CBS, ABC, CNN, Fox 5 and others Visit Monmouth

ALYSSA TRITSCHLER STAFF WRITER

One hundred and twenty-five students registered to meet with 85 professionals, along with other students who made their way to Wilson Hall to take part in the Communication Department’s 5th Annual Career Event on Monday, March 2nd.

“The Communication Career Event has become a signature program for our students and alumni. We hold the Career Event in the spring semester so students can compete for summer and full internships, and jobs after graduation,” said Chad Delli, Associate Professor and Chair of the Department of Communication.

Students in attendance had the opportunity to choose the events they wanted to attend throughout the day. The Career Event had panels for each cluster of the communication degree, including television/radio, public relations/journalism, and communication studies.

There were also opportunities for individuals with a sports communication minor to hear from professionals in the sports industry.

After each panel discussion concluded, participants had the opportunity to network with representatives from over 85 organizations in attendance, including companies such as CNN, CBS Radio, ABC Radio, Fox 5 News, The Asbury Park Press, Synergy Events, Townsquare Media, Two River Times, and many more.

Delli explained that the goal of the event is to help students with their professional aspirations. “The goal of the Communication Career Event is to prepare our majors for life after Monmouth. Students do this by attending panels concentrating on careers in their area of interest, meeting with professionals for one-on-one networking opportunities, working with Career Services to polish their resume and interview skills, and speaking with companies and nonprofits seeking internship and job candidates,” he said.

Informational panels ranged from what opportunities there are in the communication field, to how to adjust after graduation. Each panel had a “moderator,” which was a well-known professor in the communication department. The moderator guided the conversation between the panel and the participants, ensuring participants were acquiring information that could help them with their future careers.

Alyssa Gray, a Designer and Page Editor at Gannett and recent alumna of the University, spoke at the “Your First Year at School” panel. She discussed how surreal it was to be back at Monmouth, with a degree and full time job after being a student just a few months prior. “It was a great honor being asked just after graduating and I hope that any advice I offered can help students, especially since I was in their shoes not too long ago.”

Gray provided tips for students regarding interviews and potential employment opportunities. “Mainly we spoke about interviewing and tips on job hunting and meeting with potential employers. We also talked about what skills to practice when trying to get a job, how to properly prepare for a career or an internship, and even how the transition is from college to the work force.”

The panels were interactive, and participants were encouraged to ask questions and receive answers from professionals. Some participants chose to start one-on-one conversations with the professionals, asking them to listen to their broadcast clips or read their latest article or blog post before offering resumes to the professionals.

“After talking with a local surfer’s perspective on the matter. David Hespe, Commissioner of the Department of Education, leads officials in the planning to require more extensive clinical experience, require a full year of clinical practice, and bring aspiring teachers into classrooms and schools before they start student teaching.

Effects of Shore Dredging on Coastal Environment

RYAN GALLAGHER STAFF WRITER

Monmouth University prides itself on its ties to the ocean, but do we truly analyze exactly what is happening to that vast space?

Dredging. It is a topic few know about, yet it affects all University students.

For some it is a simple eyesore that is forgotten about after the fact; however, for surfers and the0 that is around us, it can be a draining nuisance when a certain area forgoes the dredging process.

To get a perspective that is not fueled by surf daydreams, John Tiedemann, Assistant Dean and Director of the Marine and Environmental Biology and Policy Program at the University, offered his take on the procedure.

Tiedemann, who has been an Ocean County local for more than 40 years, recognizes that dredging is necessary and used to help rather than harm the ocean.

He defines dredging as, “the removal of sediment that has accumulated in channels.”

Professor Tiedemann explained, “In harbors dredging is required to maintain shipping channels, in smaller ports dredging is required to maintain navigation channels for commercial and recreational vessels.”

Whether it is a small private dock, a public marina, a commercial waterway or our own beaches, dredging may be affecting you or someone you know in monumental ways.

“The biggest issue with dredging is finding an appropriate location for disposal of the dredged material. If the material is clean (uncontaminated) it should be considered for beneficial use; if it is contaminated, it must be handled as a waste material and disposed of in an environmentally acceptable manner,” said Tiedemann.

Fortunately for the University community, an appropriate location for disposal cannot always be guaranteed. “Many times [dredging] is used to maintain the depth of navigable waterways. The sediment often contains toxic heavy metals which settle in the soil,” Amanda Bilotti, a senior marine and environmental biology and policy student said. “These contaminates such as mercury can bioaccumulate in animals and cause negative health effects on humans who consume them.”

As the University is home to a large surf community, dredging is a serious topic of interest. After talking with a Long Branch resident, Matt Pereira, I gained a local surfer’s perspective on the matter.

“Last winter while dredge pipes spewed sand on Asbury Park beaches, many including myself enjoyed fun waves on the north end while thousands birds to our south feasted on shellfish and other goodies near the shore and on newly deposited sand. We surfed for more than two hours while the pipes spit dark
Study Finds Extra Sleep May Increase Risk of Stroke

RICHARD FELICETTI STAFF WRITER

A study conducted by the American Academy of Neurology last month has revealed that individuals who sleep more than eight hours a day are at an increased risk of having a stroke.

A stroke, also known as a cerebrovascular accident, is a decreased blood flow to the brain that results in cell death. Strokes may be caused by an obstruction of blood flow or the rupture of an artery.

It is not clear that college students don't sleep enough and it can have serious consequences. An obvious concern is that college students lack sleep as I have often seen students try to take naps during the day, sometimes during classes, to catch up on sleep," said Stark.

Another study titled "Significant sleep deprivation and stress among college students, USA," published in MedicalNewsToday.com stated that a consistent lack of sleep in college can result in missed classes, poor classroom performance, difficulty concentrating, hallucinations, mental health issues, declines in blood glucose metabolism, loss of pressure control, and a myriad of other health concerns.

Many times weekends are used to catch up on sleep," said Janet Mahoney, Dean and professor of nursing. "One has to wonder what is the recommended amount of sleep needed to live a healthy life," said Mahoney. "Further studies are needed. Until we know more, moderation is the answer, not too little sleep, not too much sleep," she said.

In a New York Times article published in March 2015, titled "Extra Sleep Linked With Stroke Risk," researchers surveyed people and recorded their sleeping habits over a period of ten years.

Ying Leng, a doctoral candidate at the University of Cambridget, headed the operation. Leng and associates pooled people, aged 42-81 who had never experienced a stroke before. The study monitored the amount of hours that the subjects slept at the beginning of the study and how much night

ly sleep they were getting four years later. Over the five-year study, 346 of the subjects suffered strokes as the number of hours they slept decreased over the years.

After controlling a number of health and behavioral variables that could skew the data, the researchers concluded that people who slept more than eight hours a day were 46 percent more likely to experience a stroke than those who slept for six to eight hours.

Additionally, the study concluded that the risk of a stroke was higher in individuals that reported they used sleep medication. Sleep hours increased over the decade. Leng inferred that this could be an indication that there is a brain condition that leads to strokes of which an excessive need for sleep is an early symptom.

Caroline Shankhan, a freshman nursing student, said that the study was eye-opening and changed her opinion on the benefits of sleeping excessively.

"When I get less sleep, I tend to be more energized and awake, but when I oversleep, I feel more tired and sluggish," said Shanahan. "I learned in anatomy that blood supply to the brain is crucial and learning that oversleeping can decrease the amount of blood in the brain makes me think twice about sleeping in," she said.

Since most of the data was self reported, meaning that the test subjects recorded their personal data and conveyed it to the researchers, some aspects may be unreliable. Also, the researchers noted that excessive sleep is not a direct cause of a stroke, but rather an early sign. Thus, it may indicate a brain condition that can lead to a stroke, but is not the direct cause of a stroke.

Stark said that one should not make hasty conclusions from the article without first view-

ing the full report."The data on sleep duration were self-reports, which can be unreliable," said Stark.

"The association was made between sleep and stroke risk, instead of cause and effect; the reported increased sleeping time as the cause of a stroke, could instead, be an early symp-

tom of a disease that led to a stroke," she said.

In studies in which the sub-

jects report their own data, they may tamper with the results to make them more desirable. For example, one of the subjects could have lessened the hours of sleep received each night to make themselves appear health-

ier. Mahoney said that the distinc-

tion between excessive sleep preceding strokes as opposed to causing strokes is important to note.

"The important thing to take away from this study is that this is only one study and further targeted research using experi-

mental designs in clinical areas are needed in the future," she said.

"This study suggests that sleeping more may be an early symptom of disease that may lead to stroke," said Mahoney.

"Keep in mind that this prospective meta-analysis research study showed an association of more sleep and stroke risk. It did not say that too much sleep causes a stroke. Short sleep was defined as less than six hours and long sleep was de-

fined as greater than eight hours."

"The lead author of the research project suggests that there may be some relationship between the brain that precedes stroke risk of which excessive sleep may be an early indicator," said Mahoney.

NJDE Proposes Changes

Teaching continued from p. 1

after presenting the proposed changes. "By simply thinking about preparing them in a similar manner that we have prepared them before, I don't think we are advancing the conversation.

Requirements would also span to out-of-state and non-New Jersey Substitute teachers are accepted into the state under revisions are meant to attract, develop, and retain exceptional teach-

ers. educators and students do in the workforce. These measures would help state officials successfully evaluate the strengths and weaknesses of teacher education programs provided at institutions of higher education.

"As we implement better and more rigorous student evaluations, assessments, and educator evaluations across New Jersey, we must ensure that we prepare novice teachers to meet these demands and effectively serve students from day one. We can only achieve this through increased preparation and cer-

tification requirements to ensure all teachers are prepared to teach.

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Communication Career Event Held at Wilson Hall

Student Help University Employee in Time of Need


companies in attendance, students and alumni were able to partake in a resume-building workshop, instructed by Career Services. This gave students the chance to perfect their resume before handing it over to the professionals.

Courtney Carr, a senior communication major has attended the event for the last three years, recommended the event to all communication students, “They should consider showing up. It’s nice to have those resumes, and business cards, so that they learn and gain more experience.”

By attending this year’s Career Event, Carr was able to achieve her goal of speaking with Jim Hickey of ABC.

Carr also offered her personal opinion on the event, contrasting this year’s experience to years prior, “...this is my third time attending the communication career event and honestly, I did have a great experience, but I think the event has been better in the past. My sophomore year, there was a lot more variety in the companies that attended the networking event. There was a great balance of MU alum, and Non-MU alum, and a great balance of local companies, and big name companies. This year, it felt it was mainly local companies and all MU alum. I understand the purpose of utilizing alum for the event, but I was hoping to gain more networking experience with people I didn’t know as opposed to just networking with all my old friends.”

Both the informational panels and the networking portion are crucial to the career fair, according to Dell. “Each of the elements of this event is valuable in their own way. The information panels let students hear how the alumni who came before them positioned themselves for success,” he said. “And the networking event is a real high-light. Studies show that 80 percent of jobs are attained through networking, so the ability of students to meet with professionals at this event provides them a crucial advantage.”

Dell continued.

This year’s event was a success, according to Associate Dean of the School of Humanities and Social Sciences, Michael Thomas, “For Career Networking Events like this successful one organized by the Department of Communication, the way to judge success is by the quality of the conversations, both during the panel sessions and the Networking hours. From what I saw, this year’s event was terrifically successful!”

Dell also offered insight on the outcomes of this year’s event in comparison with previous years, “When we first held the event in The Club in 2001 it was much smaller. I feel that we overran the space. The next year we moved to Wilson Hall, and we filled those rooms, and we’ve had as many as 225 students in attendance.”

The weather may have been a factor in regards to this year’s turnout. “While the student turnout was lower this year, I saw many of our best and brightest talking with professionals from the New York Daily News, CBS Radio, ESPN and many more.” Dell explained.

Dell offered an opinion he received via email from university alumna Cara Viscarello ’12, “...currenty works at Fox5, “I credit my entire career to your Communication Career Event. I believe it was the first year you held the event, and I left with new contacts, questions answered, and most importantly, a scheduled interview for an internship. That led to an internship, then freelance position, which turned into a staff position soon after. I met future News Directors that day (Jim Driscoll), and it would have been much more difficult to have face-to-face contact with him, if it weren’t for this event.”

The event is expected to remain a factor of the spring semester for years to come, as long as attendance and participation continues to grow. “The Communication Career Event has become a critical tool for preparing students for their future careers. I believe this will continue to be an annual event, as long as students see value in it and participate,” explained Dell.

University students have taken it upon themselves to help University dining hall employee, Corey Littles, when his apartment caught fire, rendering it uninhabitable. Austin Skelton, a freshman political science student, started the GoFundMe for Corey named, “Corey’s Fresh Start Fund.” Skelton shared the project with his compatriots on SGA who helped spread awareness across social media and campus.

“Corey’s Fresh Start Fund” has currently raised a total of $1,080 out of a goal of $2,000. Skelton also described some of his experiences with Corey, “We were colleagues for a semester, and I really showed him how effective my job at Corey is an overall kind, funny, down to earth guy,” said Skelton. “Nine out of 10 times when you see Corey in the dining hall, he’ll have a smile on his face despite working long strenuous hours. That’s the kind of person he is,” said Skelton.

People from all parts of the Monmouth community, including parents and students, have donated to the GoFundMe, and have left several messages of encouragement for Corey during this difficult time, reflecting his value and positive attitude he brings to the community.

Cassandra Figueroa, a public policy graduate student, related a story about how Corey related a story about how Corey

friend about the fire, and they went to safety. Corey then carried his twin four-year-old nieces out of the apartment. After calling the police, he went back inside to inform other residents about the fire. His next-door neighbors were the first ones notified, and they helped him to inform the rest of his building. Everyone was safely outside the building before the fire alarms went off. The damage was mostly done to Corey’s apartment and the apartment below him. In Corey’s apartment, only the two bedrooms were left undamaged, with some ceiling damage in the apartment directly below.

Corey lost everything in the fire, even things in the rooms that were not damaged. He mentioned that the heat from the fire was so great, it melted his clothes.

Since the fire occurred, Corey has been trying to maintain a positive attitude. “I’ve been working. I haven’t had time to figure out a plan. I’ve just been taking it day by day.”

Corey said his positive outlook has definitely helped him get through these tough past few weeks. “Because I’m alive, I’m grateful to be here,” he said.

Though he’s remained strong, he has obviously not had to go through it alone. Another effort was headed by Kevin Summonte of the Men’s Track Team. Summonte and some of his teammates pooled their resources together, and were able to give Corey some food, clothes, and a $100 Visa gift card to help with expenses.

Summonte, a sophomore health and physical education student, explained his motivation. “Corey, despite his struggle with his apartment issue and the fire, has continued to keep a positive attitude, keep the students happy and smiling. Corey has been a great guy in the dining hall. He supports the track team and we support him, and are very grateful for all he does,” said Summonte. He also related a story about how Corey went out of his way to warm up chocolate-chip cookies and serve them to the track team.

Other students have given also donated clothes to Corey. Littles expressed his gratitude for all the students have done for him. “I want to say thank you from the bottom of my heart, I appreciate it. I’m really grateful. For working for the students, and the environment I’m working in,” said Littles.
Join

The Outlook

The Outlook is currently seeking help in the following departments:
- Staff Writers*
- Copy Editors*
- Photography
- Layout (Using Adobe InDesign CS6)

Students from any major are welcome to join, experience is not necessary.

Feel free to visit the office on Mondays or Tuesdays and/or contact the Acting Editor-in-Chief, Brianna McCabe, at s0828430@monmouth.edu.

Stop by the Plangere Communication Center and visit us! The Outlook is located on the 2nd floor, Rm 260
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Raising the Bar

While today the University strictly regulates on-campus alcohol consumption, Monmouth’s policies used to be quite different; the Rebecca Stafford Student Center (RSSC) was once home to Blue Hawk Pub, an on-campus bar that was eventually turned into a cafe and has since been removed altogether. According to Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, the bar was active over ten years ago when the drinking age was still 18. “As the laws changed, both from a drink age and liability perspective, it became increasingly difficult to provide financial support for a facility that 70-plus percent of our students could not have access to,” she said.

Ultimately, the University decided to close the facility. “The pub could not sustain its operation on revenue derived from sales alone. The increased liability we assumed for operating a pub was also factored into the decision to close,” Nagy said.

Does this decision still make sense today, or should the University consider reopening the pub? The Outlook weighs in. In the article, the editors acknowledge that alcohol consumption can have serious consequences for college students. It is under- stood that the University’s “dry campus” policies are in place to ensure the safety of all students, as well as to cement Monmouth’s position as a responsible institution within the West Long Branch community. While

The Outlook staff

The Outlook does not deny these policies, some editors feel that bringing a bar back to campus would yield positive results. “A bar would be great for socializing, because all of the current options like the student center and library have an academic vibe to them, and people can never relax,” one editor said. Many staff members agreed, and felt that a bar would increase school spirit and potentially encourage students to live on campus as upperclassmen.

Some editors also believe that having a bar on campus would help to minimize drunk driving by providing a place that students could walk to from.

How to submit articles or letters

The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for discussion. The Outlook accepts articles and graphic material from students, faculty and administrators and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.

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Because of this, I now know that traveling has the power to change a person.

I have always had wanderlust. Unfortunately, I have never studied abroad. I've traveled a decent amount for vacations, mostly on the west coast. As much as I would love to go out of the country in Canada, Aruba and Mexico. I have always had an urge to see the unfamiliar. Maybe it's the fact that I've lived in the same small town for all of my life.

Since I chose my college major, I've thought that whatever I end up doing, I want to be able to travel for my career. As I reach a terribly con
trolled society, I believe that everyone (if we could ever try to see the world, it's the greatest it's ever been, it attributes to my recent trip to Rodeo Drive, the English major, the Associated Collegiate Press National College Journalism Convention.

The people I met, the scenery I saw, and the positive energy I felt during my stay in Los Angeles still has me in awe of the beautiful people and how they live in the suburbs. At this stage in life, I thought I've experienced a decent amount. As much as I would love to travel much more out there for me to reach.

Many of us tend to forget the bubble we live in is not necessarily the world's bubble. We follow the same rules, we use the same products and go to the regular places. And that might not seem so bad, until you go to a new place.

The people I met on the west coast were noticeably more positive, friendlier, and easy-going than people here. I'll admit I've even a few gentlemen from Wisconsin gave me that same sentiment so I know it's not just a regional sim
dic view of relationships. My idea of a bright future is to, eventually, have my own place that has a location (and quite likely, weather) can have a serious impact on life of Los Angeles residents. What a life it is.

On Rodeo Drive, we ran into a young man who was born and raised in Los Angeles but traveled a lot for the military. Of all of the places he'd been, his favorite was D.C. I wasn't one hundred percent sure why. I should learn to love the city of amazing, incredible history.
Boris Nemtsov’s Assassination Draws Criticism

PHOTO TAKEN FROM shutterstock.com

BY BRENDAN GREGRE

One of the most vocal, prominent politicians in Russia to speak against Putin and his regime—he did not hold anything back. He was very direct in how he talked history and anthropology and Russian specialist, said that although he does not view Putin as a dictator or a rogue state, this event does not hurt Putin—although it does bring embarrassment to Russia. He noted that this assassination is the highest fear amongst Russian people.

Pearson said, “If Nemtsov can be killed, who can be safe?” As Pearson noted, Nemtsov was a prominent political figure and that because of that he was a target of many of Putin’s opponents, as chilling as it is, it will result in greater pressure on Russia from the west; none of the previous ones have, and these murders have been going on for about a decade.”

DeRosa stated that what is going on in Ukraine will most likely continue to lead to the most pressure from the West. He said that despite the United States no longer being able to regulate the global economy and Russia not reaching far into central Europe, we must be wary of re-playing the scenarios of the Cold War. Nemtsov’s death—coupled with what is happening in Ukraine—is leading Russia further down a path of Western distrust. Although that path may be similar to how relations were during the Cold War, it remains unclear as to how tense they will become.

Marc Sweet, a sophomore history and education major, said, “A message that I think Putin makes clear in his policies and rhetoric both domestically and foreign, is the idea of ‘us’ against ‘them.’ This idea is something of prominence in Russia; Putin and his government are subtly pushing anti-Western propaganda to the people of Russia. Regardless of who is responsible for this event, as it stands, Russia is in a place very familiar to the beginning of the Cold War. Many Russians feel that they are living simply for the present, and that there is no future, the xenophobic feelings towards western outsiders has been something carried on in Russia for centuries, even before the days of Lenin, Trotsky, and Stalin.

With Nemtsov’s death, the pro-democracy movement in Russia will slow down considerably and it will be interesting to see who rises, the ideal of the new opposition leaders against Putin after seeing what may happen to one who speaks out.

**FCC Rules in Favor of “Net Neutrality” for Internet**

**STOP FOR INTERNET TOLL**

**ALL OTHERS 1 DOLLAR**

**NETFLIX 2 DOLLAR**

By the end of the 20th century, the Internet was mostly an experimental network that connected a handful of government and academic institutions. In the early 1990s, the National Science Foundation (NSF) began to phase out its role as the main internet service provider, and the Internet began to evolve into a decentralized network. This decentralization, or “net neutrality,” was the principle that all internet traffic should be treated equally by internet service providers (ISPs).

**Net neutrality** has polarized the internet, with private companies like Netflix opposing internet service providers (ISPs).

The Federal Communications Commission (FCC) controversially passed a policy to change the current “net neutrality” rules on April 28, 2015. The new rules essentially let ISPs create their own “fast lanes” and charge more for internet services that are faster. This is a departure from the current rules that require all internet traffic to be treated equally.

The pro-FCC regulations side, which includes AEA, Netflix, Facebook, Twitter and other big internet companies, argue that they do not want to face discrimination from the FCC. For example, a big network provider like Comcast, Verizon, and AT&T can charge more for pay-to-play fast lanes that phone that come from these big companies. Assistant professor of criminal justice, John Comiskey, said, “This legislation seems to be concerned more about businesses trying to establish and maintain monopoly.” He also added that the Internet is an “information highway” and “get-ting information before others is in the best interest.

The anti-regulation companies, which includes AEA, Netflix, Face-book, Twitter and other big internet companies, argue that they do not want to face discrimination from the FCC. For example, a big network provider like Comcast, Verizon, and AT&T can charge more for pay-to-play fast lanes. They also do not trust that the FCC will only follow these rules that are presented that include 332 pages of regulations, according to a CNN.com article, “Net neutrality limits their ability to price discriminate. Price discrimination decreases the cost of each individual’s public utility under existing law; the opponents would say no — that the intent of the statute was not to regulate a communication device like the Internet in a manner that its functional difference from the telephone takes it outside the scope of Section II.”

The pro-FCC’s new regulations are far from over. Outside of the United States own legislative system, the anti-net neutrality regulation would take a broad international alliance. Comiskey said, “The U.S. does not own the Internet and cannot regulate it by itself. This is still an emerging, evolving phenomenon and is not definitive.”
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CONTESTANTS ON ‘THE VOICE’ AREN’T ALWAYS UNDISCOVERED

CINDY COFFEY CONTRIBUTING WRITER

As NBC’s answer to the successful American Idol, The Voice is promoted as “the Emmy Award-winning, number one series on ed as “the Emmy Award-winning, number one series on NBC, featur- ing the country’s best unknown artist, according to national voice.com. But are the artists that audition for The Voice really “unknown”?

On Feb. 23, 2015, Meghan Linsey auditioned in the Season 8 opener and caught the attention of three out of four judges. She followed the chairs and offered Linsey a spot on their respective teams. But, however, is far from an “unknown” tal- ent, especially in the world of coun- try music.

Linsey is a part of the duo Steel Magnolia, who, in 2003, 2005, and 2007 performed in the Academy of Country Music and Country Music Association Awards with the song, “Push and Shove.” The duo was coalition by Mariah Carey and claimed the number one slot on the charts with the album “The Mess.”

The song begins with a familiar, strict guitar-and-vocals dynamic, but, with an upbeat drum track enters the mix halfway through. Here, Pharma- kis introduces himself to the listener, he is a masterful songwriter capable of creating in- stant classics that extend far beyond his post-hardcore roots. Rather than sounding like he is cashing in on his previous reputation as an ex-Vanna member, Pharmakis instead rein- troduces himself to a new audience with a captivating, eclectically mixed tracks that depart from his former band's sound.

Morning Light presents audi- ences with a mixture of altered pop, alternative rock, and acoustic music. The songs fre- quently shift dynamic between solo acoustic and full-band in a matter of seconds and always keep listen- ers guessing what will hit their ears next.

Pharmakis starts the album with the track “Push and Shove.” The song is accompanied by Pharmakis’s dark vocals to present listeners with an interesting and unique track on the album’s sound.

After “Lucid State,” the ballad’s musical style reverses back to a dance-inspired track. It starts with a quick-paced acoustic guitar riff, followed by a driving drum beat, twangy electric guitar, and a crooning string section. "Morning Light," as a whole, makes a strong debut album for Wind in Sails. Pharmakis displays his understanding of songwriting that both intrigues listeners and creates memorable tracks that will continue to instill classics the minute they enter one’s music library.

CINCINNATI ENQUIRER
cindy.coffey@enquirer.com

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EMILY SHAPIRO
STAFF WRITER

No amount of money, fancy cars or playfulness could stop a group of women from hav-
ing their differences at times. On Season 5 of The Real Housewives of Beverly Hills, the housewives get real when issues like alcoholism, drug addiction, and even illness come into the women’s lives from all different angles. Reforming sisters Kyle Richards, Kim Richards, Lisa Vanderpump, Brandi Glanville and Yolanda Foster seemed to be very welcoming to newcomers Eileen Davidson and Lisa Rinna this season. Eileen is famous for her roles in soap operas like The Young and the Restless and The Bold and The Beautiful. Lisa is best known for her role on Melrose Place and host of SoapNet’s Soap Soup Talk. With both of these new women having had their fair share of soap opera in which drama is the root of every episode, it was just a waiting game to see who would throw the first punch (or wine glass).

In previous seasons, viewers have seen the dysfunctional relation-
ship between sisters Kyle and Kim. Back in Season 3, Kyle was the one that spilled the big secret that she was an alcoholic. Shortly after, Kim checked herself into rehab to get her addiction under control. In Season 5, Kim was portrayed as sober, living life under control. In Season 4, Kim self-checked into rehab to get her addiction under control. Shortly after, Kim checked herself into rehab to get her addiction under control. Each of Sharon’s friends has a different personality that unravels throughout the play with flashbacks of the past and conversations throughout the night. Ana (Kelly Higgins) is on constant medicate-
tion for her anxiety and her husband having a problem with alcohol a few years back. Though this may be the case, bringing personal family issues into any fight never has positive results. Lisa jumped out of her chair after Kim’s comment, and proceeded to scream in her face. She then acted as though she was going to choke her castmate before taking her wine glass and breaking it on the table. All of the women were shaken up by the events, and Kyle was even seen fleeing from the restaurant. In the end, it seems that Kim never had any dirt on Lisa’s husband and she was just trying to make the cruel comments stop. The next day, both women got together and attempted to smooth things over. Is the air re-
ally cleared between these two? I guess viewers will have to wait for the reunion, which will be air-
ing sometime later this month.

Another issue that has been brought to light this season is Lyme Disease. Yolanda Foster, wife to famous musician David Foster and mother to supermodels Gigi Hadid and Bella Hadid, had a Lyme Disease relapse earlier this year. She was first diagnosed back in 2012, but after having a port implanted in her arm to help treatment. In her blog on BravoTV.com, Foster wrote, “I have lost the ability to read, write, or even watch TV, because I can’t process information or any stimulation for that matter. It feels like someone is tying my hands behind my back to keep me from moving. It was only when I had someone to read the words to me that I could begin to understand what was going on.” This season is going to be filled with the ladies learning about each other’s lives, and all of the conversations and stories that came in, confiscated my brain and tied my hands behind my back to keep me from moving. It was only when I had someone to read the words to me that I could begin to understand what was going on.”

The Real Housewives of Beverly Hills airs Tuesday nights at 9 p.m on Bravo.
Newspapers come out every Wednesday!
Email: outlook@monmouth.edu
(732) 571 - 3481
Roadtripping the USA

California Here You Come: Los Angeles

FABIANA BUONTEMPO
NEWS EDITOR

Los Angeles: the city of angels. For those who live in a bubble, LA is the epitome of the modern American city. A major cultural, economic, media, fashion, and entertainment center, it is one of the most visited and exciting cities in the world. Los Angeles is the third-largest city in the United States and the seat of the County of Los Angeles, the most populous county in the United States. LA is a melting pot of cultures and ethnicities, and it’s known for its diverse cuisine, the Hollywood sign, and the iconic Los Angeles County Museum of Art (LACMA).

Next up on the list of things visitors must experience in LA is the Hollywood Walk of Fame and the TCL Chinese Theatre. Gabriella, a junior biology student highlighted the Hollywood Walk of Fame as one of her favorite destinations when I visited last year. “I took some awesome pictures of Marilyn Monroe’s handprints when I visited Hollywood Boulevard,” she said. “I knew if I was visiting LA, I had to make it a point to check out this historic spot,” said Leuzi.

This fun, tourist-filled spot is one of Hollywood’s most iconic and memorable sites. According to Time.com, the TCL Chinese Theatre, originally Grauman’s Chinese Theatre opened in 1927 and represents Hollywood’s Golden Age when lavishly designed theaters were the movie-going standard. Pose next to your favorite Hollywood stars’ handprints or tour the theater for $13.50, seven days a week.

After a day of shopping, and maybe some celebrity stalking, grab a drink and see the nightlife of downtown LA. “It’s like never going to sleep,” said Lamb. “There are so many bars and clubs, restaurants and late-night trendy spots in LA. There’s something for everyone, and you will never be stuck with nothing to do.”

LA is a bustling city with a vibrant nightlife scene. According to the Bureau of Labor Statistics, the unemployment rate in Los Angeles County is lower than the national average, and the average household income is higher than the national average. This makes LA an attractive place to live and work.

In“green”diets to Incorporate into St. Patrick’s Day Dishes

KELLY COFFEY
BAKER MAJOR

Even if you aren’t Irish, you might see your seatmate on a plane waiting to get to a local landmark, never once stopping to relax. Taking a plane or train you zoom past all the middle, not stopping at anything on the way. It’s about the people you are with. It’s about thinking. So many cities sit closer together than you think. Decide how long you want to travel and down goes the most fun way to travel. The trip becomes more about the adventure and less about the destination. LA is a city that you can never stop exploring. It’s about the people you are with. It’s about what makes you happy, and what brings you joy. LA is a city that you can never stop exploring.

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Green peppers. These vegetables can be used in a variety of Asian and Mexican dishes. They help you stay healthy and support a healthy cardiovascular system. You can throw kiwis into smoothies, add them to breakfast bowls, or dip them in desserts, or just eat them on their own.

4. Cabbage. This vegetable is green and can be eaten raw in salads, stir-fried, or used as a wrap. It is great for making a healthy and nutritious meal. It is also low in calories and high in vitamins A and C.

5. Kiwi. Kiwi is a great tropical fruit that people love to reach for. This fruit is a bright source of potassium, Vitamin E, folate, and fiber and can be used in smoothies, salads, or desserts. It can be eaten raw, mashed, or cooked, and is great for adding to salads, pastas, soups, and stews. It is a great way to add a little green into your dishes. Cabbage is a nutritional powerhouse and is packed with vitamins, minerals, and Omega-3 fatty acids. It is also low in calories and high in vitamins A and C.

6. Limes. These citrus fruits can be added to so many things with ease. They can be squeezed over fish, grilled meat, or chicken. They can be added to smoothies, juice or water, and can be used to add a pop of flavor to any dish.

7. Spinach. Indian chef, assistant professor of health and physical education, said, “My favorite green food, without a doubt, is spinach. It is extremely good for you, and I think it tastes better than kale. It is an excellent source of vitamins A, C, iron, and calcium, and it is a great green food to incorporate into your diet.”

8. Cabbage. What is St. Patrick’s Day without cabbage? It can be eaten raw, tossed in salads, steamed in soups and stews, or, of course, with corn beef. Rich in vitamins A, K, and C, cabbage, fiber, and vitamin B12, it won’t be hard to incorporate this into your diet.

Eating healthy is not as hard as people think. When one thinks healthy, usually the first thing that comes to mind is exercise, try sprinkle your dishes with a sprinkle of green spices. For example, you could sprinkle a fresh lime juice into your water or unsweetened tea for a refreshing taste. Limes contain vitamin C and potassium, and it is a great way to keep your cells healthy. And, you can really do anything with green peppers.

Broccoli. There are so many different ways you can incorporate broccoli into your dishes. Add broccoli into your salads, pastas, soups, and stews. You can add it to your smoothies, or use it in desserts. You can even eat it raw, or you can dip it in a creamy sauce or with or without dip, or even have them as a side dish. Broccoli is packed with vitamins A, K, and C, calcium, folate, iron, fiber, and protein. Adding broccoli to your dishes on St. Patrick’s Day allow you to incorporate the green festivities while also being very healthy.

For the people who want to make healthy, colorful, and delicious meals, here are some tips on how you can cook it – it is also low in calories and fat and high in dietary fiber. Eating healthy does not have to be boring, and you can incorporate it into your everyday life. One of my favorites on cold days – Sautéed spinach with garlic and hot peppers.

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**Excess Harvesting of Oceanic Wildlife**

**New York Times, IWC estimates that 300,000, whol...s face became depleted, the whalers began to hunt the minke whale.**

**Excess harvesting has led to the dramatic decline of many whale species.**

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**We are in the situation where 40 years down the line, we effectively are out of fish.**

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**In an article published by the...technically extinct, their populations is certainly diminishing.**

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**The Low Down on the Local Food Scene**

**Victoria Keenan**

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**Dredging continued from p. 1.**

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**Neville Cartwright**

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**Features**

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**March 11, 2015**

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**The Outlook**
Astrology is often confused with astronomy, however, the two offer very different views. “Astrology is a myth while astronomy is science.” Gloria Simmons-Brown, an adjunct astronomy professor said.

Astrology is the science of the universe while astrology is an interpretation of how the universe is displayed. In other words, astrology is the belief that the stars can predict one’s future based on their date of birth. While many may not believe the stars have this ability, society as a whole believes astrology to be well practiced.

“Think about it: when you go to a bar, they may ask what is your “sign.” This term relates directly back to astrology, a science of thought first introduced by the Ancient Greeks.

Horoscopes are perhaps the most well-known aspect of astrology. They have formed off the basis of astrological methods of finding meaning in the sky, but instead of focusing on all elements in the sky, it looks at the stars and their constellations. A horoscope is meant to tell one’s characteristics as well as portions of their future.

Casey Allocco, a senior studying communication, said that she tries to read her horoscope daily, but does not always find it to be truthful. “I read my horoscope every day on the app DailyHoroscope. I won't say that I believe it, but it gives me a sense of where I stand.”

Regardless of your belief, there are certain characteristics each astrological sign is said to possess. The zodiacs, which literally means “the circle of animals” in Greek are Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces.

Although Aries are those born between March 21 and April 19, the sign begins the zodiac circle. Aries are very physical people who always need to be kept busy. They often achieve many of their goals just because of how much energy they have, however, they also take on more than they can handle. While they are most compatible with an Aquarius, they are destined to be with a Leo.

“Taurus, which is symbolized by a bull, is resolute, sensual, dependable, secure, and stubborn. They cling to their own minds set and often dismiss new ideas. They are destined to be with a Taurus.”

Gemini’s, the twins of the sky, are often depicted as two personalities, however this is not how the Greeks characterized the constellation. Instead, they believed Gemini’s to be multi-talented and social. They are known for their communicative abilities, however, they often say whatever they are thinking which gets them into trouble. They are destined to be with either a Taurus or a Libra.

Those with the zodiac sign of Cancer are the most emotional of the 12 signs. They show sympathy to all, are charitable, faithful, but also moody. They are most compatible and destined to be with an Aries.

Leo is symbolized by the lion, share many characteristics with Aries. Their claim to fame is their pride and their stubbornness. They are destined to be with a Sagittarius or a Pisces.

Virgos are known to easily adapt to situations and to make themselves useful. They often hate the limelight and try to deflect any attention. They are destined to be with a Capricorn, yet is most compatible with a Cancer.

Next in the zodiac is Libra, a refined, social, artistic, and overly concerned with relationships personality. They tend to charm others in order to finish a group goal. They are destined to be with an Aquarius.

Scorpio’s hold the most unique characteristics of the 12 signs. They show sympathy to all, are charitable, faithful, but also moody. They are most compatible and destined to be with an Aries.

Capricorns are known to view life as really to certain astrological signs while in reality, the descriptions or fortunes are so general that they could be applied to a large number of people. People who read their horoscopes may be looking for confirmation in their actions while others may just read them for fun,” she said.

Professor Simmons-Brown added that people truly believe in astrology do not have a grounding in the science of astronomy.
The University welcomed three professional drag queens to campus last Friday, March 6 as the All Life-styles Included club presented Drag Show 2015: Candyland. The All Life-styles Included club, or ALI, is an organization that strives to promote awareness for the lesbian, gay, bisexual, transgender, and questioning, or LGBTQ, community on and around campus. One of the ways they do this is by holding their annual drag show. This year, the club went all out.

“While it’s [the drag show] always difficult to plan, ALI’s bigger membership this year really helped,” she said. “The show ran a lot more efficiently and the club’s presence on campus was better appreciated this year really helped,” she said. “The show ran a lot more efficiently and the club’s presence on campus was better appreciated this year really helped,” she said.

Galvin felt that this year’s show was extremely successful. “While it’s [the drag show] always difficult to plan,” explained Milian. “We’re all human. I look forward to next year.”

Jadé described her experiences as a drag queen and at the University as “thrilling” and “astounding.”

Galvin felt that this year’s show was extremely successful. “While it’s [the drag show] always difficult to plan, ALI’s bigger membership this year really helped,” she said. “The show ran a lot more efficiently and the club’s presence on campus was better recognized this year than in the past, making the event bigger and better than years past.”

At the start of the event, it was announced that the show had raised $997. By the end of the show, it had broken $1000. All of this money was donated to The Trevor Project. According to Galvin, The Trevor Project is an organization dedicated to assisting suicidal LGBTQ youth. As stated on thetreverproject.org, “Founded in 1998 by the creators of the Academy Award-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people ages 13-24.”

“This year’s drag show was a lot of fun to plan,” said Melissa Galvin, a senior psychology and sociology double major, as well as the president of ALI. “We chose to go with a candyland theme, and the queens really got into it.” The queens were not the only ones who really got into it. Anacon was transformed into a candy heaven. Giant, candy-shaped lights were reflected up onto the walls, snacks such as candy, cookies, and brownies lined the room’s perimeter, and a cotton candy machine filled the space with a sweet smell. To top it all off, big pieces of candy decorated the huge, brightly-lit stage where the queens made themselves at home.

The party did not end when the show was over. After their performances, the drag queens hung out after the show to dance around and were happy take pictures with audience members.

“Fight the fear with the help of the Monmouth Oral Communication Center. Contact leschm@monmouth.edu to make an appointment.
How will you be spending spring break?

COMPiled by: Kiera Lanni

Mike
Sophomore
“Sleeping.”

Catherine
Junior
“Sleeping and doing last minute school work before it’s due.”

Asad
Sophomore
“Sleep, relax, and procrastinate.”

Jeremy
Sophomore
“Programming, reading, and even do some writing.”

Java Jenn
“I’m going to RELAX, totally relax.”

Catherine
Junior
“How will you be spending spring break?

COMpiled by: Kiera Lanni

Jeremy
Sophomore
“I’m going to RELAX, totally relax.”

Java Jenn
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“How will you be spending spring break?

COMpiled by: Kiera Lanni

Jeremy
Sophomore
“I’m going to RELAX, totally relax.”

Java Jenn
“I’m going to RELAX, totally relax.”
The Monmouth University men’s track and field team finished first at the 94th IC4A Indoor Championships for the first time in school history on Sunday at Boston University, with 58 points to place first out of 100 total teams. The MU won by a claimed 10th of 86 schools, the second-best finish in school history.

Four Hawks on the women’s side earned All-East honors in four individual events and two relay teams.

The women’s team combined points.

Senior Jalen Walker made the eighth All-East indoor team.

The men’s track and field team won the 94th IC4A Indoor championships. The men competed against a field of 100 schools and captured first place by a mere seven points. This is the first time in school history the men’s team have won the IC4A.

The Monmouth University baseball team lost both games of a doubleheader on Saturday against Wagner, dropping the Hawks to 2-5 overall in the 2015 season.

The second game of the doubleheader was a 4-2 loss to Wagner.

Junior pitcher Antonio Aguirre went 5 1/3 innings, allowing two runs on seven hits with three strikeouts.

The Hawks took the first game 3-1.

Senior catcher Dave Moreno and sophomore left fielder Chris Gaetano each had two hits, striking out seven in the process. Senior first baseman Steve Wilgus and Hughes singled to put two runners on for senior Kyle Perry. Perry was able to score on a throwing error by Mims giving the Hawks a one run lead.

Two innings later, ECU scored a run with a two run seventh inning. With one out and runners on second and third, Harman hit a sacrifice fly to knot the score at two a piece. Watkins then hit a single to lead off the inning, moving Harman to third base. Watkins then hit a single to knot the score at two a piece. Watkins then hit a single to knot the score at two a piece. Watkins then hit a single to knot the score at two a piece. Watkins then hit a single to knot the score.

The Hawks will start their outdoor season in two weeks at Wake Forest on March 26th and 27th.

Baseball Can’t Snap Nine Game Losing Streak

MAGGIE ZELINKA STAFF WRITER

Monmouth University’s baseball team dropped both games of a doubleheader against Wagner for its first win of the season as they dropped a three game series to the East Carolina Pirates this past weekend.

The game opened the series with a doubleheader on Saturday, falling 2-0 in game one and 9-0 in game two.

The first game featured a pitching duel between senior Chris McKenna and ECU’s Evan Kruczynski. McKenna pitched a scoreless 7 1/3 innings in the first game, allowing two hits but did not allow any runs before he was replaced by senior Jordan Hunt for the final inning of the game. McKenna was able to hold ECU to nine hits while Kruczynski held the Hawks to two hits, striking out seven in the process.

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Women’s Basketball Lose to Quinnipiac: End of Season

TOM CARROLL
SPORTS EDITOR

The Monmouth women’s basketball season came to an end Friday at the Times Union Center as the Hawks lost to the No. 1 seeded Quinnipiac Bobcats. Monmouth failed in the MAAC Tournament, which was hosted in Albany, NY next season as the Hawks fell just behind DiLeo with 18 points and 13 rebounds. Senior Sara Robinson will lead a young team into next season. Robinson had a team-high 18 points. Crystal Preseason All-MAAC Second Team selection, finished with a team-high 18 points. Crystal Porter added 12 points and six rebounds.

Sophomore Justin Robinson had an all around game for the Hawks. The two year starter averaged 13.4 points and 6.7 steals per game and was named to the All-MAAC First Team.

“It’s been a long season but we’ve come a long way. We’ve come a long way in so many different areas,” said Palmateer, who praised her team for the Smithtown, NY native making the most of her time on the court. “I think the team played really well today. They were able to get the lead down to five with just over seven minutes remaining in the game but were unable to overcome the deficit. An Olson three aided the Hawks. With the Olson three, the Hawks led 13-1 after half way through the second half, but Quinnipiac made 17 points and ten rebounds. We were able to get the lead back to five after halftime, but we couldn’t push the lead any further.”

Robinson will lead a young nucleus of talent returning to the Hawks next year. The MAAC First-Teamer has high hopes for the future.

“We’re going to be right back here next year,” said Robinson. “They’re the guys that we add and the guys that we have coming back. We’ve been working on this for the past four years, we’ve developed a lot of guys so we’ve got a lot of confidence.”

Junior guard Deon Jones added 14 points of her own grabbing ten rebounds. Sophomore A.J. English led all scorers with nine points. Jasmine Martin and Gillian Allshire (cousin of former Florida Gators sharp-shooter Mike Miller) had 16 points apiece. The Hawks outscored Quinnipiac 15-2 to start the final half. However, the Hawks never led by more than 10 points throughout the game.

“If we converted a transition layup and we could make a little bit of a run right there. But Quinnipi- ac is such a strong team and all the credit goes to them. They’re a deep team. They have a bunch of shooters and they played re- ally well today.”

Val Driscoll had a team-high 17 points and nine rebounds. Jasmin Martin and Gillian Allshire (cousin of former Florida Gators sharp-shooter Mike Miller) had 16 points apiece. The Hawks outscored Quinnipiac 15-2 to start the final half. However, the Hawks never led by more than 10 points throughout the game.

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ALL GOOD THINGS MUST COME TO AN END

The men’s basketball team came up short on Sunday against Iona in the MAAC Semi-Finals. This season marked the best under Head Coach King Rice’s tenure.

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Photo courtesy of Taylor Jackson