Crippling debt has long been one of the most prominent drawbacks of gaining a college education according to the New York Times; however, President Barack Obama introduced his “Student Aid Bill of Rights,” which contests that the government should take a proactive role in aiding students with their loans to alleviate their financial concerns for student borrowers. Obama traveled to Georgia Institute of Technology to explain his initiatives. In an announcement, Obama stated that the initiative could be beneficial for students. “President Obama’s initiative on the student aid bill of rights looks to be a positive step in protecting and assisting student borrowers,” he said. The executive action could make it easier for borrowers to stay up-to-date on payments by requiring lenders to be more transparent and providing more accountability for the companies who manage the student loans to help borrowers who fall behind in their payments,” continued Dement. Additionally, he believes it will establish a centralized complaint system for student borrowers to address issues with lenders.

The plan suggests that one website needs to be created on which students can access their loan information and another website on which the borrowers can file complaints about loan providers. Therefore, Obama is trying to alleviate these financial concerns for struggling students.

After signing a memorandum on the “Student Aid Bill of Rights,” Obama said at Georgia Tech, “Every borrower has the right to quality customer service, reliable information, and fair treatment, even if they struggle to repay their loans.”

Paul Dement, Director of Government Relations for the American Student Aid Institute, explained that the initiative could also provide information about the complexities of the loan system, which controversies are often the cause of confusion for student borrowers.

The program is an intricate series of directives that aim to make the loan-payment process as effortless as possible. Obama urges the Department of Education to implement more forms of repayment and introduce new rules for third-party organizations that collect loan payments. One of the main problems that students face after college is properly planning their loan repayment. Students often feel taken advantage of by third-party organizations, as the payment options may be difficult to fulfill.

The plan suggests that one website needs to be created on which students can access their loan information and another website on which the borrowers can file complaints about loan providers. Therefore, there will be no confusion or disagreements as to when a repayment is to be made.

“Every borrower has the right to an affordable repayment plan,” Obama said at Georgia Tech. “Every borrower has the right to quality customer service, reliable information, and fair treatment, even if they struggle to repay their loans.”

New Board of Trustees Members Elected

BRANDON JOHNSON  POLITICAL EDITOR

The Monmouth University Board of Trustees added four new members on Feb 26., bringing new faces to the University’s efforts regarding student planning. Patty Azzarello ’86, John A. Brockriede Jr. ’07, Tom Christopher Maher, and Erik Matson ’88M will bring their talents and experiences to the Board beginning July 1.

President Paul R. Brown said that in choosing new trustees, the Board believes, “There are many factors that make a good candidate for the board of trustees. The Board renews and refreshes itself with new members who each bring different strengths and areas of expertise they can share with the University to ensure appropriate governance.”

The new trustees are expected to enter their obligations by putting the greater needs of the entire university before any particular group or organization. As Brown put it, “An ideal candidate is willing to devote the time needed to attend not just regular meetings of the board, but also participate meaningfully to ensure that Monmouth remains strong, and demonstrate leadership so that we are constantly improving.”

Chair of the Board of Trustees, Henry D. Mercer III said that he is excited for the “fresh perspective[s] they will bring to the group. Within the entirety of the Board, there are various committees and focus groups that handle certain tasks. The key in adding new members is determining where they will gel with existing members, according to Mercer.

The Board meets three times each year, in addition to a yearly retreat. “At a typical board meeting, each of the major functional areas of campus report on the accomplishments and challenges facing Monmouth. We ask questions, sometimes tough questions, and provide guidance about matters that may impact the operations of the University.” Mercer assured however that

Gourmet Dining, LLC was named Monmouth University’s new foodservice provider. After almost 40 years of service, Gourmet Dining, LLC as the University’s new foodservice provider on or before July 1, 2015. Improvements to all dining facilities on campus are expected to be completed over the course of the next 18 months.

A committee of administrators from several offices on campus, including Student Life and Leadership Engagement, Residential Life, Finance, Athletics, and Conferences Services, among others, reviewed the Requests For Proposal (RFPs) sent to the University by various food providers. The committee made campus visits and reference calls as a way to further understand the strengths and weaknesses of each food provider.

There were also two students from the Student Government Association (SGA) who helped the committee reach their final decision.

The University received RFPs from Sodexo, Parkhurst Dining, Gourmet, and Aramark, the incumbent. The committee deliberated for nine months before deciding that Gourmet would be the best fit for the University’s campus.

Gourmet is a New Jersey-based family business that has been operating in higher education dining for almost 30 years, explained Michael Frunzillo, the company’s President. According to their website, Gourmet’s mission is “to provide exemplary and unique dining experience for each client built on strong professional and personal relationships.”

The company is also committed to meeting the continuously evolving, dynamic dining needs of their clients. “Gourmet is an outstanding program for our residential dining hall that was innovative, creative, and had the type of foods our students want,” said Mary Anne Nagy, Vice President for Student Life and Leadership Engagement.

“Their service and commitment to customer service was also outstanding,” she added.

Nagy sent out a school-wide email on Friday, March 13 notifying students and staff of this upcoming change in dining services.

In the email, Nagy explained that Gourmet “will increase the quality of the dining experience by providing more choices, including fresh sushi, brick oven pizza, carving stations, organic steamed meals, fresh-baked items, and more.”

She continued by stating that there will be allergy and gluten-free stations in Magill Grill, as well as the management of Gourmet, and that the company will also provide the campus with an registered dietician who will be able to assist students, faculty and staff when it comes to making healthy dietary decisions.

The email also confirmed that a full-service Dunkin Donuts will be replacing what is now the Rebecca Stafford Student Center (RSSC).

Some students who are planning on graduating within the next two years or are sad that this change has not been made

Dining continued on p. 3
President Obama urges Gov't to Aid Students with College Loans

Bill of Rights continued from p. 1

debt collectors and claims that there will be “higher standards for student loan servicing,” as well as “enhanced disclosure” and “strengthened consumer protections.” However, Dement points out that the specific details on how these goals will be achieved are unclear. Moreover, University President Paul Brown said that he does not address directly the cost of higher education. In his opinion, this is one of the biggest challenges facing the higher education industry... We remain a costly endeavor."

From left to right) Viola Davis, the lead actress in "How to Get Away with Murder," and Louis Garbarini, a recent Monmouth alumnus, pose at the GBK Pre Golden Globes Celebrity Gifting Lounge.

PHOTO COURTESY of Louis Garbarini

MU Alumna and Celebrity Publicist Visits University

FABIANA BUONTEMPO NEWS EDITOR

Entertainment and brand publicist at Illumination PR, Louis Garbarini, advises students to take risks and put themselves out there in the job force. As a part of the University’s Public Relations Student Society (PRSSA) Student Speaker Series, Garbarini shared his experience and gave advice on interviewing, resume writing, job offers, and how to take a risk in your major during his presentation in the Jules L. Plangere building on Wednesday, March 25.

Graduating last May, Garbarini pointed out to students that nothing is wrong with changing majors and career paths while in college. “It’s important to be passionate about what you choose to do as a career,” he said.

Garbarini shared how he was originally a psychology major his freshman year at the University but decided to go down a different path by switching his major to communication with a concentration in public relations/journalism last year. As a student at the University, being the Vice President of the Student Government and President of the Student Activities Board (SAB) on campus helped Garbarini.

“I decided I was more interested in public relations and I wanted to be around celebrities so PR/Journalism seemed like a better fit for me,” he said.

Before his career began at Illumination PR, located in Tarrytown, NY, Garbarini interned at the company during the summer of 2013. Garbarini said that after his internship at the company, he sent the internship PR, located in Tar- rytown, NY, Garbarini interned at the company during the summer of 2013. Garbarini said that after his internship at the company, he sent the company a resume to seek a position in publicity. “After interning for a year at Illumination PR, I went on a whirlwind and sent my resume to the company in the hopes of working there full-time,” said Garbarini.

Harris said Garbarini’s presentation was very valuable to students. “It was beneficial for them to hear about how he [Garbarini] was working with high profile clients and major events at Illumination,” she said.

It was so inspiring to hear Louis speak, said Linda Bru- no, a senior communication science student. “I remember seeing Louis around Plangere and now that he just graduated and is working in PR with celebrities such as Christina Millian and J Woww, I’m really happy for his success,” said Bruno.

Garbarini also provided stu- dents with tips for how to get a job in one’s field of study right after graduation, sharing his insight with resumes and cover letters. “I freelanced for years and had access to incoming cover letters and resumes that are sent to Illumination PR. There were some bad ones out there,” said Garbarini.

Moreover, University President Paul Brown said that he agrees with Obama’s initiative, as it is hard to argue against greater transparency and accountability for lenders. As Brown noted, according to the Federal Reserve Bank of New York, the median wage of an Ameri- can with a bachelor’s degree was $43,000, which is 63 percent higher than the $25,052 earned by workers with a high school diploma. Despite the potential positive effects of the bill, Brown points out that the program fails to recognize important aspects of education.

“What the executive action does not address directly is the cost of higher education. In my opinion, this is one of the biggest challenges facing the higher education industry... We remain a costly endeavor.”

Paul R. Brown University President

These initiatives have not come close to reaching Con- gress, though. The overall reception of the program has been positive, as the main theme, to make lend- ers more transparent and accoun- table, is supported by all. Keeping overall costs down for students is something that affects me personally, and of utmost importance to ev- ery member of my senior staff,” said Brown.

Along with planning, pitch ideas to multiple clients ahead of time to give some flexibility, and to really stay on top of in- coming emails, as one can easi- ly get bombarded with a great amount each day. Garbarini’s last piece of advice for students finding a job after graduation was, “Definitely get an internship as it opens up so many doors for you. Go to a lot of research of what you want to do in your field and research the companies you want to pitch yourself to,” he said.
Board of Trustees

Trustees continued from p. 1

The Board does not act like a "rubber stamp for University initiatives, but as an active and participatory Body with legal and ethical oversight responsibilities that we take very seriously." The hot-topic item the President and Board are focusing on is the 10 month strategic plan that was set in motion Oct. 2014. Since October, "There were hundreds of hours of discussion in many different focus groups across which almost every aspect of Monmouth University was put under a microscope. Numerous surveys and requests for information and feedback were also sent electronically, eliciting a lot of very valuable information that helped to craft the overall vision for where we want to go," according to Brown.

Mazza also noted that the strategic plan was not a trillke down one, rather, it started from the bottom of the campus and working its way up. Both Brown and the Board of Trustees have been, and continue to be supportive of the strategic plan emanating from the Monmouth Community.

Students have played an important role in the strategic plan, notably regarding Hesse Field and the Cesareo Family Bowling Center. Hesse Field can now be used by intramural athletes, a change Brown noted as only possible through student input.

Facebook Adds Suicide Prevention Resource

JAMILAH MCMILLAN

Last month Facebook released suicide prevention resources that will provide users with more options when they see a friend post something that is concerning.

The updated tool lets users flag content on both their desktop and mobile versions of Facebook that they find worrisome. If a Facebook friend posts something that implies that they might be thinking of harming themselves, users can flag the post to report it. Facebook will then offer the concerned user the option to contact the friend, contact another friend for support, or contact a suicide helpline.

Facebook has given users a way to report potential suicidal content in the past. Since 2011, users could take screenshots of a troubling post and go to an official page for suicide prevention to help out their friends. However, the recent updates are a more timely and simpler alternative to a "chunky system," said the Times.

"This tool has the potential to have a positive effect -- perhaps even lifesaving one -- for those who make use of it. For a person who is feeling alone and suicidal, knowing that a friend noticed their distress and tried to help in this way provides evidence that his or her pain is not invisible. Also, being presented with positive options of responding and reaching out for help can make it easier for the suicidal person (who may be feeling too drained to seek out that information themselves) to take that path," said Jamie Goodwin, an instructor of psychology.

Aramark, continued from p. 1

sooner, while others are really looking forward to this addition to the University's dining facilities.

"Dunkin coming to campus is a Redfin game changer," said Alyssa Healey, a junior health studies major.

Frangilli explained that some of the other impending updates to the RSCC food court include the addition of Fortes Pizza, Grill Nation, and enhanced salad and Mexican concepts, as well. Jersey Mike's will remain in business.

Regardless of the upcoming changes coming to the dining facilities on campus, the meal plan options will remain the same. The cost of each meal will increase slightly, but with the addition of Gourmet's food services to the University's campus, students will be able to use their meal plan on Shadows rather than having to use only declining dollars or cash.

"I think students will love the plan and the many options Gourmet will provide. This is a protein, not filler-based, dining experience. They focus on fresh, made from scratch food," said Nagy. "Students are excited about the upcoming change. Kel- ly Parks, a junior business administration major, said, "The new food and beverage services are not only essential to our college survival, but will help the campus as a whole be more appealing to new students."

Kaylie Mazza, a sophomore history major, was one of the SGA students who helped the commit- tee of administrators throughout the decision making process. She was able to sit in on all of the different presentations and even try all of the free samples from each food provider. "It was a great experience," Mazza said.

Reflecting on the 39-year-old dining partnership at the Uni- versity, Karen Cutler, Director of Corporate Communications at Aramark, said, "Aramark very much values the contributions of our employees and is par- ticularly proud of the service they have provided at Monmouth."

"I think you are going to see a lot more students happy with the dining. Everyone should be exci- ted for this change because it's something that was much needed and well worth it," she added.

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KAYLIE MAZZA
Sophomore

The University keeps statistics on those who take part in coun-

telling. "What I can tell you is that not only at Monmouth University but nationwide, suicidal behavior and ideation occurs on a continu-

um," said Frances Mancini, Director of Counseling Services.

"Students reporting significant depression and severe anxiety are numerous, anxiety running slightly higher. Students report and have depressive symptoms ranging from 20 to even 50 percent of the time, and students with diagnosable anxiety in differ-

ent groups are even greater than 60 percent of the counseling population," continued Mancini.

Facebook may consider these updates a positive step forward, how-

ever there might be some negative fallouts. The easier task of simply flagging a post instead of a more thoughtful intervention may cause Facebook users to fall prey to the bystander effect.

According to Goodwin, the bystander effect is a psychological phenomenon in which the more people we are aware of, the less likely we are to take responsibility and do the helping ourselves. If a Facebook user sees a friend posting something con-

cerning, it may alarm us, but we are quite likely to think, "It's not re-

ally my business," or 'I don't really know this person well, I'm sure if there's a problem a closer friend will help them.' When ev-

everyone thinks this way, it is likely that no one will help, and that is when tragedies happen.

Social media has become a staple in our society. Current generations will never know what life was like without it. "For better or for worse, it has become a primary platform on which people connect, reach out, and give and receive support. When something is as ubiquitous as social media has become, it is good news that there are social media resources trying to find ways to be socially responsible and help their users merely entertaining and facilitating their interac-

tion," said Goodwin.

Facebook's new suicide prevention feature allows users to report posts that one may find worri-

some. Facebook will then offer the concerned user the option to contact support.
Summer Financial Aid

Monmouth University supports equal opportunity in recruitment, admission, educational programs, and employment practices, and complies with all major federal and state laws and executive orders requiring equal employment opportunity and/or affirmative action. For additional information, please call the Financial Aid Office at 732-571-3463, or stop by the office in room 108 of Wilson Hall.

Once you have registered for classes, please go to www.monmouth.edu/summersessions to submit a financial aid application. For additional information, please call the Financial Aid Office at 732-571-3463, or stop by the office in room 108 of Wilson Hall.

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SUMMER FINANCIAL AID APPLICATIONS NOW AVAILABLE!

Prepare to register for Summer classes.

Thursday, March 5
11:30AM-12:30PM
Howard Hall, Room 306

Prepare to register for Fall and Spring classes!

Tuesday, March 24
2:30-3:30PM
Howard Hall, Room 212

Please reserve your computer spot no later than 1 day before the workshop.

RSVP to Jean Marie Delaun at jmdelaun@monmouth.edu.

Thinking about going to graduate school?

ATTEND INFORMATION SESSION ABOUT MONMOUTH’S GRADUATE PROGRAM IN

Corporate and Public Communication (CPC)

- Where: Hegi Club Dining Room
  - When: Thursday, March 20 at 10:30am-11:30am
  - RSVP: 732-571-3201

Also get information about graduate-level certificate programs.

- Strategic Public Relations & New Media
- Graduate Assistantships Available
- HP Management & Communication
- Flexible program
- Can start in Summer, Fall, & Spring
- Thesis project, or non-thesis option
- Hybrid & evening classes offered

Contact: Dr. Shomeka R., Director of CPC, shomeka@monmouth.edu
Electroboy will be available for purchase and for signing by the author before and after the speaking engagement from 6-7pm and 8:30-9:30pm.

About Electroboy:

Electroboy is Andy’s chronicle of his battle with bipolar disorder – the euphoric highs and desperate lows. He was misdiagnosed by more than eight doctors and even when he was finally diagnosed with this chronic illness, he was unsuccessful on any regimen of medication. With no hope of his condition stabilizing, he turned to the last resort: electroshock therapy/electroconvulsive therapy (ECT).

This program is being sponsored by the Department of Psychological Counseling, the School of Education’s Department of Speech Pathology, Educational Counseling and Leadership, Counseling and Psychological Services, and the undergraduate Psychology Club.

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While Associated Press style writing is of the utmost importance for The Outlook’s editors, the group also finds itself prone to using some of the 21st Century’s less-than-academic language. John McHorter of Time wrote that despite being considered a destruction of the English language, text lingo and changes in slang are more related to spoken language than the written word. McHorter said, “Writing is developing its own kind of grammar. Take LOL. It doesn’t actually mean ‘laughing out loud’ in a literal sense anymore. LOL has evolved into something much subtler and sophisticated and is used even when nothing is remotely amusing.”

For the editorial staff, many of the members have their own favorite words to use in casual conversation. One staffer said, “I tend to use it when describing something particularly surprising.” Another editor noted, “I find it quite funny when describing ‘that was hella crazy.’”

Other editors noted that they use even more generic words such as “like” or phrases as “you know” much too frequently. “I hate that term more than any other,” said one editor. “I would love if everyone would stop using it.”

The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers. Opinions and beliefs expressed herein may not reflect the views of the student publications, its editors (unless otherwise noted) or any and all advertisers. All editorials are written and paid for by the students of Monmouth University. Some articles on these pages are unedited and the content is the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration.

The Outlook reserves the right to edit or reject any material which they determine is not suitable for publication or its reception. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.
If you are on Facebook, Twitter, or Instagram and see a picture of an elephant, I can almost guaran-
tee you will see at least one of your “friends” or “followers,” you must know I have been overly obsessed with this species, or better yet, that you are a true fan of them. Why’s that? I have read an article on the and I knew that I couldn’t believe what I read about mixed views on the decision. Decades of

The gym.

M: Did you have enough to eat today? M: Do you feel like you can function again? Don’t you just feel more energized? A study reveals that napping during the day after an uneasy night and the following day they were allowed two 30-minute naps and the individuals were treated according to this

to the circus, I am pretty upset and ag-

M: Why napping is great

The Tale of Alzheimer’s

KATIE JAFFE

M: I am not sure, do you want to give him a call? M: Maybe later. Can you turn go to sleep already!

ALYSSA TRITSCHLER

M: I am not saying the circus needs to do this, but I am saying that Ringling wants what is best for the elephants, not just the elephants. The circus is part of the reason I have loved elephants so much. Ringling has a baby elephant from the wild, preferably female, and breeds it at an extremely young age. After the new baby elephant is born, it is immediately taken from its once wild, voracious mother.

The cerebrum, which is often where the brain is affected, a person’s failing condition becomes more obvious. The cerebellum is responsible for body movement, memory, problem solving, thinking skills, and feeling. The cerebrum is responsible for a body’s balance and coordin-

M: Young mother. M: Why napping is great

M: I am not a PR professional (yet) but I am almost positive the better statement would have included that Ringling wants what is best for the elephants, not just the elephants. Not myself, but they do not have as much compassion as I do. Thankfully, there is a way to make everything better. The warmest blankets and turn off all the lights. So get out your warmest blankets and turn off all the lights! I can’t believe it is already 11 p.m. all over the

The gym.

My 84-year-old grandfather is slowly losing control of what he considered his greatest asset: his mind. He is not nearly a needle in the haystack when it comes to Al-

The gy-

M: I don’t think so, do you want to give him a call? M: Maybe later. Can you turn this music off? M: OK.

M: I remember when I saw Frank Sinatra with mom and dad. He was only a teenager at the time but he could really sing. My grandfather has lived through the Great Depression, has been an active in the army, owned his own financial advice company, is still the youngest president of Volk-

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Patrick’s Law Calls Out Animal Abuse

CINDY COFFEY /STAFF WRITER

In the early morning hours of Sunday, March 1, a Lucky was made to Toms River police that a white pick-up truck was seen doing “donuts” on the ice near Pine Beach. When police ar- rived, the headlights and tail- lights disappeared as the pick-up broke through the ice and sank into the river.

A Coast Guard helicopter spotted the pick-up several hours later off-shore. Some re- sponse to animal abuse relates to those who are pets, companions that we care for. We name them, give them special diets, take them to the doctor - they are part of our families. When someone posts a photo of us, we consider it akin to abusing a human. Bludau attributes this to our culture, “Watching com- mercials asking for donations for the ASPA and the Humane Warrior’s Fund, it is difficult not to see the comparison in which neglected animals are elevated and portrayed much in the same way as ‘neglected humans.’

Andrew Mayer, 27 of Toms River, the driver of the pick-up, turned himself in several hours after the body of the boxer was found. He was charged with third degree criminal mischief for the disruption in ability to search and rescue efforts along with reckless driving and pollution. One count of third degree failure to provide proper care by recklessly endangering the life was added after the recovery of the pick-up and Rolo’s body.

Masters in history student Andrew Ciraulo said, “In this case, I think any animal abuse charge is warranted. These guys were clearly not thinking of the others or even that animal, and when things went wrong, the only individual to suffer in this situation was the animal. I think at least an animal rehabilitation program should be available for those convicted of animal abuse who are not accusing the perpetrators.” Ciraulo added that perhaps it is an accurate assessment that just such a blatant act of idiocy on their part. I mean, imagine, if we hadn’t shot him down, what was the point of this whole thing - what if it were a child? In that case, we would gladly throw the book at the perpetrator.

As recently as Feb. 2 in Long Branch, a discovery of two beagles’ emaciated bodies were recovered in James Walker’s Rosewood Avenue shed. The 73-year-old resident was sen- tenced in Long Branch Munici- pal Court on Feb. 24 to a $1,500 fine and is forbidden to own animals in the future.

The driver of the pick-up, Andrew Mayer, 27 of Toms River, was charged with third degree criminal mischief for the disruption in ability to search and rescue efforts along with reckless driving and pollution. One count of third degree failure to provide proper care by recklessly endangering the life was added after the recovery of the pick-up and Rolo’s body.

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Actual numbers reveal that a specific portion of animal abuse cases, the laws can be better suited to actually deter this type of violence.
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Who wants to play a third-person co-op shooter about space ninjas? If you answered, “Yes. I am so going to pass,” then we have something in common—I also was blind to its existence. But I heard that *Warframe* was free... Five minutes later, I was down-loading it to my laptop (*Warframe* can also be played on Xbox One and PlayStation 4). To cut to the chase, this game was well-worth my money (or lack thereof). To be completely honest, *Warframe* has so many excellent features that I won’t be able to cover all of it in my review, “I’m simply going to focus on the highlights.”

*Warframe* is a futuristic sci-fi game set, for the most part, in our solar system. Players are put in control of various *Warframes*, which are similar to character classes. I wish I could tell you exactly what *Warframes* are, but the fine points of their origin is a huge plot hole that *Warframe*’s player-base suffice to say that they’re a race of space ninjas (part organic, part energy, and part machinery) that fight to maintain balance on various planets and moons throughout the solar system. Intermittently, the various factions in *Warframe* (Tenno, Grineer, Orvax, etc.) collude on a war between one another. It is not clear that he didn’t know exactly what he had signed up for. As soon as the last woman got out of the limo to introduce herself, it was as though someone had screamed, “Let the games begin!”

The whole season was a series of ups and downs that created backstab- bing, betrayal, and betrayal. There was Tara Eddings, who was so drunk she couldn’t even stand that she could not even stand. Then there was Ashley Salter, who was hands down the most unusual contestant. Before ending the finale, the host of both *The Bachelor* and *The Bachelorette* announced who will be the next to try and find true love. In a shocking twist, it was revealed that there would be TWO bachelor-esses next season. Contestants from this past season, Kaitlyn Bristowe and Britt Nilsson, are creating his- tory by being on the first season to ever have two bachelor-esses. How will this work? No one seems to know yet! Both women went on *Jimmy Kimmel Live* and appeared to be left in the dark on how Season 20 will be running. Many viewers are confused as to why *The Bachelor* would alter the dynamic of the show, but after the season premiered the past few years, I think it is time for a change.

*The Bachelor* Becomes the Fiance

**John Morano**

**Staff Writer**

On Jan. 5, the premiere of *The Bachelor* introduced audiences to 30 women who were ready to take their shot at love. The heart they sought was 25-year-old Chris Soules, an entirely different game. I feel that *Warframe*’s best features is the gameplay. There are over 20 different Warframes available to players, each with four abilities (not counting passive) which they use in combat. These abilities include invisibility, blinds, holograms, teleporting, super-speed, flight, a grappling hook, creating a singularity, and wedding unique weapons (pistols and claves). I can’t stress enough how well-done these powers are.

Complementing the Warframes are the weapons, and there are over 190 of them. Weapons come in three main categories: secondary, primary, and melee weapons. Secondary weapons include bows, light machine guns, flamer, and navy. One of *Warframe*’s best features is the weapons. There are over 20 different Warframes available to players, each with four abilities (not counting passive) which they use in combat. These abilities include invisibility, blinds, holograms, teleporting, super-speed, flight, a grappling hook, creating a singularity, and wedding unique weapons (pistols and claves). I can’t stress enough how well-done these powers are.

Chris Soules (right) proposed to Whitney Bischoff (left) on the finale of “The Bachelor.”

Of course the season would not be complete without some controversy surrounding the finale. Many people said that Chris actually wanted to be with Becca, which I agree with. It seemed as though he was trying so hard to get Becca to tell him that she loved him, but she was not budging. A lot of scenes in the final two episodes showed Chris and Becca discussing what would happen once the camera- men were turned off. Would she move to Arlington? Would she ever be in love with him? She was ever going to be ready for marriage? It seemed as though all the answers to those questions were no. Chris was forced to choose Whitney. While I think this was the right move, I just think he wished Becca had had stronger emotions.

Now that the cameras have been turned off for about six months, are Mr. and Mrs. Farming still in love? According to the rumors, yes! Both showed smiles and shared laughs on their first public outing together since the proposal. Whitney was one of the only contestants that admitted she would be okay with moving to Iowa, and they plan to do just that. But before that can, Chris is already moving on to another reality show, *Dancing With The Stars*. Previous bachelors and bachelorettes have competed on the reality show, but have admitted that it hurt their re- lationship. Whitney will most defi- nitely be seen in the audience while her fiancé is dancing, but it seems like their time together will be cut very short.

Before ending the finale, the host of both *The Bachelor* and *The Bachelorette* announced who will be the next to try and find true love. In a shocking twist, it was revealed that there would be TWO bachelor-esses next season. Contestants from this past season, Kaitlyn Bristowe and Britt Nilsson, are creating his- tory by being on the first season to ever have two bachelor-esses. How will this work? No one seems to know yet! Both women went on *Jimmy Kimmel Live* and appeared to be left in the dark on how Season 20 will be running. Many viewers are confused as to why *The Bachelor* would alter the dynamic of the show, but after the season premiered the past few years, I think it is time for a change.

The End
KASSANDRA HAGEN
STAFF WRITER

Disney’s Cinderella is everything that you would expect: no exciting twist to the plot, but the basic tale that we all remember from our childhood: a godmother, an evil stepmother, two evil stepisters, a cat that constantly chases Cinderella’s mouse, a talking pumpkin, a fairy godmother, a pumpkin that turns into a carriage with the magical words “Bibbidi-Bobbidi-Boo,” and of course, the glass slippers. The movie wasn’t as enchanting as expected, but it wasn’t terribly bad either.

Cinderella begins with a narration as the audience looks on at a beautiful house surrounded by trees and flowers, almost as if we were birds soaring in the sky. We see a young Ella (Eloise Webb), happy and playing with her mother (Hayley Atwell) and father (Ben Chaplin) outside their cottage. Ella’s mice pals, a prince, a fairy godmother (Helena Bonham Carter), the stepsisters, Lady Tremaine (Cate Blanchett), her ugly stepsisters (McShera) and Anastasia (Holliday Grainger), her father (James Corden), and Cinderella’s wicked stepmother (trade Tall); a fairy godmother (Helena Bonham Carter), the stepsisters, Lady Tremaine (Cate Blanchett), her ugly stepsisters (McShera) and Anastasia (Holliday Grainger), her father (James Corden), and Cinderella’s wicked stepmother (James Corden), are all very typical fairy tale characters, but the movie as a whole is a fun princess story, and with lively colorful scenery and catchy pop songs on the screen, you can’t help but feel enchanted and left enchanted and left desiring to see the movie again.

As the screen changes to the ballroom, the audience looks on as the ball begins to spin and the masks are down, only to see the faces of Lady Tremaine and her stepsisters, Lady Millicent (Madden, it seemed, was just a typical stepmother, but she’s a pretty good actress). The film has an evil queen, an evil stepsister, and an evil stepmother, but there’s a twist to the plot, but the basic tale that we all remember from our childhood: a godmother, an evil stepmother, two evil stepisters, a cat that constantly chases Cinderella’s mouse, a talking pumpkin, a fairy godmother, a pumpkin that turns into a carriage with the magical words “Bibbidi-Bobbidi-Boo,” and of course, the glass slippers. The movie wasn’t as enchanting as expected, but it wasn’t terribly bad either.

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At the ball, Ella dances with the prince, but is immediately taken to the dungeon by Lady Tremaine, who says that he has to be leaving for the war. He tells her that he wants to marry Lady Tremaine (Cate Blanchett), who tells her stepmother that he plans to marry her daughter, Ella. But Ella doesn’t want to be married, so she decide to run away from the ball and hide in a pumpkin carriage, which she, with the help of her friends, manages to turn into a beautiful carriage.

The next day, the prince finds Ella’s slipper and go on a search for her, but no one can find her. The prince decides to find her, and he goes to the castle, where he finds a young girl who looks like Ella. He takes her to the ball, and the two fall in love. The prince decides to marry Ella, and they live happily ever after.

However, the story takes a turn when the prince discovers that Ella is the daughter of a wealthy family. He is heartbroken, but he decides to accept her for who she is. They live happily ever after, and the prince becomes king of the kingdom.

The film is a classic fairy tale with a twist, and it’s a fun movie for the whole family. It’s not the most groundbreaking story, but it’s a fun and enjoyable film that will have audiences on the edge of their seats.
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Why did we choose to enlist in the military prior to going to college?
Questions, contact: (732) 263-5258, jhoad@monmouth.edu
Vegetarianism: More than what 'Meats' the Eye

KELLY COFFEY
STAFF WRITER

Many times when you ask a vegetarian why they decided to make this life change, their answer might be “I don’t want to eat animals,” or “I want to try and save the cows, chickens, and pigs so they can be happy.” These are many reasons to becoming a vegetarian, but are just saving animals enough? Mary Harris, a specialist pro-fessor of communication and a vegetarian said, “There are different types of vegetarianism ranging from loto-ovo vegetarian to vegan or raw vegan. We choose to adopt a vegetarian or vegan lifestyle for varied different reasons including but not limited to personal health, dietary choices, health ailments, environmental concerns, cost efficiency, because they don’t want to harm or eat animals, etc.”

As Harris suggested, there are people out there that choose to become a vegetarian more for health reasons than itisms about saving the animals, it’s about what about their bodies can handle. This may surprise them, but there are people out there that simply cannot digest meat. For some, every time they eat a hamburger or ingest a chicken sandwich the meat just sits up. People who have this problem have no choice but to leave meat out of their diet. Some people who actually wish they could eat meat, but become vegetarians because their bodies do not allow them to enjoy pork roll or cheeseburgers.

Being a vegetarian with a junior or middle class income, is not a vegetarian but has a co-worker who is one at the deli and employed at “the worker actually started as a vegetarian because her mom is one so she was in

What to Wear to ‘Spring’ into This Season’s Fashion

KYLE O’GRADY
STAFF WRITER

Snow may still be covering parts of the ground, but do not be fooled, warmer weather will be here before you can say “Winter Storm Juno.” Since outdoor activities are still taking all ages outside, it is important to stay in a warm heated setting, but this way better to keep your mind off the cold weather and thinking in preparation for those hot summer nights.

2015 spring fashion season has brought on some bold trends that are sure to spice up your wardrobe. Whereas the past few past few spring seasons have seen the same floral prints and different pastel colors, this spring offers a breath of fresh, and colorful air. So put on that parka one last time and bear the cold in search of outfits that will be seen on the streets until spring season long.

Fashionistas all around are abreast of new trends of what is popular for the trends this season. Brett O’Grady, a freshman business major, said, “I have to stay far away from malls right now. Everything in the stores look the same and new and unique, I want to buy all the trends and add them into my style.”

One of the biggest trends this year is the reimagined shirtwaist. Although a staple in many women’s closets, this year the trend comes in all shapes, sizes and colors. With different waist lines, longer and shorter hemlines, some even donning high or low slits, it is up to you to find which ones matches your personality.

It’s a perfect dress too that goes from the office to happy hour. Krystal Wilson, a senior finance major, said, “I love this spring trend because it’s a perfect staple to add into my growing wardrobe. It is versatile in every season and works for any woman.

A few spring fashion season’s ago you could not even buy a shirt unless it exposed your shoulders. Luckily, the trend is back. Shoulders have always been considered in fashion, but not in this unique sexy part of the body. Exposing the shoulders is bold and offers a unique silhouette in dresses and tops. Pick one up this spring and have everyone staring in envy.

Tagging along from past seasons kimono jackets are thankfully here to stay. Add more to your wardrobe this season with different length and fabrications. This kimono comes in different, patterned, colors, and materials. The coolest way to wear this one season is cinch-waist to either your waist to help girls accentuate their shape. Most are made with lightweight materials, so although it still will help layering in summer outfits. When the real warm weather arrives, you can use your kimono as a sundress cover up over your swim suit.

Another trend this season that diet each day may lower your risk of heart disease and your risk of stroke. Many people eliminate meat from their diets specifically just to become healthier in general.

According to Harris’ personal blog in regards to her health journey to plant-based foods, “I became a huge fan of meatless meals.”

Vegetarianism is sometimes a forced lifestyle but can be taken advantage of due to health benefits as well as cost benefits. Said that her mom used to be a meatatarian because she loved meat and thought it was healthy, and she chose to move on to a vegetarian lifestyle. She started as a vegetarian because she loved meat and thought it was healthy, and she chose to move on to a vegetarian lifestyle. She started as a vegetarian because she thought meat was healthier and more to your wardrobe this season and have everyone staring in envy.

Another trend this season that

Veganism: A lifestyle choice

Another trend this season that

person, overall. Other benefits: I learned that it truly matters to eat healthy meat and I started more physical activity into my daily routine. This was the first time in my life that I was treating my body with respect and filling it with optimal nutrition.

Cindy Coffey, a graduate student, history student, became interested in vegetarianism while researching the diet for her daughter. She was concerned that her daughter, who suffers from a chronic illness, was not getting enough protein because she gave up meat.

“Meats tended to make her feel sick. So I read “My Beef with Meat” and the nutritional information makes sense. I made more plant-based foods has been proven to provide an answer to her eating concerns with meeting our nutritional needs. I gave up meat and my daughter improved.” Coffey said.

Others see becoming a veg-

According to the U.S. Department of Agriculture, if a family of four replaces a steak dinner which costs $9.30 for 1 ½ pounds with a meatless salad which costs $1.80 for two cans of beans, just once a week, you can save $20. If you do the math, that family will save over $390 in the entire year. It’s a quick way of improving your health costs more, but the savings are worth it.

Having meat in your daily diet can actually be very pricey. Buying foods like vegetables, fruit, pasta, rice, etc. is a lot cheaper than buying red meat every night. Several people who decide to eliminate meat from their diet were influenced by health reasons. Not all the vegetarians decide to make this life changing decision because they feel it is better for the cows or chickens, but they do it because they want to save money at the grocery store.

Also, some believe becoming a vegetarian makes for a green -er planet. So next time you “meat” your options for guys are reds or blue jeans. Men’s fashion goes, denim on denim does not equal to their choices than simply, “I love animals.”

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The Personal Growth of College Students

ROBERT ZADOTTI

Upon arriving to college, new students tend to be nervous about what lies ahead for them. It can be frightening to see the great unknown called “your future” lying ahead in the years to come. It’s like, college was over and done with, it’s safe to say that the unsure freshman will have changed into a completely different person.

The only question is, what kind of growth does college bring out in students? Besides being educated for a career in your chosen field, college elects applicants to bring out the best and worst in students. It’s a community of students, it’s a place of book smarts, or the stigma of fra-ternities and parties. But college is a place where you build the knowledge you need to get through life.

Colucci speaks from experience, having seen five years at a university and prepared for what lies ahead of him. “What we really learn in college is more broad and profound than just skills,” he said. “We learn how to connect with people, how to navigate stressful professional situations. All that’s stuff you get from a book or a couple classes. It’s the overall college experience that grants us the wisdom needed to become adults.”

Harris also explained that this addiction to social media can affect people’s physiological perspective and memory, because they are so focused on what’s going through the camera lens instead of what’s actually going on around them. Perhaps your friends really do want to see every bite of your dinner, or every song you dance too at a bar. If so, I’m honestly happy for you, you have great friends and you should feel special that they want to know what you are doing constantly. As for me though, I don’t have to ask my friends to know that they aren’t exactly thrilled to see me post something.

And hey, to be honest, I’m not even sure I care too much about adding Snapchat stories. But that doesn’t mean I’m going to stop. So keep the Snapchat stories coming, maybe one day I’ll actually see someone skydiving or doing something crazy. Until then, I’ll click through the food and the pets and the cars and the selfies.

We already have Instagram for pictures. We already have Twit-ter for words. Does anyone really care if you’re eating sushi or pet-ting a dog or getting ready with your friends? Does anyone really care that you’re taking a walk or laying with your significant other or driving your ear listening to music? And in saying that, if you're posting 10 second pictures or videos every 10 seconds to show-case your exciting life, are you re-ally having a good time or are you just showing off?

Samantha Bastone, a junior music industry student, agreed. “I think people are just showing off 99.9% of the time. Because most of the time, if you’re really having a good time, you won’t be fixated on your phone and rather be enjoying the moment.”

Like I said, I’m definitely guilty of this. If I’m doing something extra exciting (or eating a really great slice of pizza) I’ll throw a few Snapchats up on the same day. I might take a selfie with a friend and then take a video of us dancing. BUT I have made a vow to myself, and that is never to post 100 second Snapchat story, no matter what I’m doing. If you post 100 second Snapchat stories, I’m sorry, but you better be doing something amazing.

That doesn’t mean sitting in a room with your friends, telling stories that no one but you guys understand. That means skydiving out of airplanes, snorkeling in the Great Barrier Reef, or in-terviewing a celebrity. Nope, not seeing a celebrity on the street or at a club. Interviewing them, face to face, and then a picture to-gether afterwards. Might as well make it 105 seconds while you’re at it.

Michelle Brady, a senior com-munication student, said, “I think you’re really having a good time but you’re more interested in letting other people know that you’re having fun.”

Mary Harris, a senior com-municator of communication, said, “I think the bigger issue is that people are no longer living life for themselves…they’re putting on a facade. People can become addicted [to social media] and constantly need the positive rein-forcement and feedback.”

According to many college students, people learn much more in college than just the academics presented in a classroom – they learn about themselves as individuals.
Era of Advertisement Aggression

MADDY KISLOVSKY
CONTRIBUTING WRITER

I could only manage to open one eye this morning, even after the 15 minutes of my alarm clock buzzing its head off. Griggly, I pondered what could be causing my lack of sleep. Remembering a commercial that had flickered onto my TV the night before, I thought, maybe I should look into that new Tempur-Pedic pillow, might help me sleep a little better. It didn’t cross my mind that turn- ing the television off might do the same thing.

In my efforts to smack the howling alarm clock to the ground, I hit the radio button and brushed my teeth to a musical ad about Jimmy Dean breakfast sandwiches. “Have a good break- fast, have a good day” right? As I brewed some coffee, my fro- zen waffles clued me in on how I could make my mornings even better if I followed the recipe on the back of the box. This required the purchasing of several more of the company’s products.

The commercials that inter- rupted the morning news report every 60 seconds kept me company while I ate. They reminded me that I needed to see the new company while I ate. They reminded me that every 60 seconds kept me com- mitted the morning news report again. How many ads had I seen? The walls of the subway car were anything but bare, just like the streets above ground. The cars were plastered with local colleges offering flexible sched- ules, online degree options and upcoming yoga classes. I made a mental note to reactivate my gym membership. As the train screeched to a halt and I stepped off the subway car, a huge poster phoning my cell to ask if I was interested in purchasing a refrig- erator phoning my cell to ask if I was interested in purchasing a tanning membership as well.

When I finally got to the office, a meeting with a client of mine was interrupted by a telemarketer phoning my cell to ask if I should reactivate my tanning membership as well. When I ordered my lunch at a small cafe a few blocks from the office, the cashier asked me no less than three times if I wanted to add something to my order. A cookie? A larger size of fries? I sat down to unwrap my lunch and dive in, meanwhile noticing my sandwich was wrapped in tissue paper covered in receipts, coupons, and ratings about the restaurant. I ate the ads up...they looked more delicious than the food.

Listening to my Pandora sta- tion reminded me to get back on my Game of War kick, 100 more points! And there was a thing when they might not at all! And that’s good for business!” the young man exclaimed. I wasn’t sure how I felt about this adver- tising…making people think...the thing with good advertising is that it can make someone believe they need some- thing they didn’t want before. It was then that his demeanor changed, and his eyes seemed to shine brighter than any model in any advertisement. “But I’ll let you in on a secret. You’re missing something new is out and you need to buy it.

On my drive returning home, I had tried to listen to the radio again to play some uplifting mus- ic that might keep me awake. Every channel was plagued by commercials. I gave up looking for a decent song altogether and rode home in silence. Opening the door to my apartment was a relief. No colorful slogans, no flashing lights. I breathed through my day in my head. How many ads had I seen today? How many times had I been approached on my commute to work by someone trying to sell me something? I tried to imagine a world without any suggestions, any commercials, or any adver- tisements. How would I know what to buy?”

I crawled into bed as my TV bathed my bedroom in an eerie, muted light, and I fell asleep to the same Tempur-Pedic commer- cial I had the night before.

Advertisements these days seem to always be in your face, telling you that something new is out and you need to buy it.
DELTA PHI EPSILON'S ANNUAL LIP SYNC FOR CYSTIC FIBROSIS

The sisters of Delta Phi Epsilon hosted their annual Lip Sync for Cystic Fibrosis event this past Friday, March 13th, in Pollak Theater. The event was to raise money for the New Jersey chapter of the Cystic Fibrosis Foundation. Over $2,300 was raised for the New Jersey chapter of the Cystic Fibrosis Foundation. The event was organized by Ally Heffernan, senior and current Vice President of Programming. 

The event was a great success. "The best part was watching everything come together and see the students perform," said the President of Delta Phi Epsilon, Michael Bateeman. "All of our hard work paid off." 

Delta Phi Epsilon sorority (DPhiE) hosted their annual Lip Sync on Monday, March 9 at 10 pm in Pollak Theater. The event was organized by the Student radio station WMCX's General Manager, Samantha Barnwell. The theme of the evening was "American Horror Story: Freak Show." 

The event featured several musical acts, including Def Leppard, Radiohead, and Panic! At the Disco. The audience was entertained by a variety of performances, including songs, dance routines, and even a magic show. 

One of the highlights of the evening was the performance by the Delta Phi Epsilon sorority. The sorority performed a rendition of "I Want You" by Camp, "Candy Man" by Christine Aguilera, "Sugar" by Flo Rida, and many more. The performance was well-received by the audience, who cheered and applauded the sorority's talents. 

The event was a great success, raising over $2,300 for the New Jersey chapter of the Cystic Fibrosis Foundation. The sisters of Delta Phi Epsilon are to be commended for their hard work and dedication to raising awareness and funds for this important cause. The sisters of Delta Phi Epsilon and WMCX's General Manager, Samantha Barnwell, are to be commended for organizing this event and making it a success.
What is your favorite thing about spring?

**COMPILED BY: KIERA LANNI**

**Shannon**
Senior
“I like putting away my winter clothes.”

**Jackie**
Junior
“Definitely the weather changes.”

**Janet Dustman**
Student Life Assistant
“The weather and the flowers in bloom.”

**Peter**
Freshman
“The warm weather.”

**Robert**
Junior
“Definitely the weather changes.”

**What is your favorite thing about spring?**

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**QUOTE OF THE WEEK**

“If it is right, it happens - the main thing is not to hurry. Nothing good gets away.”

- John Steinbeck on Falling in Love

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**TOP LEFT:** Professor Dimattio and students of the art and design department took a trip to Spain during the spring break. (Photo courtesy of Ty Poland)

**CENTER RIGHT:** Corn beef and cabbage in honor of St. Patrick’s Day last week. (Photo courtesy of Kiera Lanni)

**BOTTOM LEFT:** Blue Hawk Records and the Music Alliance held a live show and bake sale in the student center. (Photo courtesy of Blue Hawk Records)

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**SPOT 9 DIFFERENCES**

1. Chipmunk face in bottom left corner
2. Two tails
3. One less ear
4. A heart on leg
5. No stripes
6. Two eyes
7. One less toe
8. Missing straw behind chipmunk
9. Frog decoration has three eyes

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**MOMENTS AT MONMOUTH**

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Women's Lacrosse Wins 2 of 3 Over Break

MAGGIE ZELINKA
ASSISTANT SPORTS EDITOR

March 25, 2015

The women’s lacrosse team spent their spring break unlike typical college students as they versed three difficult teams across the country.

The team sparked their three games with a 10-6 win over the University of Oregon in an opening day loss to Saint Joseph’s University on Sunday, March 14. SJU got off to an early start courtesy of Nora McCallion who had two goals within the first five minutes of play. Within ten minutes of the opening whistle, SJU was winning 3-0. Junior midfielder Mariah Pierce put MU on the board with 19:37 remaining in the first half, but SJU responded with two goals of their own from Maura Monti.

MU senior Emily Barbieri and sophomore Olivia Higson each added a mark of their own to cut the lead to two. Shortly after Barbieri’s goal, SJU pulled ahead by one more score courtesy of a three point play. MU showed a burst of energy, scoring three consecutive goals over the span of seven minutes. With the score at an even 6-6 and less than a minute in the first half, MU lengthened their lead to two more.

Pierce gave MU hope at a story by the game again at 9:17 with 17:26 left to play. Unfortunately, SJU wasted no time getting the game back within one. SJU's Sarah Donohoe, made five saves to move the game to overtime. Siena was unable to push the lead to two once more. With the score at 6-6, MU showed a burst of energy, scoring two goals in the final minute of play and MU held on to win.

MU first took down the Hawks in an empty goal cage, right off the opening whistle, SJU was winning 3-0. With just two seconds left to play on the clock, MU scored their second goal of the game, coming courtesy of Julia Falcone. With the score at an even 6-6, SJU played the Hawks off the ball for the remainder of the game.

The game remained tied for the first half, SJU lengthened their lead to two once more. In the second half, both teams provided for nearly the entirety of the fourth period, and it appeared that the game would be headed for overtime. However, with 1:13 remaining in the contest, Berger scored his second straight goal, and fourth of the season, to give the Hawks a 5-4 lead.

Sophomore Zack Schleicher first found the back of the net with just under four minutes remaining in the third period to move MU's lead to 5-2. Just 40 seconds later senior Zach Johannes scored MU's sixth goal of the game to increase the lead to four off of an assist from Schleicher. The Hawks responded with a goal from the three point line to cut the lead to three and less than two minutes into play, Berger scored his second straight goal, and fourth of the season, to give the Hawks a 5-4 lead.

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Dylan Capwell is Re-Writing the Record Books

If you have followed Monmouth Track and Field over the past two years, then you have followed sophomore, Dylan Capwell.

Capwell etched his name in MU history two weeks ago at the NCAA Finishes second in the 800. After coming in at 1:48.23 in his initial heat and second overall, Capwell qualified for the finals. The Lake Hopatcong, NJ native faced stiff competition in the championship and would eventually be edged out by talented Iowa State senior, Edward Kemboi of Kenya.

The goal is always to take first in any race I go to but just being able to run the way I did was incredible,” said Capwell.

“As a sophomore qualifying as the fastest American and getting flown out to Arkansas for the historic New York Armory, Capwell broke both the MAC and school record in the 800. His performance at the MAAC Championship earned him Mid-Atlantic Regional Track Athlete of the Year honors, determined by the U.S. Track and Field and Cross Country Coaches Association.

With two years left in his collegiate career, such accolades will be great for the future of the Hawks, but only time will tell what he is truly capable of.

“We don’t know what his ceiling is yet,” said Coach Compagni.

“Dylan is a developed second overall, Capwell qualified for the NCAA Championships where he ran a 1:51.18 in the 800, Capwell garnered honorable mention All-American status off a seventh place finish.

Capwell has been on a steady incline since he first upset for the Hawks, but only time will tell what he is truly capable of.

“If you look at just plain results he’s the highest finisher we’ve ever had at NCAAs, we’ve never had anyone finish as high as second so he’s got the best result,” said Head Coach Joe Compagni, in his season at the helm for the Hawks.

“I think he’s just getting started too, I think there’s a lot more that he can do, we’ve had some other guys that made All-American two and three times so he’s got a ways to go to stake a single claim to being the very best.

Capwell is no stranger to All-American honors.

Freshman year saw this rising star become the first ever male MU athlete to qualify for the NCAA Championships in a track event.

Following his trip to the University of Oregon for the 2014 NCAA Championships where he ran a 1:51.18 in the 800, Capwell garnered honorable mention All-American status off a seventh place finish.

Capwell has been on a steady incline since he first upset for the Hawks, but only time will tell what he is truly capable of.

“We don’t know what his ceiling is yet,” said Coach Compagni.

“Dylan is a developed young man and so fast that I don’t think we know where his max is yet.”

- JOE COMPAGNI

Track and Field Begin Outdoor Season

Monmouth’s track and field opened their 2015 outdoor season this past weekend at Wake Forest University on Friday and Saturday. The meet was considered a success as several Hawks posting qualifying marks for ECAC/IC4A.

“We have a lot to work on in the next few weeks, but this was a great start for the group who competed this weekend,” said Head Coach Joe Compagni.

For the men, Jalen Walker and Ahmier Dupree took fifth in the preliminaries in their events before upping their finish to third in the finals. Walker ran the 110 hurdles in 14.69 seconds in the prelims, lowering that to 10.87 to third place in finals later that day. Both Walker and Dupree qualified for IC4A’s. “Every week, it was the first meet, we were more than prepared,” Dupree said.

The men’s 4x100 group of Walker, junior Eric Kahana, freshman Bryan Soosoo and Dupree also posted an IC4A time of 42.28 to take fourth. Kahana also ran 22.14 in the 200.

Junior Georadan Ferguson finished third in the 400 hurdles in 53.86 seconds, also an IC4A qualifying time. “It felt good to be able to run a very close time to where I left off last year,” Ferguson said. “I expect big things for myself and the team this outdoor season, and today was a great start to achieving that.”

Senior captain Ben Boyd took fifth in the 400 with a time of 48.07 seconds. Boyd also ran the 800 running a 1:55. Sosoo was named the Metro Atlantic Athletic Conference Defensive Player of the Week for the second time this season. The award comes after the team’s two consecutive victories against NJIT and Siena last week. Conaway is second in the nation in save percentage (.647) and goals-against-average (6.03).

In their first Metro Atlantic Athletic Conference contest of the season, the men’s tennis team beat Siena to improve to 6-7 overall on the season. With a 7-0 sweep over Siena, the Hawks recorded their fourth shutout in a row. MU was victorious in every singles set and took the doubles point as well.

Wednesday, March 25

MLAX Senior goalkeeper Gage Geordan’s way was named the Metro Atlantic Athletic Conference Defensive Player of the Week for the second time this season. The award comes after the team’s two consecutive victories against NJIT and Siena last week.

Wednesday, March 25

W. Long Branch, NJ 2:00 pm
Baseball vs. Fairleigh Dickinson

Thursday, March 26

W. Long Branch, NJ 4:00 pm
Softball vs. Princeton

Friday, March 27

W. Long Branch, NJ 1:00 pm
Baseball vs. Manhattan

Saturday, March 28

W. Long Branch, NJ 1:00 pm
Softball vs. Rider

Saturday, March 28

W. Long Branch, NJ 2:00 pm
WSoccer at Villanova

Sunday, March 29

W. Long Branch, NJ 12:00 pm
Baseball vs. Manhattan

Sunday, March 29

W. Long Branch, NJ 12:00 pm
Softball at Rider

Sunday, March 29

Lawrenceville, NJ 1:00 pm
Fortress

Monday, March 30

Hempstead, NY 2:00 pm
Tennis at Hofstra

Monday, March 30

Hempstead, NY 2:00 pm
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Hempstead, NY 2:00 pm
Tennis at Hofstra

Monday, March 30

Hempstead, NY 2:00 pm
Tennis at Hofstra
The women’s lacrosse team picked up two consecutive wins as they defeated Fresno State, 8-7, and University of Oregon, 15-7, in California over spring break. Their record stands at 5-3 as they enter conference play.

Full Story on page 18