STUDY FINDS FRESHMEN REPORT FEELING DEPRESSED

KERRY BREEN
STAFF WRITER

According to the study “The American Freshman 2014: College Norms,” published in The Norhtern Sun, 50% of college freshmen are reporting a 3.4% increase in depression rates compared to the past five years.

The survey, conducted by the University of California, assessed 150,000 students five years ago, only 61.1% percent of these students reported feeling depressed. In the past year, the number has risen to 91.9 percent. Additionally, the number of students who feel overwhelmed and stressed due to school work and other commitments/pressure has spiked, rising from 27.1 percent to 34.6 percent.

The Diagnostic and Statistical Manual of Mental Disorders (DSM) lists several signs and symptoms of depression. These symptoms include insomnia or hypersomnia (having too much sleep), a change in appetite, a loss of interest, and an increase in sadness or crying, among many others. However, according to specialist professor of psychology from Cary, Handler, this is not always a problem that can be diagnosed. For a diagnosis to be made, the person must be showing at least five of these symptoms within the same two-week period.

They must also show a change from the previous level of functioning. There are a number of reasons accounting for this increase. According to George Kapalka, Chair of the Department of Psychological Counseling and Psychological Services, these increases have been caused by economic factors. He said, “More may be worried about paying for college, getting a job after graduation, and they may also feel more pressure from parents to do well, as parents may feel more of a financial squeeze when they pay for their kids’ college education and living expenses.” He also believes that students may become more stressed because they are often working while attending school.

According to Kapalka, this stress on college students is not “new” – for years, students have been paying more for degrees with no guarantee that they will find a job after graduation. In an attempt to have a better resume, students often find themselves becoming more involved in activities, enrolling in more difficult classes, and applying for more internships.

Freshmen students are doing all this while also transitioning to a new phase of their lives, especially those that live on campus. According to associate psychology professor David Payne, “A sizable percentage of freshmen have had difficulty adjusting to the freedom of college compared to high school.”

Payne also mentioned that there are no parents to keep track of homework and study, and students are often trying to make new friends while staying in touch with their friends from home.

Franca Mancini, Director of the Department of Counseling and Psychological Services, believes that these issues could have been in existence before the transition to college, and thinks that the change in environment and lifestyle could either bring these issues back to the forefront or make them worse. “We know that when you have a major life event and you transition from one environment to another, there’s a high probability that any underlying issues that were present, even if they had been resolved in that four year period in high school, are going to manifest again because of the transition itself,” said Mancini.

This could also be accountable for the spike in reported depression rates. According to Mancini, changes in habits as a potential cause for this; many students are getting less sleep than usual, and are in charge of handling their own schedules for the first time.

No More Rotten Apples: Genetically Modified Organisms Spark Debate

CARLY LONG
STAFF WRITER

The United States Department of Agriculture’s (USDA) Animal and Plant Health Inspection Service approved two varieties of genetically modified (GM) apples, known as Arctic apples, on Feb. 13. As varieties of genetically modified organisms (GMOs) have been sliced, apple browning after the apples have been sliced, after a certain amount of time. Normal- ly you would need to put lemon juice or a similar chemical on the apple to prevent this. This is beneficial to places like McDonald’s that sell sliced apples in happy meals and other food service companies.

Katherine Lepis, an adjunct professor of biology, said, “The gene that was inserted into the GM apples is actually an apple gene. They simply inserted an extra copy of a particular gene and the two copies prevent the apple tissue from turning brown after it has been sliced. Normally you would need to put lemon juice or a similar chemical on the apple to prevent this. This is beneficial to places like McDonald’s that sell sliced apples in happy meals and other food service companies.”

Lepis explained the downside to this new crop, “What turns me off about this particular GM crop is the ability to extend the shelf life of sliced apples. That may sound like a good thing, but I would prefer to know I am eating a freshly sliced apple opposed to one that was sliced a few weeks ago and may look good, but probably doesn’t taste as good as a fresh slice.” Additionally, Lepis said that the nutritional value of fruits and vegetables decreases over time, so this technology will allow for an apple to look fresh that actually isn’t.

The Arctic apples will not be readily available, as the apple trees must first be planted, according to the New York Times. Neal Carter, President of Okana- gan, told the New York Times that approximately 20,000 trees will be planted this spring, which he hopes will yield 5,000 to 10,000 pounds of apples by the fall of 2016. Yet, these apples will only be samples for food service companies and other buy- ers.
Depression Rates Rise 3.4%

Depression continued from p. 1

what may be the first time. This can raise stress levels in students, which in turn can lead to the develop- ment of depression and anxiety - two of the issues that are most prevalent on campus, according to Mancini and her colleagues.

Julie Schaff, a first-year advisor and health and physical education lecturer, believes this transition is what raises stress levels in students. Schaff, who primarily oversees health study and biology majors, said she often gets questions or stress from high school seniors about their first year at college. These classes, in addition to the transition to college, can account for more than 50% of the reasons why people report feeling overworked.

These feelings of being overworked can eventually lead to depression, which can account for the majority of cases of stress as well. A biology major who wished to remain anonymous listed her course schedule as one of the things that made her transition to college difficult. "It was hard at first, keeping up with the assignments and the readings," the student said. "The exams were the most stressful at first, and I had trouble getting enough sleep because I was working all the time."
The Rock ‘N’ Raise annual charity event raised $4,200 in the TV studio of the Jules L. Plangere Center for Communication building on Friday, Feb. 26, by selling tickets to watch concerts by four bands who raise money and perform for a chance to win a grand prize. In the end, the band that raised the most money wins. The event was broadcasted live on Hawk TV and was also streamed online. The original goal was $1,800, which was the amount that was raised last year and was set to exceed our original goal,” said Alexis Morrison, a junior communication student and executive producer of Hawk TV. “Last year $1,800 was the most the event ever raised. So raising the bar to $2,900 is insane,” she continued.

The four competing bands were Flammable Animals, Good Days, Hurricane Season, and Goodbye, Babyville, NJ. Each band chamber purchase in stores sometime back as 1994. Also surprising is that GM crops because then they would perish. “I don’t think I’ve ever been so happy about something that I’ve created, but this turned out to be absolutely stunning. It was also a great cause and as an organization we wanted to plan an event so we were happy to be a part of it,” Russo said.

The main goal of this event was to have fun while raising money for Relay for Life and The American Cancer Society,” said Courtney Carr, a senior communication student and associate producer of Hawk TV. “I really hope the students and faculty that attended the event learned more about Life and the amazing things that they do.”

In addition to raising money for the American Cancer Society, the event also brought a sense of community to campus. “Rock ‘N’ Raise brings together not just faculty and students from the communication department but we have had alumnae come out to help support us as well,” said Amanda Gason, communication professor and advisor of WMCC.

This event was very beneficial to the bands that played. “One of the highlights was on TV and being able to talk about our new EP, What Lies Beneath the Parkway North, that came out this March,” said Patrick Naparano, a junior music industry student and bass player for Flammable Animals.

“When we arrived at the campus we were impressed. We didn’t think we would be able to do so much.”

Members of Hawk TV each played a significant role at Rock ‘N’ Raise to make it a success, according to club advisor Donna Dolphin. As some students worked the cameras, others helped decorate the set or sell tickets.}

**Congress Re-Introduces a GMO Labeling Bill**

GMO continued from p. 1

Apples will be available for consumer purchase in stores sometime in 2017. Furthermore, the 20,000 Arctic apples will only cover about 20 acres, however, approximately 600,000 acres are used to grow GM crops in America, according to荃川.

Charles Balzer, a nutrition science professor, said, “Many people are concerned that the commercial sale of GM foods began as far back as 1994. However, 2013, roughly 85 percent of corn, 90 percent of soybeans, and 88 percent of cotton produced in the United States are genetically modified. Estimates are that GMOs are in as much as 80 percent of consumer products today.”

Jaime Myers, a health and physical education professor, said, “The debate among the general public about the environmental impact of GM crops is a result of the public not understanding the food safety of the products. That is where the USDA’s decision about GM crops comes in, as well as evaluating the risks to other plants and animals, they have decided that with proper testing, the use of the new crop are acceptable.”

A study conducted by Oregon State University and other agricultural organizations concluded that GM crops grown in this country are designed to be resistant to herbicides, like Roundup. Herbicides are chemicals used to kill weeds and prioritize GM crop development a farmer would have to carefully spray between the rows of crops to kill the weeds without spraying the crops themselves. “This is how it works: You use a chemical to kill a pest, it could be hundreds of thousands of insects (insecticides), rodents (rodenticides), or weeds (herbicides). Now because each individual in a population is a little different, there may be a few individuals that naturally have a resistance to the antibiotic or pesticide and are not killed by the application. Since most of the other individuals in the population were eliminated, that leaves only the resistant individuals. Those resistant individuals reproduce and pass on their resistant traits to the next generation.”

The AAAS and Pew Research Center survey also considered whether the pesticide use involved with GMOs and observed that 68 percent of scientists think foods grown with pesticides are safe to eat, while only 28 percent of the general public believes they are safe. Another argument opposing GMOs is that it has on humans, stating, “GMOs encourage an increased use of pesticides, which is another major issue. Harris elaborated on the case for the use of pesticides even further and the harm that it has on humans, stating, “This is how it works: You use a chemical to kill a pest, it could be hundreds of thousands of insects (insecticides), rodents (rodenticides), or weeds (herbicides). Now because each individual in a population is a little different, there may be a few individuals that naturally have a resistance to the antibiotic or pesticide and are not killed by the application. Since most of the other individuals in the population were eliminated, that leaves only the resistant individuals. Those resistant individuals reproduce and pass on their resistant traits to the next generation.”

The AAAS and Pew Research Center survey also considered what is in their food, just like the 64 percent of other countries around the world that already require GMO labeling. Seiscione said, “I think overall organic foods are safer, however, they may not be as good as non-GMO products.”

“Here’s such great talent. I really thought it was a tremendous event and having local music industry businesses be our sponsors,” she continued.

The event was also a good cause and a great opportunity for people to receive FDA approval for consumption before they are made available to consumers. On Jan. 30, a collaborative effort from the Research Center and the American Association for the Advancement of Science (AAAS), according to rods. “I think I’ve ever been so happy about something that I’ve created, but this turned out to be absolutely stunning.”

Mary Harris, a specialist communications professor, said, “Many people are concerned that as a result of the GM crops, people are planting their own organic gardens, ensuring consumers and the general public believes it is safe. The only way to ensure GMOs are not consumed is to buy organic foods, as organic standards ban the use of any genetically modified organisms.”

Although the general public has a good understanding of GMOs, and they are sometimes skeptical of the technology, it is not well understood. It is healthy to be skeptical, but I hope they will soon see the benefits of the technology and be more accepting of it.”

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"How Hawk TV was able to put together the event this past December and has been hosting Rock N’ Raise for four years,” Russo said.

“Hawk TV has always been actively involved in Relay for Life on campus because it’s such a great cause and as an organization we wanted to plan an event that would help raise money for our team,” Carr explained. “Rock ‘N’ Raise was the answer, and each year it’s been more and more successful in raising an incredible amount of money for Relay.”

Members of Hawk TV worked hard to make certain their event was impressive and of high quality for the event. “I was most excited for the sets that we built. We placed nails along rectangular wooden frames and weaved colored yarn into various patterns over top which served as the background for our main set. We set each individual frame with different colored LED lights between two purple screens,” Russo said.

“Hawk TV’s event was also very beneficial to the bands that played. “One of the highlights was on TV and being able to talk about our new EP, What Lies Beneath the Parkway North, that came out this March,” said Patrick Naparano, a junior music industry student and bass player for Flammable Animals.

“Most of the School of Humanities and Science, the Union of Concerned Scientists, and the American Chemical Society and the American Public Health Association are opponents of GMOs, according to Rodale. Some of these opponents raise the issue of uncertainty of effects of GM crops on health and safety, the effect of pesticide resistance, and the impact of genetically modified organisms on farms.”

Myers said, “Unfortunately, the general public just don’t sound positive and there have been a lot of scare tactics built around GM crops. When people are commonly concerned about safety and animals, they have decided that with proper testing, the use of the new crop are acceptable.”

A study conducted by Oregon State University and other agricultural organizations concluded that GM crops grown in this country are designed to be resistant to herbicides, like Roundup. Herbicides are chemicals used to kill weeds and prioritize GM crop development a farmer would have to carefully spray between the rows of crops to kill the weeds without spraying the crops themselves. “This is how it works: You use a chemical to kill a pest, it could be hundreds of thousands of insects (insecticides), rodents (rodenticides), or weeds (herbicides). Now because each individual in a population is a little different, there may be a few individuals that naturally have a resistance to the antibiotic or pesticide and are not killed by the application. Since most of the other individuals in the population were eliminated, that leaves only the resistant individuals. Those resistant individuals reproduce and pass on their resistant traits to the next generation.”

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“The event was a tremendous success. Not only did the students put together a spectacular event with great musical acts, but they raised an impressive amount of money for the American Cancer Society and reminded the community of Relay For Life’s ongoing efforts,” explained Scott.

“Goodbye, Babyville, NJ, The event included The Saint, Speak Into My Good Eye, Russo music industry, Noble Media, Lakehouse Recording Studio, Avid Pro Tools, and Eight + Sixteen music studio.”
Did you apply for graduation?

ATTENTION STUDENTS:

In order to be on target to complete your degree requirements and graduate, the Office of the Registrar (OR) urges you to apply for graduation no later than 3 years prior to your anticipated graduation date. By applying at least 3 years in advance, this affords you the opportunity to receive notification from the OR indicating if you are not ‘anticipated complete’ with your registered courses. Having this early warning and additional time allows you the opportunity to register for any additional required courses or requirements.

Good luck with your coursework this semester!

PLEASE TAKE NOTE OF THESE IMPORTANT DATES FOR THE MAY 2015 GRADUATION:

- March 1st, 2015: Deadline to submit Graduation Applications through e-FORM’s
- April 15th, 2015: Deadline to submit any additional e-FORM’s (requests i.e. Substitutions, Waivers, Declare/Remove Minor, etc.)

**Please note, all FORM requests received after the deadline date will not be processed**

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Fill your pig and build your class bank account!

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Step 2: FILL YOUR PIG WITH DONATIONS!

Step 3: Return your pig

Why should you feed your pig??

ALL money raised will go directly into your class’ bank account so you are able to purchase a spectacular Senior gift and leave your legacy on campus!

ALL students who return a fed pig will receive a mini piglet as a thank you gift AND be automatically entered to win an iPad Mini, and the class who has the highest participation rate will get a special prize.

*Returned pigs should be dropped off in the Student Center on 3/2, 3/3 or 3/4 from 10am-2pm or any day Monday-Friday from 9am-5pm in the Alumni House.*

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As spring graduation approaches and summer comes around, Monmouth University students will begin to apply for careers and internships. They will stock their resume with every job and leadership position they have ever held, but is this what companies truly look for? While a high school GPA helped colleges decide whether they were going to accept a student or give them a scholarship, the same cannot be said in the real world.

“GPA and extra-curricular activities are just two factors, in addition to other things, that employers consider when reviewing candidates for employment,” said Assistant Dean for Career Services William Hill.

He also noted that while a GPA is important, extra-curricular activities may increase the chances of getting hired. “A student who was president of a club related to their major or career might get more consideration over another candidate with a slightly higher GPA, all things being equal. In general, which one is given more weight may very well depend on the job and the employer,” one editor said.

Many Outlook editors agreed with Hill’s statement as most believe internships and experience outweigh a GPA. “I think that employers look at curricular activities or an internship, I think that they will be impressed with your work ethic and your determination to succeed in more than one area of your life,”

One of the basic skills needed for a job is PS, and extra-curricular activities may increase the chances of getting hired. “A student who was president of a club related to their major or career might get more consideration over another candidate with a slightly higher GPA, all things being equal. In general, which one is given more weight may very well depend on the job and the employer,” one editor said.

Out of eleven Outlook editors who were asked, nine said they would take a great internship over of a 4.0 GPA. While a 4.0 would be an impressive feat, especially in college, a future employer will want to see if you are equipped to take on a task, not just test a text.

Even though The Outlook is rather one-sided when it comes to internships over GPAs, they are rather torn when it comes to gaining experience via internships or via University courses.

“I’ve learned more in journalism, to be honest, in The Outlook than anything,” one editor said. “I’ve practically received hands-on learning on the ins-and-outs of journalism, learned how to edit, beat deadlines, break news, etc. That’s not something I would learn in a classroom, nor would I learn fetching coffee for someone and transcribing interviews.

On the other hand, another editor disagreed, “I’d say I’ve learned an equal amount from both. My courses taught me a lot of the basic skills needed for a job in PS, and internships or via University courses helped me learn how to use these skills most effectively.”

The Outlook particularly has found this to be the case with this notion: internships and clubs on campus provide a student hands-on experience, while in a classroom, a student understands the theory behind the actual work. Thus, we learn what to do in the classroom, but prove we know what to do in our internships and extra-curricular activities. Once we prove we know how to handle certain situations, our GPA becomes just a number.

“Some companies received an employee's ask for their GPA’s. These companies did not even believe internships and experience outweigh a GPA. "I think for the purposes of internships and graduate school applications, GPA is definitely weighed more than perhaps just applying for a job. But for a job, internships are huge. They show that you have accomplished certain tasks, you’ve done it for a prolonged period of time, and you managed to willingly volunteer your time because you have that much of a passion for it,” one editor said.

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"I didn’t know you could play."
Declining Dollar Lose Value by Restricting Solely to On-Campus Use

JENNIFER MURPHY
CONTRIBUTING WRITER

Monmouth University currently offers various meal plans available for students in their meal plans. Declining dollars can be used to purchase meals on and off-campus including Java City, the Student Center, Convenience Store, Joeys, and Steven's Institute of Technology. Different meal plans give different amounts of declining dollars. According to the University's website, the 225-meal plan includes $170 worth of declining dollars, the 195-meal plan includes $95 worth of declining dollars, and the 105-meal plan includes $70 worth of declining dollars. Students are encouraged to use Duckbills at the student dining hall as an additional way to save on food costs. Duckbills are a prepaid, dollar amount that can be used at most local restaurants. Duckbills are a practical option for students to save on dining costs and take advantage of local restaurants. Duckbills can be used at Surf Taco, which offers a 10 percent discount on their food menu. Surf Taco and many other local restaurants already do offer a student discount, for example, 10 percent off for students at the Surf Club. Duckbills are a convenient and safe option to use. Students, staff, and faculty who don't feel like cooking can purchase the declining dollars at the stove to use for their purchases. Melissa Murphy, a graduate student of the School of Technology, was asked to provide a comment on how Duckbills work and if they are worth it for students buying Duckbills to the students. "Duckbills are the best part of the meal plan because of the amount of options it provides for the students! It provides the option to eat off campus, which is great because there were times where I didn't want to eat what was provided that night, or the dining hall was closed but a few local businesses were still open. It provides a social aspect because you and your friends have the option to eat at a favorite place. Lastly, I could call my parents plead my case for needing a little extra cash and they could transfer Duckbills onto my student ID card instantly!" Melissa Murphy could look at this other nearby NJ educational institute as an inspiration and consider providing a similar opportunity to students here who purchase meal plans. Changing declining dollars can serve off-campus eats is an easy modification that every- one can benefit from. Depending on which meal plan you purchase, a certain amount of "hawk dollars" could be provided and from there could be easily added to a student's ID card in three different ways: online card office, cash deposit station, and campus card office. Assuring a solid college experience by pairing with local restaurants would be a beneficial change of the declining dollars in the current meal plan. By allowing students the option to purchase off campus meals within the student meal plan, it will broaden their din- ning options while also sup- porting the local restaurants. This is a plan that all parties can see the benefit of.
American Sniper Film Controversy Turns Heads

The controversy over America's most popular film, *American Sniper*, is still lingering after the Oscars on Sunday night and the murder trial of Eddie Ray Routh—the alleged killer of Chris Kyle, the movie's main character played by Bradley Cooper—all happening at the same time.

The film contended for six Academy Awards and crushed box office records by earning a total of $428 million, according to Yahoo.com. Birdman, the film that beat out *American Sniper* for best picture, only earned about $76 million.

According to the Daily Caller, the film is being considered the most successful war film of all time, however it only won for sound editing. Some are accusing the Oscar snub as a result of the awards becoming political.

The controversy over the film started early in January with a Twitter war started by two celebrities, Seth Rogen and Michael Moore. Rogen tweeted, “American Sniper kind of reminds me of the movie that’s showing in the 3rd act of Inglorious Bastards.” Moore tweeted, “My uncle killed by sniper in WW2. We were taught that snipers are cowards. Will shoot u in the back. Sniper. I am proud of our defend.”

These comments started a major uproar amongst the American people. Arguments about the film erupted around the country. Multiple politicians reacted, including Sarah Palin, John McCain and Newt Gingrich. Gingrich, for example, said, “Michael Moore should spend a few weeks with ISIS and Boko Haram. Then he might appreciate *American Sniper*. I am proud of our defenders.”

Multiple celebrities reacted as well, with Kid Rock going as far as to say he hopes Seth Rogen and Michael Moore “catch a fist to the face soon.” Other celebrities like Blake Shelton and Rob Lowe slammed the American Sniper critics while others like Bill Maher took their side.

Bill Maher referred to Chris Kyle as a “psychopath patriot” on his show Real Time. The panel of his show clashed about the topic, while the former Governor of Vermont, Howard Dean, said, “There’s a lot of anger in this country and the people that go to see this movie are very angry.” These are just examples of how the country is now divided as to whether or not Chris Kyle was a real hero. Bill Maher added, “There is a Twitter war and now we have to take sides.” Social media has fueled this controversy, and in a way, has taken a huge part of political debate and controversy in our country.

Junior political science major Samah Khalifa, said, “It plays a huge role because it is direct access to what we are thinking and you can see what is popular by what is trending.”

Dr. Michael Phillips-Ander son, assistant professor of communication, said, “Social media serves as a way for media sources to measure audience interest. It is critical to understand that a trend topic on Twitter means that some percentage of Twitter users are interested, but they may not represent the large public.”

Now, how is this going to play a role in the murder trial of Eddie Ray Routh, the alleged murderer of Chris Kyle? There have been multiple times where the media has played a role in court cases. Some popular examples would be the O.J. Simpson and Aaron Hernandez trials.

Nicholas Sewitch, an instructor of criminal justice, and former prosecutor in Middlesex County for 29 years said, “Jury selection plays a huge role in cases like these.” He said the problem with this case is that the movie “gives sympathy towards the victim” when the jury is not supposed to be affected by “passion, prejudice, or sympathy.” A jury was selected on Feb. 9 and was told that they must not let the movie affect their judgment, according to ABC News.

Regarding another ongoing murder trial, the Aaron Hernandez case, Sewitch said, “The jury for that case was allowed to watch the Super Bowl but was instructed to turn it off if the commenters made any reference to Hernandez.”

Despite the movie controversy, the closing arguments of the case are set to start on Thursday Feb. 24—less than 48 hours after the Oscar’s. According to NBC News, “the real life sequel to American Sniper is about to begin.”

What’s Currently Trending in Politics?

MU Debate Team Coaches APHS Debate Team to 2nd Place School Award in South Bronx

The Monmouth University Debate Team coached the Asbury Park High School Debate Team to a second place team award at a debate tournament held at the Bronx Collaborative High School on Saturday, Feb. 21.

Members of the MU Debate Team conduct debate workshops every Monday after school throughout the year in preparation for debate tournaments sponsored by the Urban Debate League. Eight Asbury teams of two students competed at the tournament this weekend. Three of the eight teams received an award for posting a winning record at the tournament and three Asbury debaters received individual speaking awards.

The Asbury Park High School Debate Team was launched five years ago, made possible by an annual grant from the TD Bank Foundation and another grant from Santander Bank that were secured by the MU Debate Team and the Institute for Global Understanding respectively.

The students debated from both the affirmative and negative perspectives on the following resolution: Resolved: The United States federal government should substantially increase its non-military exploration and/or development of the Earth’s oceans. The Asbury students were trained by members of Monmouth’s Debate Team to participate in New Jersey’s Urban Debate League. The National Urban Debate League is a rich tradition and is credited with helping to catapult many urban students into successful careers, none more inspiring than Supreme Court Justice Sonia Sotomayor. When she was nominated to the nation’s highest bench, she credited her mother and her high school involvement with New York’s Urban Debate League as the two most important reasons for her success. Please contact Prof. Joe Parten at 732.263.5742 if you are interested in joining the debate team.

Christopher Scott Kyle, a United States Navy SEAL, served four tours during the Iraq War. The *American Sniper* is the most lethal in US military history, totaling 160 confirmed kills.

A guest and commentator on public radio programs including *Fresh Air, All Things Considered*, and *The Leonard Lopate Show*, Greenberg is also a fiction writer.

For more information on this speaker, please visit www.phrspeakers.com

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**National Eating Disorders Awareness Week**

February 22nd - February 28th

I like you just

the weigh you are.

Stop at our tables on the following days:

2/24 Dining Hall, 11am-1pm
2/25 Dining Hall, 11am-1pm
2/26 Near Info Booth in the Student Center, 11am-2pm

Counseling & Psychological Services, 3rd Floor Rebecca Stafford Student Center

Tel. 732-571-2007 Email: mcounseling@monmouth.edu

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**ADDITIONAL SUMMER REGISTRATION BEGINNING**

MARCH 9, 2015

Continuing students in good academic standing are invited to register EARLY for all the Summer 2015 sessions.

The WEBadvisor online listing of SUMMER COURSES are currently available.

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

WEBAdvisor, www.monmouth.edu/registrar

Questions contact registrar@monmouth.edu

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**ARE YOU AT YOUR BREAKING POINT?**

Take a few minutes to participate in our online Anxiety Quiz between **Feb 25th and March 4th**. You will have the opportunity to have your name entered in a drawing to win a **$50 Gift Card** to help take the edge off!

**READY TO TAKE THE QUIZ?**

https://www.surveymonkey.com/s/FHFZYBT

Want to learn more, take a free screening for anxiety and other mood disorders, and speak with a counselor? You can come to the **Affiliate Conf Room on the 3rd floor of the Student Center on March 4th between 11am-3pm** for a confidential screening. Participants will be included in a drawing for a **$25 MU Bookstore Gift Card**.

Sponsored by Counseling and Psychological Services
For questions, please contact Dr. Mancini at mancini@monmouth.edu or 732-571-7617
EMILY SHAPIRO  STAFF WRITER

On Sunday, Feb. 22, the 87th annual Oscars wrapped up award season live on ABC at the Dolby Theatre in Hollywood. With Neil Patrick Harris hosting, it was hard to predict just what was going to happen.

The red carpet was filled with actors and actresses from movies, documentaries, and short films. The always-flawless Meryl Streep was seen in a sharp blazer paired with a blouse and a high-waisted skirt. This year was Streep’s 18th Oscar nomination. She holds the title for most Academy Award nominations any actor or actress has ever received in history.

Another best dressed was Jennifer Hudson. Wearing yellow to any event is a gamble, but she paired a long, tight yellow gown with emerald earrings, which made her shine unlike many others who walked the carpet. Other actresses that stole the spotlight for their dresses were the fabulous Jennifer Aniston, Gwyneth Paltrow, Reese Witherspoon, and Anna Kendrick.

There always has to be a counter for the worst dressed on the red carpet. This year Solange Knowles, Lady Gaga, Diane Warren and Nicole Kidman all fell short on style. Newly-engaged Lady Gaga showed up with red gloves on, which looked more like oven mitts. They did not go with her dress whatsoever, and actually ruined her whole outfit. Hopefully she has better luck with love than with her style choices.

The show opened with Harris telling a few jokes, and to no one’s surprise, an extravagant musical number. The special effects are what made the song; on the screen behind Harris were little bits of movies and pictures of actors and actresses over the years. Half way through the dance number, Harris actually put himself into the scenes, which was the best part of the whole thing. Kendrick and Jack Black both made special appearances in the opening monologue.

Throughout the show, Harris had audience members laughing. Whether it was a punchy one-liner or coming out in his underwear, he did an overall good job hosting. Though there was no selfie that broke Twitter, he did an overall train wreck.

A little ways into the show, however, Harris introduced us to a black briefcase in a special box that apparently held his Oscar winner predictions that he had made a few days prior. This just seemed like a drawn-out joke that people got tired of pretty quickly.

Best Actor in a Supporting Role was the first award of the night, going to J.K. Simmons for his role in Whiplash.

This year, many winners were using their acceptance speech time to speak out about issues that some have been ignoring. Dana Perry and Eileen Goosenberg, who received the award for Best Documentary Short Subject, mentioned that people should talk about suicide more openly.

Perry’s son took his own life at the age of fifteen, and she believes that it needs to be discussed instead of ignored.

Patricia Arquette won Best Actress in a Supporting Role for her performance in Boyhood. She used her speech to call for equal pay for women. She stated, “To every woman who gave birth, to every tax payer and citizen of this nation, we have fought for everybody else’s equal rights. It’s time to have wage equality once and for all, and equal rights for women in the United States of America.”

The show went wild with cheers, and many women in the front row were supportive of Arquette’s words. Streep and Jennifer Lopez were particularly enthusiastic, jumping and pointing towards the stage.

As predicted, Julianne Moore took home the Best Actress trophy for her role in Still Alice.

Moore’s portrayal of a woman struggling with early onset Alzheimer’s was emotional and heartbreaking, and earned the seasoned actress her first-ever Oscar.

Also a first-time winner was The Theory of Everything’s Eddie Redmayne, who delivered a transformative performance as Stephen Hawking. Redmayne took home the prize in a category full of big names, including Birdman’s Michael Keaton and American Sniper’s Bradley Cooper. Redmayne’s acceptance speech was full of joy and gratitude, and was one of the night’s biggest highlights.

Performances by Lady Gaga, Common and John Legend, Adam Levine, and Rita Ora graced the Oscar stage. Common and John Legend had everyone in tears with their performance of “Glory” from the soundtrack of the movie Selma. Levine’s performance of “Lost Stars” from his movie Begin Again, on the other hand, felt a little irrelevant, though it was a nominated song, it didn’t seem all that popular with the audience. There was also a live performance of the song “Everything Is Awesome” from The Lego Movie. Performers ran into the crowd and handed out some Oscars made of Legos. Oprah even received one!

At almost every award show, there is a slideshow that remembers those actors and actresses that have passed during the year. Mickey Rooney, Maya Angelou, and Robin Williams were just a few remembered at this year’s Oscars, but there was one face that was missing from the list: Joan Rivers. Rivers passed away this past September at the age of 81 due to a complication during surgery. Her omission was an enormous snub, especially considering the fact that she literally came up with the phrase, “Who are you wearing?” which is used at almost every single red carpet event.

Fans were outraged when they saw Rivers was left out of the tribute.

Nominations for Best Picture, the biggest award of the night, were American Sniper, Birdman, Boyhood, The Grand Budapest Hotel, The Imitation Game, Selma, The Theory of Everything, and Whiplash. Normally there is a clear cut winner even before the envelope is opened, but this year was different. With the Oscar possibly going to any of the nominees, it was hard to tell who was going to take it home. In the end, Birdman beat out all the others.

A list of all the nominees and winners can be found at oscar.go.com.
“Selma” Marches Into Greatness

KASSANDRA HAGEN CONTRIBUTING WRITER

Selma was one of the best civil rights movies I’ve seen in a long time. It allowed the audience to get a closer look at Dr. Martin Luther King as he gathers a rally of people of all races to march from Selma to Montgomery, Alabama for the right to vote for African Americans in 1965. The film shows not only the struggles that Dr. King had as a civil rights protester and preacher, but also the dysfunctions that it brought upon his family.

The film opens with Dr. King (David Oyelowo) tying his tie in a mirror and practicing for his 1964 Nobel Peace Prize Speech. He starts to get frustrated not being able to make a perfect knot, and calls on his wife, Coretta (Carmen Ejogo), to help him. The scene changes to Dr. King being honored and awarded with the Noble Peace Prize. “I accept this honor for our lost ones whose death paves a path,” he says as the camera cuts to four little African American girls innocently chatting while walking down a long spiral staircase in a church.

Suddenly debris is flying around with chunks of wood, dust and fiery red everywhere. The camera pans out and on the floor we see the four girls’ lifeless bodies with debris on top of them from an explosion.

This particular scene made me jump from my seat, giving me goose bumps to think that this is where the movie begins. Where Selma picks up, segregation has just ended and African Americans want the right to vote, especially in the South where life is especially challenging. We watch Annie Lee Cooper (Oprah) try to apply to vote, only to be disrespected and denied. Momentum for the movement picks up as we see Dr. King asking President Lyndon B. Johnson to pass a bill granting all African Americans the right to vote, but Johnson is too afraid that it might start an uprising in the south. This gives King no choice but to take matters into his own hands, and he goes to Selma to start his protest.

As the film progresses, violence occurs and the rally is stopped by vicious beatings with rods, guns and barbed wire from local policemen and people that oppose the African American movement for voting rights. A brutal scene takes place on Edmund Pettus Bridge; as the protestors peacefully march over the bridge to get to Montgomery, men and women are harshly beaten. Two Caucasian priests also lose their lives in the chaos after just taking a stroll at night discussing their liking of Dr. King and marching with the rally.

Oyelowo plays a convincing Dr. King, and there is a striking resemblance between the two. He plays Dr. King with courage, respect and fearlessness, and succeeds in dupli- cating King’s deep, powerful voice which gave me chills every time he made a speech on a podium. Ejogo complemented Oyelowo with her talented, brilliant performance as Coretta. We can’t help but have empathy for Coretta as she watches her husband go off and risk his life for the rights of others. Watching Ejogo perform, I almost reached for the tissues as I watched her give a heartfelt speech to her husband. Oprah and Cuba Gooding Jr. also triumphed in their small but influential roles.

John Legend’s “Glory” was so beautifully fitting for the end of the film that I can see why he won a Golden Globe for the masterpiece.

Dr. King said in the film, “As long as there’s light headed that’s exactly what he did; gave us light for equality.

PHOTO: David James/Warner Bros. Pictures

Director Ava DuVernay, David Oyelowo, and Oprah Winfrey marched in Selma, Alabama to celebrate the life and achievements of Dr. Martin Luther King Jr.
WHAT’S UP AT CHABAD MU?
SPRING SEMESTER
JANUARY-MAY 2015

GENERAL PROGRAMS

BOWLING TRIP
SUNDAY, MARCH 29TH
Call to RSVP

SKIING TRIP
SUNDAY FEBRUARY 8TH
Call to RSVP

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 thoughts and living.
Feel free to ask any questions 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 FEBRUARY 10TH
at the Student Center
SOUL MAPS are you looking for purpose
and inner peace in your every day life?
Revel 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?
Yes, then you qualify for a
FREE 10 day trip to Israel!
For more info visit
www.MayanotIsrael.com

CHICKEN SOUP HOTLINE
Feeling under the weather? Call
us for a taste of home, guaran-
teed to make things just a bit
better! Best of all, its delivered
eight right to your dorm/apart.

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

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 Yakov at 732.829.7476
e-mail: ChabadMU@gmail.com
visit www.jewishMU.org

Chabad MU is a project of Chabad of the Shore.
Hello, Goodbye: The Demise of Handwritten Notes

ALYSSA TRITSCHLER  STAFF WRITER

Recently, a story aired on CNN New York about an elderly couple who saved thousands of handwritten letters for Valentine’s Day. The couple had their love notes organized by date and year nomenclature, making it easy for the two to look back on their love, year after year.

Everyday, since 1974, when Bill and Kris Bresnan met, the two have written handwritten letters, accumulating 10,000 letters over time, a lasting documentation of their 40-year love story.

Seeing this story had third parties thinking, at what point in time did handwritten notes cease to exist? Is it a generational gap? Maybe these notes still exist, but are rare in the digital age of e-mail, texts and even typed letters. Think back to the last time you received a handwritten note or card from someone that wasn’t your mom, dad, or grandparents. It was probably in elementary school.

By the time we became middle school students, the question “What’s your screen name?” was taking the hallways by storm, and All Instant Messaging took over our after school lives. After the instant messaging phe-

In an article published in last week’s issue of The Outlook, a junior communication student, said “I personally feel that receiving something handwritten is more intimate than receiving a text message. That’s all well and good for a conversation about ‘what’s up’ but is there any homework for the information or be a source of comfort to one hour nap in between class, and information technology is the key to staying awake and focus more on the class material.”

Dr. Lisa Dinella, an assistant professor of psychology, gave some insight on why handwritten notes might appear extremely meaningful. She mentioned, however, that these are all theories, and not empirical facts that she has known anyone to study or test.

“Psychology called the investment model, which says that relationship satisfaction is tied to one’s evaluation of costs versus benefits. Receiving love letters increases the benefits. But it also says that commitment to a relationship is related to the person one is in the relationship. So writing a handwritten letter (which takes longer) would be a sign that a partner is more invested (which would make the letter write feel more contempt).” Dinella explained.

“Even now, when students receive their assignments, it’s really a question of making a few lifestyle changes. A regular program of healthy eating, exercise and enough rest will always be best for healthy falling asleep in class. If you are hungry, you can’t focus either, so be sure to eat before going to class, eat a well-balanced meal, not only heavy in sugar and caffeine, so you avoid the ups and downs. Make sure you are drinking enough water throughout the day. Regular habits like blinking or breathing; it opens your brain. If you do not sleep, we all know that we feel tired, but taking notes will keep you up from daydreaming. I know it might be hard if you are really tired, but taking notes will help you stay awake and help you to focus more on the class material and less on how tired you are.”

Forrest Taylor, a junior communication student, said, “I personally feel that receiving something handwritten is more intimate than receiving a text message. That’s all well and good for a conversation about ‘what’s up’ but is there any homework for the information or be a source of comfort to one hour nap in between class, and information technology is the key to staying awake and focus more on the class material.”

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Try These: Alternatives to Drinking Coffee and Staying Awake in Class

KELLY COFFEY  STAFF WRITER

We have each had to pull all-nighters, cramming for that exam the next day, or writing a paper that was due in the morn-

If you get your assignments done immediately, you won’t have to pull all-nighters and your wallet might be a little heavier due to cutting back on those Dunkin’ or Starbucks ex-

Please do not hesitate to give us feedback on the accuracy and relevancy of the translated content. We are continuously working to improve the quality and accuracy of our natural language processing capabilities.
Once a student enters college an important countdown begins. It’s not how long until they graduate; it’s how long until that week in late August when you’ll be standing there at the corner of doors and bars looking for someone. It’s not even about the days or nights that are always a nice countdown to have in the back of your mind. It’s how long until you’re old enough for your grade. This only affected me twice: once at 16, when I first tried to get into a broke-ass student club. Now I had a horizontal license that I could slap down on a bar door. Sure, you’re technically not allowed in, but you’re not really an adult until you turn 21. Beyond one means you can do a lot of what you want, mostly meaning that you can legally drink, even if you’re not really ready for it. I’ve been waiting for years, and let’s be honest here, many people have been doing this for years.

In reality, how many of us can really consider ourselves adults right now? We’ve been in the system of high school, I live with my parents, they pay for my bills, and I don’t know if I could do all of these things myself, but... why? And more importantly, how can I support myself, not too many people I know do. But whatever mode of bars I do go to, the weekend outings to local bars will be a thing of the past. Food and the weekend outings to local bars. Soon.

Having a birthday five days before finals is not exactly young for my grade. This only affected me twice: once at 16, when all my friends were turning 17 and driving and one at 20, when all my friends were 21 and going out. I was little off guard, but I thought it was just kinda walking along, passing the quad and this girl from my class walked by. I thought it was just another that never go down easily. It’s completely understandable. It’s incredible to get psyched up the night before, but I’m just naming a few places to check out. I’m just naming a few places that I’ve been to personally, and I suggest all you 21-year-olds check these out, as well as find some new places of your own! You can honestly, try any place, anywhere, at any hour, and you’ll have a good time. If you can make any place fun if you have a good group of friends to go with. A few drinks won’t hurt the cause either.

The Lowdown on the Local Monmouth Bar Scene

The ukulele is a Hawaiian inspired string instrument. The ukulele is a Hawaiian inspired string instrument. People can stress themselves out when in college, and that’s completely understandable. It’s a new environment, and every semester brings new challenges that never go down easily. It’s incredibly easy to get psyched out and want to quit before you even get started anywhere. That’s why the image of someone just casually strumming along while doing their own thing is so appealing to us. To have that bit of peaceful fulfillment helps for anyone to see. Perhaps that’s why Cassandra Larroza has her ukulele. Anyone who has ever seen Cassandra with a ukulele will tell you, she started with a ukulele. She is a talented musician and her musical abilities are very impressive. Cassandra is a very talented musician and she is a very talented musician and she is a very talented musician. She is a very talented musician and she is a very talented musician. She is a very talented musician and she is a very talented musician.

The only difference is how you go about these decisions and experiences. But what’s most important here isn’t just reading about one student, but what one student can say and/or do for the rest. For those that don’t know, yet your only true goal in life is to make sure that you do. People can stress themselves out when in college, and that’s completely understandable. It’s a new environment, and every semester brings new challenges that never go down easily. It’s incredibly easy to get psyched out and want to quit before you even get started anywhere. That’s why the image of someone just casually strumming along while doing their own thing is so appealing to us. To have that bit of peaceful fulfillment helps for anyone to see. Perhaps that’s why Cassandra has her ukulele. Anyone who has ever seen Cassandra with a ukulele will tell you, she started with a ukulele. She is a talented musician and her musical abilities are very impressive. Cassandra is a very talented musician and she is a very talented musician. She is a very talented musician and she is a very talented musician. She is a very talented musician and she is a very talented musician.

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Her Song: The Girl Behind The Ukulele

Stephanie Hamilton, a senior health studies student, also likes the Johnny Mac’s scene. “Johnny Mac’s is my favorite bar around school because it’s so chill, and you get free pizza with every beer, which is better than that!”

Johnny Mac’s House of Spirits is just one of the many local bars around Monmouth University. The only difference is how you go about these decisions and experiences. But what’s most important here isn’t just reading about one student, but what one student can say and/or do for the rest. For those that don’t know, yet your only true goal in life is to make sure that you do. People can stress themselves out when in college, and that’s completely understandable. It’s a new environment, and every semester brings new challenges that never go down easily. It’s incredibly easy to get psyched out and want to quit before you even get started anywhere. That’s why the image of someone just casually strumming along while doing their own thing is so appealing to us. To have that bit of peaceful fulfillment helps for anyone to see. Perhaps that’s why Cassandra has her ukulele. Anyone who has ever seen Cassandra with a ukulele will tell you, she started with a ukulele. She is a talented musician and her musical abilities are very impressive. Cassandra is a very talented musician and she is a very talented musician. She is a very talented musician and she is a very talented musician. She is a very talented musician and she is a very talented musician.

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Olivia Caruso

WATERFRONT

My nose dripped snot as I pounded nails into a wooden framework for an orange suspended aluminum contraption that hung from the wall. My lips were up on my face to force a smile, and my knees, I offered to work double shifts every night for the opportunity to swim away freely in their home habitat.

There wasn't time to string the yarn around two trical junk, I finally found the rough section alone. The lit piece looked like some wild animals in bright orange vests and tool belts who looked at us as if we were mere intruders. The men were like lions ready to pounce at our feet. I was already wearing three other small boxes, each with different sizes inside me. I began to feel like a real animal. I turned him back twice once more and decided to make a run for it.

We reached campus, we hauled up the aluminum contraption that hung from the wall. I placed the box from his hands and examined the inside nails. But before I could say anything, he was already pointing at the three other small boxes, each with different sizes inside me. I began to feel like a real animal. I turned him back twice once more and decided to make a run for it.

We clamped the frames to the storage closet. We unloaded the aluminum contraption that hung from the wall. I placed the box from his hands and examined the inside nails. But before I could say anything, he was already pointing at the three other small boxes, each with different sizes inside me. I began to feel like a real animal. I turned him back twice once more and decided to make a run for it.

We turned heads the rest of the afternoon collecting the necessary supplies for our project. By the time we checked out at the register, we felt a sense of relief, especially when Jon called across the store to wish us good luck and to offer his services for the hungry hippo. It's as if the hippos could swim away freely in their home habitat.

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Delta Queen “Seals the Deal” to Raise Money for JDRF

Emily Towsead
Contributing Writer

February 25, 2015

Delta Tau Delta (DTD) hosted its first ever philanthropy event, “Delta Queen” on Tuesday, Feb. 17 in Pollak Theater. Delta Queen consisted of a pageant competition among five sorority girls, as well as several fundrais- ing events that took place during the fall semester.

Stuart Rosenberg, DTD’s advisor, felt the event was successful. “I spoke with some of the Delta before and after the event and I can you that they were very pleased with the results,” said Rosenberg. “The event was a culmination of a two month long competition that Delta Tau Delta started during the fall semester that was centered around sororities compet- iting to raise money for Juvenile Diabe- tes, our national philanthropy.”

The event raised over $9,000 for the newly chartered fraternity’s philanthropy, Juvenile Diabetes Research Foundation (JDRF). Anthony Serrantonio, a senior com- munication major and DTD’s philan- thropy chair, was in charge of planning the event. “I created the event not knowing what to expect,” said Serrantonio. “My goal going into it was to reach at least $5,000 for JDRF. I was blown away by the amount of support we received from Greek life here. We were able to sell so many tickets to the event and raise $9,900 for our philanthropy.”

DTD began to advertise the event last semester when the five contes- tants were chosen. The five contes- tants were Kelsey Mieczkowski from Delta Phi Epsilon, Willo Gallagher from Alpha Sigma Tau, Amy Rosenweig from Phi Sigma Sigma, Emily Rodrigues from Al- pha Xi Delta, and Amanda Caruso from Zeta Tau Alpha. Each of the contestants and their DTD “coach- es” did a photo shoot. The photos of the girls were posted on social med- ia, and for each “like” the photos got on social media earned a point that counted for the Delta Queen competition.

This semester DTD did more ad- vertising for the event. Two weeks before the event the Delta did fund- raising online, and the individual sororities also donated. There was also a scavenger hunt and a banner contest, which gained the girls points toward Delta Queen. All of the money from the tickets sold for the event went directly towards JDRF. At the Delta Queen event itself there were three rounds. The first round was the “ HEIGHT -to-win-it” challenges. Each girl walked out in what they felt represented them. They chose their height and walked a tape measure, a basketball jump, and a car wash. Each girl showed off her own personality.

Gallagher came out in a gold dress, Rosenweig wore a one-piece and shirt that read “swag.” Caruso was carried by her coaches, Miecz- owksi were sweatpants, and Ro- denweig came out in a crown and kissed each judge on the cheek.

The next round was two “min- ute-to-win-it” challenges. The first challenge was called Tie-A-Cup. The girls had to bounce a ping pong ball into a cup and then place another cup on top of the ping pong ball. This was repeated until the contest- ant had six cups stacked. The sec- ond challenge required the girls to tape a tissue box to their behind and then bounce eight balls out of it. The winner of both of these challenges was Gallagher.

The third and final round was the talent round. The first girl up was Caruso. She sang “Beautiful Girls” by Sean Kingston with the help of Lexi Swatt and her coaches. After her was Mieczkowski, who enlight- ened the audience by announcing that she was a CKO member and then, with the help of her coaches demonstrated how to fight off an attacker. She also burst out with a mash-up of “Wagon Wheel,” “Time of Your Life,” “45 Seconds,” and “Don’t Stop Believing,” also with the help of her coaches. Ro- denweig came out and rapped “Bed- rock,” however, she changed the words so everything related back to Delta Queen. For example, the cho- rus of the song was “Emmy’s gonna seal the deal.” Rosenweig rapped with her as well about Delta Queen and JDRF. Both Rosenweig and Rodrigues had backup dancers during this round. Gallagher also received the title of “Delta Queen,” a t-shirt with DTD Delta Queen let- ters on it, and a $50 gift card to Massage Envy. All of the contes- tants received flowers. All $9,000-plus raised by Delta Queen went to JDRF, the leading global organization for type one diabe- tes. The organization is looking to eliminate type one diabetes in not just juveniles but for anyone who suffers from the disease. All of the money raised goes to the founda- tion to fund research to find a cure. The organizations slogan is, “Make Type One None.”

Serrantonio said that being able to contribute so much to their phili- antropy was incredible. “We are so thankful for everyone who helped out to make it the success it was,” he said.

There were also two other fundrais- ing events that took place during the event. Firstly, there was a scavenger hunt through the campus for Cystic Fibrosis on March 9 at 10 pm in Pollak Theater. Tickets will be on sale prior to the event.

Delta Tau Alpha was host- ing their annual Big Man on Campus Feb. 25 at 10:15 pm in Pollak Theater. All pro- ceeds will benefit their national philanthropy Breast Cancer Awareness and Education. Tickets will be on sale prior to the event, as well as at the door.
What is one of your proudest moments?

COMPILED BY: KIERA LANNI

Stephanie
Junior
“Getting accepted to college.”

Nick
Senior
“Being the musical coordinator of the Beatles Symposium last year.”

Jess
Freshman
“Getting accepted to all five colleges I applied to.”

Yaqoub
Junior
“Getting good grades last semester.”

Vincent DiMattio
Professor- Art & Design
“The birth of my 3 children.”

TOP LEFT: MIKE BURKE, BRITTANY CANNAROZZI, SAMANTHA BASTONE, AND NICK TIMONIERE REPRESENT BLUE HAWK RECORDS AT “ROCK N’ RAISE.” (PHOTO COURTESY OF SAMANTHA BASTONE)

CENTER RIGHT: A DEMONSTRATION PRESENTED BY AN OFFICER AND HIS K9 AT THE ANNUAL VEST A K9 EVENT HOSTED BY ALPHA PHI SIGMA CRIMINAL JUSTICE HONOR SOCIETY, WHICH RAISES MONEY FOR BULLET PROOF VESTS FOR THE POLICE DOGS. (PHOTO COURTESY OF CYNTHIA SCOTT)

CENTER LEFT: THE FLAMMABLE ANIMALS PERFORM IN THE TV STUDIO FOR “ROCK N’ RAISE.” (PHOTO COURTESY OF SAMANTHA BASTONE)

BOTTOM RIGHT: MONMOUTH COUNTY SHERIFF’S OFFICE K-9 UNIT AT THE VEST A K9 EVENT (PHOTO COURTESY OF KATIE MUSA)

QUOTE OF THE WEEK

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

THOMAS A. EDISON
The Monmouth University men's and women's indoor track and field teams won the 2015 Metro Atlantic Conference (MAAC) Indoor Track and Field Championship on Saturday at The Armory, repeating as conference champions.

The men posted 220 points to claim victory, while the women totaled 160 1/2 points to win. Sophomore Dylan Capwell was named MAAC Most Outstanding Male Track Performer, while Head Coach Joe Compagni was named both men's and women's MAAC Coach of the Year.

"I know it's a cliché to say this was a total team effort, but this was absolutely a total team effort," Compagni said. "Our men and women scoredvirtually every event. We had 30 men and 32 women score for us, and our team brought that great energy that was crucial to our success.

On the men's side, Capwell broke a MAAC record, and ran line two times faster than the nation in the 800, running 1:46.82 to win the event with ease. Andrew Bernstein, who took fourth in the 800 running 1:52.97.

Senior captain Ben Boyd won the 400 in 47.91 seconds breaking the MAAC Championship record set in 2007, and was joined by sophomore Malcolm Chavis, who took fifth with a time of 49.43. Boyd also won the 200, finishing in 21.81 seconds.

Junior Eric Kahana took second at 22.10 seconds, and senior Ahnimer Dupree placed fifth at 22.42 seconds. Dupree won the 60 meter dash, running 6.84, a new meet record. He was trailed by freshman Bryan Sosoo, who took third at 6.92. Kahana scored in both the 60 meter dash and hurdles. "We've felt all season that we were going to be a great team. This weekend, we took a massive step towards accomplishing the goals we set at the beginning of the season, showing that we are and will continue to be a great team moving forward." Ben Boyd Senior Captain

Women's Indoor Track and Field Reign as MAAC Champions

Despite senior goalkeeper, Garrett Conaway's, exemplary performance in the men's lacrosse contest, the Hawks could not catch the UMBC Retrievers on Saturday at The Armory, suffering a 10-8 loss. Conaway has in his team is outstanding. "I have big respect for Garrett Conaway. He's a phenomenal game, they gave me shots I could really save. To do what we did to just save 21 shots on cage during the game, it seemed to just miss the net or ricocheted off the pipe. "I am really impressed with how everyone came together and supported each other when it mattered most," Frye said. "Everyone really gave it their all, it showed how tough and deep our team really is.

Senior Mel Lewis took second in the 60 hurdles at 8.81 seconds, and was followed by Sophomore Dylan Capwell, who took second in 2:11.86. Lewis had a strong season, placing in the top eight spots in the 800, in".

The last time these two teams faced off, MU lost to number one, Lehigh, 10-4. However, UMBC's Nate Greenberg and Hand claimed fourth in the men's triple jump, with a mark of 11.35, while three other Hawks scored. Senior captain Ben Boyd won the 400 in 47.91 seconds breaking the MAAC Championship record set in 2007, and was joined by sophomore Malcolm Chavis, who took fifth with a time of 49.43. Boyd also won the 200, finishing in 21.81 seconds.

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In untypical lacrosse fashion, the contest provided hardly any scoring. In such a low scoring game, possession often determines the winner. Unfortunately, for MU, their 13 first half turnovers gave UMBC too many opportunities.

"As a team, when you hold a team like UMBC to two goals, you are running it. A couple less mistakes on offense and it could have very easily been the other way," Head Coach Brian Fisher said. In a pretty even matchup, it was no surprise that the first period ended with the teams knotted at zero. However, UMBC's Nate Greenberg and Hand claimed fourth in the men's triple jump, with a mark of 11.35, while three other Hawks scored. Senior captain Ben Boyd won the 400 in 47.91 seconds breaking the MAAC Championship record set in 2007, and was joined by sophomore Malcolm Chavis, who took fifth with a time of 49.43. Boyd also won the 200, finishing in 21.81 seconds.
The men's basketball team clinched a first-round bye in the upcoming MAAC tournament when they defeated Niagara University, 81-69, on Thursday, February 12, at the Peter’s Universe 63-58 this past Thursday, Feb. 19 in Jersey City.

One week before the Hawks were eliminated by the Rider in the first round of the conference tournament, the Hawks have now secured a top five seed in their second season as an MAAC member.

"I'm so excited for our kids," said head coach King Rice. "These kids have put in the blood, sweat and tears. For good things happened for us tonight.

Junior guard Deon Jones shot an efficient 7-12 from the field on his way to a game high 23 points, including a perfect 9-9 performance from the free throw line. "I was just being aggressive," said Jones on his performance. "My teammates were finding me and I was able to hit open shots.

Sophomore point guard Justin Robinson and senior guard and co-captain Max DiLeo also broke double-digits for the contest. Robinson notched 15 points and the right-hand DiLeo was right behind him with 10 of his own including two makes from behind the arc.

Jones was firing on all cylinders out of the gate, as the redshirt junior hit four of his first five shots and give MU a 13-2 lead through eight minutes of play.

St. Peter's managed to trim the lead down to six at the five and a half minute mark, but Robinson quickly made it a three possession game with a jumper in the paint and a 23-17 lead heading into the lead to eight.

The Peacocks were finally able to slow the Hawks down as the Hawks outscored the Peacocks eight of the last five minutes of the first, and eventually closed the gap to five all the way back and tie the game at 23 with only thirty seconds to go before the half.

However, MU would not be de-
nailed a halftime lead. It was Jones who again came big for his team when, in the final seconds, he grabbed an offensive rebound off a DiLeo three and give MU a 32-27 lead heading into the break.

Both teams had given an average of over 0.5 seconds to the other end before the second chance opportunity was a theme for MU throughout the game, as they converted 12 of 19 offensive re-

The men's basketball team earned a top-five seed and first-round bye in this year's MAAC Tournament with their win over St. Peter's.

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No. 1 MU dished out 21 assists, which was one of four MU players to hit dou-

MU's defense held the Golden Griffins to a total of four points as MU came 

The Hawks again turned to the

MU scored nine points to lead an 18-4 run to put the blue and white back in the mix of things.

Sophomore guard and co-captain Masyn McElrath was named MAAC Defensive Player of the Week this past week.

"I'm really honored to get the award," said McElrath. "I didn't expect to get the award and especially not this week with the loss to Iona. But we are a very tough team and we have a very strong team defense so to get the award was a real honor.

"I am very proud of my kids for the way they fought tonight," said head coach Jenny Galloway. "When they took the lead, they didn't give it up and kept the game close over the
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The men and women’s indoor track and field teams won their second consecutive MAAC Championship title. This is only the second year the Hawks are part of the MAAC.

Full story on page 18