from the vendors and their price raises, according to Craig, stems on the prices charged at the university bookstore. which naturally have had an effect on the prices charged at the other schooling supplies. when it comes to textbook and pricing has steadily, and noticeably, increased from last year. Being a first generation student means being the first in a family to attend college to earn a degree. Often the parents of first generation students lack degrees beyond high school diplomas. In a poll consisting of 10 randomly selected University students, participants were asked to estimate the percentage of incoming first year generation students from the current freshman class. All participants guessed below the correct number of 48 percent, and the average of all the students polled was about 27 percent. Lisa Berko, a junior marine biology student and participant of the experiment, said, “I am so surprised by that high percentage just because Monmouth is a private school, and it’s not cheap.” Lorraine Rydel, a junior business major is a first generation student here at the University. “I am not only the first generation to attend college out of my parents but also out of my entire family. My parents pushed me to go to college,” said Rydel. Efrosini Zambas, a senior business major is a first generation student and participant of the experiment. He added that when students are looking up textbooks for their respective courses online, there is a comparison tool available that compares the bookstore prices to other available online options. By using this tool Craig said students have the option and knowledge, knowing what other vendors are charging and are free to decide where they are going to order their textbooks from. However, some student’s argue that not all textbooks are affordable through other vendors, and they have no choice but to order through the school bookstore. “The price difference can be huge in some cases,” Craig said.

The large number of first generation students is not a burden to the University, according to Michael Matra, a junior graphic design major. “That’s pronounced to hear that our freshman class consists of a lot of students being the first in their family to attend college,” said Matra. The level of parental guidance many first generation students receive when starting college may be different than that of a regular University student according to Dr. Robert McCaig, Vice President for Enrollment Management. “When I went to school my mom and dad were very protective. However, they didn’t know how to coach me through the process. My parents didn’t know that I shouldn’t work thirty hours a week while going to school full time,” said McCaig. “They didn’t know it was important to get involved or that I should find faculty mentors to help me find an internship,” he said. When asked what could be done to possibly better the assimilation of first generation students specifically into the University community, McCaig said, “For first generation students, First Generation continued on p. 3

Book Store Prices Stretches Affordability

ALYSSA GRAY ACTING MANAGING EDITOR

Within the past five years textbook and bookstore merchandise pricing has steadily, and noticeably, increased due to the rises in economic pricing. However, the University has been in the process of implementing alternative, cheaper methods for providing students with reasonable pricing when it comes to textbook and other school supplies. According to the Vice President for Finance William Craig, the average textbook costs have risen between five and seven percent over the past couple of years, which naturally have had an effect on the prices charged at the university bookstore. The reason for the textbook raises, according to Craig, stems from the vendors and their pricing.

ing. Since the bookstore orders from various vendors depending on the products being offered, and as a result of the demand these vendors can change over time. “Every effort is made to provide student with lower cost options,” Craig said. “Whenever possible the bookstore obtains used books for class offerings, [and] several years ago a rental option began to be offered.”

The additional measures to make textbooks the bookstore’s main priority stems from the fact that textbooks make up over 75 percent of the sales at the university store, and apparel, clothing and other merchandise making up about 15 percent, Craig said. He added that when students are looking up textbooks for their respective courses online, there is a comparison tool available that compares the bookstore

48% OF MONMOUTH’S FRESHMAN CLASS ARE FIRST GENERATION COLLEGE STUDENTS

IMAGE COMPILED by Dyamond Rodriguez

PHOTO COURTESY of Kiera Lanni

Midterm Meltdown

CLARE MAURER CONTRIBUTING WRITER

If only the information bestowed upon students by their professors would some- times momentarily allow a smooth transition into mid-term examinations. Unfortunately, with 15 to 18 credits, clubs, sports, jobs, Greek organizations, social lives, and (somehow) sleep, this process is not easy. With midterm exams right around the corner, students are panicking about how to succeed on these upcoming tests.

In an article found in Faculty Focus, it was shown that approximately 45 percent of students admitted to cramming for exams, almost half the campus. The definition of cramming, “the practice of working intensively to absorb large volumes of information in short amounts of time,” brings to mind the classic image of a stressed out student sitting in a mound of textbooks in a library, completely overwhelmed. While the late night study sessions may be unavoidable, there are some other ways to study and retain the information needed for both the test, and the long run. As hard as it can be to pencil in study time, it’s viable to get that extra time in. In the wake of midterms, Erin Merlis, a sophomore business marketing major, has had five exams this week. While a majority of us would be losing our minds, she kept it together. Merlis, reveals that her key to studying successfully, “I like Luke McKinney, a writer for the website Cracked and former psychics student, found that “one thing I noticed without fail was that students would ‘study’ by piling up work all around the room, sit there wasting time and being miserable until the clock said they were finished.” I am too guilty of this, I pack up all my work, throw my notebooks, add a few granola bars as provisions, and

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private colleges and public schools aren't making their enrollment quota. People have to realize that there's a bigger picture. Using the financial aid package will help make private colleges more affordable.

ROBERT MCCAI

Private College Enrollment Experience Decline in Enrollment

KAIETA FARLEY CONTRIBUTING WRITER

Private college enrollment has decreased over recent years. According to the National Center for Education Statistics Projections, undergraduate enrollment at private colleges is expected to decrease by 5-7 percent by 2021. The center also says that a smaller percentage of college students will be within the age range of 18-23.

"Private universities and public schools aren't making their enrollment quota. People have to realize that there's a bigger picture. Using the financial aid package will help make private colleges more affordable."

In the bookstores on campus, students might find a range of merchandise for their athletic endeavors, such as Hawk gear. With the new 2014 logo, Hawk gear can get a little expensive, but it's nothing really outrageous, said Occhipinti. "I've been hearing some people complain about the logo, but I don't really mind it. I think it looks pretty sleek. Plus from a marketing standpoint, I think the new branding for Athletics makes sense since we're new in the Big South and trying to amp up our athletic prominence," Kase said.

"Monmouth University is trying to amp up our athletic prominence," Kase said. Despite some of the criticism surrounding the new Athletics logo, Occhipinti has found the general reaction to the help of outside design vendors run through the bookstore or Monmouth's licensing agency. "Many people had a role in deciding that it was time for a new identity for the Monmouth University Athletics Department." 

Coaches, administrators and student-athletes, all under the direction of Vice President and Athletics Director Dr. Robert McCaig, collaborated on the process in the creation of new logos and marks. We needed to create a more modern and fierce-looking Hawk, one of our new logos and marks. We and Director of Athletics Dr. Allen Mariano added. "We're learning in their classes, with their professors while responding to this issue because it determines the number of potential freshmen. "Demographics, affordability, and the fact that the baby boom is over affects the [private] college enrollment rate," said McCaig.

"I love everything about the University, but this school is extremely expensive. People may be hesitant due to the high tuition," said Ciavarella.

Robert McCaig, Vice President of the University's enrollment department, said that there is a decrease in private school enrollment due to various factors. "Demographics, affordability, and the fact that the baby boom is over affects the [private] college enrollment rate," said McCaig.

"Private universities and public schools aren't making their enrollment quota. People have to realize that there's a bigger picture. Using the financial aid package will help make private colleges more affordable."

ROBERT MCCAI

Vice President of the Enrollment Department

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College Debt: Leaving Recent Graduates Struggling

Mary Anne Nagy, Vice President of Health Affairs at Monmouth University, said that there is aid available for low income students at the University, Rozek lived at the University, Rozek said at the family's request, "This page is dedicated to a truly wonderful woman, Elizabeth Rozek, a 21-year-old senior health studies student, passed away on Sept. 26 at Monmouth Medical Center. Due to a predisposed condition in her brain that wasn't detectable, Rozek had a brain aneurism while driving, causing her to crash on a single-lane road."
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

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Employers Attending:
- American Red Cross
- Clean Water Action New Jersey
- Easter Seals New Jersey
- Enable, Inc.
- Enterprise Rent-a-Car
- Farnum
- Forever Collectibles
- Grove Productions LLC
- Housing Authority of the City of Long Branch
- ICMS
- Infinite Direct
- Judiciary Superior Court of Mercer
- Liberty Hall Museum
- Manufacturers Edge, Inc.
- Maritime Officer Program
- New Jersey Historic Trust
- New Jersey State Parole Board
- North Jersey History and Genealogy Center
- Pearson Commercial Real Estate
- Seller Cloud
- S.S. White Dental
- Target Corporation
- The Arc of Monmouth
- The Historic Village at Allaire
- The Vitamin Shoppe
- Two River Pictures
- UBS Barry
- VIE Healthcare
- Visual Computer Solutions, Inc.
- WCBS-TV/ WLNY-TV
- Wegmans Food Markets
- ZAIS Group LLC

Keep Calm And Find An Internship

First Annual Internship Fair

Wednesday, October 15th
1:00 p.m. - 3:30 p.m.
Anacon Hall, 2nd floor, Student Center

Gallagher is a retired U.S. Foreign Service Officer who served as Consul General in Ecuador where he was the youngest chief of a major diplomatic mission, and later as American Consul in Belgium and Spain, and country officer for Sudan and the Democratic Republic of the Congo. He will be awarded the 2014 Distinguished Alumni Award at the Founders’ Day Convocation.

You are cordially invited to a plenary session

Be Inspired:
A Foreign Service Odyssey
A Presentation by
Thomas P. Gallagher ’62

Date: Wednesday, October 8
Time: 10:30-11:15 am
Location: Wilson Hall Auditorium

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- Clean Water Action New Jersey
- Easter Seals New Jersey
- Enable, Inc.
- Enterprise Rent-a-Car
- Farnum
- Forever Collectibles
- Grove Productions LLC
- Housing Authority of the City of Long Branch
- ICMS
- Infinite Direct
- Judiciary Superior Court of Mercer
- Liberty Hall Museum
- Manufacturers Edge, Inc.
- Maritime Officer Program
- New Jersey Historic Trust
- New Jersey State Parole Board
- North Jersey History and Genealogy Center
- Pearson Commercial Real Estate
- Seller Cloud
- S.S. White Dental
- Target Corporation
- The Arc of Monmouth
- The Historic Village at Allaire
- The Vitamin Shoppe
- Two River Pictures
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FOUNDERS’ DAY CONVOCATION

Wednesday, October 8, 2014
2:15 PM
The Multipurpose Activity Center

This event will also be streamed live in the Rebecca Stafford Student Center.

Convocation Address

Paul R. Brown, Ph.D.
President, Monmouth University

SCHEDULE OF EVENTS

Thomas P. Gallagher, ‘62
Presentation: “Be Inspired - A Foreign Service Odyssey”

10:30 AM - 11:15 AM
Wilson Auditorium

2:15 PM
Convocation Ceremony
The Multipurpose Activity Center

3:30 PM
Reception
The Multipurpose Activity Center
2nd Floor

All members of the Monmouth University community are invited to all events.
The Outlook

THE OUTLOOK STAFF:

Post-secondary education is often the first taste individuals have for assuming the roles as an adult. Whether a community college, 4-year institution or other, after high school, students are beginning to assume roles of greater significance. Are these new roles the cause of greater stress and mental illness among students? The Outlook believes that through the requirements and demands of colleges and universities on students, the post-secondary education system has essentially created factories tasked with creating stressed individuals. Classroom prerequisites, club and social obligations and more combine to make for higher levels of stress and mental illness among university-goers than in the past.

Dr. Franca Mancini, university Director of Counseling and Psychological Services, viewed students as seemingly more stressed now than ever. She said, “College is inherently stressful, and it seems that current students are showing even more signs of poor stress management and a need to acquire better coping skills.”

Mancini said, “The pressure of academics, combined with social, family and financial concerns in a very busy world makes it hard to find times that in clear one’s mind and relax. Learning stress management techniques is essential, and it’s never too late to start.”

In contrast, Dr. Kathy Maloney, Director of Health Services, said, “Modern education is just as stressful as it has been in the past. In fact, years ago, it was perhaps even more stressful for students because they did not have access to the amount of information that is now available at their fingertips.”

She continued, “Decades ago, students had to conduct all of their research manually. We can view technology as a double-edged sword. It has allowed us to access information within seconds. Due to the power of technology and the volume that is created, we have to do more shifting of pertinent information.”

The Outlook reached the consensus that upon entering college an increase in stress is almost expected to occur as students take on greater responsibilities. Compounded with the fact that the college years are often seen as the time to build the foundation for the rest of one’s adult life, students struggle to find ways to effectively manage their anxieties.

One editor said, “I never really worried about work in high school, but [in] college the work is harder, more time consuming, and I feel like I need more time. What I find is that in college foreshadows your future and career.” This sentiment draws on the drastic difference between high school and collegiate work, which students are often unprepared for. Combined with the stress of living away from home, many students are left to find the means to manage their stress on their own.

Lucky universities offer a plethora of services to aid in mental well-being. One member of The Outlook editorial staff recalled a Monmouth specific program that happens around the final exam time. “...I’ve heard good things about [the programs]. I went to one freshmen year before finals that had puppies you could pet. It’s impossible to be stressed out when you’re petting puppies,” the editor said.

Thus, there is a level of creativity to beating the stress that is seemingly unavoidable in college. While traditional services and programs are useful, students often need to think of tailor-made ways to overcome daily pressures. The Outlook staff finds music and exercise as beneficial in de-stressing from weekly pressures.

One Outlook editor stated that college is “trial and error.” The editor continued, “[trial and error] best explains [college] because we find now that when things don’t work we don’t do them that way again. We find methods that work best for us and are our particular circumstances and stresses.”
Social Media? More Like Anti-Social Media For This Generation

KELLY COFFEY - CONTRIBUTING WRITER

Now I admit it, I am on my iPhone just as much as everyone else. I check it almost every hour, I am constantly uploading photos to my Instagram account, and I even use it to keep in touch with my friends, family, celebrities, and even your favorite department store. But what many of you probably don’t know is how much social media is ruining our generation.

According to Dr. Anthony Curren, author of *Headlines and Twitter, people are losing the information that I hope keeps me interested in my generation. I am by no means judging or criticizing what this had to do with my major, but what cost? Would you go into a sword fight with a butter knife? No, so why would you want to maintain tools? Would you go into a sword fight with a butter knife? No, so why would you want to maintain tools? Would you go into a sword fight with a butter knife? No, so why would you want to maintain tools? Would you go into a sword fight with a butter knife? No, so why would you want to maintain a diet that can potentially harm you?

According to the article “Top vloggers share access to Terrible Idea” on internationalnutritions. com, it is common for most people have a hard time keeping a diet. The NLA says that Vitamin B12 is essential in metabolism development and how it propagates. In fact, the article found that in 2011, a vegan couple from France faced murder charges because the mother’s choice to breastfeed led to the death of their newborn child. HINGG said that the lack of essential vita mins in the mother’s breast milk was the ultimate cause of death seeing that the child did not posses the qualities of a well-nourished child.

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I hope that you have taken away something valuable from this article. I hope that those of you that are vegans or thinking about becoming vegan really think about the reasons why you are becoming one. I hope that you choose to live a healthy life this way, I have prepared for you what you are getting into. I am by no means judging or criticizing. I hope that you will provide me with information that I hope keeps me interested in my generation. I am by no means judging or criticizing what this had to do with my major, but what cost?

Part of living like a vegan involves making sure every aspect of your life is vegan friendly. Every article of animal “exploitation.” You may be wondering why I put quotes around the word “exploitation.” Well, let’s just say I didn’t know that these animals were treated this way. It just didn’t feel right to me. I hope that you will provide me with information that I hope keeps me interested in my generation. I am by no means judging or criticizing what this had to do with my major, but what cost?

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Student Loan Interest Rates Reach A Dead End

Senator Elizabeth Warren’s “Bank on Students Emergency Loan Refinancing Act,” proposed in May 2014 was shot down. The bill sought to “allow most individuals with student loans (both federal and private) to refinance those loans into new federal direct loans at interest rates specified in the bill,” according to the Congressional Budget Office (CBO).

The bill received a lot of support from Senate Republicans who claimed the bill was a political move, pitting students against the wealthy. This is because of the provision within the bill in which the drop in interest will be covered by the wealthiest Americans.

During summer 2013, Congress almost allowed the interest to double from 3.4 percent to 6.8 percent. The outcome was an interest rate fixed on a 10 year treasury note. This was seen as compromise by the parties, but did not begin to address the growing problem of student debt.

According to Businessweek, students who take out loans at 71 percent interest, owe in aggregate an average of 30,000 dollars each. The U.S. Government clears four billion dollars each year from student loans. Private lenders, however, can raise interest rates as high as 20 percent. The picture is clearly dismal one for college students as well as graduates. How could it get this bad for students, when there was an American who could work his way through college?

According to mintpress, the student loan crisis has worked as a vicious cycle. When loans poured in for students, tuition cost was allowed to rise because of this easy money. More loans mean higher tuition to pay for more amenities. Additions are meant to attract more students and therefore more tuition dollars.

Claire Alasio, Director of Financial Aid, elaborated on the difference between student aid at private and public institutions. Alasio said, “Public colleges and universities are subsidized by the state and, as a result, typically have tuition rates that are significantly lower than those found at private institutions. The lower tuition is the incentive for schools to work more efficiently. The Governor has the flexibility given to the Governor to strike portions of a bill, make suggestions and send it back to the Senate or House of Representatives. The State Legislature can then make changes based on the Governor’s recommendations and send it back to him for signature.”

Thus, state governors comparatively have more power in their index than the President. The President has over the Senate and House of Representatives. This is even more apparent with governors like Christie that are on a different part of the political spectrum than their state house. Bordelon said, “The partisan divide currently in state government, however, has revealed Christie using the abso- lute veto power quite often. The Democratic State Senate and Assembly have never been able to get the two-thirds vote to over- ride that veto.”

According to US News, the United States has the highest student loan de- bts in the world. Students from the United States can only veto a bill in its entirety or sign it into law.

He continued, “At the state level, the flexibility given to the New Jersey Governor in the 1947 State Constitution, where the leg- islation to be enacted much more efficiently. The Governor has something analogous to the line- item veto, called the conditional veto. A conditional veto allows the Governor to strike portions of a bill, make suggestions and send it back to the Senate or House of Representatives. The State Legislature can then make changes based on the Governor’s recommendations and send it back to him for signature.”

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October 10th: Pep Rally in the MAC @ 5pm

October 11th: Homecoming Parade @ 12pm
Game @ 1pm

RED WHITE & MU
#MonmouthHC14
T H E P R O S A N D C O N S O F " D E S T I N Y "

John Moran CONTRIBUTING WRITER

There are few video games more popular than "Halo," and few game developers more well-established than Bungie. When Bungie sold "Halo" to Microsoft, they promised gamers the stars, literally. Now, "Destiny" has been out for a month, and the question is: did Bungie deliver?

My answer is that it depends on what you want from "Destiny." If you loved everything about "Halo" and you're a fan of multiplayer-first-person-shooters (FPS), then "Destiny" may very well be game-of-the-year. However, if you're here for the story, or the supposedly MMO-inspired character progression, then there's a very good chance you'll be disappointed.

For what it is (a multiplayer FPS with roleplaying elements), Bungie disagrees (unless you consider the inclusion of story-based loot "roleplaying" elements). For what it is: did Bungie deliver?

One part of PVE that seemed expansive isn't appropriate, not realistic in a rock-paper-scissors type of battle. When you find it, you will run the same missions over and over and hope for better loot. Character progression is satisfying at the start of "Destiny," but other than the story, the progression is quite shallow. I think there will be an equal number of haters and fans. With that in mind, I'm going to give three stars. The first is my reasonably objective assessment. The second is my personal reaction with a moderate enjoyment of multiplayer-first-person-shooters, then there's a third and final criterion, unencumbered by "Halo," or a FPS ad

On Oct. 3, Nintendo released the fourth entry in its successful "Super Smash Bros." series on Nintendo 3DS. For anyone unfamiliar with this name, "Smash" is a fighting game featuring characters from Nintendo's iconic franchises duking it out in frantic four player action.

This new version offers several first time features aside from new characters. Smash Run allows players to play through environments, defeating enemies and collecting power-ups for their selected character, while competing against three other opponents. After five minutes, the fight- ers are brought together for a final challenge, ranging from a timed battle to see who gets the most KOs, to climbing a tower, to running a marathon with your opponent. Another new mode that takes advantage of the 3DS's Street Pass feature is "Smash 3D." In this mode, players select a token based on a character they like and throw them into battle with others in a borderless arena. Each token is moved around the field and ransacked among combatants, allowing players to customize their fighter's appearance and put yourself in the game, literally! In terms of sales, it also offers a robust online mode where players can fight with their friends or anyone in the world. They can play for fun in a variety of matches where the winner is kept, or play "For Glory," with stricter rules in which the wins and losses are recorded for everyone to see. Those who don't want to play can act as a spectator and see matches, and also win gold that can be spent on trophies and in other game modes.

"Smash 3D" is not without its drawbacks, however. The online mode suffers from loading issues that can cause the action to slow down or even momentarily stop. Classic mode has been overhauled to allow players to customize their own adventure, but it costs coins to increase the difficulty, and a new prize wheel designed to give players rewards often yields nothing, causing them to get no bonus after a hard fought battle against another player.

With these few drawbacks, and the overall frustrating nature of the game at times, "Smash" for 3DS is an incredible buy for people looking for a simple and accessible fighter. Like its predecessor, "Smash 3D" is available for purchase at retail and as a digital download. For those who want to try the game, a demo is available in the Nintendo eShop as a preview. Now get Smashin'!

Nintendo Reveals New Game

Philip Blizzared CONTRIBUTING WRITER

The Pros and Cons of "Destiny"

On Oct. 3, Nintendo released the fourth entry in its successful "Super Smash Bros." series on Nintendo 3DS. For anyone unfamiliar with this name, "Smash" is a fighting game featuring characters from Nintendo's iconic franchises duking it out in frantic four player action. The controls are preformatted and the selection of weapons and abilities allow for widely varied playing styles. Vehicles and turrets are well executed, and I've never played a game with a better sense of verticality. Jetpacks and never played a game with a better sense of verticality. Jetpacks and

The Nintendo 3DS console is a handheld gaming system with innovative 3D features and internet capabilities.

October 8, 2014

10 The Outlook

Entertainment

Entertainment
The new ABC sitcom “Selfie” created by Emily Kapnek and starring Karen Gillan and John Cho is the latest in a long line of shows to really set the show apart in its already known work could become even more so if it starts off very funny, the use of various social media lingo is cringe-worthy, and it takes a while to really get started.

As the pilot continues, though, the series does show some potential, as it gives us more information about our lead character and plays with some clever comedy. Through voiceover, we learn more about Eliza, which is not as vapid as she seems. Henry (Cho), who is first shown as intelligent yet somewhat off-putting, and fears that other members of society.

The beginning of the pilot episode does not cast the brightest light on “Selfie.” The set up for the premise is done too quickly, and the introduction of lead character Eliza is particularly off-putting. While we are not supposed to really relate to Eliza at all, she is still too annoying and self-absorbed to feel like a believable character. Hoping to rebuild her image, she enlisted the help of marketing expert and co-worker Henry Higgins (Cho), who will hopefully turn her into a respectable and self-aware member of society.

Taking on an interpretation of an already known work could also be its detriment. With a familiar premise, it is hard to really set the show apart in its pilot. I would not blame anyone who turned off “Selfie” after the first commercial. It does start off very funny, the use of various social media lingo is cringe-worthy, and it takes a while to really get started.

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Monmouth University’s Physician Assistant Program Salutes
PA Week and our Inaugural Class of 2017!

Contact us for more information about our program: paprogram@monmouth.edu

Mental Health Screening Day
ON THURSDAY, OCTOBER 9TH
FROM 11AM TO 3PM, AFFLIITTO CONFERENCE ROOM, STUDENT CENTER

Counseling and Psychological Services, Rebecca Stafford Student Center
Tel. 732-571-7517 Email: mucounseling@monmouth.edu
Apple Orchards Around the State for Your Fresh Fruit Needs

ALISON GOERKE
STAFF WRITER

When autumn rolls around, it’s time for one thing besides pumpkin spice latte: it’s time to take a trip to the local orchard. I stock up on cider, donuts and a few apples to bring back to Monmouth and my mom always likes to get a fresh Apple Walnut Pie from the Farm Market. The key to Terhune Orchards is grabbing a bag of cider donuts as soon as they come off of the truck from the bakery. They’re slightly hot but you can变迁 them down with the apple cider, making the perfect sugary combination. Terhune Orchards is full of activities for all ages. There is a corn maze which Bynonna Re- canzone, junior health studies major, recommends. “I loved the corn maze, I went with my niece over the weekend,” Re- canzone said. Plus, there is wine tasting. Terhune has all of their leaf colored boxes cov- ered. Terhune Orchards also includes a pumpkin patch and a mum patch, along with apple and gourd picking. Fresh bags of apple cider donuts are con- stantly being brought in the smaller stands around and their farm market. The same donuts are available every day, year round for people looking to get the taste of fall even in the sum- mer.

According to the website, every week brings wagon rides, wagon rides, food, pony rides and great times at Terhune Or- chards. Although the corn maze may have been one of Recanzone’s favorite things to do at Terhune, the day offered something a little more memorable. Recanzone’s boyfriend picked Terhune and one of its patches of mums as his spot to propose over the weekend. “I ran over to the mum patch,” Recanzone said. “I picked my mum’s and then set the pump- kin donuts down next to them to take a picture. He told me to move to the other side to take the picture, and got down on one knee.”

On the other side of New Jer- sey, trips to the orchards are a tradi- tion. Living in the garden state gives multiple opportunities and places for the public to get their fix of cider, in donut and drink form, and many more autumn staples. In New Jersey, trips to the orchard in the fall are a tradi- tion. In Princeton, NJ, my family takes a trip to Terhune Orchards every year. As outfits lean towards more neutral tones and uniqueness, these shoes, especially in their basic black, can be worn with every- thing from yoga pants to dresses. They’re available in more than just standard black, as well - unique col- ors like maroon or dark purple can be used to give an outfit an interest- ing twist. Katharine Dix, a freshman po- litical science major, said, “Flannel is the epitome of good fashion. Any- thing can be worn with these boots, besides what you’re wearing, you can look like a hipster, or just be comfy and cute. It’s a win in every category possible.”

Flannels aren’t just popular for women. They can be found just as easily in the men’s section of any store, and they don’t lose their ver- satility. Tyler Vandenker, a senior political science major, said, “What can be worn by everyone, wheth- er you’re a hipster, or into the out- doors, or just following the trends. It’s also nice to have something to throw on as it gets colder, besides sweaters!”

Besides flannels, long, flowy cardi- gans are in style for a more girly look. Sheer and neutral, cream colors are easy to spot in stores like Urban Outfitters. These are light, flowy sweaters that hang be- low the knees and are ideal over a sleeveless shirt to brave the brisk air. Pair these with skinny jeans and short cut heel boots. In general, more “chic” clothes are apparent now. There is an emphasis on standing out rather than fitting in. This is why stores like Urban Outfitters and Free People, who offer a variety of styles perfect for fall, are a top store choice for college students.

It’s more than just the style of clothes that are changing – acces- sories and makeup evolve as well, changing to match the seasons. Ac- cording to Vogue, the trend this fall is statement jewelry, including necklaces in bright colors, dangling earrings with daring shapes, and chunky bracelets.

As outfits lean towards more neutral tones and uniqueness, these big pieces, especially necklaces, can be used to add a welcome pop- ping until the end of October, and group picking which needs to be scheduled ahead of time. They also offer a senior citizen discount on Monday and Thurs- days and hayrides throughout the fall season.

Delicious Orchards offers both Apple Fest and Pump- kin Fest, with Apple Fest be- ing in September and Pumpkin Fest coming up on October 13. Pumpkin Fest is free and will include pumpkin painting and decorating, games, an antique tractor display, live music and free food samples, according to the farm’s website.

Perhaps the most enticing part of taking a trip to the or- chard is the wholesome quality of these items. There is no doubt that there is just an extra rewarding feeling of choosing from the freshest quality.

Mary Harris, a certified ho- listic health coach and specialist in communication professor, said, “If you want it fresh fruit locally it is always a better option because the apples have not had to travel far and are still packed with nutrients, whereas non-local apples are picked, stored, and shipped, often sitting in boxes or on shelves for a prolonged period of time.”

“The fresher the food, the better. Supporting local farms is a nice way to do this, in general. Small farms especially need support from local consumers to stay in business. Whether you visit Terhune, Battle View, Delicious Or- chards for that matter, it’s tempt- ing to indulge in the Garden State’s perks of fresh ingredi- ents and fruits- especially in the fall.

Terhune Orchards in Princeton, NJ, could be a road trip for Monmouth students who want to pumpk or apple pick. This des- tination would be perfect to make a day of it on an autumn day off.

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To Cram or Not To Cram: The Answer To The Age Old Question

Cramming continued from pg. 1

head off to squirrel away in the library for hours before exams. In the sacred student space, I still manage to accomplish next to nothing.

McKinny added, “In times of stress, a student can spend over an hour crafting the perfect study setup to defend his or herself from guilt. It all has to be just right, from lighting to coffee, because every single thing that needs to be fixed is another reason not to actually study yet. Some students spend longer trying to reach the perfect setup than Buddhist Monks spend trying to reach Nirvana, and with less tangible results. Students get so wrapped up in the idea of studying that they distract themselves from the actual act of studying.”

McKinny also stressed the importance of adaptation. Rather than just flipping through your notes or staring at a textbook page, “Do something, anything, which tests your knowledge or makes you actually think, then use your notes to find out what you’d forgotten. Then do something else again, then sit down and reconfirm, “Yep, I can read this language all right!”

Some students have realized the negative effects of cramming and are adapting to better study habits.

Natoye Miller, a sophomore in the political science major, contends that, “I do not study for exams because when I cram, I don’t study ahead. I get more stressed out because I’m worried about the professors’ guidelines and the grade I think I’m going to get.”

By squeezing in study hours over a longer period of time, Miller has more success on her exams. That being said, she doesn’t necessarily think exams are a good thing. “I don’t think exams determine the knowledge of students,” Miller points out. “I feel the participation a student does in class better determines that.”

Dr. David Payne, associate professor of psychology, doesn’t believe in the cramming method at all. “Research on the effectiveness of various study methods indicates that cramming does not help people remember for very long, and so even if it does get students through a test they will take a couple of hours later, they will still have to study that information all over again for a later test (such as a cumulative final exam), almost as if it had never studied it before. In contrast, studying it spaced out in time OK in a different way than you read it (not just re-reading the book or class notes) helps you learn it for the long term, in case you ever need it again,” said Payne.

Payne continues, “Possibly the most effective way for most people is to practice remembering the information, as with PROPER flash cards (no peeking at the answers!), even though people feel as if they know it, if we can just re-read it instead of practicing remembering. That advantage is called the ‘testing effect.’”

“Our minds fool us into feeling as if we know something, even if we haven’t practiced by re-reading rather than by practicing how to recall the material, but the benefits show otherwise. Not only is cramming stressful for us, but you also walk into the test not really having any way to be sure what you do or don’t know. A pretty good way to set yourself up for a surprise (often an unhappy one) when you cram is that you don’t learn as much as you think. I would not advise changing something that is already getting you good grades and producing long-lasting memory, if you think you can cram your way through for you, your are probably wrong, etc, and asking for trouble.”

As a Mizzou student and an upcoming Professor, we have to teach our students to start preparing as soon as we can. If you study a little bit every day, engage our material rather than just flipping through notes, and don’t procrastinate you can nail our midterm and get back to having fun.

The Good, The Bad, And The Ugly:
Students Spill All About Their First Jobs

Students first jobs

VICTORIA KEENAN
FEATURES EDITOR

At this point in our lives, most of us have had a first job. It could have been working for our parents, it could have been baby-sitting the neighbor’s kids, or it could have been filling in an office. Whatever our first job was and whether we liked it or not, we had to make ends meet. It was probably the first time we were probably the first time we did something we wouldn’t really want to do because we had to.

My first job was a local family owned ice cream shop a few blocks away from my house. I worked five days a week, nine hours a day. It was a tough job for anyone, but the research shows it could have been spent on and off fishing boats, from commercial to private to charter, which are all very different.

“All the boys started hanging out on docks and waited for boats to come in. We were more concerned about that than being competition. We were called the ‘Lobster boat boys’ and we sometimes help fill the net and clean for the tired fishermen. This gave me a good work ethic, as well as the ability to work at working on a boat,” said Scott.

“I also worked on a lobster boat where I was a learning experience. I got my first shot at working on the fishing boat. I did it professionally and just for fun. I would be on the boat full time for seven or eight months in Florida, the Caribbean, etc. and whenever we got days off, which was rare, we would fish for fun. I was still doing it every summer up until last year,” Scott continues.

Most of us have depended on our first jobs, while some of us were able to move on to better places today. No matter where you may have worked, good or bad, you have probably taught you communication skills, money smarts, and most of all, independence.

Opening that first paycheck gives you an accomplished feeling, and knowing that you’ve earned it yourself, you realize every paycheck feels that good. Wanting for your own money is a satisfying feeling and the thought helps you get through the worst exam days. It’s a mind-set that no matter how you may have felt about your first job, you can probably agree it was a learning experience and has helped you get to where you are today.

Robert Scott, a specialist professor of communication, explained that most of his life has been spent on and off fishing boats, from commercial to private to charter, which are all very different.

“My first event with the company was shaking while making the lemonade and gave it to him to free of charge and in response he said “My man!” and gave me a fist pound. I still have this job and work for every summer. I’ve been from front row at Drake and Lil’ Wayne concerts and back stage at country music festivals, but nothing

Cramming for tests, especially midterms and finals not only stress students out, but don’t let our minds retain any of the information.

In my town and got me the job. I worked five days a week, nine hours a day. It was a tough job for a 17 year old kid, but the money was worth it,” said Hughes.

Senior history and education major Eric Szkodny still works at the first job he had. “My first job was a summer catering job that I got through a friend when I was 15. When I accepted the job, I didn’t know that the company was mainly involved in working at concerts and festivals. My first event with the company was Rock The Bells on Governor’s Island in NYC. I was given a lemonade stand in the middle of a field and after a quick demonstration of how to make fresh squeezed lemonade I was left, by myself, for the whole concert.”

Szkodny continues, “While I was getting the stand set up for the long day ahead of me I was approached by a group of people for lemonade. These were my first customers so I was a little nervous and when I looked up I couldn’t believe my eyes. Method Man from the Wu Tang Clan (who was performing at the festival) was my first customer! I was shaking while making the lemonade and gave it to him to free of charge and in response he said “My man!” and gave me a fist pound. I still have this job and work for every summer. I’ve been from front row at Drake and Lil’ Wayne concerts and back stage at country music festivals, but nothing
There is something about life on campus that just exudes the comfort, whether students are walking to class with friends or alone, leaves flutter from trees, throwing a football around on the quad, going out on the town or going to the beach. Students have freedom here: the ability to settle in, study and enjoy their new home.

However, no summer warmth lasts forever. Winter is coming. In the approaching months, cold weather will arrive and affect the entire campus. But once winter’s chill gets it’s grasp on Monmouth, how will the students behave?

Do the cold months have a different effect on upperclassmen than their juniors?

First, let’s look at the facts. Once it gets colder, there are fewer activities for students to do and be distracted by. Hanging out outside and more being confined to dorm rooms, due to either snowfall or cold temperatures in general.

For the fall semester, the closer we get to finals, the colder the weather gets. This is almost symbolic of approaching final exams, placed on students. That way students will (hopefully) go off while the weather is warm and classes are just beginning. However, if the habitat perishes, students will have both the cold weather and exams to deal with. So, how fast the months of the year affect students is entirely dependent on how much more or less they study in the colder times of the year.

“I’d actually say students study more in the cold months,” said Kenneth Mitchell, an associate professor of political science.

“There are way less distractions in cold weather, so without the option of getting to the beach or hanging out around campus, some students are inclined to stay and get their work done.”

That certainly seems possible. With a lack of activity on campus in times of cold weather, students might actually become more studious. This holds well academically, but warner: if the cold can force them to study, it can also do them so much they don’t do anything else.

Mitchell continues, “Our school also tends to shut down easier if it ever snows, seeing as how we’re more of a beach culture at West Long Branch. With more days off and staying in, students can be just as tempted to goof off as in warmer times. When the coldest weather comes, that’s usually the time for exams. The easier, introductory stuff comes in the warmer months.”

Hopefully the student body wouldn’t under pressure in the colder months. As all we know, frozen things break more often than they bend. Yet some students might take a hint from their more primal instincts and opt for hibernation.

“I am extremely lazy so I will leave later for class, rarely go to the dining hall, and try to not walk anywhere when possible,” said Hannah Lavia, a freshman marine biology major.

It seems that the cold weather can inspire laziness as much as it can inspire a drive to work. The desire to go down to the beach or hang out around campus could simply be replaced with the desire to stay in bed and not go outside. But could that just be a freshman’s thoughts? Could an upperclassman have a different response to the cold weather?

“People just don’t go out as much, much more of a political science major Tyler Vandegrift. “Instead of going to a football game, they might just watch Netflix or something.”

This proposes an interesting theory. Students might not get any more studious or lazy once the weather gets cooler. They might just have their “warm” interests replaced by activities suited to the colder weather. In the end, it appears that it just depends on the students own work ethic and laziness.

When the weather gets cold, students will stay inside and either study due to a lack of options, hang out just as much in new weather-suites ways, or just do as they normally do, with no more or less studying or goofing off regardless of the new temperatures.

Cold is just cold, and despite where one is from, one in China or socially in those months, students will approach them in whatever way suits their own personal-ity. So as a word of advice to all Monmouth students: try to take advantage of the cold weather and get some work done.

When you’re cold, Vandegrift said, “If you didn’t have the drive to stay in and study before, it’s not going to magically happen just because it’s cold.”
Delta Phi Epsilon’s ANAD Vigil Raises Awareness

DELTA PHI EPSILON SISTERS
support their philanthropy at their annual Anorexia Nervosa and Associated Disorders (ANAD) Vigil.

magnificent and had an exceptionally high attendance for a Tuesday night concert," said Tom Egan, junior business administration major and vice president of SAB. SAB tabled at the event to sell CDs for $8 and t-shirts for $20, both featuring the words from the merchandise went directly to the musician. SAB also sold tickets for their upcoming event.

"I’m really happy that RHA and SAB have decided to work together on our coffee house series this semester," McGowan said. "They have some great things planned this year that I highly recommend students come to and check out the events!"

Delta Phi Epsilon Sisters

"I would absolutely recommend the event to anyone who finds themselves battling or知 to the musician. SAB also sold tickets for their upcoming event.

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If you could go back in time, who would you meet?

Compiled by: Kiera Lanni

Sabrina
Freshman

“I would meet my grandmother because I never got to actually meet her since she passed away when my mom was a kid.”

Andrew
Senior

“I would meet Siddhārtha Gautama, who is also known as The Buddha.”

Taylor
Junior

“Picasso just because I want to see how his mind works, and how he went from doing such elaborate paintings when he was young to doing the most simple things when he was older.”

Beth Gilmartin
Lecturer-English Department

“I would probably meet Lady Gregory, who was a writer that I did my dissertation on, so I could ask her if I was right.”
If the Hawks’ football team needed to prove that they would be okay without one of their star players, they made a strong statement as they dismantled their former Northeast Conference foe, the Colonials of Robert Morris University by a score of 51-20. The Hawks improve their record to 4-1 for the first time since 2006 while RMU drops to 0-5.

Even though the Hawks’ up-tempo offensive style was in full effect, the defense stole the show by forcing six turnovers. The defense also played a tenacious defense on the outskirts of the Monmouth playing field.

Sophomore running back Lavon Chaney made his first career start and made himself known by scoring on a remote different fashion on the first quarter. On the Hawks’ second possession of the game, the offense drove the length of the football field and scored when senior quarterback Brandon Hill found Chaney on a screen play to the right as Chaney followed the convoy of blockers into the end-zone for the seven yard score.

On the ensuing drive, following a Colonials’ turnover, Hill picked up where they left off by using their up-tempo offensive attack en route to a two yard plunge up the middle by Chaney. Chaney would add another score via a 23-yard run in the third quarter.

With Asante’s absence from the running back rotation, the Hawks needed to lean on Chaney to shoulder the load. His added workload meant more opportunities for other running backs such as Welch and the emergence of junior Ed Royds, who was playing in the defensive secondary and special teams as of last week.

While the running back committee was in full effect, the defense was also in fine form. Sophomore Kevin Butler for the fourth quarter, the Hawks’ first pick-six since 2010.

Freshman Mike Basile also continued his stellar play in his rookie campaign by hauling his third interception of the season and returning it 56-yards deep into Robert Morris territory. His forced turnover led to a six yard score in the fourth quarter.

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Field Hockey Edged by No. 20 Michigan State

Joe Ruggiero
Staff Writer

On a rainy Saturday afternoon, the Hawks faced the nationally ranked Spartans of Michigan State on So Sweet A Cat Field to conclude their five-game homestand. Michigan State had the momentum early in the 22nd minute as senior forward and team captain Amanda Schoenfeld scored the first goal of the game. Three minutes later, a controversial call gave Michigan State a penalty stroke. Unfortunately for the Hawks, All Helwig put it past starting goalkeeper Christen Pietsari to tie the score at one leaving momentum up for grabs.

With the game tied again both teams were looking for that next goal. The Hawks opportunity came in the 31st minute when seniors Schoenfeld and Trish O’Dwyer seemed to be passing the torch to freshman forward Megan Donahue when the two seniors passed it back and forth to each other. O’Dwyer tipped a pass to Schoenfeld who quickly passed it back to O’Dwyer who had an open net after she faked out the Spartans’ goalie and knocked in her fifth goal of the year. The Hawks went into halftime up 1-0.

“We had a really balanced first half, from playing good defense to balanced midfielders to great attackers,” said head coach Carol Fiigo.

In the first half of play, MU shutout the Spartans 13-5, but the second half went in favor of Michigan State. With just over fifteen minutes left in the game, the Hawks were able to maintain the lead. The Spartans then turned things around, scoring two goals at the 10 and five minute marks bringing the game to a tie at 1-1. Late in the second half, the Spartans scored again producing a 4-3 lead, but after a talk between the two officials the goal was called off and the game remained tied. Still tied at 3-3, the Hawks and Spartans went into overtime.

With the clock winding down in the first half, junior midfielder Cori Allen set up the two seniors once again as she sent one into the circle. O’Dwyer tipped a pass to Schoenfeld who quickly passed it back to O’Dwyer who had an open net after she faked out the Spartans’ goalie and knocked in her fifth goal of the year. The Hawks went into halftime up 1-0.

“We think putting two halves together is really important for us, just finishing the game and making sure the other team can’t come back,” said Coach Fiigo.

Although the Hawks did not win against the Spartans, they were able to earn their fifth victory of the season when facing the Villanova Wildcats on Sunday evening.

COURTESY OF O’Dwyer’s hat trick, the Hawks posted a 4-1 victory and improved to 5-6 on the season while Villanova is currently 3-8. O’Dwyer, who not only leads the program with 26 assists, also posted seven point in the second time in her career in Sunday’s game.

“The game was really competitive,” Coach Fiigo said. “We needed to get better and I think they responded well. We played a lot of players. Everyone had the opportunity to contribute.”

The Hawks remained resilient and relentless in the second half, finishing with five points. Senior forward Alexis McTamney ready into the box to find sophomore forward Carli Figlio. The Hawks posted a 4-1 victory and improved to 56-1 on the season while Villanova is currently 3-8. O’Dwyer, who not only leads the program with 26 assists, also posted seven point in the second time in her career in Sunday’s game.

With less than three minutes on the clock, O’Dwyer scored the final goal of the game and secured the Hawks’ win. MU freshman goalkeeper Christen Pietsari made seven saves to gain her fourth win of the year.

The team will compete in the conference game on Monday as they face Penn Thursday, Oct. 9 in Philadelphia, PA and Sunday Oct. 12 against Rutgers at So Sweet A Cat field.

WOMEN’S SOCCER DOMINATES SAINT PETER’S

Michelle Gonzalez
Sports Editor

The women’s soccer team made a statement on Hesse Field this past Wednesday, Oct. 1 as they conquered the Saint Peter’s University Peacocks in a dominant 8-0 victory. This puts MU’s record at 2-1 in the Metro Atlantic Athletic Conference (MAAC) and 7-4 overall. Coming off of a tough conference loss at Canisius on Sunday, the Hawks needed to prove their presence in the MAAC. Coach Fiigo and the team delivered as they defeated the Peacocks.

“We were coming off a disappointing performance on Saturday. We didn’t deliver to win. The other team wanted it more and we just didn’t respond to the call to winning,” said head coach Kristy Turner.

The Hawks came to play on the first whistle. Just 2:28 into the first half, freshman forward Rachelle Ross crossed the ball into the box to find sophomore forward Alexis McIntammy ready off of the goalie’s deflection. Just moments later, the Hawks struck time. Michigan State scored the decisive goal. With the win, the Spartans improve to 7-4 while the Hawks fall to 4-6.

Coach Fiigo believes that if the second half performance could match their first half dominance, the Hawks would have pulled out a win against the nationally ranked no. 20 Michigan State.

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With less than three minutes on the clock, O’Dwyer scored the final goal of the game and secured the Hawks’ win. MU freshman goalkeeper Christen Pietsari made seven saves to gain her fourth win of the year.

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Wednesday, October 8
WTEN vs. Drewel W. Long Branch, NJ 3:00 pm
MSOC vs. Manhattan* W. Long Branch, NJ 7:00 pm
W SOCAT at Manhattan Riviera, NY 7:00 pm

Thursday, October 9
FH at Pennsylvania Philadelphia, PA 4:00 pm

Friday, October 10
WGLF at Rutgers Invitational New Brunswick, NJ 8:00 am

Saturday, October 11
WGLF at Rutgers Invitational New Brunswick, NJ 8:00 am

**First Round

WTEN at URI Tournament Kingston, RI 9:00 am
Day One

SIB at St. John’s Stony Brook Queens, NY 10:00 am
Football vs. Columbia W. Long Branch, NJ 10:00 pm
MSOC vs. Fairfield* W. Long Branch, NJ 7:00 pm
WSOC at Fairfield Fairfield, CT 7:00 pm
Sunday, October 12
WTEN at URI Tournament Kingston, RI 10:00 am

FH vs. Rutgers W. Long Branch, NJ 10:00 pm

Wednesday, October 15
MTEN at ITA Regional Championship New York, NY 8:00 am

*conference games
The women’s soccer team was dominant in an 8-0 win over the Peacocks of St. Peter’s University this past Wednesday, October 1. Five different players scored goals in the win, including three who found the back of the net twice.

Full Story on page 19