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Anxiety Disorders, Depression on the Rise Among Young Adults



PHOTO TAKEN by Alexandria Afanador

6.3 million teens ages 13 to 18 have had an anxiety disorder, according to the National Institute of Mental Health.

DANIELLE SCHIPANI
EDITOR-IN-CHIEF

Teens and young adults have been experiencing an increased amount of anxiety and depression partially linked to media overload and habitual social media use, according to multiple sources including experts at Monmouth University.

Approximately 50 percent more students entering college reported feeling overwhelmed between the years of 2010-2013 as compared to students between 1985-1989, according to the *Social Indicators Research Journal*.

There are many factors that contribute to this rise, but one of the main aspects includes constant access to the media and real-time social media updates. "Social media have

a more personal effect on adolescents, especially young adolescents, because the information is about people they either know or identify with, so that is more 'real' to them," said Dr. Janice Stapley, Associate Professor of Psychology.

Mary Harris, Specialist Professor of Public Relations and Social Media strategist, explained how social media and digital technology does have an impact on people. "Issues with self-esteem, anxiety disorders, and other mental health concerns in many cases can correspond, at least in part, with the media that people are exposing themselves to," she said.

Stephanie Brady, a senior communication student, described how social media has had a negative impact on her. "I am constantly checking my phone especially after posting something on my social media accounts," she said. Brady

described how often people get nervous when thinking about how many likes or shares they are receiving on a post.

"I feel that social media has negatively impacted my life in certain ways," explained Anthony Papetti, senior communication student. "It becomes a thing I constantly check and don't always give the full attention to my friends and family. Also it makes one jealous when they see their friends doing things that they were not invited to for whatever reason. It creates a small bit of tension," he said.

Andrew Lee, Director of Counseling and Psychological Services (CPS) and Katie Rizman, LCSW, a psychological counselor on campus discussed how CPS often sees social media and media act-

Social Media continued on pg. 2

Third Annual TheatreFest Calls for Student Expression

KERRY BREEN
COPY EDITOR

Monmouth University's third annual TheatreFest, presented by Alpha Psi Omega, ran from Tuesday, Nov. 29 to Friday, Dec. 2, treating students to four nights of free theatre.

The four nights in the University's Lauren K. Woods Theater each had very distinct themes to them. The first night was hosted by Boom Roasted Productions, the University's theatre club. This year's show was called 'Ham2Ham,' modelled after Lin-Manuel Miranda's 'Ham4Ham' showings at the *Hamilton* lottery drawings.

The show was created by junior theatre student Molly Huber, who also worked as a producer and performer, and assistant production manager for the event. The night featured fully choreographed numbers of some of the musical's already-iconic songs.

"This cabaret performance traced the direct line of Broadway composers from Oscar Hammerstein to *Hamilton* [Miranda]," said Kayla Mingino, a freshman English student and the director of the night. Mingino was also the assistant director for the theatre department's production of *Spring Awakening*.

"My favorite night of performances this year has to be my own - biased, I know - because I absolutely love how so many people came out to sing their favorite songs by their favorite

composers. It's truly remarkable to see the look in someone's eye when they're singing one of their favorite songs."

The night closed with the full cast singing Jonathan Larson's 'Seasons of Love' from the Tony-winning musical *RENT*. The second night of performances was a senior night, where graduating seniors performed songs by their favorite artists.

One such student was Nick Zaccario, a senior communication student who was also involved with the production of the show, the president of Alpha Psi Omega, and the co-technical director of Boom Roasted Productions.

"I think TheatreFest is a great way to end the fall semester because it gives students who want to either sing, act, or dance one more chance to show their skills in front of an audience of colleagues and professors who have similar interests," said Zaccario. "This year we tried doing senior night, where graduating seniors like myself compiled a set list of songs that they never got the chance to perform live."

Zaccario's performance for the night was a set list dedicated to Green Day's *American Idiot* musical, which is based on what he calls "one of his favorite albums ever."

"I chose six songs that ranged from fan favorites like 'Holiday' and 'Wake Me Up When September Ends' to previously

TheatreFest continued on pg. 3

Under Armour Will Replace Nike in New Athletics Deal

JOHN SORCE
SPORTS EDITOR

The University has announced a new deal with Under Armour that will provide uniforms and training gear for all 23 of the University's Division I athletic teams, in addition to coaches and athletic staff members beginning June 1, 2017. Financial terms of the multi-year deal were not disclosed by Athletics.

"I'm excited to announce this partnership with Under Armour. I believe that the drive, passion and goals of Under Armour closely match what we are trying to achieve as an Athletics Department. Dr. Marilyn McNeil, Vice President and Director of Athletics, said in a press release."

"Their commitment to constant product research and development, coupled with their relentless marketing efforts, will help to continue to push Monmouth Athletics to the forefront of Division I," said McNeil. "They were aggressive in getting

this deal done, recruiting us to become part of their family. This partnership will provide numerous benefits to our student athletes, coaches and staff for years to come."

The deal will end a relationship with Nike that Monmouth Athletics has had for the last decade.

Tyler Kurywczak, a senior business management student, and a member of the University swim team is excited for the new deal. "Acquiring Under Armour is a big deal for the school and us athletes. They have excellent clothing and equipment that will keep us warm in the winter weather," said Kurywczak. "As a swimmer, acquiring Under Armour is nice because they have larger bags than Nike does, and it will help us keep all of our gear."

Monmouth Athletics has had a number of successes in the last few years. The University joined the Metro Athletic Atlantic Conference (MAAC) for the 2013-14 school year and have won the Commissioner's Cup, which is described by the MAAC as "a symbol of overall

excellence in athletics in the 25 championship athletic events conducted within the MAAC," each of the last two years.

The men's basketball program won a program-high 28 games a season ago, including victories over high major programs USC, UCLA, Georgetown, Notre Dame, and Rutgers. The team was strongly considered for an at-large bid to the NCAA Tournament before falling by three points to Iona in the MAAC Championship Game and settling for one of the top seeds in the National Invitation Tournament. That enabled the Hawks to host the only two postseason basketball games on campus since OceanFirst Bank Center opened in 2009.

This fall, both the women's soccer and field hockey teams captured MAAC regular season and tournament titles and appeared in the NCAA Tournament, with the field hockey team hosting the University of Massachusetts on "So Sweet A Cat" Field on Nov. 9.

Monmouth football just con-

cluded its third season as an associate member of the Big South Conference and will move into their new \$15 million facility that is currently under construction in 2017.

"The partnership with Under Armour is a new opportunity for all of Monmouth's athletic programs," Monmouth football Head Coach Kevin Callahan said. "Under Armour is rapidly growing in the collegiate athletics market and I'm excited to see what this relationship means for Monmouth Football."

Under Armour has indeed become a prominent name in college athletics. In addition to its flagship school, the University of Maryland, Under Armour has recently struck deals with major programs like Notre Dame, UCLA, Auburn, South Carolina, and Boston College as well as mid-majors such as Towson, Davidson and Elon.

The company also recently struck its first major professional sports uniform deal with Major League Baseball that will begin

in 2020 and also has endorsement contracts with National Basketball Association star Stephen Curry and Professional Golfers' Association star Jordan Spieth.

Under Armour was established in 1996 and its headquarters are located in Baltimore, MD. Their mission, according to their website, is "to make all athletes better through passion, design and the relentless pursuit of innovation."

INDEX

News	2
Editorial	4
Opinion	5
Politics	6
Lifestyles	9
Entertainment	10
Viewpoint	12
Club & Greek	15
Features	16
Sports	18