewandowski’s studies are primarily based on relationships that are healthy and benefit the individuals. The research and experience are also major parts in his studies.

“My job is to be curious. My job is to ask questions. I get to ask these questions about relationships, and I have my own answers, and I get to see if those things are right,” he said.

One of his main areas of research is the positive side to break-ups. Lewandowski often observes examples of this study on our own campus.” Former students who had me in class would learn about this research and later come up to me and say “Hey, Dr. L., I had a break-up, it was great,” he said.

The students, Lewandowski said, are the most excited part of what he does in his career. Seeing to his students be a part of his studies, whether he be helping them co-write his papers or growing success-fully in the relationships field is part of his job.

The interaction with his students is also the reason he chose to teach. Thus far, Lewandowski has been successful in achieving his career goals. Most recently was his website, sister to the individual. The site makes other people’s research more accessible to the general public and has been running for nearly a year.

“Relationships should be over-whelmingly positive experiences. It gets to the point where you’re having a hard time figuring out if this is a really good thing, that this strong sign that your relationship is shaky. Particularly in a college relationship, you should have an abundance of good experiences. You don’t have some people who are in long-term relationships have and there are plenty of other potential partners around,” he said.

But as Lewandowski is a relationship optimism, he leaves young couples a few tips for this Valentine’s Day.

There’s nothing special about diamonds and chocolates. Stuff doesn’t matter. Valentine’s Day is just an arbitrary day, but don’t make it an arbitrary day that’s your chance to reaffirm how you feel about your partner or at home with your Netflix account. It’s a chocolate bar the size of your face.

Don’t Let Cupid Get the best of you this Valentine’s Day, and keep your cool while dating so that you can score a brand-new relationship.

- The Outlook

February 8, 2012

Features

STAFF WRITER

Michele Gilman
The History of the Day of Hearts

Origins of Popular Valentine's Day Traditions

Is that Valentine was killed for attempting to aid Christians flee prison, according to history.com. Pertaining to the practitioners of Christianity were quite often subject to persecution and prejudice. Dr. Kenneth Covey, professor, said, “The fear was that Christians worshiped only their god and that the emperor and their enemies on the afterlife would diminish people’s commitment to the Roman state.”

Also, in British, on one prior to Valentine’s Day, tabloids and newspapers put images of爱你 to memorize the holiday. The tradition stems from British poets who wrote love poems and it is the romantic versus associated with Saint Valentine.

Presently, Valentine’s Day in Italy is celebrated in a fashion similar to the way it is celebrated in the US, but in part, the Valentine’s Day in Italy was celebrated as a Spring Festival. According to saintvalentinesday.org, “Young people would gather in tree arbors or ornamental gardens and enjoy watching poetry readings.” Over time, the tradition has ceased and the holiday has become an ordinary holiday celebration with standard traditions used throughout the world. However, a Valentine’s Day gift that is very popular among young people in Italy is Baci Perugina, a small, chocolate-covered hazelnut containing a small slip of paper with a romantic poetic quote in four languages.

Similarly to the way Valentine’s Day used to be celebrated in Italy, Valentine’s Day in Japan and Korea is not only a one-day celebration, but a month that many associate with love, whereby women exchange cards to each other and exchange holiday candy. Kristin Kleinberg, a first-year student, said, “Some of my best Valentine’s Day memories are spending the day with my friends or seeing the look on my mother’s face when my father would get her something really great for her.”

Women can also give gifts to any man who is close to them, such as male friends, and this tradition is referred to as “giri-choco.” March 14 in Japan is the day when men who received gifts or chocolates from women are to return the favor. In Denmark, Valentine’s Day is viewed as a day for the young. They refer to Valentine’s cards as “lover’s cards,” and previously, these were translucent, so when held near light, the card reflected the picture of someone handing their lover a gift. According to the holidayspot.com, another Danish tradition is to send pressed white flowers called snowdrops to friends. Danish men also send what they refer to as “gaekkebrev” or “joking letter.”

The History of the Day of Hearts

How Other Countries Celebrate Valentine’s Day

In Japan, Valentine’s Day is celebrated until March 14, and women bake chocolates to give to men.

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To Write Love on Her Arms
Monmouth Becomes First N.J. College to Adopt a Chapter of TWLOHA

Love continued from pg. 1

TWLOHA began hearing from other people with similar problems who were seeking help and looking to share their stories, as well as others who were looking to get involved and help in any way they could. The site directly goes on to say in the description, “Over the last four years, we’ve responded to 150,000 messages from people in 40 different countries. We’ve had the opportunity to bring this conversation, and a message of hope and help, to concerts, universities, festivals and churches. We’ve learned that these are not American issues, not white issues or ‘emo issues.’ These are issues of humanity, problems of pain that affect millions of people around the world.”

Junior photography major Nicole Sidari has been a follower of TWLOHA since she first saw her favorite band, Anberlin, supporting the organization a few years ago by wearing TWLOHA t-shirts.

She explained, “I think suicide prevention is important, especially since there have been an increasing number of stories where people decide because of depression or bullying.” Sidari went to high school with Rutgers student Tyler Clementi, who just last year had committed suicide after being harassed by his roommate for being homosexual. She said, “It is important to let people know they are not alone, and that what TWLOHA is for, they can get support and they can get help if they are having those thoughts.”

Vander Wall is currently making her way through the process of becoming a recognized organization on campus. The club advisor is faculty adjunct Kathryn Nogueira who works in the Communication Department. Nogueira’s role as the advisor involves helping out in whatever ways possible to get the organization off the ground and running.

She said, “This (TWLOHA) is such a great organization and I am so happy that Sarah is working so hard to bring it to campus. I encourage all students to get involved because it covers so many different issues that a lot of students may be struggling with.”

Vander Wall said, “Community is essential. Spread the word. Spread hope.” She explained that the club is still going through the process of becoming recognized and there are a few more steps to take.

The first meeting will be announced at a later date. To learn more visit TWLOHA.com or e-mail Sarah Vander Wall at svanderwall@monmouth.edu.
“The Energy Service Corps is a joint partner of New Jersey Public Interest Research Group and AmeriCorps,” said Tom McKeon, Monmouth University Energy Service Corps organizer.

“AmeriCorps is like the domestic peace corps and NJPIRG finds issues which concern the public such as hunger, homelessness, textbook rip-offs, sustainable university, etc.,” said McKeon.

According to McKeon, energy efficiency also falls into a category that concerns the public. The United States is currently using 70% of our energy comes from dirty sources such as coal, gas, and oil which not only pollute our environment but costs more and more energy quicker than the energy can be made. “Currently 80 percent of our energy comes from dirty sources such as coal, gas, and oil,” said McKeon.

McKeon’s role in the Energy Service Corps is to create connections for students so they can develop leadership skills and successful work on the campaigns. There are other organizers working with students on college campuses in California, Wisconsin, New Jersey, and Colorado. The New Jersey college involved with the ESC are Princeton University, Rutgers University, Stockton College and MU.

“What makes Energy Service Corps so unique is that it’s a state-wide student directed and student funded organization working on real social issues,” said McKeon.

Organizing projects like home weatherization, K-12 education, and community outreach/service accomplishes this. Weatherization is the process of sealing and insulating your home to help save energy. Simple things like checking the temperature of the refrigerator and hot water heater are simple tasks to help weatherize the home. “It’s easy to talk about problems, but it’s different to actually come up with solutions,” said McKeon. “K-12 consists of going to local schools, boys and girls clubs, youth centers, etc. to teach about energy efficiency,” said McKeon.

Community outreach educates anyone over 18-years-old about energy efficiency and organizes projects such as CFL distribution and tree plantings. “The Energy Service Corps strives to educate students and the surrounding community about conserving energy and how it is important to your development,” explained Rachael Fisher, sophomore and intern in charge of the public relations for the Energy Service Corps at Monmouth University.

“I got involved with ESC through filling out an interest card,” said Fischer. “I also heard a lot about it when members came to my classes and spoke about the goals and the main mission of what the ESC does.”

“The ESC is super excited about the upcoming kick off meeting which will be held on Wednesday, February 8 in the Club Dining Rooms,” said Fisher. “The ESC is currently planning a Tree Identification week where all the trees on campus are labeled with both their common and scientific names. “Other projects still are in the works but they are sure to be exciting all while providing tips on how to be energy efficient,” said Fisher.

“Monmouth is a premier school of going green!” said McKeon. “AmeriCorps is like the domestic peace corps and NJPIRG finds issues which concern the public such as hunger, homelessness, textbook rip-offs, sustainable university, etc.,” said McKeon.

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What are you doing for Valentine’s Day?

COMPILED BY: JOANNA ZIETARA

Brittany senior
“I’m going on a date with my boyfriend... I don’t think he has a clue where we’re going yet.”

Dana junior
“Our anniversary is two days before Valentine’s so my boyfriend and I are celebrating in AC for the weekend!”

Raymond senior
“I’ll be spending time with my family.”

Jonas freshman
“Just planning a bro night!”

TJ sophomore
“I hate Valentine’s Day. It’s a fake Hallmark holiday.”

Dana junior
“I’m in class all day... but every day is Valentine’s Day for me.”

Rosanna senior
“My boyfriend and I are going to the city for dinner and a night out.”

Stefanie senior
“I might not even see my boyfriend, I have class all day... whomp.”

Ekta junior
“I’m going out to dinner with my boyfriend in Red Bank.”

Kate junior
“Me and my girlfriends have a tradition to go to the Inkwell and eat some desserts.”
It’s college—break the rules not the bank.

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The Watchmen are coming back! DC Comics will release six prequel miniseries under the banner, “Before Watchmen,” to showcase new adventures featuring Rorschach, Dr. Manhattan, and Silk Spectre. This time, the creators are working on “Rorschach” and Azraello is also collaborating with artist J.G. Jones on “The Comedian.”

Moore said, “I tend to take this last development as a kind of eager appreciation DC’s reasons for this initiative and the wish of the artists and writers involved to pay tribute to our work.” Moore is less than thrilled.

Although original series artist, Gibbons, told “The Source,” “I appreciate DC’s reasons for this initiative and the wish of the artists and writers to keep all of our characters relevant… After twenty five years, the Watchmen are classic characters whose time has come for new stories to be told. We sought out the best writers and artists and in the industry to build on the complex mythology of the original.”

Writing about the “Watchmen” project, Brett White, of comic-bookresources.com, said, “‘Watchmen’ is revered because it’s ‘Watchmen’, a name that has become synonymous with ‘game-changing’ and ‘classic’. The Watchmen’s creative teams to further develop this universe. Watchmen: The End is Nigh was a prequel video game to the film, adaptation featuring the superheroes Rorschach and Nite Owl, fighting crime on the streets of New York City.

In an interview with comic-book resources.com, said, “‘Watchmen’ is revered because it’s ‘Watchmen’, a name that has become synonymous with ‘game-changing’ and ‘classic’. The Watchmen’s creative teams have raised their voices to the issue to justify being able to tell new stories of his creation, Rorschach, the Minutemen, and Nite Owl.”

In an interview with comic-bookresources.com about his Dr. Manhattan miniseries, Straczynski explained his reason for accepting this job and why creators should be allowed to explore “Watchmen.” “A lot of fans feel that these characters shouldn’t be touched by anyone other than Alan, and while that’s absolutely understandable on an emotional level, it’s deeply flawed on a logical level. Based on durability and recognition, one could make the argument that Superman is the greatest comic character ever created. But neither Alan nor anyone else has ever suggested that no one other than Shuster and Siegel should ever be allowed to write Superman.”

What’s really interesting about the whole “Before Watchmen” endeavor is that it isn’t the first time people have attempted to broaden this universe. ‘Watchmen’ as some sort of marathon to build on the complex mythology of the original.”

Moore was annoyed about a new “Watchmen” project. When Watchmen, directed by Zack Snyder, came out, he asked his name not to be listed in a creator credit. While talking to the New York Times, Moore said, “I tend to take this last development as a kind of eager appreciation for our work.”

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Running in the Moonlight

Track and Field has Strong Showing in “Moonlight at the MAC” Tournament

GAVIN MAZZAGLIA
SPORTS WRITER

The University track and field team competed twice this past weekend, first in the upcoming NEC Championships and then at the IC4A Championships in the triple jump. Although Dan Amato, the only personal record from Tilah Young, Sandra Jean-Romain, and Josh Green came up short from qualifying for the IC4A Championships in the triple jump. His time of 6.47 m/213.5” was not only a personal best mark but was also not enough for first place. He was followed by Tom Jeffers and Jordan Subis, who came in second and third, respectively. In the mile run, Ryan Mulligan finished in first place with a time of 4:27.04. In the 800 meter run, Alex Light came in first with a time of 1:59.92.

The women, Tilah Young recorded a personal record in the weight throw with a distance of 17.55 m/57.7”. In the shot put, Sanda Jean-Romain took first with a personal record with a mark of 14.21 m/46.75”. Good enough to qualify her for the ICAC Championships. Rachael Aliotta came in second in the shot put and fourth in the weight throw.

In the pole vault, Lauren McDonald came in first with a mark of 3.35 m/10’11.75”. Lachelle Wallace came in second in the 60 meter hurdles. In the mile run, Juliet Smith finished in first with a time of 5:24.44. Kelsey Maher finished in second in the 3,000 meter run with a time of 10:47.34.

In the 400 meter dash, Mel Lewis finished in second place with a time of 1:00.44. In the 200 meter dash, Kafi Daughtry came in second with a time of 22.91. In the 4 x 400 relay, the team of Maguire, Horn, Parisi, and Lewis came in first with a time of 3:49.17.

Women’s Basketball Falls to First Place Quinnipiac

MAGGIE ZELINKA
SPORTS WRITER

This past Saturday, the University’s women’s basketball team went head to head with a 16-5 Quinnipiac Bobcats at the MAC. A solid fan base came to support their third place Hawks take on the second conference tournament, we are osteoporosis. As conference play continues down, the Hawks realized how important it was to win this game. "As conference play continues and the season comes to an end, we have to come up with the right strategy," Coach Palmateer states, “Every game becomes increasingly more important. With the structure of our conference tournament, we are playing for home court advantage." Quinnipiac quickly took the lead in the first half and within four minutes, they had five points advantage over the Hawks. With an official time-out at 15:59, Monmouth was able to take a breath and prepare themselves for the next minutes of play.

The ladies scored the next four points bringing the score to 7-4 with 14:47 left on the clock. The Bobcats sunk the next bucket but Monmouth followed with a score and the game stayed at a close score of 9-8. With a little less than three minutes into the first half, Quinnipiac was able to score a 10-4 lead. However, the Hawks came back into the game and the scoreboard read 22-12. The Bobcats increased their lead to a 14-15 and pumped the Hawks within 20 seconds of creating the 10 point lead.

The second half started off much like the first with Quinnipiac taking an early advantage over the Hawks. Within two minutes of the second half, Quinnipiac was able to score eight points while Monmouth stayed stationary bringing the game to another 10-4 lead. Luckily, Monmouth’s junior guard, Alysha Womack, was on the court at this moment and was able to gain next six points bringing their total to 34. The Hawks were always playing the offense not so much the defense, but through their play they could move all over as quick as they wanted which was difficult for the Hawks to cover.

The Hawks were able to cut the deficit and fell 68-48 creating the second 20 point lead of the game for the visitors. It was at the 5:02 mark when Quinnipiac’s guard, Felicia Barron, dribbled down the court right thru two of Monmouth’s defenders, making the game, 71-50 that the ladies took full force offense.

The Hawks were down 75-57 by the minute warning but they were not done trying just yet. With merely seconds left in the game, the Hawks continued to move around the Bobcats. Sadly, their last minute effort was just not good enough and Monmouth fell to Quinnipiac 75-63.

This head to head match up even impressed high authorities, such as the head coach for Monmouth, Coach Palmateer. “Barron was unbelievable. She can score in a variety of ways and we struggled to keep her under control,” Coach Palmateer continued. “We had several people defending her during the game and were never really able to contain her. Hats off to her. She had a great game.”

Through the game, it appeared as if the court was made for one reason: a Barron vs Womack show. By the time the first half was completed, the ladies posted similar statistics. Barron contributed a total of 15 points for her team, 10 of those coming within the first ten minutes. Womack had her team high as well at the half with 8 points. By the end of the game, Barron had a total of 23 points while Womack contributed 19 points for her team.

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Coach Palmateer believes that her team do not have to tweak their game strategy for the upcoming game, they just have to alter their attack method.

“We plan on approaching Sacred Heart with the same game strategy. The difference needs to be in the execution of our strategy,” Coach Palmateer states. “We know we are a team that has to get it done on the defensive end. We have to come into the game, we have the most energetic team on the court.

When we do that, we are the tough team to beat.” The Hawks will next host first place Sacred Heart on Monday at the MAC at 7:00 pm.
DARIA DELUCCIA  
SPORTS WRITER

The men's basketball team split their home games this week. The Hawks defeated Sacred Heart on Thursday 63-56. On Saturday, Quinipiac played like they wanted to this season. Saturday's game was quite a different story than last year. The Hawks led 48-29 at the half and never looked back. Pat Light Looks to Shine in 2012 Season

Pat Light looked at his talents to the pros after playing for the Hawks.

The best advice that Light ever received was from his father this past year, reminding son to play the game he has so much passion for. “Relax and play basketball. Don't worry about anything else,” advised Light. As for his own advice, he warns any one starting off to play: “Just don't play. Play the game of Light, it's too hard to even imagine yourself truly fulfilling your dreams.” is very wise. If you ask Light, it's worked very well the past two years. I had to make for freshman year.”

Men's Basketball Splits Home Games, Falls to Seventh in NEC

The soon-to-be Colorado Buffaloes' head coach, Dan D'Antoni, is expected to make a strong push for the 2012 recruiting class. In the past, the Hawks have not been able to keep up with some of the tougher teams in the conference.

Pat Light

When you don't answer the challenge, you get a beat down, and that's what we got tonight. We got exactly what we deserved. It's a game of basketball.

We had off shooting wise. We started shooting too much from the three point range. We just started moving around and my teammates found me. I took open shots, I was too quick. I knocked down some shots. I feel like I got my shot back finally. It happened to the last couple of games.

With 2:31 remaining in the game, the Pioneers were lead- ing 68-67. A three-pointer closed the game out with a 17-2 run. Junior guard Jesse Steele made a three-pointer at 2:27 to cut the lead to 54-49. An Ed Waite steal at the 2:50 mark led to a Dion Nesmith layup and made it a 54-51 game. wholesome

The Hawks' aggressive defense continued. Austin Tillotson stole the ball from Gibson, scored four points and cut the deficit at one with 1:41 left in the game. Louis Montes missed two free throws. However, Pat Light gave the Hawks the ball with a chance to take the lead.

The Hawks were in a brand new head coach. Ed Waite converted an easy layup off a three-point play to lead the Hawks ahead 55-54. Another Tillotson layup and a steal by Steel scored five points to put MU up 59-54 with only 18 ticks on the clock. Evan Kelly cut the lead to 61-59 with a three-pointer in the final seconds remaining. Nesmith's free throw put the Hawks ahead, and the Hawks defeated Sacred Heart.

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This week Monmouth has two games against rival Farleigh Dickinson. They travel to Hackensack, N.J. Wednesday night at 7PM. Saturday night at 7:00 PM in the game is the MAC.

These NEC games will be cru- cial in determining Monmouth's conference tournament fate.

Kevin Rice

The outlook

Pat Light

In a world where social media can be a constant source of the character to make sure the

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In a world where social media can be a constant source of the character to make sure the
The indoor track and field team had a strong showing in their home “Moonlight in the MAC” tournament last Wednesday.

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