The Polar Vortices Cited as the Cause for Extreme Winter Conditions

The polar vortices contain a mass of cold air and regularly remain above Canada and Siberia, although during the month of January the jet stream dipped well below regular parameters causing freezing temperatures to impact the nation as far south as FL. The image above demonstrates this.

Angela Cirollo, News Editor

This past January, temperatures in the Garden State dropped below freezing and on some days it was colder in New Jersey than it was in Greenland or Antarctica. The culprit? Meteorologists are blaming the polar vortex, a low pressure system affecting the Nation.

There are various explanations associated with the reoccurring weather patterns forming. One explanation for this year's surge of arctic cold affecting the Nation.

The polar vortices are created from the sun's rays emitting heat on the earth which rises up to the Northern hemisphere and eventually reaches the North Pole, Kayla Lewis, an associate professor in chemistry, medical technology and physics, explained. Once the hot air hits the North Pole, the air begins to circulate, creating masses of cold air in the atmosphere that hovers over Canada and Siberia.

“The hot air that goes up has to be replaced by other air or it would just be a vacuum there at the equator,” said Lewis. “So the hot air rises because it’s hot, this air comes to replace it and that’s what forms this mass of cold air.”

Lewis further explains that because the earth rotates, the mass of air is broken up into different mass streams, called Hadley cells, and the cells are moving in different circulating directions.

“They’re kind of like gears the way they turn,” said Lewis. “That’s because when the earth is rising, it is rising with this force called the Coriolis force, which makes things seem like they have a force and want to veer off path.”

Between the Hadley cells are jets of fast moving air, called a jet stream, Lewis explained. There are two jet streams that exist, the sub-tropical jet stream and the polar jet stream.

Jet streams are currents of air high above the Earth, according to National Geographic. They move eastward at altitudes of about eight to 15 kilometers (five to nine miles), and form where large temperature differences exist in the atmosphere.

“They form because the sun heats the Earth unevenly,” National Geographic states. “As the Earth is heated, it warms the air just above it… Cooler, heavier air then pushes in to replace the warm air, forming a polar vortex.”

The School of Education Partners with Toms River School District

CASEY WOLFE
Senior Editor

Toms River school district passed a partnership with the University this January, that will allow education majors the opportunity to receive field experience working in local districts, and is unique to each district’s needs.

Though the University is involved in previous partnerships, this is their first with Toms River. Gialanello said, “We’re exploring with Monmouth what staff development opportunities our staff would have with the faculty and the people at Monmouth.”

The partnership is expected to create developments such as a novice teacher induction program, staff development on teacher evaluation programs, as well as allowing students to become student-teachers at Toms River schools, Gialanello added.

Melting Away SAD

JACKLYN KOUFATI
Editor in Chief

With the winter months feeling as if they are never ending and spring nowhere in sight, the “winter blues” are hitting some people pretty hard. Yes, the winter blues are in fact real, along with another condition called Seasonal Affective Disorder (SAD). Even though SAD is common for many people during the colder seasons, there are many ways to prevent and help with symptoms of SAD.

Dr. Christine Hatchard, an assistant professor of psychology, explained that SAD is most similar to Major Depressive Disorder except SAD has a type of “seasonal pattern.” “This means that individuals must meet the criteria for major depression which includes a combination of symptoms such as sad or empty mood, fatigue, difficulties with sleeping, eating or concentration, feelings of guilt or worthlessness and possible suicidal- ity,” she said.

Hatchard continued to say that once a diagnosis of depression is
University Remembers the Kindness of Pia Deasey

MAGGIE ZELINKA
SPORTS EDITOR

University employee Piedad A. Deasey, 68, passed away on Friday, Feb. 7 from a form of cancer that has not yet been confirmed.

Most commonly referred to as Pia, Deasey worked in the University’s Magill Commons Dining Hall since Nov. 28, 2007.

Ever since she was hired, Pia has made an impact on the University’s student body.

Jackie Chalet, a junior business major, said, “Freshman year, I learned the names of the people that worked in the dining hall and they learned my name, and Pia was one of them that I got to know quickly and would always say hi to me.”

Chadley said, “It was after all this that she began working at the University. Cascone and Vignola hope that more students will be inclined to challenge themselves and get involved.

Erica Vignola, a freshman professor who participated in the Plyoga class, described the differences between Plyoga and other Yoga classes she has taken. “Plyoga is high intensity, using your body instead of standing and heavily breathing,” Schlindwein said. “I really like this class because I get bored, so it was nice for something different.”

The University currently provides a variety of fitness classes, each designed to appeal to both athletic and non-athletic students. Classes range from intense exercises such as Boot Camp, to more tranquil workouts, like Yoga.

Cascone emphasized, “The benefits of the classes are numerous and we want to keep it different so that the community continues to enjoy it and reap the benefits.” Cascone added that providing students with a broad range of fitness classes to choose from widens the scope of potential benefits they are able to receive through participation.

Erica Vignola, a freshman business major, instructs the Plyoga class. She explained that offering more unique fitness classes that challenge students both physically and mentally encourages more students to participate. “It was a new challenge because I never was into Yoga before this. It was like a new world,” said Vignola. “It forces me to do both sides of the workout spectrum, the intense and less intense aspects, while also utilizing flexibility to get the ultimate workout.”

Heather Schlindwein, a business management freshman who participated in the Plyoga class, said, “I really like this class because it accommodates all levels of fitness.” By proposing this new workout into the mix of fitness classes made available at the University, Cascone and Vignola hope that more students will be inclined to challenge themselves and get involved.

Pia Deasey was a widely recognized University staff member who began working at the University. Deasey is survived by her son, daughter and two grandchildren.

Not only does the creation of Plyoga generate a great balance between healing the mind and working out the body, it also adds diversity throughout the student body. Schlindwein said the class is a combination of people that she would never think to put together.

Cascone said, “I originally expected the class to attract athletic students only because of the fusion of the plyometrics and yoga. But what I found out is that it really is for everyone.”

Vignola said, “Erica is great at modifying each movement so that it accommodates all levels of fitness.” By proposing this new workout into the mix of fitness classes made available at the University, Cascone and Vignola hope that more students will be inclined to challenge themselves and get involved.

Schlindwein added, “It’s my first fitness class here, but I think everyone should be challenged because otherwise you won’t change.”

The Plyoga class is now being offered in the University’s William Boyle gym. Students can check their email for weekly fitness class schedules for more information. All students are welcome to participate in any class, regardless of physical or athletic background.

The new Plyoga fitness class gives students the ability to recover through yoga while also experiencing an intense workout through plyometrics.

University News
February 12, 2014

Plyoga Fitness Class Combines Yoga and Plyometrics

ASHLEY BROUSSAL
CONTRIBUTING WRITER

A new fitness class called Plyoga was introduced to the University on Jan. 29. The class is a combination of intricate yoga techniques with the extremities of plyometrics that challenge the mind and body.

People are constantly searching for new and exciting ways to de-stress after a long day of school or work through exercise, which was why Jon Cascone, Director of Intramurals and Recreation, created the class, to give students that option.

The Outlook
February 12, 2014
The polar vortex dipped well into North America, causing freezing temperatures across the nation and as far down south as FL.

Gaffney explained that when a pattern stagnates as it has, the Eastern area receives colder and stormier weather, although the pattern did not change much in January, he added. The Ashley Park Press (APP) reported that the consistent cold weather may be a result of the jet stream getting locked. "A wavier jet stream can get locked in more easily, so you get these extremes by you locking in patterns to produce drought, heat waves, wetness and cold in some cases," David Swannack, Professor of Atmospheric Science at Rutgers University, told APP.

Lewis explained that if you were in the Polar Regions from the outside you are able to see the white ice from the ice caps, which means the light is being reflected into outer space. "This is a cool thing because you are not absorbing the energy of the sunlight, you are sending it back into space," stated Lewis.

Although, if the ice is melted and the sunlit is absorbed instead of reflected, the temperatures in the Polar Regions are warmer, Lewis said. "And the contrast between the poles and the tropical regions is less than it would be if you accepted it."

As a result of the decreased contrast between the North and South Polar regions, the temperatures in the Polar Regions are warmer and the weather pattern of the jet stream may remain "wobbly" and can force "things to break off," Lewis added.

"I think our relationship is so great because it started on Valentine's Day and it's been so special. We are extremely disappointed that classes were cancelled last Monday, Feb. 3, because it was my birthday," said Kelly Ivan, a freshman education major.

"What's happening is the Polar Regions have been forced 'wobbly' and it can force 'things to break off.'" Gaffney explained that the polar vortex and jet stream moving around the world this winter. Some weather outlets, including APP, reported that the polar vortex has been moving around the North Pole for several times.

There are various theories that explain why the polar vortex and jet stream have been moving around the North Pole for several months. These theories are not universally accepted. There are various theories that explain how the polar vortex and jet stream move around the world.

The polar vortex and jet stream move around the world due to changes in the temperature and pressure of the atmosphere. These changes are caused by changes in the temperature and pressure of the ocean and the land.

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University Releases an All-Access Online Portal

ERIN MCMULLEN
ASSOCIATE NEWS EDITOR

The University launched myMU, a new online portal that provides one-click access to all web programs for students and faculty, on Thursday, Feb. 6.

This new website, created by the University’s Information Technology Management team and their Enterprise Resource Planning (ERP) system vendor, Ellucian, enables all University students, faculty and staff to log in with their University ID and password, and all other web-based systems and sites from one place.

"We have various systems that students and faculty use, and the myMU homepage will display their calendar, an update on the weekly weather, and even a countdown to Spring Break, among many other things," said Edward Christensen, Vice President for Information Management and Technology. "This is just the first phase of the portal, and we’re looking forward to adding more content and functionality to the myMU portal, to help prepare our students and faculty for the future.

Christensen said that the反响 positive to the new portal, "myMU just makes it easier to find information. Instead of going through multiple pages, you have it all organized into one." Payal Patel, a sophomore business major, said that she had been using the University’s homepage to access her email and all of the other online resources that she needed. "It was so annoying having to go to Monmouth’s website, click the ‘Register to learn more.”

Christensen admitted that two small groups of students participated in focus groups during the development of myMU. "This is just the first phase of the implementation, and we’re hoping to add more content and functionality to the myMU portal," said Christensen.

To learn more about myMU, go to myMU.monmouth.edu or stop by the Information Management and Technology Base Training Room in Edison Hall on Thursday from 9 am to 12 pm, 1 pm to 4 pm for a portal demo.

Partnership cont. from pg. 1

Gialanella and the School of Education previously had a web-based portal for students living in the Toms River partnership, according to Jahn. In 2013, Gialanella was appointed to the Jackson school district, one of the first districts to partner with the University.

Jahn, who is also the Coordinator of Early Field Experiences, said the location of the partnered district will benefit many students. "We have many education majors living in the Jersey Shore and Toms River region, and we are planning to expand our partnership to this area soon," said Jahn.

Jahn said "This will give our prospective teachers the opportunity to visit more schools and classrooms to acquire and refine the complex skills involved in teaching." According to Gialanella, forming co-partnerships with the schools can benefit education majors since they graduate. "If you’re doing your student teaching while living in the area, you’ll have a much greater understanding of the community, which is helpful in ensuring these acts don’t happen in the future," said Jahn. "Well lit campus and obedience to the law can make prison time less likely, but it’s an issue we need to address, whether or not this is a real concern." Bordelon believes that the “game” will stop immediately if such a law is passed. Bordelon believes that college campuses need not worry about such attacks making their way into the community. "I don’t think that kids are going to stop until they realize the severity of the situation," said Bordelon. "I think the kids are going to stop if they see the severity of the charge, and the possibility of a prison term bill in response to these violent assaults." Bordelon believes that the idea that the nature of the situation will change if these laws are passed is a far and a lasting impact on the group mentality. Until there is a death by one of the kids doing it or a major repercussion, they aren’t going to stop, unfortunately." While the Knockout Game might not have been stopped by the law, Bordelon believes that college campuses need not worry about such attacks making their way into the community. "The elements of assault are already in place in our laws and can make prison time less likely, and the possibility of a prison term bill in response to these violent assaults.“ Bordelon believes that well lit campus and police forces will be the best way to prevent such attacks from occurring on college campuses.
There’s Snow Way You’re Missing Class

Spring semester seems to almost be a contradiction as we continue to be bombarded by a new snowstorm each week. It seems as though since the semester started we cannot go a week without looking out the window to watch the roads get covered in a new fresh layer of snow. While it is often a good time for students to enjoy outside activities, many are forced to stay indoors. The University’s students and faculty have to navigate through busy traffic on the outside of campus to make it to class or the library. This is not only a problem now with the way weather conditions are, but also a problem in the future months when the ground ices over, students and faculty are forced to drive to campus and back home from school as their car spins out on the roads.

The University’s Vice President of Student Life and Student Affairs, Patti Swannack, has assured us that “the University is fully aware of the possible dangers that come with our snowy weather conditions, and we are prepared to help eliminate the problems our students and faculty face.” As an editor who commutes from the city to campus through the snow storms, I understand the difficulties the University faces when trying to keep our community safe. I believe there are some changes the University could make to improve the situation for our students and faculty.

I do not believe that there are too many late closings or that the process for closings is being done correctly. The University should have a specific requirement and should be done with caution; however the delayed cancellation from the past few storms has put students and faculty at risk. For example, last week’s cancellation of the 15 minutes before classes started had commuters and faculty driving to and from school in unsafe weather conditions, and the continuation of closing days after Governor Christie declared NJ to be in a State of Emergency was also dangerous. The University’s late closings and class cancellations are not necessarily the students’ and faculty’s time and safety. We understand that the process for closings is not always easy and we believe these absent or late closings to be very dangerous. Everyone is encouraged to submit an article for consideration. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and the authors and do not reflect the views of The Outlook’s editors (unless otherwise noted) or any and all articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, The Outlook does not necessarily reflect the views of Monmouth University or The Outlook.

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The Effect Award Shows Have on Social Media

ALISON GOERKE CONTRIBUTING WRITER

As a college student who is active on social media, it may be common knowledge that Pharrell Williams wore a hat that resembles Smokey Bear's famous headgear on the Grammy's this past month. However, even Jennifer Lawrence fell up the stairs when going to accept her Oscar last year.

But the real question is, do you ever think about what these award shows to know about what's going on live at the show? Do you need to see who has won the CMA's to know that Taylor Swift sang a sappy or angry love song about her ex-boyfriend? If you have Twitter or Facebook, you probably don't.

It drives my family and friends insane when I force them to watch these award shows, but no matter what they say, they sit through the show just to appease me.

This past month, I was tasked with making the most difficult decision of my entire life: Do I watch The Bachelor Wedding Special, or do I watch the Grammy Awards?

As a reality TV junkie, I love to watch these types of shows, but I also have a passion for my favorite celebrities, be it Hunter Hayes, Beyoncé and hubby Jay Z or the entire acceptance speech of that day. In addition, I often tweet about my favorite celebrities within seconds of their performances and speeches.

All of this re-selling of my Twitter feed seeing hashtag after hashtag about the Grammy's really made me wonder if I needed to watch a recap of the last few awards at all. I don't see a point in watching the award shows at all anymore.

But you're not the only fan of the Hollywood world like I am, but you're thinking about watching these award shows, don't even bother. Your social media friends will watch and tell you all about it as it's going on. You're not going to miss anything if you don't watch. Life will go on if you miss a Katy Perry performance or one of your favorite celebrities accept an award.

The only likely one of your friends already posted a picture of that celebrity with their award on their Twitter, or the entire acceptance speech is on YouTube.

I have to admit, I have been in the past tweeted about my favorite celebrities during these award shows, sometimes more than I should, but by doing this it's taking away the appeal to turn on the awards show for some of the intended viewers.

Their thoughts on the latest awards were mostly complaints about how their favorite singer didn't win an award they wanted but they still continued to watch and continue to tweet. I was seeing tons of tweets about Macklemore and Ryan Lewis, Taylor Swift, Lorde, and my favorite, Hunter Hayes.

I knew about my favorite celebrities and my friends opinions on my favorite celebrities within seconds of their performances and speeches.

I always believed the stigma around the Grammy's was that they are shallow, but then again, I was never one to watch the award shows, so it makes sense.

Seeing how the people I follow streamed through my Twitter and Facebook feed seeing hashtag after hashtag about the Grammy's really made me wonder if I needed to watch a recap of the last few awards at all. I don't see a point in watching the award shows at all anymore. 

If you're not big into the Hollywood world like I am, but you're thinking about watching these award shows, don't even bother. Life will go on if you miss a Katy Perry performance or one of your favorite celebrities accept an award. That natural glow we all get during the summer months is a glow many strive for all year long. What exactly is it about this tanned color skin that has people doing crazy things over the winter months?

Thousands of people are constantly spending money throughout the frigid winter to achieve or maintain that summer tan. Of course without the sun's strong rays, people go to extremes, dangerous measures. Tanning beds and self-tanning lotions and sprays is the alternate to sun bathing.

What is it about this orange-like color that has people either loving or hating? The ocean deep frying themselves or bathing in chemicals that is our tan of choice? I'll never forget that, especially because it makes perfect sense.

The way the human body has evolved, it can do everything necessary to survive, so clearly a tan colored skin is not one of those essentials.

If you want the color that desperately, by all means go for it, but I recommend, simply enjoying the sun rays. If you have a chance to win an Oscar, and I really want to see that.

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OPINION
There has always been a certain stigma attached to country music, that it’s uncool because of its twangy sound and subject matter. To quote country singer Brad Paisley’s hit single “This is Country Music,” “It ain’t hip to sing about tractors, trucks, little towns, or mama. Yea that might be true.”

However, in the next line Paisley makes no apologies. “But this is country music, and we do.”

Despite the pride for the genre that Paisley expresses in this tune, there has been movement in Nashville recently.

Record labels are now signing acts that are willing to stray from the traditional country sound and record songs that could best be described as a hodgepodge of elements taken from other genres. Many artists now utilize an electric guitar sound, which is not always bad. But many have also adopted the same generic, computerized cadences used in rap songs, and some even use hip hop elements like AutoTune.

Because of this shift, the line between pop and country is now more blurred than it has ever been before.

Current country artist and judge on NBC’s The Voice, Blake Shelton, angered fans of traditional country. In an interview for a Great American Country television special called Backstory: Blake Shelton, Shelton was very blunt, calling these fans “old farts” and “jack****s.” In response, Willie Nelson renamed his 2013 tour the “Old Farts and Jack****s Tour.” Pure genius.

In an interview on TasteofCountry.com, Kenny Rogers, one of the first successful country crossover acts, stated “sooner or later country music has to decide whether it’s an art form or a business. If it’s a business, welcome anybody that sells records. If it’s an art form, get rid of everybody that doesn’t sound like Hank Williams.” Clearly Nashville has made its choice.

Today, it seems all that is needed to qualify someone as a country singer is for them to mention Budweiser, a girl and/or a lifted Chevrolet Silverado in their song. No matter how simplistic the lyrics are or how much it sounds like every other pop song on the radio, as long as the album turns a profit, that’s all that matters.

One of the things that made traditional country so popular, and that often gets lost in the sound of fiddles and steel guitars that some people find equivalent to nails on a chalkboard, was that the songs had heart.

The lyrics were intricately woven together so that they told a story. Country legends like George Jones, Merle Haggard, Johnny Cash and Waylon Jennings are still popular today because their songs have deeper meanings that people can relate to. Despite this, it appears that this pop country movement is here to stay. But while this trend may help sell more albums, it will continue to alienate a large portion of the “old farts” and “jackasses” that prefer a more traditional sound. Although Paisley’s song describes what country music has always been, this new brand doesn’t quite seem to fit that mold. So while modern country tries to be what the old stuff has always been, it would probably be fair to say that this isn’t quite country music.
Monmouth University’s Institute of Global Understanding (IGU) sent Youth Representative Meaghan Herr and Jacquelyn Corsentino, as well as Dr. Christopher Hirschler, as a Faculty Real representative. The Department of Public Information (DPI) hosted its first briefing of 2014 for the Non-Governmental Organizations (NGOs). The briefing focused on the 70th Anniversary of the Deportation of Hungarian Jews during the Holocaust. The panel included a scholar on the Holocaust, a survivor, and the current Hungarian Ambassador.

Prior to World War II, 825,000 Jews resided in Hungary. After the Holocaust, few Hungarian Jews remained in the country.

During the years filled with dislocations, Hungary was the Third Reich, Hungary remained uninvolved until March 1944. Although that time, Adolf Eichmann, a Nazi officer and major organizer of the Holocaust, issued a directive to round up all the Jews and place them into ghettos. On May 14, 1944, Hungary mandated a law that profiled Jewish citizens by requiring them to wear the yellow star. On May 14, 1944, the full scale deportations of Hungarian Jews began. Ritter informed the representatives that throughout these deportations, 437,000 Hungarian Jews were deported from Hungary everyday. During the years that followed, the deportation of Hungarian Jews, 437,000 Hungarian Jews were deported to Auschwitz.

On March 19, 1944, the Nazis arrived at a little girl’s home to take Vertes and her younger sister. The girl was the day my sister saved 100 Jews. Vertes proudly declared, “That is why I will tell my story.” Her family realized that they would be deported, the family realized that she was a “hidden” child and her “hidden identity” was a story that needed to be told. After her epiphany, Vertes began educating people on her experiences and began making documentaries. Mezey also has a new identity to the Hungarian Jews during the Holocaust. In 1939, Mezey’s grandmother decided to flee the country with her husband and their two-year-old son. They fled from Hungary to Italy and caught the last boat to New York City. Although her grandparents and father were able to escape, her other family members stayed in Hungary. The Hungarian Memorial for Holocaust victims is located in Budapest, Hungary. The memorial symbolizes a weeping willow with the inscription, “Whose agony is greater than mine.”

The Mitglied der IGU Dr. Nancy Mezey, associate professor and faculty representative for the IGU told the audience, “It is a duty that I take with Ritter’s stance on bystanders. Mezey stated, “There is no such thing as an innocent bystander. It is a duty that I take with Ritter’s stance on bystanders. Mezey stated, “There is no such thing as an innocent bystander. It is a duty that I take with Ritter’s stance on bystanders. Mezey stated, “There is no such thing as an innocent bystander. It is a duty that I take.”

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President Barack Obama delivered his sixth State of the Union Address in Washington D.C., on January 28. During his speech the President spoke of the growth that the nation is experiencing and how he plans to continue it into his second term.

The President began his speech with an “It’s Morning in America” type tone, describing the lives of various everyday Americans and the work that they do. Using the line “July Day in America” he went on to talk about a family who spend a little extra time with students, an entrepreneur who created jobs through her business, an autoworker whose work helped America to become self-sufficient in oil production, a farmer who is ready to start the spring season of harvesting who gave a child an affordable prescription, a man who worked a night shift so his son could have a better life, and finally a community who is thankful for its fellow workers, who have been lost to war.

Obama said, “It is, you our citizens who make the state of our union strong. And here are the results of our great effort, the lowest unemployment rate in over five years; a rehousing housing market, a manufacturing sector that’s adding jobs for the first time since the 1990s, more people have jobs than we buy from the rest of the world, the first time that’s happened since 1975.”

Obama continued, “Our deficits cut by more than half, and for the first time in over a dedicated, business leaders around the world have declared that China is no longer the world’s number one place to invest; America is now the world’s number one market for federal contractors and on other issues.”

Ryan Kelly, a junior politician, said that the American people will take a chance on Obama’s new agenda, and that he is ready to move forward.

One of the ways the President plans to keep the progress in motion is through Executive Orders. He stressed the need for congressional action, and hope for there to be compromise, but that the end goal of America is to use the public school system to promote economic growth for students. For students already in student debt, the President plans to reform schools and work with communities to help more students.

Obama ended his speech warning of the habits of the people, which might damage the progress of the country.

The President also turned his attention to the housing market, a manufacturing sector that’s adding jobs for the first time since the 1990s, more people have jobs than we buy from the rest of the world, the first time that’s happened since 1975.

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Social Work

**INFORMATION SESSION**

Wednesday, February 12, 6 p.m.
Multipurpose Activity Center (MAC), 3rd Floor

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Rock 'n Raise 2014

A Charity Battle of the Bands Benefiting Relay for Life

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Date: Friday, February 21st
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Rockin' on 'n Savin' Lives

Live Broadcast/Tickets $3 in advance/$5 at the door
Valentine’s Celebrations for Both Single and Taken

KELLY HUGHES  STAFF WRITER

“Will you be my valentine?”

We’ve been hearing this since early February and will continue to hear it back in the days when everyone was everyone’s Valentine, bringing Valentine’s cards to each classmate on the special day. However, that was when candy was given out. If you were in school in America and when love was a general feeling among students, then February 14, 2014 was everyone’s Valentine, bringing a card to each classmate on the special day.

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Although it is a common tradition, some students have become concerned about the cost of these celebrations.

Many students agree that these traditions can be quite expensive and feel that there are more affordable ways to express one’s love. However, others argue that these traditions are a fun and enjoyable way to celebrate with loved ones.

Ultimately, it is up to each individual to decide how they want to celebrate Valentine’s Day and whether they feel it is important to spend money on these traditions.

Seasonal Affective Disorder May Be Affecting You

SAD cont. from pg 1

February 12, 2014

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There are many different ways to deal with the winter blues and the symptoms associated with SAD, such as exercise, light therapy, and talk therapy. However, it is important to consult with a mental health professional to determine the best treatment plan for each individual.

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“Generation Hookup”

Should Our Era be Deemed Kings and Queens of Sleeping Around and Not Settling Down?

TAYLOR KELLY
LIFESTYLES EDITOR

If there’s one thing that we know for sure, it’s that sex sells. From Marilyn Monroe becoming a legendary sex symbol to Miley Cyrus twerking on stage at the VMAs, people have always been drawn to the hype that surrounds scandal. Yet, can we be blamed? Sex is arguably the most humanistic act we can perform; it connects us to our ancestors as well as our next of kin, it is used for pleasure, and it is a rite of passage in the realm of coming of age. However, how soon is too soon when it comes to booking up with the guy you just met, your boyfriend of only a short time, or a complete stranger?

It is obvious that our generation is one that feels random hook-ups are widely accepted. However, according to the American Psychological Association (APA), the history of hook ups dates back to the wild days of the roaring twenties. As women gained more freedom due to the 19th Amendment, they felt independence in not being permanently attached to a man. The APA also noted that the 1960s brought even more sexual liberation with the use of birth control, drugs, and the popularity of the free loving flower power culture. The point is that “hooking up” has been around longer than we have, but our generation is getting all the slack for it.

Chair of the Psychology Department, Dr. Gary Lewandowski stated, “I think these types of labels are provocative, but it isn’t clear from data that this generation is really all that different. It could be true that there is just more comfort in talking about it.”

This leads to the question of whether or not we can blame the media and widespread use of social media for the labels. Way back when, teenagers were busy hiding their extra-curricular activities from their parents. Drive-in movie theaters, back-seats of cars, and vacant parks were all places where kids could go to satisfy their sexual needs. That was way before cellphones and social media existed.

With picture messaging, texting, Twitter, Facebook, and Instagram (among plenty of others) private life has become public for everyone to see. Even if you’re not updating your Facebook status about getting to second base in your science class, chances are other people may have found out and spread the word. This goes to show that if you’re going to continue your hookup sessions, you may want to stay far away from the public eye.

The idea of sex appeal has also been heavily influenced by the media. Our television screens and internet pages are flooded with images of picture-perfect Victoria’s Secret models in scantily clad clothing, movies are filled with highly graphic sex scenes, and pornography is easy to come by with one simple search.

Young girls are highly influenced by this, and brand markets are tailoring their products to the that social norms have changed drastically, even in the last 50 years. According to infoplease.com, in 1950, the median age for women to get married was 20.3. In 2010, the number was 26.1. Six years can be a significant span of time in a woman’s life. Which can account for many of us not wanting to hold off for marriage as long as we once did.

Lewandowski added, “There is a trend where people are waiting to get married later.” It was historically traditional to wait until marriage to lose your virginity, but back then, most brides were younger than most of today’s college students. It would be unfair to compare the marriage standard with such a big age difference between them.

Sophomore business administration major Kelly Park said, “Our generation is just more accustomed to not settling down. We shouldn’t be considered ‘the hookup generation’ because we like to keep our options open. I like to think we are a generation of both happy couples and happy sinners.”

The age old song “Love and Marriage” links the two together, and it is expected that if two people decide to get married, there is a lot of love going on between the two. However, we don’t have to be in love to hookup.

“‘I think these types of labels are provocative, but it isn’t clear from data that this generation is really all that different. It could be true that there is just more comfort in talking about it.’”

GARY LEWANDOWSKI
Chair of the Psychology Department

Junior history education major Zach Savage said, “I feel like the term hookup culture was created because of our society’s fear of commitment but also the fear of missing out on being with many different people instead of just one for a long period of time.”

According to National Public Radio, the ritual of courting has changed from looking for a mate to looking for a quick hook up with ‘no strings attached.’ They also note that the new objective is to have fun, not to commit to marriage right away. This also links back to the fact that we have many more years to explore before we settle down than we did in the past.

Although there may not be any long term benefit of hooking up, there is always a possibility it can turn into a lifelong partnership. The way one goes about forming sexual relationships is unique to them, and should not be seen as a bad thing in an entire population, as it has been with the notion of the “hookup culture.”

The role of women in society has also changed, which has had the ability to turn around the idea of forming sexual relationships.

Women are no longer desperate house wives waiting for their husbands to come home to fulfill their every need. Instead, women are part of the working world, the educational world, and have the ability to go out on their own, as they were in the past. For this reason, they have gained independence and somewhat equality, in the modern day. If women can get jobs just like men and go out with men alongside them, why shouldn’t we have the same sexual rights?

Men hook up with women and are often seen by their friends as a hero, and women should have the same luxury, if they so choose. If a standard is to be set, thenhook ups should be acceptable across both genders. And if it is acceptable for men, then it should not have a gender standard either.

Although men have always been seen as sexually and physically dominant, the myths about their last night of freedom have been blown out of proportion. The survey also showed that women prefer personal relationships over the kinds of hook ups with this aids in changing the way males and females are viewed in the media.

Even though hooking up is often given a negative connotation, it does have benefits. Kate Hakala of the Nerve actually looked at the positives of the hookup. Some of them include enjoyment and upward mobility for women, the potential relationships that can be formed, and the improvement of one’s sexual performance before settling down. She also mentions that it’s not as harmful as it seems to many people make it out to be, and that the stigma of hooking up has been given more than it deserves proportion in the media recently.

The media objectifies women, but this does not mean women have to self-objectify. If women choose to become intimate with a partner (or series of them), it should be because they are empowered to do so, but because of society’s influences or that of peer pressure.

The question of whether or not hooking up objectifies a woman is based on her individual choices and reasons for doing so. If she is influenced heavily by the sexualization of the media, she may strive to become one of the objects portrayed on the screen. The problem here is that a woman is comfortable in her sexual skin, that doesn’t mean she is trying to turn herself into an item or object.

On a broader scale, we need to work on changing the way men and women are viewed sexually in society, both in real life and in the media. This will allow us to remove the stigma that lobshee above our generation as it comes to settling down and hooking up.
“Gravity” Soars Beyond Expectations

Sandra Bullock spent the majority of filming without other actors and against a green screen, making “Gravity” an impressive accomplishment for all involved. Unsurprisingly, it received 10 Oscar nominations.

Cuarón drives his point home, providing the viewer with textbook innovations in cinematography, production design, sound editing, visual effects, and score. The film is characterized by the dichotomy of the future and the looming threat of obsolescence.

For those who prematurely believe that the film is nothing more than astronomic flight, this is not the case. A lot of what is shown is much like one of the film’s pre-vailing themes, it’s worth sticking around for the ride - especially when a nearby shuttle just exploded.

The debris is headed towards a US shuttle where two astronauts are in the middle of conducting research. The scene is set from Houston about the impending collision. Matt Kowalski is the veteran of the duo, played with an off-beat reverence by George Clooney. With him on this routine mission is Dr. Ryan Stone, a medical engineer played by Sandra Bullock, who has no previous experience in a space suit but a ton of emotional baggage.

In terms of social conduct, these two characters are perfect opposites. It is only after some persistent prodding by Kowalski that we uncover a personal detail crucial to Stone’s character development: her only daughter died when she was just a young girl. Shortly after this information settles on the audience, the emotional moment is interrupted by one of utter terror, as the debris finally makes contact with the shuttle.

Cuarón’s use of technology makes “Gravity” a very effective thriller, in that the viewer is placed directly in the action. IMAX audiences will especially appreciate this illusion, as pieces of the space shuttle seem to fly right off the screen.

When one considers how the landed actors performed their sequences, the innovative filming technique becomes even more extraordinary. Confined to an LED screen box, Clooney and Bullock acted out their scenes with no more than a space suit to provide character inspiration. With this resourceful decision by cinematographer Lubezki, the film’s lighting gives the viewers a fitting sense of fragility.

Ultimately, though, it is not the cinematography that keeps viewers engaged, but the emotional (and surprisingly reliable) story of Dr. Ryan Stone.

The film’s greatest triumph lies in the character arc portrayed by Bullock, who is impressively convincing as a woman whose torturous past has left her with little to live for. Still grieving over the loss of her child and convinced that she can’t carry on, Stone is faced with a question: Would dying in space really be so bad? Though the answer seems obvious, Stone’s emotional state, never returning to Earth is presented as an easy solution to all her problems. Separated from Kowalski and with no clear way home, she is left to perpetually succumb to her sorrows.

It is this emotional turning point that propels the story, and leaves viewers rooting for a character that struggles to root for herself. Though the film very obviously portrays Stone’s plot as a choice between life and death, it takes on a bigger meaning as the terror of outer space becomes a backdrop for the terror of moving on. In the end, Stone must rediscover that life on Earth is not perhaps rightfully so. Cuarón’s plot unfolds so organically that to give away the truths uncovered in the character development might make the film less enjoyable. The space travel in Bullock and Clooney simply dodging items in space, however, might not have done the film any favors, as many have written it off as boring or trite. But it would be a mistake to overlook this gem based on any preconceived notions. A flow you should get lost in the story, and as Dr. Ryan Stone can tell you, you’ll be in for “one hell of a ride.”

“Her” Redefines the Unconventional Love Story

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“Her” is a film that evolves as unknown as the character’s destination in it. It is not shy in its depiction of the future and the looming possibilities for human existence. It expertly weaves a classic love story between an unconventional pair. “Her” demonstrates the potential for love in an otherwise futuristic and technological world.

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Would Students Deport Bieber?

BRIANNA MCCABE
BRIANNA_18@MU.EDU

"We the People"...The Beatles. "We the People"...Justin Bieber. The sentiments expressed by students on Thursday, September 25, at a day-long symposium on The Beatles at MU legitimized the story of the band and the memory of the Beatlemania era.

"The Beatles Era is here to stay," said Bobby Santelli, an MU student who played the lead role in the Beatles-Motown revue, which was one of the performances during "The Beatles and Me: Reflections on the Fab Four," a day-long symposium on The Beatles. The event, which was sponsored by the MU Department of Music and Theatre Arts, helped the audience to explore the mutual respect between the band and the fans, and the influence of their music beyond the entertainment industry.

The symposium brought together a diverse audience of fans from all walks of life, including students, professors, musicologists, and Beatles enthusiasts. The event featured panel discussions, workshops, and performances, all aimed at exploring the impact of The Beatles on culture, music, and society.

"The Beatles were more than just a band, they were a cultural phenomenon," said Professor Kenneth Campbell, who coordinated the symposium. "Their music and message resonated with people all over the world, and their influence can still be felt today."
A Toxic Friendship: The Story of “Frienemies”

CASEY WOLFE
SENIOR EDITOR

The TV called for attention. Tonight on CNN: When friends become bullies. The tenacity began to stir in Ally Del Monte started taking medication for her diagnosed attention deficit hyperactivity disorder and gained 60 pounds. The boy at her elementary school in Westchester, New York, banned her from the jungle gym because they said she would break it. The gymnastics made of her large jackets and told her she was fat, ugly and weird. I looked down at the open bag of potato chips sitting in my lap and was aware of my body, unflatteringly folded into rolls from my relaxed position. How long was I going to sit out in the past? I didn’t even have a medication to blame. My friends have never said anything, I think.

Dr. Franca Mancini, Director of Counseling and Psychological Services, said, “Having friends as such an important part of our lives, and the desire to belong is so strong that it’s often difficult for people to be aware of the comments and interactions that occur between friends become toxic and involve the person involved. Generally speaking, if being with certain friends makes you feel insecure or fearful of making a mistake, it may be time to question yourself, or if you find that you are often the target of negative comments or if others are laughing at your expense, it’s important to take a look at the relationship.”

She said, “You can be normal because that’s what you were used to. At 12 years old, you were in a career because the people treating me like this were supposed to be your friends. They were to describe how Ally felt. Ally’s friends were making me feel disgusting. Of the interview asking led outside of the potent relationship. “If someone is feeling bad about a relationship or friend-ship (and bullying can occur in romantic relationships as well) they should share the informa- tion with someone outside of the friendship/relationship and get perspective,” said Mancini. The reporter introduced to the audience, Ally’s mother, Wendy. Ally had an account on the blogging tool Tumblr until she found her daughter balanced up and sobbing on her bed, trying to open a bottle of her father’s blood pressure medication. She was planning to attempt a drug overdose. That’s when dozens of messages on Ally’s phone, telling her to kill herself. I’d never seen a face like that. I had no idea what was going on. I could not believe that I was looking at the face of a friend of mine.”

Ally’s mother, Wendy, explained to the TV reporter that her daughter balled up and sobbed when she told me, because her smile from that moment is forever ingrained in my memory. Since then, I’ve never had a friend who tormented me that way. The CNN reporter introduced to the audience, Ally’s mother, Wendy.

In every relationship I’ve had been only from me. How are you doing? I don’t know if you ever made me feel like I was ugly, my mom should have aborted me, I should just kill myself, no one likes me, they all want me gone,” she said. I felt hopeless. They could reach me everywhere I went. I couldn’t escape. I thought of my own friends who have been out of middle school for quite some time. They are all gorgeous but they never made me feel like I wasn’t. I understood now that what they said was genuine. Any bullying I had experienced after middle school had been only from me. However, cases like Ally’s do happen, and sometimes the way our friends see us is the way we see ourselves.

According to CNN, 30 percent of 18-year-olds have been bullied by the people they call their friends. Ally was on her TV screen again, no longer human aware of my own image. She had very pretty eyes framed by long lashes, and her hair fell just. Mancini added, “Fear of looking weak may lead some indi- viduals to remain friends with the bully. Most often the bully’s look- ing will continue and the person will continue to feel bad about themselves. Those feelings lead to low self-esteem, sadness and depression, and we’ve heard and read about the effects of these situations.”

On the other hand, Mancini said that people often overlook the fact that the bullies are really the ones who have the self-esteem issues. She said that they may times try to prevent themselves by harassing others.

I remembered the friends I have made so slow in sixth grade. To this day, they are shadows over my self-es- timate. Of course, there came a time when I learned to stand up for myself and with support from parents and real friends, removed the toxic influences from my life. The entire ex- perience was one of the most important lessons I’ve learned. However, I was lucky enough to escape the harmful situation. In every relationship I’ve been in since then, I’ve made myself aware of how I treated others. It’s not because I was a so-called friend. Think about your words and actions in every conversation you have. Be honest with friends about how they are influencing others and ask them to tell you the same. Shad- ows can be destroyed by emit- ting light on a situation, but for many who are not honest and aware, there are still many candles that will keep burning out.

University Clubs Embrace the Social Media Trend

WESLEY BROOKS
STAFF WRITER

In an ever-changing world of technology, websites such as Facebook and Twitter are becoming more and more popular for campus clubs and groups to communicate and promote events. This is often done to remind members of monthly meetings and keep them updated on happenings in between them.

Freshman Sam Tok, feels that social media is very helpful in communicating an event. “Facebook groups for clubs are a great way for members to touch and post happenings in the club.”

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The Magical World of John Stessel

Student Excells as an Inventor of New Tricks and Best Selling Products for Magicians

VICTORIA KEENAN
STAFF WRITER

For some people, magic only happens around holidays like Christmas or when they go to places like Disney World for the first time. For sophomore John Stessel, magic is apart of his everyday life.

Magic has always been a passion of Stessel’s; not only has it helped him in his social and professional life, it has helped him grow into the person he is today.

“When I was eight my sister Jen, who also goes to Monmouth, bought me my first magic set. It was about a pack of cards the rest was his-...” said Stessel.

“I learned sleight of hand with a card trick, I was hooked, it made me who I am today.” He said that he gives huge credit to his friends and his peers for the assistance in building his skills.

While Stessel continued to prac-...tice magic, the tricks he wanted to accomplish became harder and harder. "My desire to do more im-possible tricks grew, and this de-stress was never met by anything I could purchase, so at the age of 13 I began inventing and developing my own tricks," he said. “Origi-nally, nothing was very worthwhile but as my creativity grew so did my talent at creating. At the age of 15, I was able to partner with two companies, Vanishing Inc. and The Blue Crown, to put out my first stage show and I had a great time doing it, but I will probably never do another stage show again. It was very stressful.” Stessel added, “Last semester I also continued to make magic products and have five or so that are already ready to be released. But while at school, academics are my first priority and last se-mester I achieved my true goal while being here, which was receiving a 4.0. So as for magic at Monmouth, it’s more of an after-thought than a priority.”

On his final thoughts about his passion Stessel said, “Manus-dus vult decipi, ergo decipi-...ature. Translation from Latin, meaning, "The world invited de-ception, so let it be deceived.”

A Surprising New Method for Creating Stem Cells

MOMNA AYUB
STAFF WRITER

Fascinating and extensive re-search in Japan has developed an innovative way to create working stem cells by treating blood cells in an acid bath. This discovery holds much promise and could potentially revolutionize numerous health fields as well as illuminate the advent of personalized medicine.

While normal body cells have specific functions in specific areas such as liver cells, cardiac cells, or muscle cells, stem cells are unique in that they are able to be-...come any other type of cell. Such transformations would allow for successful life-saving regeneration treatments in which patients can fix damaged areas of their bodies using their very own transformed blood cells. Previous stem cell research has already been applied in allowing for surgical regeneration and heal-ing parts of the eye, heart and brain. It would truly be a miracle to have access to this revolutionary form of healing for such essential organs. Dr. Dorothy Lob, biology profes-sor, said, “In recent years, many labs have... continued to be awed by the nature of these i...ters! I am very proud and am very lucky to be able to invent my own mag...ics, and it has taken me to a... places and has made me the man I am today.”

Sophomore John Stessel (left) demonstrates one of his magic tricks using a loose rubber band and distribution of his original tricks.”

Stessel explained that as his love for magic grows, he be-...comes more interested in creating tricks rather than performing them. As a college student, he tries to steer clear of performing to “keep away from the stereo-typical ideology of a magician.”

“I try to keep magic more to myself, but last semester I did a performance to aid the Haiti and Guatema...la trip. The show was my first stage show and I had a great time doing it, but I will probably never do another stage show again. It was very stressful.”

Sophomore John Stessel, a developmental biologist who... pointed out, “While discoveries such as these are extremely sig-nificant, they are not indicative of assured success. However, mice and humans are not so different in... us to heal. The physical procedure involves the shocking of blood cells to an... acid environment that, in turn, propels their transformation into usable stem cells. Such a treatment would allow long and expensive re-generative surgeries such as those for macular degeneration, an age related illness causing sight loss to be reduced immensely in both time and cost. Lob, said, “With this break-through, a simple treatment can cause isolated cells to become...r. It has a lot of promise. The two major benefits are that it may al-low for easier treatment if a patient’s own cells can be used, prevents the immune rejection that would accompany using stem cells from another source. Also, it removes the ethical dilemma of using embryos to derive stem cells. For these reasons, this is really important work.”

This research has been tested on mice and has show-positive results. Continued efforts would allow for the possibility of future generations having access to a form of personal-ized medicine. This would involve individual patients being able to have treatment specific to each one of their health requirements and it would also eliminate complic-a-tions often faced by transplant patients whose bodies sometimes reject or have difficulty accepting cells from outside sources.

Sophomore health studies major Rehvin Hao pointed out, “While discoveries such as these are extremely sig-nificant, they are not indicative of assured success. However, mice and humans are not so different in a genetic sense and because this research is based as such, it holds a lot of potential and it will be excit-ing...
Say What? The Evolution of Internet Slang

WESLEY BROOKS
STAFF WRITER

In recent years, slang terms that were once considered unacceptable have made their way into everyday vocabulary. Words and phrases like “googling” something are heard commonly everywhere both in and out of the classroom.

Leah Schweitzer, a junior social work major, feels that this is because people are on these resources daily so they have become a regular way of life. She said, “Students almost always ‘google’ something for fun and have even heard my professors use this term quite often.”

What was once considered not acceptable just a mere 10 years ago has now become almost embedded in everyday language.”

LEAH SCHWEITZER
Junior

“I have even heard my professor ‘google’ something for fun and y’all is viewed to be the correct way to speak,” she said. McMillan added, “Despite this, I feel people are eager to learn about the diverse cultures there are on our campus.”

A student who wishes to remain anonymous said that the phrase “Yo what up” is very popular among college students today and that it has been in the past. The student said, “It is an easy way to get one’s attention and very common of students to use. The term to ‘tweet’ someone refers to “talking” to a person or organization through social media to get quick and important updates.

“I remember just last week when everyone was tweeting about whether or not they had class during the snowstorm. I don’t feel the word is slang anymore because of how often it is used,” said junior communication major Anna Mikalauskas.

The phrase “tweet” is becoming so widely used that it has made its way to being in professional flyers for campus and other major up-coming events. The same goes for symbols such as the Instagram hashtag symbol and code.

“A slang term that has become nonexistent in the last five years would be ‘instant message’ or AOL Instant Message (AIM)," said Rob Rubin, a junior, believes this is as recent as in the past few years. “Five or six years ago, I always had AIM, but now other resources such as Skype and Windows Live Messenger have taken over that capability and the phrase has been removed from slang entirely to where it is not used anymore.”

This slang phrase has died out almost completely in the English language as a result of new technology. Eileen Jones, professor of foreign languages agrees that slang terms regarding use of technology such as the internet are now part of our everyday vocabulary. “When my kids were in school and I started here on campus, the most slang you would hear is a person IM-ing someone. Now I even tell students and other people in my department alike to google something if they do not know the answer to a question or where to find information.”

It is even more prevalent to hear popular social media site names being used as parts of speech now than even a mere 10 years ago. Freshman Annie Siegel hears this almost all the time across campus. “I hear people using social media [terms] as verbs, like I tweeted her or I’ll Instagram it or we Snapchatted, etc.” This has evolved overtime since the creation of sites such as Twitter or Snapchat, which have become popular only in the last few years. This could very well be due to the ever rapid increase of technology and the simple ways of being able to communicate as a result of it.

Social media have coined terms such as Googling, tweeting and Instagramming, making them widespread on the Internet as well as in real conversation.

The Provost’s Film Series for 2013-2014 will focus on “Fateful Choices: Power and Identity in the Promised Land” The films to be shown will explore the critical decisions people make where power and identity often collide on a daily basis. Family ties, ethnic heritage, gender, religious teachings, and historical experience—all converge to make life challenging, sometimes tragic, but always unpredictable.

Host: Thomas S. Pearson, Provost / Vice President for Academic Affairs

“The Time That Remains” (2009) NR • Tuesday, February 18, 2014 at 7:30 p.m. Monmouth University • Pollak Theatre

A humorous heartbreaking film that depicts the life of Palestinian Arabs living as a minority in Israel. Plot summary is based on the movie’s website.

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Organized by the Provost’s Office and the Office for Global Initiatives.

MOMNOUTH UNIVERSITY
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Continuing students in good academic standing are invited to register EARLY for all the Summer 2014 sessions.

The WEBAdivisor online listing of SUMMER COURSES will be available 2/10/2014.

Students will be able to self-register using the WEBregistration component of WEBAdivisor. Students who have not yet obtained advisor approval will need to register in-person at the Registrar’s Office.

Full details are listed in the information and instructions e-mailed to your MU e-mail account.

WEBadvisor Screens for Registration:

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• WEBregistration Approvals / Blocks
• Course Prerequisite Worksheet
• Search and Select Courses
• Register for Previously Selected Courses (Worksheet 2)
• Remove from Waitlist

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You must use your Monmouth e-mail address when you log in.

The Princeton Review takes your privacy seriously. Personal information will not be shared with any third party unless you give permission. The full privacy policy can be accessed from the student survey login page.
University Professor Named New President of PRSA NJ

BRIANNA MCCABE

Specialist professor of communicative disorders was announced as the new President of the Public Relations Society of America (PRSA NJ) at PRSA NJ’s 2014 Kick-Off Meeting on Thursday, Jan. 30 in Tinton Falls, NJ. As defined by PRSA.org, PRSANJ is a community of more than 21,000 public relations and communications professionals across the US, from recent college graduates to the leaders of the world’s largest international firms. Members represent nearly every practice area and profession within the field of public relations.

Simoes initially became affiliated with PRSA NJ ten years ago in an effort to be able to offer more knowledgeable classes as well as to earn her Accreditation in Public Relations (APR), which is a credential attained by professionals who practice in the field of public relations who have mastered the knowledge and skills of the profession. Simoes thought of becoming a member of the leadership board didn’t cross her mind until she was urged by Shakes Mclellan, an executive director of the University’s PRSSA chapter. As a result of this, the role of Vice President would expand Simoes’s knowledge in the field.

According to Simoes, an academic professional has never before led the chapter until her election three years ago. “I would walk up to people like I was running for office,” she said. “But I promised to bring more of a South Jersey presence, an academic presence, and more overall visibility to the chapter.”

As Vice President, Simoes assisted in conducting the Zumbathon, which led the chapter. Tornetta in budgeting, programming, and managing PRSA events, and organized the Pyramid Awards which, according to Simoes, is one of the biggest events that PRSA NJ hosts.

Now Stop ... Zumba Time!

The 5,6,7,8 Club put together a 2 hour long Zumbathon event to raise funds for children’s charitable while promoting health and fitness during the winter months in a fun and entertaining manner. The event went from 6 – 8 pm.

President of the 5,6,7,8 Club Sarah Van Vliet felt that hosting an event featuring Zumba would be a great way to promote the increasingly popular exercise. “Zumba is working out while dancing,” Van Vliet said, “It’s a dance class. Since Zumba is such a big craze we thought it would be a good idea.”

5,6,7,8’s Zumbathon event was open to both men and women. The club decided to invite a professional Zumba instructor in order to participate in the event and raise funds for a local non-profit. The needs will be used to alleviate the costs for costumes and other expenses, which will be donated to a local charity that will be held in later the year.

Conducting the Zumbathon event was Brianna Webb, the 5,6,7,8’s Vice President of Public Relations. Webb was the one in charge of organizing the event. “I have a passion for Zumba and dance,” Webb said. “I think Zumba is as popular as it is because every-...
Gender Studies Student Group Wants to Reactivate on Campus

BRIANNA MCCABE
CLUB AND GREEK EDITOR

Over 50 students are coming to-gether in an effort to reactivate the Gender Studies Student Club that seems to have lost membership over the years due to diminishing student participation.

Director of the Gender Stud-ies Program Hannah Foster said, “Gender shapes every area of social life, often unfairly. This injustice applies not just to women, but to different groups of men and mem- bers of marginalized genders. In their community, transgender and LGBTTQ (commu-nity as well.”

Foster reactivated the Gender Studies Student Club approximately 10 years ago, when, according to her, the idea emerged out of a sec-tion of an Introduction to Gender Studies course for those who were interested in the University. She said during the first year of its existence the group was asking to be recognized as a “Student Club” by the Student Government Association (SGA).

During the years it had a re-newed presence at the University, the group organized and supported events around of range of gender justice issues including gender violence awareness like The Clothesline Project and The Vagina Monologues. At the University, the group was working on issues around transgender rights, support for women in the workplace, and student participation in Women’s History Month programming with an emphasis on gay and lesbian feminist student engagement and restore the group’s status that it once was in the past,” said Foster.

According to Claude Taylor, co-advisor of the Gender Studies Student Club, the group was created in the fall of the faculty in the Department of Com-munication, the Gender Studies Student Club was formed in 2007 and then again in 2008 and then continued to be diminished from cam-pus around 2010. The group, how-ever, still had a budget up until two years ago.

“This is the chance once again for students to help create a student culture at the University where gender issues are given a strong voice,” added Foster. "I would like to see weekly meetings be held on Friday, Jan. 31 and Wednesday, Feb. 5 in Bey Hall to discuss reactivation and receive the necessary signatures to re-establish the club."

Taylor believes that gender is central to our lives. He said, “Gender[ is] a powerful force that people underestimate, and I don’t think people truly understand what it is. Students can really become more whole of a person by understanding how gender functions in their lives and in other people’s lives.”

Foster said, “Even if students don’t necessarily have the flexibil-ity in their schedules to declare a minor in Gender Studies, it doesn’t mean they can’t be involved in gender justice on campus. Part of being involved in the gender studies program is to study gender critically so that we can have the tools to transform gendered relationships and institu-tions.” She added there are approxi-mately 30 students enrolled in the Gender Studies courses, the student group, if approved by SGA, will be open to all students with dif-ferent academic focuses.

According to SGA Chief Justice Michael Mullaney, the first year of its existence the group member, the student group, if approved by SGA, will be open to all students with dif-ferent academic focuses. The main driving forces behind the visibility, but urges students to be involved in the strides being made and update the roster.

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Foster observed more gender diversity within the interest group than any other year at the Univer-sity. She said during the class in order to gain a higher grade in her class, she had to declare a minor in Gender Studies. Taylor said, “It is encouraging to see more male students getting involved in the club.”

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CLAUDE TAYLOR
Co-Adviser of the Gender Studies Student Club

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All are Welcome: Free Event and Open to The Public

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GET SOME RELIEF... COME OUT FOR A FREE ANXIETY SCREENING

Wed, Feb 19
11:00a - 3:00p
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For special accommodations, please contact Counseling and Psychological Services prior to event at 732-571-7517 or mucounseling@monmouth.edu
ABOVE LEFT: NEW MEMBERS OF THE IOTA CLASS ARE INDUCTED AS OFFICIAL MEMBERS OF THE PHI KAPPA PSI FRATERNITY (PHOTO COURTESY OF PHI-KAPPA-PSI-MONMOUTH UNIVERSITY FACEBOOK)

CENTER: TWO SISTERS OF THE ALPHA OMICRON PI SORORITY POSE FOR A PHOTO DURING THE GREEK LIFE BID WEEK (PHOTO COURTESY OF ERIN McMULLEN)

ABOVE RIGHT: STUDENTS PERFORM THE ANNUAL VAGINA MONOLOGUES PRESENTATION FOR STUDENTS AT POLLAK THEATER (PHOTO COURTESY OF CHRISTOPHER ORLANDO)

MOMENTS AT MONMOUTH

HEY MONMOUTH! INTERESTED IN SHARING YOUR MOMENTS? SEND YOUR PHOTOS TO ANY OF THE FOLLOWING EMAILS AND YOU JUST MIGHT HAVE THEM FEATURED IN THE “MOMENTS AT MONMOUTH” SECTION!

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COMICS

“MISGUIDED UNDERSTANDINGS” BY ALYSSA GRAY

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Owner: Dee Bulvanoski, adjunct professor at Monmouth University
Sport

On Wednesday, Feb. 5, the University’s football team announced their recruiting class for 2014. The class consists of 20 student-athletes from eight states, including the football program’s first signee from the state of Florida.

"We consider recruiting a class as a member of the Big South Conference and the quality of the players that make up this class is outstanding," said head coach Kevin Callahan. "Our recruiting philosophy is to work from the inside out and bring in seven players from NJ including a number of local players. Additionally, South Carolina has allowed us to extend our geographic footprint from Massachusetts to Florida while continuing to be successful recruiting the players from the Mid-Atlantic region."

Since the Hawks are joining the Big South this upcoming fall, Callahan had more bullets to work with this off-season, making it easier for many scholarships they could offer. As a former member of the Big East Conference (NEC), the football programs were limited to 16 scholarships, 16 scholarships. With the move to the new conference, the Hawks will now be able to offer additional scholarships, bringing the number from 40 to 50. Further, plans for a $15-million Kesser Field upgrade have been planned to increase the number of scholarships and create desirability. With a new conference, stadium upgrades, and additional scholarships, Hawks can take more approaches to recruiting.

Callahan and the Hawks’ coaching staff managed to outshine the likes of Florida and Georgia to sign four from PA, two from MD, two from VA, one from NY, one from MA, and one from IL while managing to sign four from the state of FL.

"There are four signees are local products from the Shore Conference. One of those signees is Marcus Leslie, a defensive back from Miami’s Coral Reef High School. Leslie is Challen’s most ballyhooed recruit since he took over the football program in 1993. Just how big of a get was this according to Asbury Park Press writer, Josh Newmonlie. Leslie chose to sign with MU over the likes of Appalachian State, Florida International, and Ole Miss.

"There’s definitely a step up for us as a team to take as we move forward into a new league and a new level of competition," Callahan said at Monmouth’s National Signing Day event in the Multipear Practice facility. "With having the ability to play an FBS team within next two years, we knew we needed to upgrade players in our program and that starts with this class.

Moments after signing his National Letter of Intent at Coral Reef, Leslie told the Asbury Park Press why he chose MU. "The environment, the people, the building were everything that I was looking for. My heart was really tight and they seemed like they want a team that has unity all the time. That drew my attention," he said. "Everything really impressed me about Monmouth. I wanted to feel wanted and they really made me feel wanted. I was extremely excited for this opportunity and this is definitely where I want to spend my four years of college.

I think Coach Dorsett (the Hawks’ RB coach) and I, we built a really good relationship pretty quickly," Leslie said. "He’s a real cool guy and when it comes down to it...that’s the reason why I want to go there, he was a very important factor in this decision."

"This year is step one and we’re not looking at this as a step one, we’re not looking at it as ‘right now’ process," Callahan said. "We’re not preparing to win right now and we’re doing everything in our power right now to do that."

Callahan announced that the Hawks will begin spring practice on March 25 and the Blue/White spring football game is tentatively set for Saturday, April 26.

The Hawks are scheduled to kick off the 2014 season at the Emerald City Stadium on Saturday, August 30. This will be the first time that the Hawks have opened in the state of Florida.
Men’s Basketball in Mid-Season Slump

EDDIE ALLEGRETTO
STAFF WRITER

The Women’s Basketball team led Quinnipiac on Friday night in the MAAC standings respectively. Tip-off is 7 pm.

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Hawks Lose Lead Late to Quinnipiac

PHOTO COURTESY of Scott hanson

KYLE WALTER
ASSISTANT SPORTS EDITOR

Men’s basketball continued to struggle this past weekend as the team fell to Canisius and Quinnipiac. In the MAAC opponent on their home court. The game is scheduled for 7 pm.

The blue and white had trouble bouncing back when they trailed to St. Peter’s in the second half of the game. The Bobcats fired past the blue and white outshot MU again, as they finished the game 2-123 from the field, and also outdribled them from the Peacocks. MU did shoot well from the free throw line going 18-27 (66.7%), and also outdribled the Hawks by final score 83-67.

However, the Hawks will first travel to New Rochelle, New York for a clash with Iona on Saturday, February 14.

showing the Gaels any love this Valentine’s Day as the team looks to average 71.8 points a game and 15.8-8 overall record on the season. Their two conference losses have come against Canisius and Quinnipiac who are currently ninth in the MAAC standings respectively. Tip-off is set for 7 pm.

MEN’S BASKETBALL IN MID-SEASON SLUMP

CHEVONNA PAULVAST (above) tied her season high with 23 points despite the team’s loss to Quinnipiac. Paulvast is the Hawks leading scorer on the season with an average of 13.4 points per game.

PHOTO COURTESY of Scott hanson

The Hawks lost their lead late to Quinnipiac with a score of 4-14 for the game this past weekend on 39.5% shooting from the field. The Hawks look to finish strong in order to improve their seed in the upcoming MAAC Championship Tournament.

Fortunately for MU, the team played a tough regular season at home. The blue and white have faced much of the season with the Gaels on the court and the Gaels seven points in the first half. The Bobcats scored the next seven points, five of them coming from guard Mia Hopkins contributed a high 23 points. Paulvast is the Hawks leading scorer on the season with an average of 13.4 points per game.

In the first half of the game, Justin Robinson extended the lead to 37. Zac Tillman hit two free throws to put MU in front 42-49 with only five minutes remaining. The Hawks had a tough shooting night overall as they went 4-12 overall which was good for 33.3% from the field, and also hit two free throws with only five minutes remaining. The Hawks had a tough shooting night overall as they went 4-12 overall which was good for 33.3% from the field, and also hit two free throws with only five minutes remaining.

With the win St. Peter’s now leads the Hawks with an average of 16 points per game this past weekend on 39.5% shooting from the field. The Hawks look to finish strong in order to improve their seed in the upcoming MAAC Championship Tournament.

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Pugliese Serves as MU’s Tennis Addition

MAGGIE ZELINKA
SPORTS EDITOR

February 12, 2014

For many high school graduates, college means going a little further away from home. For Victor Pugliese, college meant going 5,681 miles away from home.

“I came to America to study, to learn English, and to play tennis,” Pugliese said.

Originally from Paris, France, Pugliese began his journey as a tennis player thanks to a close family friend. “What got me into tennis was my uncle,” Pugliese said.” He loved playing. He could not play because of regulations, he could not transfer to a university that plays in the same conference as San Diego. So he decided to transfer to Columbia University in NY. Having contacted at Fordham, Hubbard heard of Pugliese’s story.

“Victor was thinking of transferring schools so I brought him in during the summer. He wanted to play number one for a school,” Hubbard said. “He played for a top 20 program at San Diego. With our young team, he provides that experience and leadership.”

While Pugliese would have liked to remain in California, he was forced to leave due to conflicts with coaching. Due to tennis regulations, he could not enter a university that plays in the same conference as San Diego. So he decided to transfer to Columbia University in NY. Having contacted at Fordham, Hubbard heard of Pugliese’s story.

While Pugliese competed in a different conference, he officially became a Hawk in July giving him little time to prepare for the upcoming fall season.

“The hardest match was the first tournament because I hadn’t practiced at all, so that was difficult. I couldn’t re-apply because I was still in school,” Pugliese said.

Although he did not have much time to practice, Pugliese managed to lead the team in singles with a 6-3 record during the fall season. Due to injuries, he was forced to miss the first two matches of the spring season. However, he did play in his first spring match on Saturday, Feb. 1 against Army.

Playing doubles with teammate Przemyslaw Filipek, Pugliese defeated Army’s combination of Rommel Verena and Sam Lampman, 6-3. He also won his singles match against Sam Lampman, 6-5 and 6-2.

Pugliese also competed this past weekend against the Princeton Tigers and the Boston Col- lege Eagles. Although he and teammate Przemyslaw Filipek fought valiantly, they lost in doubles to Princeton’s combi- nation of Bloom and Davies, 6-3. He also lost in singles to Princeto- n’s Alex Day, 6-5, 6-4.

Despite a few recent losses, Pugliese has become MU’s num- ber one tennis player in both doubles and singles. Although he does play both well, he does have a preference.

“In France, I played mostly singles but he also par- ticipated in a different type of competition. ‘The style of mine is different here,” he continued. “Here, you play for your college. In France, I would play for myself. You can play ATP in both [America and France], but a lot of players from Europe come here.’

Pugliese said that if it were not for tennis, many Europeans in- cluding himself would not have come to America to pursue an education. They most likely would still gain an education, but prob- ably in France.

Even though Pugliese has played tennis for a majority of his life, he does not see himself on the courts ten years down the road. “I love to be in California working there with all my friends or in New York. I don’t know,” he said.

For the mean time, Pugliese will be preparing for MU’s next match on Thursday, Feb. 17 at Jersey City, NJ to face conference rivals the St. Peter’s Peacocks.

Track and Field Continue Hot Streak

Mike Morse
STAFF WRITER

Despite the challenging weather over the past two weeks, MU’s Indoor Track & Field squads have not floundered and have continued to produce impressive results. On Friday, Freshman Dylan Capwell placed third overall in the pentathlon included a time of 9:08.43 winning the event at 25.09. Junior Kate Frye and senior Laura Williams advanced to the semi-finals in the 60 meter hurdles and advanced to the semi-finals.

The women’s side featured se- nior Mariah Toussaint in the 200 meter dash and placed seventh in the event at 25.09. Junior Kate Frye and senior Laura Williams competed against Army.

In the sprints, two women came extremely close to school records as well as 600 meter hurdles and the 200 meter dash. Graduate student Lachelle Wallace finished just one hundredth of a second off the 600 meter hurdles record, crossing the line in 1:59.69, while senior Mariah Toussaint came just six hundredths of a second off the 200 meter dash record, finishing in 24.67.

The Hawks kept the winning streak alive as they competed in the Army vs. College of Charleston invitational on Friday, Feb. 7. Junior Jalen Walker steered the Hawks to victory as he broke the School record in the 60 meter hurdles.

Sophomore teammate Gerdin Ferguson also competed in the 600 meter hurdles and advanced to the semi-finals.

Our men and women both won the last 5 straight NEC Outdoor Track Championships and the last 2 NEC Indoor Championships.

“Our men and women both won the last 5 straight NEC Outdoor Track Championships and the last 2 NEC Indoor Championships. ‘We are hoping to now make some noise in the MAAC starting this year.’”

The Indoor Track and Field teams’ next race will be the Lafayette/Rider Winter Games on Friday, Feb 14 at New York Armory-New York, NY. The event will begin at 11 am.

Kate Frye (above) placed second in the college women’s 400 at Armory Collegiate Invitational this past weekend. Her time was 55.85.
Junior Victor Pugliese reigns as Monmouth’s number one tennis player as he plays both singles and doubles. Originally from Paris, France, this is his first year as a Monmouth University Hawk.

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