One in Four Adults Experience Mental Illness Each Year

KERRY BREEN COPY EDITOR

A recent study released by USA Today highlighted how, while many campuses are progressing, there is still a need for comprehensive mental health care on college campuses. According to the statistics presented by the National Alliance on Mental Illness, one in four adults experience mental illness in a given year. Andrew Lee, director of Monmouth University’s Department of Counselling and Psychological Services, estimates that nearly all of the students he sees are dealing with anxiety, depression, or both.

“I haven’t run specific figures for last year or this year in terms of how many students might present with that issue,” he said. “At least most students coming in are presenting with either anxiety or depression, or both.” According to the Anxiety and Mental Health cont. on pg. 3

Anxiety disorders are the most common mental health issues on college campuses.

Major Decision

Does Practicality Outweigh Passion?

NICOLE SEITZ STAFF EDITOR

As an education and history student, I hear all the time about how I will never make a decent amount of money. Growing up, I was always told I should go into a field like law or nursing, where I could have a better salary. I’ve also heard countless times that if I was to be a teacher I should teach something more “important” like math or science as opposed to history.

There seems to be this idea that majors such as business, nursing and others of that nature are more practical in comparison to majors in the realm of humanities like fine art, communication, and history.

Why is it that these majors have a reputation for not being useful in the real world?

Dave DePaola, a junior music industry and business management student, has a true love for playing music and would dream of being a professional musician. However, the idea that music isn’t a very practical field to enter is ultimately affecting his decision.

I don’t expect to ever be successful professionally as a musician, and so working in the industry is the next best thing. I treat my music major as a practical supplement to my music industry major,” said DePaola.

Many students believe having a degree in business will help them be more prepared for the job market in the future. DePaola continued to explain what he learns as a part of the business school, “Within the School of Business [at the University] there are various concentrations one can choose from such as management, finance, or marketing.

Even when you focus on something, the classes we are required to take in the business program teach us skills including the financial workings of businesses, techniques for marketing, and management skills,” he explained.

Although getting a degree in business proves to be beneficial for many students, that is not to say that if you’re in a different field, like the humanities, would be less “practical.”

Corey Dzenko, an assistant professor in the Art and Design Department, explained, “Students who major in fine art and design learn many valuable skills such as how to solve problems, think creatively, communicate effectively in both visual and written forms, and interpret...”

Majors cont. on pg. 15

Google Awards $3,000 to MU Organization

JAMILAH MCMILLAN ASSISTANT NEWS EDITOR

Google awarded $3,000 to students in the Institute of Electrical and Electronics Engineers and the Association for Computing Machinery (IEEE/ACM) in Jan. The funds will be used for the creation of an Association for Computing Machinery Committee on Women in Computing (ACM-W) chapter on campus.

According to ACM.org, there are ACM-W chapters on campuses and locations around the world. Chapters advocate for the full technological engagement of women in all aspects of the computing field. At the University the chapter will aim to encourage, recruit, and empower female students interested in computing. The award was the National Student Seed Fund Gift. Jessica Anastasio, a senior, along with two other computer science students applied for the funding from Google.org.

“We recently applied for a scholarship to start our own ACM-W chapter at Monmouth. This chapter will be a great place for women to come and network, seek support, etc. We ended up winning $3,000 from Google to start this initiative which is really exciting,” said Anastasio.

As the advisor for the IEEE/ACM Student Chapter, Jamie Kretsch, Chair of the Department of Computer Science and Software Engineering, said that she will take part in a number of exciting initiatives that the ACM-W chapter will host: “As far as my role in ACM-W, beyond helping to recruit women to join our group to learn more about computing, I’ll be helping them offer workshops, provide educational and social opportunities for women in computing, and working with them to support each other and provide mentoring and outreach to younger women in high school and community colleges.”

Programs like ACM-W are important because there is a gender gap in the field of computer science said Anastasio. “Ever since I can remember I loved messing around with computers. But when it came to school, I felt intimidated when it came to computer science because I didn’t know any girls who had studied it.”

Nevertheless, she followed her passion, and ignored societal trends. “My curiosity and love for building things and problem solving inspired me to study computer science regardless of whether or not I was the only girl in the class,” said Anastasio.

According to Kretsch the percentage of women in computing has changed drastically through recent history. “National estimates are about 20 percent of computing students are female, although there are a large number of organizations—such as ours and those we are associated with—working to increase those numbers.”

She said that the gender gap has worsened since she was a student. “Back when I was in school the percentage of females was much higher—my ‘group’ in college was almost equally male and female. The number of females started dropping in the mid to late 1980’s and the drop continued up until recent years when professional organizations...”

Majors cont. on pg. 15

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Wilson Hall Name Change Update

VICTORIA RODRIGUEZ 1966

A panel discussion was held on Feb. 17 to discuss Woodrow Wilson's impact on the University in regard to the potential name change of Wilson Hall.

The panel consisted of Dr. William Doherty, professor of philosophy; Christopher Derosa, Dr. Richard Veit and Dr. Walter Greason. Each panelist discussed the area of expertise about Woodrow Wilson and then got on the panel floor to discuss amongst students.

The panelists were asked what they thought should happen to Wilson Hall should it be renamed. Greason said that Wilson Hall is "not the best name for what's going on in the building. This building is a better place for a dormitory, academic building. Celebrate his legacy in a different building, this building is our school's identity."

Derosa agreed that the name change is a good thing. "Not out of morality, I want to feel like we can selectively choose things we wanted to do something positive."

Dr. Stephen Chapman, assistant professor of political science and sociology, also took part in the panel but offered some insight on the topic, "...I do appreciate what the campus can do to make the renaming possible. It's these discussions that make a campus one that is a model for the power of choice, which it exactly how each individual should feel on campus."

Wilson Hall is currently undergoing discussion because in the beginning of last fall the flags went up amongst several campus- es with various figureheads coming up with a question. The issue is in regards to the history if Woodrow Wilson is appropriate to name the hall after him. President Paul Brown said that conversations are taking place at Yale University, Georgetown, Harvard, Amherst, Oxford University, and the University of Maryland. "The issue of Woodrow Wilson's legacy, in particular, is the subject of vigorous discussion underway at Princeton University," he said. And this is being whereas Woodrow Wilson was a Nobel Prize recipient, president of Princeton University, and governor of New Jersey. Brown posed a possible problem, "Wilson's many views on race are troubling, especially from the perspective of the modern University community, at the university dedicated to affirming the worth of every person."

competing legacies are why we began the conversations, and the process, to arrive at a balanced perspective."

The renaming has been up for debate since September with no definite verdict of what's going to happen. President Brown explained, "In the case of Woodrow Wilson Hall, which was named as such by the Board of Trustees in 1966, a formal act by the Board is required to rename it due to the current designation."

Senior political science student, Nicholas VanDaley, said, "I agree with that Wilson being a known racist, I think we owe it to our students of color as well as our own message to rename the hall. Two Monmouth students added, "We do not need to consider the context with- in which it occurred. By modern standards we need to consider that Wilson held towards other races were not acceptable. He needs to experience the same Vickery and be shamed if what he said was wrong."

"By removing his name from the building, it would set a precedent where almost every single major figurehead in history has been judged due to having beliefs/ views that don't align with mod- ern standards. So then what do we do with them? Are we going to remove them too? We can't just wipe away history like that."

Matt Klaime said, "It's a part of U.S. history, and we should call Wilson Hall. A classroom of se- niors met up to discuss the current topic and the discussion was that racism was more common in that past so we can't just wipe away history. If we don't want the name to change we, for the name staying the same. It's not too late for things to change for the time period everyone was racist. We can't hold him account- able for being a racist at a 21st century's definition of racist. The name Wilson hall should stay."

The debate for the name of Wilson Hall continues. The photo above displays the back of the building.

PHOTO TAKEN by Kiera Lanni

Google Awards Students with Scholarship

Google granted 37 percent of computer-science undergradu- ate degrees. However, today more men than women are obtaining computer science degrees.

The report showed that com- puter science is the only field in science, engineering and mathemat- ics in which the number of women receiving bachelor's degree is increasing since 2002.

Janice Robb a specialist professor in the Department of Computer Science, said that computer science does not understand the decrease in female students.

"It's important for there to be diver- sity in every field. It would be a shame to lose ideas that are included in the design and development of the technology that is so much a part of the world in which we live."

Kretsch anticipates that the incoming ACM-W chapter will reverse the gender gap, and encourage female enrollment in the University's computer science, and software engineering majors and minors.

Taylor Campo, a senior com- puter science student said that women should not feel intimated by the computer science field.

"Any woman who wants to get involved in computing should do so. They will become a part of this amazing age of technology. Perks of being involved with computing include having the skills for jobs that are in high demand, and you can get paid a lot to do something that you love."

Kretsch asserts that all Wom- en In Computing (WIC) pro- grams like ACM-W are crucial for the advancement of not only women, but technology as well. "Young girls simply stop wanting to learn math and science because it is so culturally ingrained that they are for 'men'. If we want to continue to be better and bigger as a country we absolutely need to inspire girls to join the field, shrinking that gender gap. Once we achieve that, we will have an even bigger capability of innovating the next big thing."

RICHARD FELICETTI ASSOCIATE NEWS EDITOR

New Jersey has long been a state with an overwhelming heroin problem. However, there is an even more dangerous drug that is infiltrating college campuses and threatening the lives of young adults.

Federal drug officials have declared the prescription opioid called fentanyl to be nearly 50 times more potent than heroin. According to the National Insti- tute on Drug Abuse, "Fentanyl is a powerful synthetic opioid anal- gesic that is highly potent and morphine. It is typically used to treat patients with severe pain, or to manage pain after sur- gery."

Despite its powerful strength, the drug has implications in New Jersey are not as stringent as those for heroin. Since fentanyl is pre- scribed to treat patients with chronic pain, it is easier to obtain than heroin. However, a recent bill in Trenton has increased the chance of selling fentanyl for illegal use.

"Today, the most misused drugs are not street drugs, but prescrip- tion opioids, according to a chronic study by Dr. Eric Tren- ton, an alcoholic. However, it is important to spread awareness on college campuses of the illegal drugs. Overall, misuse of fentanyl is legal, it needs to be cautioned," said Schaad. "Fentanyl is legal, but not illegal. There is no evidence that it can't hurt you," said Marciniak. "But the fact that it has a lower risk for legal consequences than heroin in NJ is not the same as saying it is safer."

Suanne Schaad, Substance Abuse Awareness Coordinator, expanded on the dangerous consequenc- es of reckless fentanyl use.

"The thing with fentanyl is it is an incredibly lethal. Despite its powerful strength, fentanyl is not illegal like heroin and doesn't come in a bag, that it is safer because it is techni- cally legal. Just because it comes neatly packed in a pill bottle does not mean that it can't hurt you," said Marciniak. "But the fact that it has a lower risk for legal consequences than heroin in NJ is not the same as saying it is safer."

Moreover, sophomore business major, said that the main reason for fentanyl's danger is its accessibility. "Since it is a prescribed drug, it is more easily accessible, and therefore it is a drug that is easier to overdose on," said Parikh. As fentanyl use becomes more prevalent, it is important to spread awareness on college campuses, where students are most suscep- tible to being fooled by a provider into taking a potent mix of opiates.

"It is important to make students aware of this dangerous drug by tell- ing them exactly how dangerous this drug is and that even though it has a lower risk for legal consequences, it is legal," said Andrew Betro, sophomore psychology major.

Moreover, substance abuse- business major Jake Marciak said that people must remember not to overlook fentanyl's legality. Even though the drug is not criminal- ized, that does not mean it is not incredibly lethal. "A common misconception is that even though it is legal and heroin doesn't come in a bag, that it is safer because it is techni-
MU Students to Present their Research in San Diego

JALIZE CANELA CONTRIBUTING WRITER

Students Erin Cieslak, biology molecular cell physiology student, Jenae Gronull, Health and Wellness student, and biology professor Dr. James P. Mack have been working towards developing a treatment for antibiotic-resistant bacteria by exploring the inhibitory effects of several essential oils. They will be presenting their research at the American Chemical Society that will help fight these infections: multi-drug resistant bacterium Staphylococcus aureus (MRSA) and Methicillin-resistant Staphylococcus aureus (MSSA) bacteria.

According to the study published by USA Today, that number has stayed nearly the same, with one in 12 students (just over 8 percent) having made a suicide plan at some point during their college career. The survey also pointed out that 49.5 percent of students had felt hopeless in the past year. 60.5 percent of students had felt lonely in the past year; loneliness is often an early warning sign of depression.

The increasing levels of mental health problems on campus may be attributed to the various stressors that students face on a daily basis. “I, in my role, see more anxiety and depression,” said Mary Anne Nagy, Vice President for Student Life and Leadership Engagement. “They’re dealing with the stress of juggling twelve, fifteen, even eighteen credits sometimes. The demands of what I hope is a rigorous academic curriculum can lead to pressure and stress, particularly around this time of year, when there’s anxiety around midterms,” Nagy added.

Depression Association of America (ADAA), anxiety disorders are one of the most common mental health problems on college campuses. Among adults, adults have an anxiety disorder; the main purpose behind this research is to develop a treatment for antibiotic-resistant bacteria by looking into natural plant products and diluted essential oils, the company who supplied the essential oils, the company who supplied the essential oils and were also tested. Combinations of other essential oils and were also tested, but were proven to be less effective than the emollient combinations. Being a part of a research study allows students to gain knowledge and learn laboratory techniques outside of the normal course work. For Cieslak and Gronull, performing research with Mack has stimulated them to think critically and strategically.

“At every stage, there are many proactive steps to help combat mental illness on campus. While two-thirds of those suffering from mental illness do not seek treatment, according to an assessment taken by the American College Health Association in spring 2015, the University makes that treatment available just in case. The counselling center has both psychologists and licensed professionals, known as LPCs. The center is open year-round, even during summer sessions, and students can attend unlimited sessions free of charge. Health services, like substance counselors who can help students suffering from substance abuse, and those employed by health services are also capable of doing a cursory mental health check when students come in for physical issues. There is also a consulting psychiatrist available on campus, in case an illness is severe enough to warrant medicinal treatment.

There is a variety of programming and education on mental illness, and there are several De-Stress events that are put on to help students who may feel overwhelmed. There are multiple hot lines available and all residential life staff members are trained to help their residents when these services are not available.

The University is recognized by the Jed Foundation, one of the leading non-profit organizations working to protect the emotional health of teenagers and college students, for providing comprehensive mental health services. “I think they certainly do enough to help students,” said a sophomore student who wished to remain anonymous. “The only improve- ment I could suggest would be to possibly hold a first-aid training in the dorms, maybe group programs about stress, just to make it more convenient for students. But overall, they do a good job.”

“Over the years, we’ve done a lot to focus on this area,” said Nagy, “It is a growing area of concern. I think students have a lot more resources available. The right help and the right support and the right education and the right encouragement, everyone can be successful,” said Nagy.
And the Grammy Goes to...

The Outlook’s Opinion on Awards Season

Lights, camera, action! It’s that time of year again—awards season. Every year awards season comes around and many debate on whether or not to watch the variety of different awards shows. From movies to music, the entertainment industry sets forth a wide array of shows that hope to gain the attention of a media consumer audience. The two main categories are music and movies. Usually, this would cover the interest of most everyone, but it seems to be that the hype and allure of awards shows is dying. The editors of The Outlook discuss their interest levels.

It seems as though many editors are interested more in music awards shows like the VMAs, Video Music Awards, and CMAs, Country Music Awards. It is much more accessible to be a fan for the music awards shows because one can hear music freely whenever, wherever. Another positive aspect of the music awards shows are the various musical acts. One editor said, “I like the VMAs the best because I love to see the performances.”

Many editors seem to be interested in the aftermath of the awards shows—discussion of fashion and of “uh-oh” moments. For many, the shows are all about the outfits. The excessive talk of who wore what is always a persuasion in watching at least the Red Carpet correspondence of the awards shows. Also, learning that a celebrity did something comical at an award show tends to be a favorite aspect of many people. One editor said, “They’re [awards shows] worth watching only when something funny happens by mistake. Like this year at the Golden Globes Leonardo DiCaprio was caught making a funny face at Lady GaGa.”

Unfortunately, there is also a lack of interest in awards shows. Editors tended to agree that the shows can be quite boring and that they are very political and exclusive. One editor said, “The shows are way too industry-centric, so unless you follow it really closely there’s no way to keep up.” And, being busy bodies on campus, there isn’t a whole lot of time to watch all of, for example, the Best Picture nominations for an award show. Furthermore, people are bored of these three plus hour-long shows. The length and lack of interest in content makes for boring shows for many.

One thing that most all editors could agree on was that they look forward to seeing if Leonardo DiCaprio will finally win an Oscar this year for his role in the movie The Revenant.
The Challenges of Being a Starbucks Barista

Victoria Rodriguez and her co-workers pose for a photo behind the scenes at Starbucks.

PHOTO COURTESY of Victoria Rodriguez

Is Donald Trump Making America a Joke?

ALISON SILVERMAN
STAFF WRITER

These days, if you turn the TV to any news station and wait about 15 minutes, you’re guaranteed to hear the name Donald Trump. The current president candidate has captivated both the world of politics and the arts. Is it an area that he should stay far, far away from?

The upcoming election is anything but a sleeper. America is full of great political figures, however, almost none of them are actually running. Is it a joke? Not really. A satirical reflection of American culture reflected by both the Democratic and Republican parties? Maybe. Let’s take a look at our current candidates;

Democrats:
- Former US Secretary of State Hillary Clinton, NY
- U.S. Senator Bernie Sanders, VT
- Dr. Jill Stein, Green Party, FL
- U.S. Senator Ted Cruz, TX
- Gov. John Kasich, OH
- U.S. Senator Marco Rubio, FL
- Businessman Donald Trump, NY

Okay, let’s start with this question: which one of those things are not like the other? Haven’t figured it out yet? I’ll tell you:

Almost every political candidate has political experience, except the man who leads the Republicans in the polls right now:

That’s right, folks. Donald Trump does not have political experience. Now, I follow up with this: would you let a doctor operate on you with no experience? Would you let a dentist pull a tooth never having done it before? Would you pay to see a concert of a singer you’ve never actually heard of before? I could go on with analogies, but I will stop there. How are you going to let a man with no political experience run the country?

The answer is simple: you do not. Trump is a tyrant and a terror. He is the two-year-old who will go screaming down the toy aisle if he doesn’t get what he wants. He has been known to Googole and tell people things about people, often over his time limits during debates (more so than the other candidates), attacking those candidates unprovoked, and then denying the attack that he previously made.

For example, in September 2015, Trump attacked former candidate Carly Fiorina on her looks, a sexist attempt to miffify her efforts to be a candidate for the President of the United States (Fiorina dropped out of the race earlier this month.)

“Look at that face! Would anyone vote for that?” Trump said during a debate. “Can you imagine that, the face of our next president?”

Trump added, “I mean, she’s a woman, and I’m not supposed to say bad things, but really, folks, come on. Are we serious?”

It is obvious that I don’t think very highly of Trump. Though I may not be the only American who thinks so, he’s still leading the Republican polls.

Come on, fellow students, let’s not make this a joke. Register to vote so he doesn’t become president!

The internet makes light of contouring and making women all strive for the same exact look.

Contouring is a new makeup trend which creates an illusion of sculpted cheekbones and chiseled chins by enhancing them with bronzer and dark makeup in the shadows. It’s almost scary to see the layering and blending steps of the ‘clown-like’ makeup that must be applied to the face. There are also two new trends of thick, perfect eyebrows, in which you more or less draw in above your eye, and you can’t see any original highlighter here and there. However, this attempting to sculpt yourself into a different person thing is starting to make every day feel like Halloween.

It is bizarre how many magazines, websites and do-it-yourself videos are promoting such trends. They give tips and how to’s to create the ‘perfect brow’ or ‘perfect cheekbones.’ These girls are all attempting to achieve the same look. These trends are throwing away originality and making women all strive for the same exact look. It is so confusing to hear that nobody is perfect and to be happy with yourself, but then also to cover your face with a couple layers of makeup and you’ll look “perfect!” What happened to the aspect of original beauty? Makeup artist Bobbi Brown spoke out against the popular trend.

“America is beautiful in individual beauty, and it’s just not my aesthetic. We don’t need to be contouring like the Kardashians,” Brown said. “The contouring trend is so wrong because it tells women there’s something wrong with their face. There’s beauty in a full face, so I don’t recommend it in any way.”

Last summer, I went cabin camping in upstate New York with a group of friends from home. My friend’s girlfriend has always been good at makeup so she really got into the contouring trend. However, it was almost said that she could not go to the cabin without her full face of makeup done. She did not feel comfortable enough without her face being all done up in front everyone. This is an unfortunate example of the negatives of this romanticized trend.

So, before you go calling this just a look, be aware about how hard we have to work.
Bernie Sanders Could Be The First Jewish President

ALBERT SHALOM CONTRIBUTING WRITER

Dr. Joseph Patten, Chair of the Political Science Department, said that a lot of people know that Bernie Sanders is Jewish but that he has never mentioned his faith or religious affiliation. "I think it is important to bring up the issue of religious identity, especially in the context of presidential elections," he said. "Some voters have expressed disappointment with the idea that Bernie Sanders has downplayed his religious background."

Dr. Patten continued, "I think it is important to highlight the fact that Mr. Sanders' background is very important to his campaign. Sanders is a Jewish man, and his background has played a significant role in his campaign so far."

CANDIDATES TALK ABOUT RELIGIOUS IDENTITY

Ted Cruz: "I am proud to be a member of the Jewish community, and I believe that my background has given me a unique perspective on the issues facing our country. In particular, I think that my experience as a Jewish person has given me a deeper understanding of the issues facing our nation, and I believe that this has made me a stronger candidate for president." Cruz went on to say that he has a deep respect for the traditions and values of the Jewish community, and that he would work to ensure that these values are protected and respected during his presidency.

Bernie Sanders: "I am proud to be a member of the Jewish community, and I believe that my background has given me a unique perspective on the issues facing our country. In particular, I think that my experience as a Jewish person has given me a deeper understanding of the issues facing our nation, and I believe that this has made me a stronger candidate for president."

Both Cruz and Sanders have spoken about their religious identity in their campaigns, and both have been open about their faith. Cruz has said that he is a practicing member of the Jewish community, and that he has deep respect for the traditions and values of the Jewish community. Sanders has said that he is a practicing member of the Jewish community, and that he has deep respect for the traditions and values of the Jewish community.

With the 2016 election just around the corner, the Republican Party is suspending their campaigns and with only five candidates left, Trump has on numerous occasions gone after Ted Cruz for being born outside the United States. Trump has threatened to sue Cruz for running for President due to the issue of citizenship and eligibility. Trump has also made comments about the possibility of his mother being an American citizen at the time of his birth, his father is from Cuba. This has become evident that Trump has been using his religion and culture to run for the presidency. Trump has also made comments about the possibility of his mother being an American citizen at the time of his birth, his father is from Cuba. This has become evident that Trump has been using his religion and culture to run for the presidency.

Donald Trump Threatens to Sue Ted Cruz Over Eligibility

With the 2016 election just around the corner, the Republican Party is suspending their campaigns and with only five candidates left, Trump has on numerous occasions gone after Ted Cruz for being born outside the United States. Trump has threatened to sue Cruz for running for President due to the issue of citizenship and eligibility. Trump has also made comments about the possibility of his mother being an American citizen at the time of his birth, his father is from Cuba. This has become evident that Trump has been using his religion and culture to run for the presidency. Trump has also made comments about the possibility of his mother being an American citizen at the time of his birth, his father is from Cuba. This has become evident that Trump has been using his religion and culture to run for the presidency.
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*Cannot be combined with other offers. Toppings are to be charged extra. In store & delivery offer. Must present coupon to driver for confirmation.*

**Valid Through the Whole Semester!**
**Top 10 Items to Have in Your Backpack**

**LAUREN NIESZ**
Head Copy Editor

Your backpack—probably a bag with gum wrappers, old class handouts, and food receipts crinkled at the bottom. It is also a bag with some of your most important items in it too!

Yes, you will always have your keys, wallet, and phone in it, but there are some more items that would be beneficial to have in there too.

1. **Phone charger**: Junior communication student Aman da Drennan said, “I always have a phone charger and/or a portable power bank with me, I don’t want to be caught with a dead phone.” A phone charger, whether you have the whole charger itself, or a portable power bank as Drennan suggests, is a very important item to carry with you. Even if it isn’t so we can keep checking the likes on our latest Instagram photo, keeping your phone charged is super important. You never know who may be trying to reach you.

2. **Breath Mints/Gum**: Never get caught with bad breath! Always have breath mints or gum with you, especially if you are a coffee drinker. We may not be able to live without it, but coffee often leads to bad breath. Also, if you’re an antsy student sucking on a breath mint or chewing gum may help you to focus in class.

3. **A Snack**: Always have a snack on your person. Try to opt for something healthy and something easy to pack in your bag. De. Merrily Ervin, Coor- dinator Of School Of General Education Courses and Professor of Nutrition, suggested trail mix: “I recommend that you make a big batch of trail mix. Then when you are ready to go out you can put a hand-ful in a small plastic bag and put it into your backpack.” She continues, “The trail mix can include nuts, dried fruit, seeds, wasabi peas, chocolate nips or chocolate chips (cheaper than M&Ms). Season it with a little salt, cinnamon or cayenne, if you want.”

4. **Headphones**: It is always smart to have headphones because I don’t think any of us could live without music. Headphones are also important to have if you’re going to work in the library or any computer lab on campus. If you end up having to watch Youtube clips for the computer for a class you won’t disturb anyone by having the volume on.

5. **Hair Accessories**: Hair ties and small clips are always good to have. You never know when you’ll need to piece together a cozy and fun look during those below freezing temperatures, meaning that practical clothing is especially true if you are a messy eater. Messy eaters— you know who you are—do yourself a favor and invest in a Tide-To-Go stick.

6. **Nail File**: This one lies near and dear to my heart. Male or female, when you break or split your nail and it snags on everything you’re wearing it is the most annoying thing to deal with. Then you end up trying to bite off the part of the nail that ripped and you look crazy because you keep biting your nail. Prevent this unfortunate event by always having a nail file or nail clipper in your backpack.

7. **Hand Sanitizer**: Prevent sickness as much as you can and keep hand sanitizer in your backpack. Hand sanitizer can also help if you touch something disgusting and you don’t have easy access to a bathroom sink. Keep your hands clean at all times.

8. **Tide-To-Go**: There is nothing worse than staining your shirt than having to walk around campus all day with the evidence sticking out. It is wise to have a Tide-To-Go stick on you just in case your food or drink get the best of you. This is especially true if you are a messy eater. Messy eaters—you know who you are—do yourself a favor and invest in a Tide-To-Go stick.

9. **Journals**: If you are a writer, a student, or just love to write creatively, it’s always good to have a pad of paper that isn’t a course notebook in your backpack for things like that. Your backpack is your life-line for so many unpredictable life situations. It is better to be over-prepared for these situations than to be thrown into an unpredicted life moment. Author Christopher Walken said, “At its best, life is completely unpredictable.” So, let your backpack live to its full potential and keep some of these items in there for those unpredictable life moments.

**NICHOLAS MESSINA**
Instructor of Communication

Achieving a fashionable look in the winter months is difficult when all you want to do is wear your comfiest sweater and wrap yourself in a blanket for maximal warmth. Staying stylish and keeping warm can be a drastic difference.

One simple way to stay warm in the winter while still looking your cutest is layering. Layering is a classic and easy way to maintain a fashion-forward look, while still being practical for the cold weather. Not only is layering wildly trendy, but it also always helps to keep you warm. That bundled up look we all strive to rock during those below freezing days is a perfect look for winter fashion. Layering is easy— a T-shirt, flannel, thick jacket and thick coat are all you need to piece together a cozy and fun outfit. Rebecca Roth, a sophomore communication student, is also a fan of layering and can be seen around campus bundling up the max on those icy days. She said, “Layering keeps you warm but fashionable at the same time. It’s a winter go-to style.”

Communication instructor Nicholas Messina also opts for the go-to winter style of layering. “I’m a firm believer that in the winter, fashion takes a bit of a backseat to practicality. I want to be warm more than anything else. That’s why I layer!” said Messina.

Even fashion lovers who look forward every night to getting dressed the next morning take into account the freezing temperatures, meaning that practical clothing has to come first. “Practical clothing” might sound scary to fashion gurus, but really it is completely possible to be warm and stylish. Messina achieves this by throwing on a wool sweater over his shirt for the day to stick with the layering look, and for warmth. “If you want to stay relevant and hip, go to your local thrift store—Goodwill has never let me down when I’m looking for a hearty sweater,” said Messina.

Another easy way to stay warm in the冬天 is simply with a sweater. Sweaters are cozy and are a great practical article of clothing when the temperature is low. Sweaters are classic and go with virtually any style (i.e. preppy, girly, grunge). They are very versatile and a total win-win choice. Caitlin Smoler, a sophomore health studies student, said, “When in doubt, always throw on a cute sweater because you’ll look trendy and keep warm.” Sweaters are in fact always trendy during the winter months, making them a great choice for the winter.

Other ways you can keep warm in the winter while still staying fashionable are with thick jackets, fun hats, gloves and scarves, and warm boots. Winter fashion is the best because you have more options than you do in the warmer months. Jeans, flannels, scarves, and so many other things can only be worn when it’s cold out. So, while you are shivering during the cold winter months you might as well look cute while doing it.
The biggest news in the music community the past month has been “Yezyus” himself, and his very anticipated seventh studio album, “The Life of Pablo.” Kanye West released Feb. 14 on Kanye’s own record label “GOOD Music.” His most recent release has had the fans that the album promised to drop on Feb. 11, but unfortunately, his struggle to be original and try to live up to expectations remembering his own upbringings in Chicago, and finding his own path and career for himself. Albums like Graduation and 808s and heartbreaks, however, seem to be more focused on the fame he has now found, his struggle to be original and try to find new ways of expression. His last two projects, My Beautiful Dark Twisted Fantasy and Yeezus, were certainly more introspective, analyzing his own flaws and lacking control, and he leaves the audience wondering whether it’s a good or bad thing. His latest project, The Life of Pablo is centered on the relationships he has in his life with the church, the business, other people he cares for, and his friends and family, and many others.

The first track, “Ultralight Beam,” is about the prominent con- spiracy Kanye is part of the Lord and how he seeks absolution often. The next tracks take a drastic turn, with “Famous,” while poking and refusing to stream it under any circumstances, as a musician and as a person, as the themes of every album pertain to his own life and problems. His first and second tracks, “Pt.1 & Pt.2” recalling a one-night stand with a girl and the afterward that follows, reveals his true character and assures about his own situation. Kanye finds more melody on the next track, “Famous,” while poking further at the Taylor Swift issue. He goes on about his sexual escapades and how they came about from his fame. The next track, “Feedback,” becomes much more high-frequen- cy, while he discusses the toll of what he calls “being a genius” in the music game. The outro to the track is Artistic, beyond what many fans get to see on the cover art. This very funny beat is accompanied by Kendrick Lamar. The two rap at both ends of the spectrum discussing their frustrations with the music industry and their own art that has put them into. All over, I think that The Life of Pablo is Kanye West’s most mature and entertaining, it seems to be answering the question to risk a fleeing encounter with law enforcement. Anyway, I found the actors, Bob Odenkirk and Jimmy, can’t help but hope that they come to know to be the same, and no earth shatter- ing activities taking place. The outro to the track is Artistic, beyond what many fans get to see on the cover art. This very funny beat is accompanied by Kendrick Lamar. The two rap at both ends of the spectrum discussing their frustrations with the music industry and their own art that has put them into. All over, I think that The Life of Pablo is Kanye West’s most mature and entertaining, it seems to be answering the question

**“Better Call Saul”**

**STAFF WRITER**

In a parallel manner to the way Season One opened up, Better Call Saul returned Monday night and began again with a flash forward of Saul Goodman as Gene, the manager of a Cinnabon in Omah- ha. Portrayed in black and white, we follow him through mundane cleaning tasks as “Funny How Time Slips Away” by Billy Walker echoes in the background. Gene closes the shop and heads out with the garbage, but somehow manages to get locked in the dumpster room. Rather than opening the emergency door and setting off the fire alarm, he stays in the room for hours until someone lets him out, passing the time by carv- ing a note amidst all the other graf- fiti smeared on the walls—“S.O.B.” is here.

I’m a huge fan of the way the show moves back and forth in time, and I found the scene of him opting to be trapped rather than refusing to face the police or ques- tions by opening the door to reall- izz power. It is one of the rare moments when you get a glimpse of how he is in the future and the impact that his days working with criminals like Walter White has had on him. He doesn’t even want to risk a fleeting encounter with law enforcement and can’t even be dis- covered for who he truly is. How- ever, the message left behind on the recently deceased El Hefe’s tombstone is that Saul Goodman shows that he still misses the life he had to leave, and still yearns to go back to that time.

While Season One focused on why Jimmy McGill transformed into the criminal lawyer Saul Goodman, who made his debut in Breaking Bad, Season Two appears to be answering the question as to how he gets to this point. Now that he is free from his older broth- er Chuck’s control, Jimmy has the opportunity to set out and act the way he wants to; he is no longer held back by his desire to please Chuck. It’s the newfound control and freedom that sends Jimmy on some form of a mid-life crisis so far opposite to that of Jimmy, I’m a huge fan of the way the show moves back and forth in time, and I found the scene of him opting to be trapped rather than refusing to face the police or ques- tions by opening the door to reall- izz power. It is one of the rare moments when you get a glimpse of how he is in the future and the impact that his days working with criminals like Walter White has had on him. He doesn’t even want to risk a fleeting encounter with law enforcement and can’t even be dis- covered for who he truly is. How- ever, the message left behind on the recently deceased El Hefe’s tombstone is that Saul Goodman shows that he still misses the life he had to leave, and still yearns to go back to that time.

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**DeeRey** Devamps the Superhero Genre

**JULIANO FORTIEN** CONTRIBUTING WRITER

With the superhero realm currently being so powerful and profitable, it would be completely understandable if writers and producers didn’t want to step off from the stereotypical superhero, but the best looking game of all time.

In any case, both environments reflect positively on Black Desert Online, which many have probably heard of, as far as indie games go, I see it as a spin off from the genre leader. The graphics in this character, I gave advice on which games to describe several upcoming, valuable. The social elements of the gameplay is a step up from that offered in 20th Century Fox has an answer to this genre...
What's a song that always makes you feel good?

Compiled by: Kiera Lanni

Alison
Grad Student

“Most recently, ‘Fight Song,’ by Rachel Platten”

Sarah
Senior

“‘Like a Rolling Stone,’ by Bob Dylan.”

Bryce
Sophomore

“Anything Beyoncé. She’s my spirit animal.”

TOP LEFT:
“These girls have been there for me 100 percent. I can trust them with anything. We always have a ton of fun and I don’t know where I would be without them.”
From left to right: Tobi Engstrom, Kathryn Blanchard and Amber Griffin. (Photo Courtesy of Kathryn Blanchard)

TOP RIGHT:
Ashok Reddy Kondapalli with his friends Swaroop and Gopal at an Indian festival on campus called Diwal. (Photo Courtesy of Ashok Reddy Kondapalli)

CENTER LEFT:
“Good friends are hard to found, since the very best is already mine.”
From left to right: Monica Ribeiro, Andi Alvarado, and Mikaela Mazzeo. (Photo Courtesy of Andrea Alvarado Ucles)

CENTER RIGHT:
Lauren Niesz, Jessica Leahy, Amanda Glatz, Mickey Mouse, Amanda Drennan, and Jasmine Ramos at Disneyland. (Photo Courtesy of Amanda Drennan)

BOTTOM LEFT
Best friends Nikoletta Innocenti and Isabella Petrocelli at the homecoming last fall. Isabella says, “Nikoletta is the best thing that Monmouth has given me!” (Photo courtesy of Isabella Petrocelli)

BOTTOM RIGHT
Katryna Cordova wants to tell her friend, Shannon Otten, “I’m so happy that you and I met because I know we will always be there for each other!” (Photo Courtesy of Katryna Cordova)
THE VERGE LOGO CONTEST!

THE DEADLINE IS SUNDAY, FEBRUARY 28 AT 11:59 P.M.

HERE ARE THE RULES:

• Use black / white / red
• Include "THE VERGE" and "MONMOUTH UNIVERSITY STUDENT ONLINE MAGAZINE"
• Do not use official MU logos

Email your design to Amanda Kontor at s0893014@monmouth.edu

UNIVERSITY SPONSORED OFF-CAMPUS HOUSING

Pier Village
2 bedrooms / 2 bathrooms
4 residents per apartment
2.5 miles from campus

University Bluffs
1 bedroom / 1 bathroom
2 residents per apartment
1.2 miles from campus

ALL APARTMENTS INCLUDE

Utilities as well as Cable/Internet
Fully Furnished
No meal plan required – Residential Life Staff Life On-site
Financial aid can be applied to housing costs
Community programming/Newsletters

BEACHFRONT HOUSING

Off-Campus Housing Applications Available on Webadvisor
APPLICATIONS DUE: March 1, 2016

For More Information Contact Residential Life at 732-571-3465 or Reslife@monmouth.edu
Wednesday, March 9, 2016
5 p.m. to 9 p.m.
Wilson Hall
Refreshments will be served

All Students Are Welcome To Attend!

The Criminal Justice Department designed this event to connect students with working professionals in order to explore internship and career opportunities in the fields of criminal justice and homeland security. Presenters include numerous representatives from local, state, and federal criminal justice agencies.

The Student Alumni Association’s
2nd Annual PHIL THE PIG Campaign
Fill your pig and build your class bank account!

Why should you feed your pig??

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

ALL students who feed their class pig will be entered for a chance to win prizes including a variety of gift cards to favorite local establishments as well as a grand prize of a TABLET! The class who has the highest participation rate will get a special prize as well!

*Piggy banks will be located in the Student Center on 2/29, 3/7, and 3/21 and the Dining Hall on 3/3, 3/10, and 3/24 from 12-3 PM.*

Remember… don’t let your pig starve!
Are You There, Universe? It’s Me, Earth

ROBERT ZADOTTI
CONTRIBUTING WRITER

Recently, astronomers observed gravitational waves for the very first time, proving part of Albert Einstein’s theory of relativity right: if there was a great astronomical collision, like two black holes, then the gravitational waves would echo throughout the universe, like a ripple in a giant pond.

These gravitational ripples finally reached us from millions and millions of light years away, where the collision actually took place, so we were finally able to officially confirm Einstein’s theory.

As Brown-Simmons stated, our understanding of the universe is directly correlated to how we move ahead technologically and scientifically. We cannot focus on our own world and problems without first seeing the large-scale perspectives works.

The earth is simply a metaphorical cog in a machine, so it would do us good to have a broader view entirely. The important question for us is: how do students of the University react to these discoveries, and to what degree?

“Our understanding of space and time is fundamental to our being able to forge ahead into the future. The discovery high lights that we are currently in a second ‘Golden Age’ of astronomy and astrophysics,” she continued.

Gravitational waves were recently discovered by scientists, proving Albert Einstein’s long debated theory of relativity.

“Ripple in a giant pond. These gravitational ripples predicted 100 years ago by Einstein is one of the most important discoveries of the 21st century,” said Gloria Brown-Simmons, in Adjunct Professor in the Chemistry and Physics Department.

Entering an “Impractical” Academic Field

Major Key: The Potential Benefits of Entering an “Impractical” Academic Field

Gravitational waves were recently discovered by scientists, proving Albert Einstein’s long debated theory of relativity.

“Studying art and design has real benefits for students and a variety of real world, practical applications.”

COREY DZENKO
Assistant Professor

visual culture, artworks and visual media of all kinds.”

Dzenko continued, “Furthermore, art and design students learn about various cultures across history by taking art history courses, which helps them understand their place in the world and can help them become more critically engaged citizens in society.

Having received her PhD in Art History as well as her Master’s, Dzenko finds great value in analyzing and interpreting contemporary art and enjoys teaching these values to her students.

Kelly Currie, a junior fine arts student, said, “Art history is important for everyone because it helps us know history and culture through the eyes of those who lived it and that is important for us now because it helps us interpret the world around us and better understand ourselves.”

Currie continued, “Learning art history is important for me personally because when I want to create something it gives me insight on how to construct my own art.”

These kinds of skills and values that are typically viewed as “impractical” are just as important as “practical” majors.

Dzenko said, “Studying art and design has real benefits for students and a variety of real world, practical applications. After students can employ what they’ve learned in their own artistic practices, as part of a collaborative and creative professional team, in museum and community arts organizations, and even outside of the art world.”

These applications can be seen through the ambitions of students like Currie, who also has a minor in psychology. She shared, “I have a love for art and psychology, so I’m glad to be able to share this with people in school and through my anticipated occupation.”

Currie continued, “I believe that art could truly be an aid to the mental health field as a means for communication and expression by individuals.”

Regardless of whether you study science, English, or history, every field has its own set of valuable skills to be applied in the future. These skills may not be evident to everyone, but many students find them extremely useful for their future careers.

We should not need to define practicality by the salary or demand of certain careers, rather, each job can have on any aspect of society.

Currie continued, “We all make a living, whether it be real or imaginary, so the more knowledge we can make in the world, the better.”

Majoring in art is seen as somewhat of a taboo in college because many people believe that it is not a practical field of study.

“All it takes is one fantastic discovery, and we will make all that back tenfold; if not in money, in knowledge and scientific potential,” Michael Motola, a junior English student, commented about the merits of space exploration and study.

Whether we care immensely about astronomy or not, there has been nothing but ample reason to pay attention to the big discoveries in space, because in one way or another, it affects even the most regular person.

We pay attention to our own surroundings, so extending that same line of curiosity to our universe allows for even more discovery and advancement.

In an attempt to progress not only through our sciences but also as a species, it would do all of us some good to keep an eye on the stars.
Students who earn their CPC degree are typically looking for jobs in the realm of public relations, health care, human resources, and consulting, among many other careers.

"I'm currently working as a marketing and media relations specialist. My position deals heavily with brand management, advertising, social media, and public relations," said Morissa Schwartz, a current CPC student at the University. "The CPC program that I like, but also the personalization of it is the most important aspect of it to me," explained Morissa Schwartz, a current CPC student at the University. "Professors actively engage with us; we are not lectured at but engaged through activities that exercise us to think," she added.

The trend is that more and more students are interested in coming straight from their undergrad program into a master's program," said Shoemaker. "So the thing that I like about the CPC program is that we have those students who are coming straight out of undergrad, but we also have working professionals with years of experience. There's a lot of nice mentoring there," she added.

The CPC program at the University tries to find a balance between grad level research and also professional experience because, as Shoemaker pointed out, students who attend graduate school not just for theory and to conduct original research, but to develop hard skills that will help them get the job that they want.

However, many current CPC students tend to enter graduate school almost immediately after earning their Bachelor's Degree.

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Highly anticipated philanthropy Delta Queen in Delta Tau Delta's February 24, 2016 individual fundraising efforts during the second round of the commencement in November. The contestants were all members of different Panhellenic organizations on campus and included Danielle Alba from Phi Sigma Sigma, Brianna Varrone from Zeta Tau Alpha, Nicole Banks from Alpha Kappa Psi, Victoria Crescenti from Delta Phi Epsilon, Shannon Marren from Alpha Xi Delta, and Clare Maurer from Alpha Omicron Pi.

The competition began on Nov. 11, 2015 with several different rounds of fundraising leading up to the main event on Tues. Feb. 16, 2016. The main event in Pollack consisted of three rounds. The night began with three rounds of the popular television show “Minute to Win It” followed by a question and answer session with the contestants.

There will be multiple games on Wednesday’s at 2:45 p.m. to raise money for the club. Any majors can write for the club. U Penn-somehow manage to score behind the goal line. “There was a lot of traffic in front of the net,” DeFede said. “I honestly don’t know how it went into UPenn’s goal.” Minutes later, DeFede passed the puck to Mike Frade, a freshman right wing, who backhanded the puck into the net. U Penn scored a goal late in the second period to make the score 2-1.

Monmouth University Ice Hockey team’s season ended on Friday, February 29, with a 3-2 loss to University of Pennsylvania in West Chester, PA. The Hawks, the fourth seed in the Colonial States College Hockey Conference, finished their season 13-10-2 and a conference record of 7-5-2.

Monmouth took the lead early. Senior center, Kyle Blazier, took a shot that deflected off of junior left winger, Anthony DeFede, and went into UPenn’s goal. Minutes later, DeFede passed the puck to Mike Frade, a freshman right winger, who backhanded the puck into the net. U Penn scored a goal late in the second period to make the score 2-1.

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**Women's Basketball Wins Two on the Road**

**MATT DELUCA**

The MU women's basketball team defeated Canisius 81-71 on Sunday afternoon at the Koessler Athletic Center. Junior guard Tyrese Purvis posted 17 points, six rebounds, senior guard Jasmine McCall scored the last five points of the first quarter, making the score 25-11 after one.

The Hawks continued to extend their lead in the second half, as Mitchell hit two consecutive shots to make the lead 18. Canisius was able to once again bring the lead down to single digits, making it a 36-27 game with 3:16 remaining particularly in the last two, has been to play with a lot of energy and to really get down on the defensive end. We've been forcing some turnovers and getting some easy buckets off that.

Sophomore guard Austin Tilghman had 15 points in MU's loss to Iona on Friday.

The Hawks are down a key player to reach double digits, while Robinson added 12.

Junior guard Tyrese Purvis drained five three-pointers on Sunday, an MU season record.

Streng and the rest of the team needs to step up in his absence.

No excuses," Rice said. "Our guys were the only other Monmouth coach that played to a top-two seed in the MAAC Tournament.

English led the Gaels with 31 points, seven rebounds and five assists. Robinson had 21 points and eight boards for the Hawks while Tilghman had 15 and Sea

Four thousand five hundred and twenty two fans packed the MAC in one of the most highly anticipated home games in years. But ultimately, the men's basketball team fell to the Iona Gaels 83-67 on Friday, Feb. 19 in front of the largest crowd in the history of the Multipurpose Activity Center.

The student section was filled an hour before the 10 p.m. tip-off on ESPN3. The Hawks came out fast and took a two point lead at the first media timeout, but the Gaels were able to control the rest of the way.

Iona responded by going on a 19-0 run and took a 19 point lead into the locker room while holding MU to just 28 percent (9-32) in the first half and 2-11 from three. MU's 25 first half points were the fewest they have scored in a half all season.

“They scored and we didn’t,” junior guard Justin Robinson said when asked about Iona’s 19-0 run. “We put our heads down defensively, which is something we’ve reiterated that we’re going to capitalize on. We have to learn from that.

The Hawks came out in the second half by going on a 7-4 run to cut the deficit to 16. Iona extended the lead back to 20 with 15:20 to play. A pair of layups by Iona junior guard Austin Tilghman made it a 15 point game with 10:58 remaining. A three-pointer by the freshman guard Micah Seaborn cut the deficit to 13, but like most of the second half, Iona senior guard John Murie added 12 as well.

“I think our offense is being fed well,” Purvis said after the game. “My teammates definitely found me a lot out on the three-point area. We set a lot of great screens to get ourselves open, and we held it down on the defensive end as well.”

The Hawks put three other players in double figures, inclu"
Baseball Beats Penn State in Season Opener

JOHN SORCE  STAFF WRITER

The MU baseball team opened their 2016 season at the USA Baseball Complex in Cary, NC this past weekend, going 1-3 in four games.

The Hawks picked up a victory on Opening Day against Penn State by a score of 3-1. Sophomore Nick Hreshko was tabbed pitcher of the game.

Senior pitcher Frank Tramiraco got the ball and hurled six innings, giving up one run on five hits while striking out five.

Gloucester County College transfer Ben Hoffman debuted in the eighth inning, escaping an one out, bases loaded jam by getting two batters to foul out to first base. After hitting the first batter in the ninth, Hoffman retired the next three before getting the save.

MU's men’s and women’s teams swept the 60 meter dash. Sophomore Bryan Sosnos set a new MAAC and school record finishing with a time of 6.67.

Sophomore Domohututao took gold on the women's side, with a time of 7.67.

Sophomore Corey Murphy, who took first place in the shot put (57' 4.25”), said, “Our team ran, jumped and threw well and that energy contributed greatly to our overall success today.”

MU’s men’s and women’s teams both swept the 60 meter dash. Sophomore Bryan Sosnos set a new MAAC and school record finishing with a time of 6.67.

Sophomore Domohututao took gold on the women's side, with a time of 7.67.

Sophomore Corey Murphy, who took first place in the shot put (57' 4.25”), said, “It’s an awesome feeling to be a part of such a successful program, competing tough, and with a great team attitude.”

Junior Lindsay Bellaran was named women's Indoor Track Most Outstanding Performer. She individually won their 168th Street New Balance Ar -

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long day was electrifying,” Ferguson said. “Winning gold for both teams is huge because we always know that the other teams in the conference have an arrow on our backs, being the reigning champions. To be able to rise to the occasion on both sides is not only impressive, but extremely exciting for our program,” said Tiona Garner, senior captain of the women’s team.

The MU men's track team won the 2016 MAAC Championship with 170 overall points.

Track Sweeps MAAC Championship

PETER LAZZARO  CONTRIBUTING WRITER

The MU men’s and women’s track teams each swept the field and took home the gold at the 2016 MAAC Conference Championship on Sunday.

This is the third year in a row that the men and women’s teams have swept the competi -
tion and been crowned MAAC conference champions. MU has now swept their last five con-
ference championships, includ-
ing two northeast conference championships.

The men took first place at the 168th Street New Balance Ar-

The men's team took gold scoring 170 total points and the women got the win tallying 205 points.

"It was a very hard-fought, well-rounded win for our team," head coach Joe Compagni said. "We pulled together and competed tough, and with a great team attitude.”

Junior Lindsay Bellaran was named women's Indoor Track Most Outstanding Performer. She individually won their 168th Street New Balance Ar-

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Junior Lindsay Bellaran was named women’s Indoor Track Most Outstanding performer, individually winning the 800 (2:10:29) and taking second in the mile (4:48:63), which is a Hawks school record.

*Full story on page 19*