The new sophomore residence hall on campus, simply named "New Hall," for the time being, opened on Sept. 1 for move-in day. The new building is not 100 percent complete, yet it was ready enough for students to live in.

Patti Swannack, Vice President for Administrative Services, explained the name for the newly built dorm building, "We are referring to the building as 'New Hall' until such time as a donor may decide to name the building."

According to Ray Gonzalez, Associate Director of Housing Operations, "New Hall" has a maximum occupancy of 196 people, including students, staff, and the building’s area coordinator, Alicia Thompson.

With the "New Hall’s" completion, out of the ten residence halls on campus, this new building guarantees another living facility for sophomore students. "It's definitely been beneficial to the Monmouth community," Gonzalez said. "It provides students with the additional housing they are looking for."

Most of last year’s school year, construction staff worked diligently, despite the setbacks of the weather, to bring a new residence hall into existence.

Swannack added, "As students may recall last winter was very unusual. We received approximately 70 inches of snow and frigid weather. In this environment, you can't construct a ma-
sonry building."

She continued, "As a result we lost over four months of the schedule and were advised by the contractor that the building would not be able to open until November."

"We said that was not accept-
able and working together identified ways that we could bring the building on line for fall 2014," said Swannack.

Sophomore resident Courtney Davis, a music industry major, did not know what to expect from the new dorm she was moving into. "I would be fine with anything but Elmwood. I was just excited to move in and have a place to live. I thought the dressers would be bigger, but I can’t complain."

"It’s exactly what I expected," said Head Resident Assistant Nick Whitaker, a senior political science major. "The ‘New Hall’ is really nice, very well decorated. You’re always going to have problems with a newly built dorm building, but it looks great."

Sophomore resident and accounting major John Dixon added, "The new dorm is interesting because it provides a sense of renewal of the residential side of campus."

While ‘New Hall’ is built and ready for students to live in, not all of the building’s amenities are completely finished. A temporary certificate of residency to occupy the building was received Aug. 29 which allowed Residential Assistants (RA) and pre-season athletes to move in on Aug. 30, while the rest of the second year students moved in a few days later, explained Mary Anne Nagy, Vice President for Student Services. Dixon said there have been some issues regarding the fi-
al touches to the building. "I wish the whole thing was completely built and all details were finalized before people started moving in," he said. "These fi-
al touches are minor, such as planting and such," included Nagy.

Gonzalez has been receiving mostly positive feedback about the new dorm but he wants resi-
dents to know that Residential "New Hall" continued on pg 3

Additional information on new convenience store in 'New Hall' on pg 2

Synthetic Pot: A Dangerous Option

MAGGIE ZELINKA
SPORTS EDITOR

Marijuana has been one of the nation’s most talked about topics over the past few years, but are commonly known as "legal highs" or "de-
signer drugs."

Now the substance is once again brought to light due to two instances; the rise of syn-
thetich pot and the decriminal-
ization of marijuana in Phila-
delphia, PA.

These synthetic drugs have been on the rise for the past five years and are commonly known as "legal highs" or "de-
signer drugs."

The street names for these drugs are terms such as K2 and Spice which are both sold openly in stores across the country.

According to Time magazine, these synthetic drugs mainly come from Asia and are created by actual chemists. While they are not manufactured from the actual marijuana plant, they are made to resemble a similar high and side effects. "Synhetics are chemical compounds designed to mimic the effects of naturally occurring drugs like marijuana and cocaine while staying just inside the law," journalist Eliza Gray wrote.

Time magazine also reported that a NIH-sponsored survey taken in 2013 showed that actu-
al weed is the top drug of tenth grade students (29.8 percent) but the second most used drug for this age group is synthetic marijuana at 7.4 percent.

This may be for many dif-
ferent reasons. However, one of the main reasons people are leaning towards synthetic pot is because it does not show up on all drug tests.

"People report they will use the synthetic version if they can’t get the ‘real thing’ or in attempts to avoid a positive urine screen for drug test," Sus-
anne Schaad, the University’s Substance Awareness Coor-
dinator, said. She mentioned that a few drug tests have been improved to detect synthetic weed, but not all drug tests can detect the man-made pot.

The first case of synthetic pot in America dates back to 2010 when it was found in Amarillo, TX. The town’s news source, Connect Amarillo, reported last year that a nearby town passed an ordinance against these drugs in hopes to decrease the usage and deaths caused by the synthetics. Included in the ban was the sale, attempted sale, or any possession of K2 or Spice. On Jan. 31 of this year, Connect Amarillo reported a new weed

Drugs continued on pg 2

Three students perform at a Blue Hawks Records event last spring.
Wikipedia: Expanded through West Coast Universities

LARRY GORDON, A&M COLLEGE

All through high school, Ani Schag was told to steer clear of cocaine or meth like high. "It felt more real that other people were actually making it," said Ani Schag, 19, who just completed her freshman year at Pomona. "It makes you feel more obligated to do a good job and present the facts in an unbiased way." When the not-for-profit Wikipedia is compared to the legal and newspaper sources for early legal and computer sources for early legal and coded to match Wikipedia's facts had to be researched, composed for their projects on such topics as student government could definitely criminalize weed. "Synthetic pot is way more dangerous (than pot) and even its creator says that it was not intended for human consumption." Hamilton added that the synthetic cannabis was initially offered as a combat for AIDS and provided an alternate to chemotherapy. "When the not-for-profit Wikipedia "has essentially been a huge number of volunteers," said Patti Swannack, Vice President of MU Convenience.

Drugs continued from pg 1

synthetic known as “Izms” had surfaced. According to the former ordinary drugs, the new synthetic was not illegal. Although synthetic marijua- nana is one of the main legal drugs the nation has seen, others have been made up to imitate the effects of cocaine or meth as well. Time magazine reported, "times typically labeled as glass cleaner or the new infamous bath salts are synthetic cathinones, stimu- lants that come in white powders that can be snorted, smalled- ing or injected to achieve cocaine or meth like high."

The most notorious instance of these synthetic hard drugs was brought to light by Rudy Giron, a man in Miami, FL. In 2012, Eugene ate the face of a homeless man and became known as the "Candy Man Cannib- al." Although it cannot be proven, the initial speculation was he was high on bath salts. According to Connect Ama- rillo, 53 synthetic drugs which mimic banned drugs have been made legally simply by switching the names of the chemicals. Chelsea Chavez, a peer edu- cator at West Texas A&M Uni- versity, told Connect Amarillo that students are becoming better pre- pared for a future of digital informa- tion for a huge number of volunteers." Wikipedia "gets well-written arti- cles that anti-establishment volunteers in fact, anyone who could access the internet would write and edit its mainly anonymous entries. An un- biased truth was supposed to emerge if enough contributors took part. By contrast, traditional encyclopedias were written by experts. But even as its popularity soared among the public, Wikipedia earned a reputation among academics as amateurish, peppered with errors and too open to nasty online spats over content. Wikipedia has tried to repair all that with better safeguards and a wider range of topics. As part of that effort, Wikipedia has established a San Francisco edu- cation arm that helps college tutors to edit Wikipedia articles and to assist students to do so. Other efforts include Wikipedia-mata- nate class estimates for students interested in medical school. The first such class at an American medical school, stu- dents will take a "Synthetic Drugs" course, which will cover topics such as the origin of legal and illegal drugs and the legal reform group FairVote. This small student groups provided their research to the class and displayed their Wikipedia pages on a website. The Supreme Court case en- try showed that it had attracted about 2,000 viewers in a month. Even with complaints of mistakes and incompleteness, Wikipedia has a powerful reach. Often the first site suggested by Google searches, it has about 4.5 million English-language entries and 496 million visitors a month worldwide. Wikipedia "has essentially be- come too large to ignore," said Howard Gorman, a professor who is the nation's first "Wikipedia in Residence" at an un- dustry giant. "It is certainly an initial source of information for a huge number of people," he said. "If many people go to it, it may be their primary source of in- formation." Gorman guides students who are creating Wiki entries as assign- ments for UC Berkeley's "American Cultures program" requiring class- es that deal with ethnic and econom- ic topics.

Gorman said it is important to ex- pand the ranks of Wikipedia authors and editors beyond its early base of "basically techonol, libertarian, white dudes." Further synthesizing peace with academia, professional scholarly organizations in sociology, psycho- dology and biology. "In recent years have urged students to do something that was location in the Rebecca Stewart Student Center. The old C-Store will be replaced with a new store that will have a bigger space and there is much discussion with stuff, on what to occupy that space for. The new POD is much larger than the old one. Pati Swannack, Vice President for Administrative Services revealed "The new POD is approxi- mately 2,200 square feet, which is about two times the size of the old POD."

Mary Anne Nagy, Vice Presi- dent for Student Services adds, "A parking spots for students to park if they need to run into the store." 

"The store will be open seven days a week, with extended hours for students, which have been e-mailed already to the stu- dents." For those who may not want to take a walk to the other side of campus, the new POD offers a strict list for items for purchase such as sandwiches and snacks available at the food court at RCCS. The grand opening celebra- tion is on Monday, Sept. 25.

The new convenience store on campus, POD, Previsions on De- mand, located in the ‘New Hall’ will open its doors to students that was located in the Rebecca Stewart Student Center. The old C-Store will be replaced with a new store that was located in the Rebecca Stewart Student Center. The old C-Store will be replaced with a new store that will have a bigger space and there is much discussion with stuff, on what to occupy that space for. The new POD is much larger than the old one. Pati Swannack, Vice President for Administrative Services revealed "The new POD is approxi- mately 2,200 square feet, which is about two times the size of the old POD."

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Dr. Richard Veit’s New Book Looks at History of Gravestones

Dr. Richard Veit, an anthropology professor at the University recently published the book The Archaeology of American Cemeteries and Gravemarkers. Veit was newly elected as the Chair of the History and Anthropology Department in the spring of 2014.

Outside of class, he is a prominent NJ archaeologist and an established writer. In 1997 Veit earned his PhD from the University of Pennsylvania in Historical Archaeology and has since written several books, including Digging New Jersey’s Past: Historical Archaeology in the Garden State, and New Jersey Cemetery and Tombstones: History in the Landscape.

Veit wrote The Archaeology of American Cemeteries and Gravemarkers with Sherene Bauer an archaeologist professor from Cornell University. The Archaeology of American Cemeteries and Gravemarkers was published after the duo was approached by the University of Florida Press (UFP). The UFP deduced that the research Veit and Bauer had been working on would be good in the form of a written work.

Veit and Bauer were then asked to provide a proposal for a book. When the proposal was completed and approved, they began a two year literary journey collecting data and writing research for their publication. Veit said he loves writing and esteems to their publication. Veit said, “I wish to encourage students to see the importance in their majors, and realize their career ambitions.”

According to his students, this is something he needn’t wish for. Roland Lytle and Jamie Esposito are two MU students who say they have purposefully taken Veit at least four or more times out of a love of his teaching method. Lytle, an MU graduate working on his master of the arts in anthropology said, “Veit enjoys what he does. He has taught me how to find fun in the classroom since he knows I want to teach.” Esposito, an undergraduate majoring in history and anthropology said, “He is brilliant, passionate and he understands and cares for individual students.” She went on to say, “He has unintentionally taught me to care about life and always be happy.”

At a history and anthropology mixer on Friday Sept. 12, professors of the History and Anthropology department, along with their students had the chance to socialize and mingle outside of the classroom on campus grounds.

Food was provided and stories were shared on a sun laden brick patio connected to a reserved space beside the dining hall. T-shirts were gifted to the many students who attended and raffles were won. Such social events are one of the new activities Veit envisions for his department. Veit said, “We have a strong department with excellent teachers and phenomenal students. In the future I hope to work on new opportunities for students such as trips, traveling, internships, and new courses. The History and Anthropology Department has a visionary holding its reins, and good things are sure to come.”

New Dorm Opens for Sophomore Students; Includes Traditional and Suite Style Set Ups

Life is addressing concerns as quickly as they can and he believes that once New Hall is 100 percent complete, everyone will be happy with it. Despite some minor concerns, students for the most part are satisfied with their new living space. One of the main concerns with the new residence hall was the loss of parking spaces, but Gonzalez said that parking was not an issue. They closed off the parking lot last spring and they were all computer users, so there has been no impact on resident student parking.

Additional information on new convenience store in “New Hall” on pg 2

‘New Hall’ continued from pg 1

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PHOTO TAKEN by Marissa Conford
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The Outlook

The University held its annual Involvement Fair during the first weekend of school with the intentions of helping the on-campus clubs recruit new members and for the students to become more involved. The event was given three main alterations from previous years: Instead of being held on a Wednesday, it was held on a Friday; instead of being held during the “meetings” time block, it was held from 4-6; and finally, the fair was moved from outside the Rebecca Stafford Student Center to the front of the Guggenheim library.

While The Outlook staff appreciates the effort to make the event bigger and better, such as the addition of free food, we feel the time and date caused an unwanted effect on the various clubs’ recruitment. The Outlook itself is used to recruiting an average of 40 new members via this event. This year, The Outlook gained less than 40 interested members. As The Outlook staff began to discuss the event with other clubs’ executive board members, we noticed that our numbers were not the only ones which significantly decreased from years past as well.

Our staff believes that many of the freshmen, who are usually the majority of the attendees that appear on these pages, and everyone is encouraged to submit an article for consideration. We withhold any articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, we no longer print anonymous articles.

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. for publication or its readers. Copy and advertising appearing in The Outlook do not reflect the views of The Outlook’s editors (unless otherwise noted) or any and all advertisers. Opinion articles are run unaudited and the content is the sole responsibility of its authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. The Outlook reserves the right to withhold any article that is incomplete or otherwise unfit to print in the Op/Ed section. Due to legalities, The Outlook will no longer print anonymous articles.

THE OUTLOOK STAFF
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Our staff believes that many of the freshmen, who are usually the majority of the attendees at the Involvement Fair, went home for the weekend. It is understandable that after being away from their home for nearly a week, perhaps the longest any of them have been away without their parents, they would want to make a trip home. Besides the fact most students may have travelled home for the weekend, the event was also held after classes on the library lawn. The time also caused trouble for those who are commuters and upperclassmen. By that point on a Friday, many commuters and upperclassmen would have left campus.

The Involvement Fair in past years has been held in the middle of the day, in the center of the campus. This year, there was a lack of foot traffic that past years had brought. Despite the fact The Outlook staff liked the event being held on the library lawn thus allowing more space, the staff also feels this was one of the main reasons clubs saw a drop in signups. Yes, it was a rather convenient location if an attendee was living in the residential side of campus. Unfortunately, none of The Outlook’s executive board members were present at the event being held on the library lawn thus allowing more space, the staff also feels this was one of the main reasons clubs saw a drop in signups. Yes, it was a rather convenient location if an attendee was living in the residential side of campus. Unfortunately, none of The Outlook’s executive board members were present at the event being held on the library lawn thus allowing more space, the staff also feels this was one of the main reasons clubs saw a drop in signups. Yes, it was a rather convenient location if an attendee was living in the residential side of campus.

Thus, if those commuters and upperclassmen did wish to return to campus for the event, they would have run into a parking problem since there are even fewer spots for commuters on the residential side of campus. Also, not having the fair across from the Student Center like it has been in other years created an issue since all students cross the Student Center at one point in their day. The Outlook staff ran into an issue with the addition of live music. Though the music created a lively atmosphere, it was very difficult for the tables near the music to intrigue students to join their respective clubs.

The final issue The Outlook had trouble understanding was why the Involvement Fair was held at the very beginning of the school year. It usually is held the second or third week of school, not the first week. If the goal was to allow clubs to recruit early in the semester, the goal was not achieved. It was so soon after classes started that students were still getting situated, not to mention many students want to enjoy the beach while the weather is still nice. It really felt like people were scrambling to get their class schedule into their head, gather their supplies and then go to the Involvement Fair on top of it all; it was too much for people, especially the freshman, to handle at one time.

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center. All copy must include the author’s full name and contact information. The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they believe is inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, The Outlook will not longer print anonymous articles.

LET’S do this!

HOW TO SUBMIT ARTICLES OR LETTERS

The Outlook provides the Monmouth University community with information concerning issues and events on and around the University while serving as a forum for expression of the ideas of its readers.

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Can Athletes Still Be Seen As Role Models After Ray Rice Scandal?

"Some of America’s favorite TV stars have musical theatre backgrounds, like Modern Family’s Jessie Tyler Ferguson and Sarah Hyland, and Orange is the New Black’s Lea DeLaria. Broadway musicals are even becoming the inspiration for television shows like Smash and Glee..."

If you want to hear a singer on Broadway, you can also go to Broadway soundtracks are available on many media outlets: Do athletes really have the potential to become more popular than they are right now. Some of America’s favorite TV stars have musical theatre backgrounds, like Modern Family’s Jessie Tyler Ferguson and Sarah Hyland, and Orange is the New Black’s Lea DeLaria. Broadway musicals are even becoming the inspiration for television shows like Smash and Glee..."

Broadway Musicals Are Making The Move To Be More Popular for the Masses

ALISON GOERKE
STAFF WRITER

If anyone knows the musical,icked, they know one of the most famous songs, “Popular.” Popular is one of the first songs sung by Glinda the Good Witch in the film “Wicked” and it begins one to question what makes a person popular. On the other hand, the music that is popular on radio stations and Billboards today, in order to question why this music is popular.

As a fan of Broadway and theatre music, I question why I like this genre so much, but when.

Broadway music is not what it used to be. While musicals like Killian and Low, as well as Jonathan Reid and Blue, are putting out CD’s featuring some of the music industry’s up-and-coming stars. If you want to hear a singer put their emotion into a song and make it their own, you need to listen to Jonathan Reid Gealt’s song, “Quiet” sung by Natalie Weiss. Weiss has been on Broadway for over 10 years and she has sung in a workshop called “Breaking Down the Riffs.” This song has the ability to change anyone’s opinion of what Broadway is in a second.

Weiss will be coming to Monmouth’s Woods Theatre on October 2nd for anyone who is interested in learning what contemporary Broadway has become.

If one was to turn on any top 40 radio station today, they would be able to listen to a mix of pop songs, some occasional ballads, and usually some rap on the radio stations and in the music industry today. It is just the way music is made and the way music is listened to. Perhaps this is the reason for any man to do that to his then-fiancé in that

It has the potential to become much more popular than it is right now. Some of America’s favorite TV stars have musical theatre backgrounds, like Modern Family’s Jessie Tyler Ferguson and Sarah Hyland, and Orange is the New Black’s Lea DeLaria. Broadway musicals are even becoming the inspiration for television shows like Smash and Glee which uses a Broadway as a backdrop for many scenes on the show. There has even been an in

Rape: Mattress Message

Emma Sulkowicz, or the facts of her case, or the injustices that her university afforded her. According to journalist Jessica Valenti, "It’s almost as if Rice didn’t do anything. The future of campus rape prevention is ‘yes means yes’. It is a total failure on every level."

If you venture to Columbia University’s campus, however, you might spot Emma Sulkowicz, a student who is defying a social norm. Everywhere you go, her mattress follows. Sulkowicz, to the surprise of many, is dragging the mattress around of her own free will. She is attempting to make a sobering statement about the various facets of injustice on campus.

Sulkowicz was raped in her own bed by a fellow Columbia University student. The administration and faculty at Columbia University were ineffective in properly responding to her case, and Sulkowicz felt that something needed to be done. It is not uncommon to hear a story about another college campus in this nation. There are small ways to help. Perhaps we can change the way we view violence and pornography.

It is statistically unreasonable that this low number is because the victims are not reporting it. The statistics are in the victim’s favor.

We can be attributed to a va

"Some of America’s favorite TV stars have musical theatre backgrounds, like Modern Family’s Jess..."
A Documentary, America’s Backyard: Columbia
The Longest Drug War

A Dove In front of the Columbian Flag could mean peace for Columbia.

What’s is Russia’s Next Move?

BRENDAN GREVE
STAFF WRITER

In wake of the beheadings of two American journalists by the radical Islamist group, ISIS, a documentary published in The United States Post says, “The United States Government should embrace parallel political channels and should fully transform its assistance from war to peace.”

According to the Huffington Post, “Over 81 percent of whom were civilians—until numbers have suffered violence, and nearly 6 million have been internally displaced. This peace process represents the best hope for a negotiated settlement in a generation.”

Despite the Ukraine issue still being unresolved, Russia and the U.S. have still seemed to find a common enemy in ISIS. Putin is still said to be unique in proving he’s “being the right man” to turn the peace Russia than towards the U.S. because they allegedly possess it.

Professor Cotton said that Russia has “spurned away” Russian documents that the U.S. and Russian governments “should be on the same page.”

Professor Pearson pointed out that he believes Russia governments have typically tried to separate themselves from the west although they have historically been a protector of Christian nations. Cotton said that ISIS has the same hatred towards Russia than towards the U.S. because they both stand against their extremist beliefs. Pearson added that “both the U.S. and Russia are intact to ISIS.” However he also noted that the U.S. has “spurned away” Russian decisions in the past so it should be interesting to see whether the fight against ISIS with U.S. and Russian relations or the tendency will continue.

Two Journalists Dead, Now ISIS Threatens Russia
The Christie Administration took an initiative to revisit the struggling casino industry by legalizing sports wagering, allowing gambling institutions to maintain sports pools “without criminal liability,” and was introduced on Sept. 9, according to the Governor’s website.

Betting on sports teams does have some guidelines. First, wagering is prohibited on any of New Jersey’s major athletics organizations. Adding to this, the directive prevents wagering on any teams that are playing within the state. For example, if New York is hosting a basketball game at the Prudential Center in Newark, NJ, betting is prohibited. However, if the same team plays in New York, betting is permitted. According to Dr. Brandon Buzz, specialist professor of business, sports betting will provide a much needed boost to faltering NJ casinos. Buzz said, “My feeling is, a lot of people are just simply another way for the general public to spend their discretionary income in a gambling mode. Will it have impact on the casinos? I don’t know. But, over 90 million dollars was bet in Las Vegas alone on the Super Bowl, so there certainly is a market for sports betting, especially in the NV/NJ metropolitan area.”

President Barack Obama made the decision to abstain from any immigration executive action after the midterm elections on Sept. 17. This caused a backlash in the Latino Community by contra dictory promises Obama made earlier about immigration. During a speech on June 30, Obama said, “Today, I am beginning the long overdue process of fixing our immigration system as I can, on my own, without Congress.”

Oklahoma reiterated the same idea during a naturalization ceremony in July at the White House. He stated, “I’m going to keep doing everything I can to make our immigration system as much as possible with Congress.”

Obama said this after ending a week during which he slammed congressional republicans for inaction on immigration reform and proceeded to take executive actions. We’re ‘in a new immigration system, which is broken, and pass common sense immigration reform. We shouldn’t be making it harder for the best and brightest to come here. We should be making it easier.’

Obama explained why this change in administration occurred. He said, “Meet the Press in September. “We’re changing the conversation in this country.” He continued, “If the public understands what the facts are on immigration, what we have experienced in the US is actually a very positive and fruitful outcome, and why it is necessary. The truth of the matter is, the politics did shift mid-term because of that problem.”

Maria Corado, a political commentator for CNN, further explained Obama’s actions: “By June, public attitude on immigration had changed; minor it was just starting to receive the support of the president was just starting to become a major policy initiative.”

JASMINE RAMOS
ASSOCIATE PROFESSOR OF POLITICAL SCIENCE

“The politics did become more heated as the nation’s approval ratings among Hispanics, I think that Hispanics have democrats that have an outside shot but the president not putting them under the gun and on the spot, they think they can go to other issues and have some strength.”

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Yik Yak App Offers Students Option of Socializing with Anonymity

KELLY HUGHES
OPINION LIFESTYLES EDITOR

Ride the Yak Ride the... what? You might be familiar with this phrase if you have already downloaded the Yik Yak. Though it launched in December, the app only began to circulate amongst students on campuses across the nation right here at the University.

Created by two recent college graduates, the app is designed to act as an online community and “virtual bulletin board.” The app detects your location and creates a feed within a 1.5 mile radius. This is why college students are grabbing a hold of it so rapidly. Postings are completely anonymous and a username is not required, so it make sense to share thoughts you might not necessarily share if people knew it was your posting. A Yak Yak’s motto is “share your thoughts, keep your privacy.” The app allows users to draw a line around your location radius to post jokes, thoughts, questions, etc., without anyone having any way to find out who posted it. The post pops up in the Yak Yak of everyone who draws with two arrows next it, which signals other “yaks” to either vote on the post or downvote it, basically like or dislike it. Comments can reply to the comments as well. Yakkering is similar to tweeting except it is unique in its anonymity factor. There is also “Yakarma” which is a numbered score the get.

Senior social work major, Ka- tile Agabiti said, “I balance both planning as well as knowing when I have time to go out and when it’s time to stay in and be prepared to workout.”

Moderation is key; you can’t go to extreme ends. If you have time, you have to pick and choose.

Besides planning out your week, it is important to prepare your body before you go out. Alcohol is a diuretic, so it slows down your metabolism. Anything you eat before a night out drinking will sit in your stomach twice as long, the longer it sits in your stomach, the more you absorb. Eating some light with a natural fat content. Tink Salads with nuts or avi- cad or a peanut butter sandwich. Jackie Mosca, a senior finance and economics major said, “It’s always a good time to go out with friends but it’s also important to stay active throughout the day.”

Keeping an active lifestyle during the day keeps your me- tabolism up which will help later when alcohol is slowing it down. After carefully planning your metabolism and choosing meals wisely before going out, it would be a shame to blow it. Eating some seven calories per gram, making it more fattening than protein or carbs.

Adjunct Nutrition Professor Amanda Enright Unanski is a practicing dietitian as well. “I generally advise my clients that it’s in their best interest not to drink their calories, as it’s easy to lose track. A can of Miller Lite may be 95 calories, but if some- one has more than one of those quickly add up to equal a Big Mac with Fries!” she said.

Since there have been countless examples almost no nutritional value – no protein, no vitamins – they are calories that are going to be stored in your body. Whereas a 200 calorie breakfast would be full of nutri- ents that your body needs, these 200 calorie drinks add nothing. This is another reason why it is important to choose your drinks wisely.

This being said, beverages like a Twisted Tea or a Smirnoff Ice, as calories each would take about 72 minutes walking, 30 minutes running or 40 minutes of cycling to burn off.

Wine is the most calorie friendly drink. It averages 20 calories per ounce, meaning 5 ounces comes in at 100 calories with no cholesterol, sodium or fat although it does contain more sugars than drinks. Beer is higher in calo- ries, ranging from 30 to 80 calo- ries per 1.5 ounces. Although your first thought may be to mix these with sugary sodas, there are healthier options. For example, instead of mixing vodka with soda, use club soda and lemon.

“Mixed drinks are by far the worst offender. The juice or soda mixers are all calorie bombs before the alcohol is even added – a 4-oz margarita aver- ages 170 calories, while an 8-oz beer is 200 calories per serving!” Professor Enright Unanski said.

To burn two of those mixed drinks off you would have to jog for two hours or run for 40 minutes.

Lastly, there is beer. Beer there are many light options that do not sacrifice flavor and slash calories in half, like Miller 64. Most beers average nine calories and 5 grams of carbs per ounce. Although your first thought may be to mix these with sugary sodas, there are healthier options. For example, instead of mixing vodka with soda, use club soda and lemon.

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Drinking and weight gain can happen in college. There are steps you can take to modify your habits to maintain your health.

There you have it, a complete guide to a less toxic approach to managing both your social life and health. Make the best out of this semester by replacing unhealthy habits with smarter choices.

Yik Yak is the new anonymous social application that Monmouth students are quickly joining in on, as pictured above. Yik Yak is the newest of many anonymous apps that are being get- ting up-voted themselves.

Other features include specific types of yaks. These include con- tent like “freshman tips” and “yik yak dating tips” which are often that’s only if people don’t start to get all annoying with it and abuse it. It only takes one person to ruin things or make it fun for everyone else, but for now it’s pretty cool and I check it out on any phone when I’m just hanging around or whatever.”

There are some rules to the app. Six listed terms of conditions which warn against bullying, off- ensive yaks, and posting private information are included in the app. There are repercussions for students who do not follow the terms of conditions and get reported. While Yik Yak does acknowledge there is a line between whether or not it encourages it with ability to post anonymously.

Specialist communication Pro- fessor Harriet Weever, who typically any social media website can be used for good or bad. The choice is in the hands of the user. With that, anonymous bulletin board-style social sites such as Yik Yak can still enable cyber bullying because anonymity is the focus of the platform, so many users feel that there are no repercussions for their actions,” Harris said. “From a PR perspec- tive, some companies use anonym- ous apps to learn about human behavior and see what people are talking about. When it comes to apps like this, there is a posi- tive side, but unfortunately since mostly trolling occurs, the posi- tives are often overshadowed.”

The app was created with the intention of being meant to social- ize positively, however. It could benefit particular students in need of advice or just to share experi- ences that are common to other students.

“It’s cool for freshman be- cause if someone else says some- thing that you think or have gone through you know you’re not the only one thinking that way or going through that. And it’s all anonymous so you have that whole thing playing into you be- ing able to open up more and share your thoughts without being judged and stuff.” Weever said. “And it’s really helpful to freshman finding their way instead of screwing up who have established themselves.

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ATTENTION STUDENTS

In order to be on target to complete your degree requirements and graduate, the ORR urges you to apply for graduation no later than 1 year prior to your anticipated graduation date. By applying early, this affords you the opportunity to receive an official degree audit from the Registrar’s Office indicating if you are “anticipated complete” with your registered courses. If you are not “anticipated complete”, having this additional time allows you the opportunity to register for any additional required courses or requirements.

Good luck with your coursework this semester!

The ORR

PLEASE TAKE NOTE OF THESE IMPORTANT DATES FOR THE JANUARY 2013 GRADUATION:

- **November 1st, 2012:** Deadline to submit Graduation Applications through e-FORM’s
- **November 15th, 2012:** Deadline to submit any additional e-FORM’s requests (i.e. Substitutions, Waivers, Declare/Remove Minor, etc.)

**Please note: e-FORM requests received after the deadline dates will not be processed**

Monmouth University
Your Name Here
Your Degree Here
Your Major Here

SSStttuuudddeeennnttt Woorrrkkerrrsss

NNOO Paper Work!

Sunday, October 12, 2014
9am - 4pm

Share your Monmouth spirit and make some extra money!
Welcome prospective students and families as they learn more about MU.
Attend one of the following mandatory informational meetings:

- Mon. Sept. 22 @1:00pm Student Center 202A
- Wed. Sept. 24 @2:30pm Student Center 202B
- Tues. Sept. 30 @1:00pm Student Center 202B
- Wed. Oct. 1 @2:30pm Magill Commons Club Lounge
- Fri. Oct. 3 @12:30pm Student Center 202A
- Mon. Oct 6 @1:00pm Student Center 202A
- Wed. Oct 8 @1:00pm Student Center 202B

OR
Contact Brielle Parady in the office of Undergraduate Admission at 732-263-5875 or bparady@monmouth.edu
Blue Hawk Records to Hold Open Auditions

Welcome to Shondaland
Shonda Rhimes Launches Bold Thursday Night Lineup

Blue Hawk Records to Hold Open Auditions

Will Be Held at Woods Theater on Wednesday, Sept. 24 at 7:30 p.m.

Auditions continued from pg 1

Look at what it takes to write, produce, and distribute original music. This unique experience allows students to transcend the classroom, and provides students with the opportunity to better understand the industry, and how they hope to be a part of the future.

Blue Hawk Records acknowledges the various career paths that can stem from a love of music, and thus encourages students to pursue the area that interests them most; these areas include talent scouting, artist promotion and development, live music and record release, as well as artwork, packaging, sales, and marketing material.

By putting together three previous diverse compilation programs from scratch, Music Industry students have gained invaluable insight and expertise useful for a future professional career. This semester, Blue Hawk Records will extend this experience to any Monmouth student willing to audition for the label's fourth EP next week in Woods Theater.

With this new project, executives of the organization hope that the recording label will really take off on campus. Blue Hawk Records has used Lakehouse Recording Studios to produce its last three EPs. Rosie Belonis, Applied Music Industry 3 student, adds that participants “will work with a crazy talented producer that just worked with Lady Gaga.”

Upon being accepted to the label, participants will be invited to Lakehouse Recording Studios in Asbury Park, NJ to record and produce their material.

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In New York, at what Petty described as one of the greatest rock venues in the world. As I was walking through the streets of Manhattan en route to the show, the city seemed to have an eerie feel about it, almost as if a dark cloud were looming atop the outstretched buildings watching those below. This being the night before the 13th anniversary of the September 11 terrorist attacks on the World Trade Center, the atmosphere of the city was dull and lugubrious. One could feel the tension in the city rising as the fear that comes with this yearly reminder of tragedy settled in.

Walking into The Garden, the sense of uneasiness was heightened by the process of the workers bag-checking and frisking every person that entered the building. Never having been to a concert there before, I couldn’t help but wonder if this was a regular Madison Square Garden safety precaution, or an extra security measure because of the date. Either way, I’m sure everyone there felt safer, more comfortable, and ready to rock.

After voyaging up five sets of escalators and stopping for an over-priced basket of chicken fingers, I was finally making my way up the rows to my seat. Steve Winwood, Petty’s opening act for the tour, was finishing up his set when I sat down. Winwood received a standing ovation for his performance, concluding with one of his more known songs, “Higher Love,” which, with its blaring organ sounds and upbeat tempo, had the fans singing along sounding like the choir at a church sermon. As the stage was being set for Petty to make his entrance, the air was filled with the sounds of escalators and spreading my fingers, I was finally making my way up the rows to my seat.

Tom Petty's newest album, "Hypnotic Eye," was released on July 29, and has since become his first album to debut at number one on the Billboard 200 charts.

On tour promoting their newest album, "Hypnotic Eye," Tom Petty & The Heartbreakers took to Madison Square Garden on Sept. 10 for a one night stand. It was Petty’s open-fingered, loose-hanging guitar approach that drew me in, and the entire feel of the night was that of an intimate and interactive performance. Several fans were invited to join Petty on stage to sing along and say a few words. Petty was relaxed, with every so often cracking a smile and waving to the crowd.

I was one of the fans invited to sing along when Petty sang “Runnin’ Down a Dream.” I was so excited to be on stage with him, I didn’t realize until I was ten feet up in the air that the only thing separating me from Petty was a bit of space and a black backdrop. But I didn’t care, I was on stage with Tom Petty! As Petty ended his set with an encore of two songs, the crowd was left feeling satisfied and happy with the performance.

When MTV’s Teen Wolf first premiered in June of 2011, its initial success was simple due to the success of the show.) she was essen-...
A Realistic Attempt at a Week of Positivity

VICTORIA KEENAN
FEATURES EDITOR

As a nation, every time we turn on the news or go online, we are hit with images of war and disease fill our screens. Rarely is there a story majorly publicized about the good that people are doing. Even when there are stories of love and hope, people suddenly forget about them when something terrible happens. In a world surrounded by and focused on negativity, it is hard for people to find the positives in life.

After I put some deep thought into this concept, I decided that I should spend my week trying to be more positive as well. Don’t laugh, Mom and Dad. If you know me, you will know that I might not always be the most positive person. My family and friends may even call me cynical, but I’d like to think of myself as just being realistic.

There is nothing I like more than seeing pictures and videos that “restore faith in humanity,” so I figured I would give positivity a go, and took my friends on the trip with me.

Alyssa Healy, a junior health studies major, said, “I always try and make sure to smile at people and go out of my way to say hi. Giving people compliments and saying hello really does make people happy, really it is the little things,” says Alyssa Healy, a Junior Health Studies major. “If someone is struggling with something, I try to help them as much as I can and always just try to believe that everything happens for a reason.”

Chrisy DiLiberti, a senior communication major, made an effort to stay positive at work throughout the week. “My waiting job can be hectic and customers can be rude a lot of the time, but I realized smiling through it helps.”

“There is an old saying that goes, kill them with kindness and doing this is a way I can remain positive throughout the rest of my shift and not let my attitude be negatively affected. In the end, it helps me do my job the best I can,” said DiLiberti.

Associate professor of communication, Doctor Eleanor Novck said, “I do non-violence work in prisons and community settings. I’ve met so many people that have done very bad things but want to change themselves around, and that is very uplifting to be around.”

I went through my first full week of classes and work and other responsibilities, I tried to stay positive and not over stress. I would take everything day-by-day, hour-by-hour, and feel relieved whenever I accomplished another task without stressing out. Whenever things got too overwhelming, I would sit down and take a break. I would walk around and get a snack or text a friend who I knew would make me laugh. I was determined to keep a positive and happy head on my shoulders.

Then I had another thought as I was scrolling through Instagram investigating the ‘100 happy days challenge.’ There were pictures of friends and family laughing and smiling. There were pictures of food and drinks. There were pictures of family and friends laughing and smiling. There were pictures of fireworks and concerts and cars. Don’t get me wrong, I was happy that my family and friends found things to be happy about for 100 days straight. But is that really believable? Does everyone just want to appear happy and positive on social media for the likes? As a normal, everyday person, is it possible for someone to truly be happy and positive every day, all day, for 100 days straight? I think not. But then I realized, that’s okay. It’s okay not to always be positive. It’s okay to have a bad day, to be angry about a bad grade or a parking ticket or being stuck in traffic. That’s normal. I’ve been honest. Do you really think all of you will not make you angry or make you stressed out. No one’s life is perfect, we all have ups and downs throughout each day.

You may now be agreeing with me, but I want you to know that I am cynical. I still think I’m just being realistic. I do have to admit that I did find a lot of things in everyday that made me happy and kept me positive. I do also have to admit that though I tried, there were still things that happened that day that made me upset or stressed out. Being a constantly positive person is not something that happens over night, and that’s okay.

You may not have learned how to be positive every hour of every day and I’m not sure I ever will, but at least I hope that we all will be able to learn and help each other and learn together what happens, there really are many things to smile and be positive about.

Inside The Biggest Celebrity Hacking Scandal in History

CLARE MAURER
CONTRIBUTING WRITER

The Internet blew up when the Steve Jobs death news broke and a celebrity hacking scandal in history occurred recently. Over 100 celebrities’ iCloud accounts were hacked, revealing scandalous photos of stars like Jennifer Lawrence, Ariana Grande, and Kate Upton. While some of these celebrities in the news and photos were real, others spoke out.

Jennifer Lawrence’s rep stated, “This is a flagrant violation of privacy. The authorities have been contacted and we will prosecute anyone who posts the stolen photos.”

This scandal has started a wildfire of comments, with celebrities coming to the victims’ defense, saying the scandal is about more than just selling pictures. It is about privacy and protecting a person’s life.

Many people believe these starlets should never have taken such intimate photos in the first place.

“It’s their freedom of expression, anyone should be able to take pictures of themselves and trust that no one will hack into their iCloud,” said Jennifer Marrella, a sophomore Marketing major.

“Tense. Emma Watson, that wasn’t involved in the photo leak, took to Twitter to offer her support. “Even worse than seeing women’s privacy violated on social media is reading the accompanying comments that show such a lack of empathy.”

Hundreds of comments across websites made accusations like “You girls better hold on to your careers. You never know who’s waiting in the shadows to destroy you, and for your sake, stop taking selfies, and making this internet a place.

There are many benefits to staying positive at school, at home, or at a job.

The Apple iCloud is said to have been hacked, and many female celebrities nude photographs have been leaked.

“Find My Phone” app that let the hacker access celebrities’ data stored in the iCloud. With this overwhelming privacy breach was a shock to many Apple users, a company spokesman stated.

“None of the cases where we have investigated have resulted from any breach in any of Apple’s systems. We are continuing to work with law enforcement to help identify the criminals involved.”

Should these women be blamed for making intimate photos? Or is the negative backlash just another way of saying women are “asking for it”? This scandal has people asking all kinds of questions about sexism and representation.

Jules Polenetsky, the executive director of the Future of Privacy Forum, an advocacy group based in Washington, argues that this scandal “should be treated like a sex crime, a privacy invasion taken to an ex-

Professor Scott agreed that “the situation has once again raised important questions regarding our potential violation of privacy. Theft is a criminal act. Distribution of someone’s privately recorded images for financial gain without their permission is also becoming a significant problem.”

Peggy Daggs at “CNN” puts full blame on the perpetrator: “Certainly, the surest way to avoid ever having your most private photos shared publicly is not to take them in the first place. True online. Share nothing. Even better: Take nothing. While we’re at it: Don’t leave the house. After all, you could get mugged, or raped. The choice is yours. And either, what with all the terrorism and overworked pilots. Swim in your underwear. Okay: Sharks. No. It’s ridiculous logic.”

This photo scandal has raised many questions for people pointing fingers in every direction. Now the world has waited and someone will release anything further? Will Apple tighten security? And will women and men alike ever feel safe again that their private photos will remain private? Only time will tell.

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New Study Asks: Can We Train Our Brains to Eat Healthier?

Are we capable of actually training our brains to choose healthier food options? Researchers from Tufts University in Massachusetts have presented promising research suggesting the possibility of just that.

Why is it that we are always so tempted to choose the pizza and soda option over perhaps a salad? Why is it so easy for us to munch away on a bag of chips instead of cutting up some fruit? Beyond the simpler explanation that unhealthy foods tend to appeal more to our sense of taste lies the more complex and often nebulous mechanisms of the human brain. Certain regions of the brain have been designated part of the 'pleasure center' of the brain, namely the limbic system, which involves our emotions and desires. The use of functional magnetic resonance imaging, or fMRI, has shown stimulation of the limbic system when an individual consumes unhealthy food.

The researchers of Tufts University observing this effect chose to manipulate the cause that eventually leads to the stimulation of the brain's pleasure centers. They were successful in conditioning the brains of eight variable subjects to become stimulated with the idea of healthier food. The researchers accomplished this by subjecting the variable individuals to an intervention involving a strict diet particularly high in protein and fiber.

Following this intervention, the pleasure centers of the variable subjects' brains showed little to no change when presented with the idea of less healthy food. The extent of the conditioning was such that a number of the variable subjects reported having cravings for the healthier food options.

Jen Zuczek, a junior chemistry major, said, “I found it interesting to learn that a person can train their brain to find healthy food options more appealing by just a simple change in diet.”

Zuczek adds, “Gastric surgeries may do some good in weight loss but a person isn’t learning what they should eat to lose that weight. It really does have to be a learning process to see the best outcomes.”

A gastric bypass surgery involves a reduction in the functional size of the stomach which results in weight loss due to decreased consumption of food. However, this surgery and others like it often modify the patient’s personal satisfaction for eating certain foods because many foods become much less appealing to them.

Nurse and Health Professor Joanne McGurl said, “This research appears to provide promising implications in the development of improved behavioral weight loss interventions.”

“By making smarter, low calorie food choices, individuals may have the ability to re-train their brains into believing they actually prefer the lower calorie foods, over a high calorie food selection. Future studies are needed since the researcher’s claims are based on one small pilot study with 13 participants conducted over a 6 month period. As a woman who has personally struggled with trying to lose weight, I find this research encouraging,” McGurl added.

Kerianne Fuoco, a Clinical Lab Science major, said, “The results of this study are certainly encouraging...it is a long way from something we can count on, but it will be interesting to see if people who want to lose weight can actually condition their brains to pick healthier options.”

While this research is only in its beginning stages, the promising results collected by the researchers of Tufts University provide ample hope. Perhaps we will soon live to see a day where it is not only easier for individuals to eat healthier and lose weight, but also more enjoyable.
ZTA Volunteers at Mary's Place

EMILY SHAPIRO

The University's chapter of Zeta Tau Alpha (ZTA) volunteered on a rain-soaked Saturday: "Let's Build It Together" in Ocean Grove, New Jersey for Monmouth Palooza over the weekend. The event, which was originally set to take place on the residential quad at 4pm on Saturday September 13th, was relocated to Anacon Hall due to inclement weather conditions.

After an admirable effort by the students Activities Board to try and ignore the rainy weather and bring everyone together, they seemed to have a successful event. The relaxed, beach-themed environment led you to law school, intercollegiate rodeo, and the winds and rains took everything down. These ladies jumped in and began wiping down everything. We were really happy to be the first guest of the evening on time.

The girls who volunteered at the event were Erin Ally, Lisa Jacobs, Rachel Brochhagen, Kelsey Conrey, Alya Yildiz, Carly Swanson, Krista Delia, and Morgan Celano. "When my sisters and I volunteered at Mary's Place by the Sea I had no idea what to expect," said Lisa Jacobs, a junior communications major with a focus in public relations and journalism. "When we got there we were greeted by women who shared their stories with us. It was extremely motivating and made me want to help out Mary's Place by the Sea as much as I can. The women there really appreciated everything my sisters did. I learned so much from these women; they are truly inspirational!"

Founder Michele Gannon was overwhelmed by the turnout and said she was beyond thrilled. "Our Ocean Front Bath was an incredible event filled with generosity, gratitude and LOVE!" said Gannon. "This community motivates us and inspires us each day to work hard for women on the journey with cancer. It is an honor to be a part of this mission."

All proceeds of the night will go towards the two million dollars needed to build the new home. All of the services offered are free to the guests and are raised by various fundraisers and donations. ZTA is now in the process of selecting a Local Philanthropy Chair for the chapter. This person will then be the main contact between the sorority and Mary's Place.

"We have the list, you'll be seeing ZTA support Mary's Place in each and every way," said Ally.

ZTA host several fundraisers throughout the year including Big Man on Campus, and a Think Pink Volleyball Tournament in October. They also attend events like the Think Pink Giants and Jets Tailgate to raise more money.

"I'm having a good time,"said Ribsam when asked about his experience there. "This is actually one of the first SAB fundraisers and it was very enjoyable."

Brian Zubler, the father of one of the band members, attended the event with his wife in support of their son, and was pleased by the turnout.

"I thought Monmouth Palooza is great. It would probably be better if it was outside so it could interact with the students. But I think the band sounds good," Zubler said.

At Monmouth Palooza, which was planned by SAB Festivals, there were different organizations that were willing to support the event as well as manned the sand candy station. Students came and went throughout the day, a lot of whom had just stumbled upon the event without prior knowledge that it was even being held. "It was very pleasant to gather around the mechanical shark, or play a quick round of volleyball with their friends," said a student.

"The mechanical shark was definitely the favorite," said Carson. "We really enjoyed having people stopping by to see who could stay on longest."

Monmouth Palooza proved to be a way for students to get es- caping from the sporadic New Jersey weather to a tropical, tiki-themed event. It also provided a chance for people to catch up with one another, meet new people, and get excited to be back on campus. SAB holds events throughout the year. Their next events include a kickball game on September 26th and a psychic fair on September 27th.

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ZTA Volunteers at Mary's Place

PHOTO COURTESY OF Zeta Tau Alpha

Members of Zeta Tau Alpha gather to pre-build volunteer- ing at Mary's Place by the Sea in Ocean Grove, New Jersey.

IVAN MARINOS

According to members of SAB, this year’s Monmouth Palooza could have been even better had the weather not been a factor. "There was a chance, a chance, a chance, a chance," said Carson.

Monmouth Palooza activated the band sounds good," Zubler said.

"The mechanical shark was definitely the favorite," said Carson. "We really enjoyed having people stopping by to see who could stay on longest."

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Zeta Tau Alpha

Welcome back to school on be-

half of the sisters of Zeta Tau Alpha! We are happy to report on the Cancer Awareness events through-

out Pink Week, held Oct. 5-11.

IEEE/ACM Student Chapter

The IEEE/ACM Student Chapter would like to welcome new and returning students! We hold mass every Sunday at 7 pm at the Catholic Center (located behind the Health Center) and daily mass at noon in Withy Chapel in Wilson Hall. For more information please contact student president Eryn Siddall at s0834614@monmouth.edu.

Human Resources Club

Would you like to learn more about Human Resources and the career opportunities in the field? Join the Student Chapter Human Resources Club and learn everything about the field! The club employs individuals from all majors. Our club is active and exposes Palmero to industry professionals, and also offers job opportunities. If you’d like to find out more about the club, please contact Erin C. Reilly at erinlc@monmouth.edu. We’re back and we look forward to meeting you!
Meet The Greeks Entices Many Underclassmen

All Greek organizations had a chance to get to know the new faces on campus at Meet the Greeks last Tuesday, Sept. 9, in the Multipurpose Activity Center (MAC).

Meet the Greeks gives students who know little about Greek life at the University an opportunity to find out what it truly entails.

Cassie Fortunato, a social work major who is a first time recruitment counselor said, “Meet the Greeks is a very positive experience, as is getting involved in Greek life in general. Going Greek, you get involved on campus and meet new people, while making lasting friendships and connections.”

Each fraternity or sorority is assigned their own table to fill with information. This is an opportunity for all of Greek life to gather in one spot and show new interested students how different each group of Greeks really is.

Over 500 people attended Meet the Greeks according to Kendall Bohannon, Vice President of Panhellenic Recruitment and homeland security major. The majority of those who attended were freshmen and sophomores, but upperclassmen and transfer students made an appearance as well.

“Meet the Greeks is a great opportunity to meet the upperclassmen involved in Greek life, and have a chance to get comfortable with all the organizations,” said freshman nursing major Anna Caruso. “It was such a good experience and I got so much out of it, you learn so much and meet so many genuinely nice people.”

Students were able to ask questions to sisters and brothers about recruitment, social events, and Greek life as a whole.

Zeta Tau Alpha Recruitment Chair and communication major, Amanda Caruso, said that Meet the Greeks is not only beneficial for new students, but for organizations as well.

“We like to be a friendly face for new students to turn to as a resource to campus,” said Caruso. “We also like to know who on campus is interested in Greek life so that we can get a better idea of who will be coming out for Spring Recruitment. We are always looking to better our chapter with each new member class.”

Recruitment counselors are also a resource for new students to use to get to know more about Greek life.

Fortunato said, “Many of the girls were very relieved when I went up to them to see if they had any questions because they really did not know what to do. It was a very good experience for me because it was really nice being able to answer questions and help them with what they needed.”

Entertainment was provided by some of the multicultural organizations on campus. Alpha Kappa Alpha, Lambda Theta Alpha, and Lambda Theta Phi all contributed with different dance and chanting routines.

This year, Meet the Greeks had two new organizations join them: Delta Tau Delta and Tau Delta Phi. More options meant more students attending the event.

“In previous years Meet the Greeks was held in Amonac Hall, which caused the event to seem even more crowded with such limited space. With the extra room given in the MAC, sororities and fraternities have more room to spread out with their boards, t-shirts, and members. While this is the first step in getting involved with Greek life, sororities and fraternities have specific dates set aside for recruitment. Students must be able to attend all recruitment sessions to get all the information needed to join Greek life. Students should keep an eye out for e-mails with these dates. If a student was unable to attend Meet the Greeks, they can look for information on who to contact on the University website, or bring all contact information to the Student Life offices.”

Meet the Greeks is an event that is held once each semester so if an interested student did miss the fall event, there is always another chance come spring.
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WHAT’S UP AT CHABAD MU?
FALL SEMESTER
SEPTEMBER - DECEMBER 2014

GENERAL PROGRAMS

CHALLAH BAKING WITH RIVKI
EVERY OTHER THURSDAY 7:00PM
Learn how to bake the most delicious Challah and enjoy dinner
At MU Chabad

SKIING TRIP
SUNDAY NOVEMBER 23RD
RSVP on Facebook

GRILL & CHILL
EVERY SUNDAY 5:30-7:30PM
At MU Chabad

EDUCATIONAL PROGRAMS

SUSHI FOR THE SOUL
EVERY WED 3:30-4:30
Student Center (by pool table)
Join your fellow Jewish Students at this weekly social exploring provocative and fascinating topics in Jewish thought and living. Feel free to ask any question on Judaism while you enjoy sushi.

SHABBAT DINNER
AT CHABAD MU
EVERY FRIDAY NIGHT
At 572 Westwood Ave
This week, turn Friday night into Shabbat. Join us for a 5 course home-cooked dinner! All you need to do is RSVP on Facebook, and bring some Jewish friends.

SINAI SCHOLARS
TUESDAYS, 7:30PM
BEGINNING SEPTEMBER 16
at the Student Center
10 Commandments: What do the 10 Commandments mean to me today? Revealing your inner wisdom and strengths with an interactive 10 week course. A $250 stipend will be granted to those who fulfill the program requirements.

GENERAL PROGRAMS

BIRTHRIGHT
Are you Jewish?
Are you between the ages of 18-27?
If yes, then you qualify for a FREE 10 day trip to Israel

COFFEE BREAK
Something specific on your mind?
Just want to chat?
Schedule a coffee break with Rabbi Yaskov or Rivki at a place of your choice. Coffee break can be one-on-one or with a group of friends.

CHICKEN SOUP HOTLINE
Feeling under the weather? Call us for a taste of home, guaranteed to make things just a bit better! Best of all, it's delivered right to your dorm/apt.

MEZUZA BANK
Protect your dorm room or apartment with security from above. Receive a loan Mezuzah. Free installation!

All activities take place at Chabad MU 572 Westwood Ave unless otherwise indicated.

For more info call Rabbi Yaskov at 732.829.7476
email: ChabadMU@gmail.com
visit: www.jewishMU.org

Chabad MU is a project of Chabad of the Shore.
LEFT: TWO STUDENTS HAVE A BLAST AT ONE OF THE SUPERHERO THEMED PLA TRAINING SESSIONS. (PHOTO COURTESY OF BEA ROGERS)

CENTER LEFT: SENIOR BRIAN MARTIN AND DR. JUDY NYE SPEAK ABOUT ‘MINDFUL MOMENTS’ TO A GROUP OF PEER LEADERS. (PHOTO COURTESY OF BEA ROGERS)

BOTTOM LEFT: STUDENTS GET TO KNOW ONE ANOTHER DURING A GROUP ICEBREAKER SESSION. (PHOTO COURTESY OF BEA ROGERS)

“MISGUIDED UNDERSTANDINGS” BY ALYSSA GRAY

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!

OUTLOOK@MONMOUTH.EDU OR S0848553@MONMOUTH.EDU
R.I.P. to the Pit

With our ocean resembling a lake for the first week of school, the predicted swell for this past week had MU's surfers frothing. High winds, a ripping current and massive Monday and Tuesday waves saddened surfers across the board.

Wednesday morning, as I found my way to an 8:30 am class, the sun was shining and the wind was nothing more than a soft reminder of the previous days. I smiled to myself as my professor let us out ten minutes early and immediately notified others who like to check the forecast before heading out.

Wednesday ended up delivering chest high barrels to local surfers. Literally, they walked down to the beach, nothing but board shorts and surfboards under their arm. A warm September sun shone in their eyes as surfer by surfer paddled out to the lineup. All day, surfer's schedules consisted of surfing. On Thursday morning, the waves lasted for only a short period but enough for us all to find clean, sizeable waves during that time. Conclusively from Wednesday morning, to Thursday morning, there were waves, the Holy Cross waves at most spots around our area.

Across the state's beaches, the surrounding towns take sand from the ocean floor and add it to the beach in order to lengthen them. This could be helpful to towns in our area to protect against the rising waters of any possible hurricane.

Many places also dredge in order to commercialize their beaches. By making their beaches longer the towns of Long Branch can advertise their beaches which can now fit almost double the amount of people that it once did. Beach dredging demolishes the work that Mother Nature has done to give surfers a surfing beach.

Around the University, not many people know about the new look at the Pit. “I'm not a big fan that they dredged the Pit. Sure it's not my area, but I don't really have that point break anymore. I miss the smaller more secluded beaches; it's too big now,” said Tyler Sankey after seeing the Pit for the first time since last semester.

Not only do surfers feel an impact but local speakers also do the surfers. To clarify, sponging is the same thing as dredging but basically more 'rad' than the average six-year-old playing in the shore’s waves. “Dredging is the process of taking bottom sediment in the ocean for several different purposes. Navigable waterways have to be dredged so, it's a certain depth to allow for passage and must be dredged to do so,” senior marine and environmental biology and policy major Amanda Billetz said. In addition dredged material is used to replenish beaches that are eroding. The problem with dredging is it disturbs the benthic ecosystem and the sediment may contain toxic chemicals and metals that have previously settled.”

One spot in particular has been the most abused in recent years and is new, Bennett should give NJ clean, crumbly. The beach is massive now and there's a lot more people. Without it [the Pit] definitely a different scene.

For a surfer, sponging or any water-related event the browsing of a new beach can have an affect on anyone who loves to visit the local beaches. Moving past that, while one cherished surf location has been destroyed, there are still waves to be had. This coming week, a hurricane named Eduard is protesters to make landfall on our weather. Eduard is presently a category three by mid-week. Currently, Eduard is stationed in the middle of the Atlantic and is not planning on making any appearances on our shores. In the end, Eduard will run along parallel to the coast, close enough to deliver us with swell and far enough not to impact on our weather. Eduard is presently a category one hurricane which means it is not a very big Hurricane category three by mid-week. Consequently, Wednesday and Thursday should be a surf day with the low Tides giving us the best way to surf the day. Having said that, don’t get too down about the Pit; find a new spot, get stoked, and get out there.

One spot in particular has been the most abused in recent years and is new, Bennett should give NJ clean, crumbly. The beach is massive now and there's a lot more people. Without it [the Pit] definitely a different scene.

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One spot in particular has been the most abused in recent years and is new, Bennett should give NJ clean, crumbly. The beach is massive now and there's a lot more people. Without it [the Pit] definitely a different scene.
**In a tough fought game, the Monmouth Hawks football team was able to close the deal on a victory over former Northeast Conference rival, the Wagner Seahawks, with a final score of 21-16 thanks to the late-game heroics of freshman Mike Basile. With the victory, the Hawks improved to 2-0 for the season while the Seahawks fall to 1-2. The Hawks have now won three consecutive games against the rival from Staten Island.**

"Of all I have to congratulate our team," said MU Head Coach Kevin Callahan. "I thought that they did a great job. We knew that this game was going to be one that would go down to the wire. Every game against Wagner seems to have done that. It's always back and forth and you've got to take advantage of opportunities and I thought that our team did an excellent job on both sides of the ball of taking advantage of opportunities, of coming up big in some tough situations and overcoming some adverse situations."

**Two weeks after showcasing an offensive clinic in the season opener against Delaware State, a game in which the Hawks accumulated 553 yards on 92 plays in a 52-21 rout of the Hawks, this football contest against the Seahawks, this football contest against a familiar foe was dominated by the defense. Both teams delivered bone-crushing hits and made huge impact plays for the full 60 minutes. When it came to who would make the big play to seal the fate of the game, an unlikely hero emerged in freshman safety Mike Basile.**

With a little more than a minute remaining in the game after a failed fake punt attempt by the Seahawks driving for the go-ahead score, Basile intercepted Brian Gelherring's pass to the left corner of the end zone to seal the victory for the Hawks. Voted as the Big South Conference's Defensive Player of the Week, Basile also earned national recognition as the Big South Defensive Player of the Week. The Hawks, also contributed four tackles to go along with the game-saving interception. It is worth noting that the Brick native now has two interceptions in the first two games of his collegiate career.

"We were playing man-to-man and it was a tight end match-up," said Basile. "I just tried going up there and attacking the ball."

"It was a big play. It was a big play in a pressure moment with the game on the line. Mike's played two college football games and he's made some big plays," Callahan added. "Looking at it from where I was on the sideline, it looked like Mike was in a good position as the ball was thrown. It's going to be in the corner of the end zone, there's two guys going up for it and I'm hoping our guy comes down with it, that's for sure."

The Hawks' defense, which ranks sixth against the run amongst the FCS (formerly D-I) AA ranks, made a living in the backfield during the course of the entire game. The line-backing duo of juniors Tyler Thompson and John Sieczkowski led the way with ten tackles apiece

 resend senior running back KB Asante on the Wealth to a deep stable of skilled position players, Hill said, "When I'm on the field, I'm just looking for reads. Whoever's out there, it could be [Matt] Choi, it could be Rome [Harris], it doesn't matter. I think they're all capable and I like them matched up on anybody. I have faith in these wide receivers to get the job done."

"The Hawks will resume play this Saturday when they travel to Pittsburgh to play Duquesne, another former NEC foe. The Monmouth Hawks face off against the Duquesne Dukes in the early afternoon. The game will be played at Heinz Field and will kick off at 3:30 pm."

**The field hockey team was shutout 3-0 by Old Dominion, who is ranked 17th, this past Sunday, Sept. 14.**

**The Hawks will face William & Mary on Oct. 2-3 on the young season. Old Dominion managed to score more goals than the Hawks, who got off shots, as the blue and white registered the two total shot attempts for the contest.**

**MU looks to bounce back this coming Friday, Sept. 19, when they return home to host Northeastern.**

Freshman safety Mike Basile was named the Crans Branford High School Freshman of the Week this past Monday, Sept. 15, for his performance in the teams win over Wagner. Basile made the play of the game for the Hawks when he intercepted a potential go-ahead pass from the Wagner quarterback in the endzone to seal the victory. He also recorded four total tackles in his second career game.

**Freshman forward Rachelle Ross was named the NEC Offensive Player of the Week this past Monday after recording 7 total points in two games for the women's soccer team. Ross scored two goals in a Hawks win over Farleigh Dickinson, and added one more assist in a win over Lafayette.**

**Upcoming Games**

- Friday, September 19
  - McGuire at Rutgers Invitational, Piscataway, NJ 8:00 am
  - FH vs Northeastern, So Sweet A Cat Field 3:00 pm

- Saturday, September 20
  - McGuire at Rutgers Invitational, Piscataway, NJ 8:00 am
  - CC at MU Invitational, Holmdel, NJ 10:00 am

- Football at Duquesne, Pitt, 3:30 pm

- So Sweet A Cat Field 3:00 pm

- McGuire at Villanova, Villanova, PA 1:00 pm
- Coed Sailing Club at Central Fall Fleet Race Qualifier 2:00 pm

- Sunday, September 21
  - McGuire at US Naval Academy Invitational, Annapolis, MD 8:00 pm
  - McGuire at Rutgers Invitational, Piscataway, NJ 8:00 am
  - McGuire at Villanova, Villanova, PA 1:00 pm
  - McGuire at Vassar, Vassar, NY 1:00 pm
  - McGuire at Old Dominion Invitational, Tuxedo Park, NY 8:00 am
  - McGuire at Fairfield, So Sweet A Cat Field 4:00 pm

**UPCOMING GAMES**

- Home: McGuire at Rutgers Invitational, Piscataway, NJ 8:00 am
- Away: McGuire at US Naval Academy Invitational, Annapolis, MD 8:00 pm
- McGuire at Rutgers Invitational, Piscataway, NJ 8:00 am
- McGuire at Villanova, Villanova, PA 1:00 pm
- McGuire at Old Dominion Invitational, Tuxedo Park, NY 8:00 am
- McGuire at Fairfield, So Sweet A Cat Field 4:00 pm
The Hawks defeated the Wagner Seahawks, 21-16, in a comeback win on Saturday afternoon. The Hawks improve their record to 2-0 for the season and will play their next three games on the road.

Full Story on page 23