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23% EFFECTIVE OR 67% INEFFECTIVE?

This Season's Flu Vaccination Shot Disappoints Many

CARLY LONG STAFF WRITER

Despite the flu vaccine proving only 23 percent effective this season, as reported by the Centers for Disease Control and Prevention (CDC), 406 individuals of the Monmouth community received the flu vaccine provided by the University's Health Services this fall according to Louise Bosmans, University Nurse Practitioner.

Health Services provides flu vaccines to the campus community through several seasonal flu vaccine clinics each fall. Comparatively less individuals received the vaccine this year, as 453 individuals received the vaccine in the 2012-13 season and 466 received the vaccine in the 2013-14 season according to Bosmans.

Bosmans also said that Health Services has already diagnosed the influenza virus within the Monmouth commu-

About 200,000 people are to not get it from now on."

3,000 to 49,000 people die from got the shot because my mom flu-related illnesses each year, according to WebMD.

Regardless of the flu's potential harm, the Huffington Post found that only eight percent of college students received the flu vaccine in the past year. According to an years and never got one. I think article from USA Today College published on Oct. 9, 2014, college students are at risk for contracting the flu due to various aspects the vaccine." of their lifestyles, such as having irregular schedules that lead to decreased sleep or poor nutrition. ity Weekly Report (MWWR), Additionally, socializing, attending class, and doing other activities where students are grouped together can cause the disease to spread quickly.

Kristen Gillette, Secretary of tiveness for ages 18-49, Bosne Department of Political Scimans said, "It is not unusual the Department of Political Science and Sociology and ardent for new seasonal flu viruses to supporter of the flu vaccine, said, appear each year as flu viruses "I think there are a few reasons are constantly changing. When students don't get shots - fear of shots, being too busy to take the they are said to be 'drifted' time to do it, and they think they viruses. In this seasonal influare young and healthy so if they enza, most of the Influenza A get the flu it won't be a big deal. (H3N2) viruses circulating so nity. The Nurse Practitioner as I think the awareness this year far this season are different or also seen individuals with in- about the ineffectiveness of the 'drifted' for the H3N2 vaccine fluenza-like illnesses as well. shot will cause even more people

hospitalized from the flu Rebecca Zidik, a senior comeach year, and anywhere from munication major, said, "I never

always said we didn't need it. We were healthy and had good immune systems growing up because of our sleep patterns, etc. So we rarely got sick. I just kept following that over the the shot is getting less effective because the disease is changing, becoming more resistant to

Bosmans summarized the CDC's Morbidity and Mortalwhich was published to inform the public of the vaccine's reduced effectiveness this season. Regarding the vaccine's approximate 23 percent effecviruses change in that way, virus component.

The flu vaccine typically

Flu shot continued on p. 2

Stormy Weather Buries Classes

BRIANNA MCCABE

Approximately 60 Monday night University classes that meet once a week have been cancelled due to inclement weather which has prevented, in some cases, students and faculty from beginning their courses; however, those classes were able to meet in most cases for the first time on Monday, Feb. 9 some 21 days into the spring semester.

According to Provost and Vice President for Academic Affairs Laura Moriarty, in an effort to be proactive, the University was closed on Monday, Jan. 26 at 1 pm, Monday, Feb. 2 at 3:45 pm, and all day on Tuesday, Jan. 27 as a result of inclement weather.

After the Office of the Registrar and Moriarty claimed that they couldn't specifically identify how many classes were affected by the shutdown, The Outlook conducted its own research and discovered that roughly 60 separate classes had not met as of Sunday, Feb.

Dr. Stephen Chapman, an assistant professor of political science, finds the cancellations of his graduate-level Research Methods class (PS-516-50HY) "quite stressful," yet understands the necessity for shutting down the campus. He said, "Professors spend many hours during winter and summer breaks designing syllabi and course materials; an example of one of the many unseen duties of an academic. When there is an interruption to the flow of the course, it throws everything off and we have to adapt."

The Provost explained that the key factors taken into consity due to weather-related scenarios include: advice from the Monmouth University Police

Department (MUPD) in their monitoring of weather reports; weather advisories distributed from the NJ State Police; conditions of both local and major roads leading to the campus; and activities and scheduling demands that might be impacted if the University is to be closed.

Patricia Swannack, Vice President for Administrative Services, added, "Depending on the specific situation we also identify what other colleges and universities are doing.

According to Moriarty, administrators responsible for deciding the closing of the University include: herself; Swannack; University President Paul Brown; and Mary Anne Nagy, Vice President for Student Life and Leadership Engagement.

Eric Szkodny, a senior history and education student who has yet to meet in his Interpersonal Communication class (CO-120-50), said, "It sucks to have skipped it twice in a row. We're going to be so far behind and we'll have to jam the class with information. My professor will have to go over things so quickly that we won't be able to take our time and really go in-depth with difficult subjects."

Lisa Allocco, an adjunct professor of communication who is restructuring her course schedule for Interpersonal Communication (CO-120-50), said that the nature of the class may change, but the overall activities won't be impacted. She said, "It'll be easy to reorganize the early stages of a semester. It's more of a challenge for me when a class is writing intensive or has multiple presentations planned, because the syllabus is a little sideration when weighing the more aggressive. I find it more options of closing the Univer- of balancing act if cancellations occur once the semester

Classes continued on p. 3

PHOTO TAKEN from thecathedral.org

Dr. Donald Hilliard Jr., an American preacher and the Senior Pastor of Cathedral International, discussed gender inequality, violence in America, and the changing family dynamic at the University.

"Searching for Signs of Hope"

DANIELLE SCHIPANI ASSOCIATE NEWS EDITOR

A crowd of approximately 40 University students and faculty gathered to hear Dr. Donald Hilliard Jr. discuss issues of gender inequality, violence in America, and the changing family dynamic at the "Searching for Signs of Hope" event in Wilson Hall on Tuesday Feb. 3. The event was the first of many events scheduled on campus to commemorate black history month.

violence is prevalent, especially

black on black violence.

"Let it be known that we also wrestle with black on black crime. African Americans are at the top of people who kill each other in Chicago, New York, and California," said Hilliard.

"After listening to Bishop Donald Hilliard speak, his words really hit home for me, especially when he mentioned black on black crime as one of our biggest issues," said Britney Wade, senior communication major.

"I live in a very urban and vi-Hilliard discussed the fact olent city so these are thoughts that we live in a society where and feelings that occur within me often," Wade continued.

The content of the event was based on one of his books, Stop the Funeral which "...is a call to action to rise above the present culture of death and destruction," according to his official website.

Hilliard discussed the importance of finding sources of hope. "I believe you can live many days without food or water but without hope, we are lost," said Hilliard. "We are trying to find some type of hope in an era of hopelessness."

"I think Monmouth students, like everyone else, have to find

Hope continued on p. 2

Flu Shot: Mismatching the Strain

Flu shot continued from p.1

fights two A strains, such as a high rate of illness. H1N1 and H3N2, and one less common B strain. This year's physical education profesvaccine proves effective against sor, said, "When the flu vacthe B strain; however, H3N2 viruses are the most prevalent strands this season, according because it makes it that much to the CDC. H3N2 viruses are more challenging to convince linked to more severe illness and mortality, especially since the CDC reported that approximately 70 percent of the H3N2 ting the flu by 61 percent." viruses have been drifted from the vaccine virus.

vaccine composition. Accordevery February to predict which you have to lose?' strands are most likely to appear in the upcoming season for national key indicators were elthe Northern Hemisphere and evated as of late December and then compiled into a vaccine about half of the country began to fight three or four strands. experiencing high flu activity, Furthermore, the CDC stated including New Jersey. Bosmans that drifted H3N2 strands were said, "The flu is expected to minimal when first uncovered; continue into the coming weeks. therefore, the World Health Or- The CDC continues to recomganization could not have pre- mend that unvaccinated people catching the flu."

would circulate and cause such

Jaime Myers, a health and cine doesn't perform as well as we hope, it is disheartening people to get vaccinated in the future. However, last year's vaccine reduced the risk of get-

You can never really know which flu strain will dominate The CDC explained that and the vaccine can reduce the drifted H3N2 viruses that are severity of the flu even if you circulating were not detected do get it, so it's always a good until late March 2014, which idea to get the flu vaccine," was after the World Health Or- continued Myers. "The vaccine ganization recommendations is also free under most insurhad been made for the 2014-15 ance plans because it falls under the 'preventive services' ing to the CDC, the data on cir- umbrella of the Affordable Care culating flu viruses is reviewed Act (Obamacare), so what do

According to the CDC, all

dicted that the drifted strands get vaccinated. It is important to understand that while some of the viruses spreading this season are different for those in the vaccine, the CDC promotes vaccination, can still provide protection, and help prevent serious flu complications.'

Sharon Stark, Coordinator of the Forensic Nursing Program and a nursing professor, said, "Additional tips for avoiding the flu and other respiratory infections include frequent handwashing with soap and water or antibacterial cleansers for at least 20 seconds. Avoid crowded places during cold and flu season; avoid those who are sick or have respiratory infections; stay home from work when you are sick; cover your nose and mouth when sneezing and coughing; do not shake hands, if unavoidable then wash them afterwards; avoid touching your mouth and nose; sanitize areas that are used by more than you such as phones, keyboards, door knobs, gym equipment, etc.; drink ample amounts of fluids, at least 64 ounces a day; eat a healthy diet and more protein rich foods; and get at least



PHOTO COURTESY of Kiera Lanni

After the recent discovery of the ineffectiveness of flu vaccines, people may reconsider getting their annual shot, although that is not advised by many health professionals.

Campus Discussion: Gender Equality and Family Dynamics

Hope continued from p.1

hope in their surroundings. You do not have to look far to find hope," said Nina Anderson, Director of the Office of Equity and Diversity at the University who attended the event.

Anderson expressed how Hilliard did an excellent job of explaining the loss of personal interactions between individuals in our generation and the effect that it has had. She also stated the ways in which university students can find hope on and off campus. "He gave the example of gathering to share meals and connecting with each other, which is something students can do. University students can also find hope in volunteering and working with those who are less fortunate or just need general assistance," said Anderson.

"The main message that I received from attending this event is that we should never lose hope," said Cecilia Henriques, a receptionist at the Counseling and Psychological Services Office who also briefly spoke at the event. "He expressed that moral darkness causes people to hate, but even in the midst of darkness there can be light, and light attracts everything," she continued.

Henriques offered insight on some ways students can find hope and support one another. "...just by showing the light of concern and care for our fellow man, even if it's over a cup of coffee or dinner listening to someone and letting them know we care, we can make a difference" she said.

Hilliard is a Bishop, painter, and professor, according to his official website. He was called in 1983 to pastorate the Second Baptist Church in Perth Amboy, are all one blood," said Hilliard. gether."

Hilliard described how he believes all people are universally united and should cooperate with one another to find peace. 'We may not always agree but we must always be agreeable."

Hilliard also brought some of his abstract paintings to the University, which was utilized during his lecture to explain how everyone has a different, unique point of view. "Everyone has a different eye. Everyone in this room sees something different. We can accomplish more, do more, bring change to the world."

"I hope MU students took away the concept of stepping outside of their comfort zone to experience something and someone new," Anderson continued.

Anderson explained the significance of being thoughtful and the positive effect it can

"Caring for one another within the community is very important. It can be expressed in many ways, even asking something as simple as, 'did you remember to lock your dorm room.' Don't ever think something is too small and that it will not make a difference or get noticed," explained Ander-

"Dr. Hilliard talked about what we can do as a University today to make a change. I hope the that Monmouth students got the message that they can make a difference by simply picking their heads up from their cell phones and laptops," said Henriques.

Hilliard closed by explaining how people need to see, feel, touch, speak, and reunite in order to put an end to violence in America. "We are often faced with issues that could be resolved if we would speak NJ. "What I have learned in my to each other... there is power 32 years of pastoring is that we in coming together, talking to-

Monmouth University's Center for the Arts Nominated in 2015 Jersey Arts Awards

PRESS RELEASE

Monmouth University's Center for the Arts has been nominated in the 2015 Discover Jersey Arts People's Choice Awards in the category for Favorite Small Performing Arts

The yearly awards program run by Discover Jersey Arts recognizes and honors the work of New Jersey's diverse arts organizations.

Discover Arts is a cosponsored project of the ArtPride New Jersey Foundation and press release. New Jersey State Council on the Arts, whose missions are to increase the participation and the state.

"The Center for the Arts is incredibly grateful for this nomination," said Vaune Peck,

"I've been wondering why we haven't been nominated [for Monmouth County,'

among 10 arts districts and 96 organizations also nominated for the yearly awards program, as stated in a University press

Nominees for the People's Choice Awards were selected through the Jersey Arts Marketers network.

The network is made up of numerous nonprofit art groups across the state, according to the

Anyone who appreciates art across the state are eligible to vote for their favorite NJ arts orbring awareness to the arts in ganizations in 16 different categories, as explained on the Jersey Arts website. Voting started Jan. 7 and goes up until Feb. 19..

"I'm so glad one of our patrons director of the Center for the found out about the awards and nominated us," said Peck.

"The thing is that most people who patronize commercial ven-

this award] for years now, I think ues don't realize what a gem we thetics of Pollak Theatre. "Pollak cial venue the quality of our

expressed what makes rows," Peck said. The Center for the Arts is the University's Center for the Arts deserving of this nomina-

> 'Our events are treated with the utmost respect for the artist, the art form, and the patrons," said Peck.

> "Serious art and music lovers appreciate the esthetics here; they can experience music, theatre and dance in a respectful environment that accentuates the art form," she continued.

To qualify as a small performing arts center, the theater must seat less than one thousand people, according to Discover Jersey Arts website.

Pollak Theatre is competing against seven other theaters, including the Alexander Kasser Theater at Montclair State University and the Stockton Performing Arts Center in Gallo-

Peck explains the unique aes-

we are the best kept secret in have here," she continued. theatre has 700 seats in only 20 programing is unmatched in

"There are no bad seats in the house and the high ceilings gives you the feeling that you are in a much larger venue, so you get intimacy with the illusion of a grander space," said Peck.

The awards program also includes an 'other' category, where voters can nominate a theater that isn't already listed.

The arts center is home to several different types of exhibitions, such as broadcasts of operas from the Met, or screenings of the Bolshoi Ballet on a 30' wide screen live in HD, as explained by Peck and several other broadcasts of live theatre events.

It also hosts gallery exhibitions in the Pollak Gallery, attached to

"We present over 100 amazing arts events every year attended by well over 28,000 patrons," said Peck.

"Since we are not a commer-

possible for thousands of NJ residents to access world class entertainment close to home," she said.

This is not the first time that the Center for the Arts has been recognized for an award. They received the 2012 Spinnaker Award for Arts and Culture from the Eastern Monmouth Area Chamber of Commerce due to its 'ongoing mission of education, enrichment, and dedication to the community,' according to the University's website.

The theater has also been honored by the NJ State Council for the Arts, and the Monmouth Country Arts Council.

The winners of the People's Choice Award will be announced and honored in March at the NJ Conference on Tourism at the Golden Nugget in Atlantic City.

University Closings Disrupt Monday Night Classes

Classes continued from p.1

is further underway."

In an email sent out to the campus community on Monday, Jan. 26 at approximately 11 am, Swannack said that add/drop week was extended until Thursday, Jan. 29 in order to accommodate for the initial cancellation of classes within the second week of the semester. When classes were cancelled again on the following Monday, the add/ drop extension was not continued. That means students who had never attended the class would not have an opportunity to remove themselves from the class, unless they chose to formally withdraw.

The Provost said that she understands that it could be unsettling for students who wanted to drop out of their class, but commented, "We're going to have to get the students to understand that they picked this class for some reason, so let's just stay with it as opposed to adding or get acquainted with students and dropping it. You just can't do

Alexa Burger, a junior communication student enrolled in online journalism (CO-333-50HY), said, "It is a little alarming not having met in class yet because now I am getting used to my schedule and workload, but it is a false impression since I still have to integrate a 'new' class into my routine... And I am nervous because... I do not have an option to drop without a 'W' on my transcript.'

Registrar Lynn Reynolds said, "We will review each student's concern on an individual basis."

However, it is unclear as to what options beyond the 'W' students might have.

Despite the disruptions that some students and faculty are facing this semester, Swannack said the University has had similar situations where students and faculty had to cope with the closing of the University, and in some cases, for a longer contiguous time period. Reflecting on Superstorm Sandy, Swannack said, "Students missed two weeks of classes [and in conjunction] with the faculty were able to make up the time. Our faculty is highly experienced and will not have difficulty dealing with the missed classes." She believes the faculty can arrange for material to be covered in a variety of ways other than physically meeting in the classroom, with alternatives including online activities and additional readings through

"It may take a little longer to vice versa, but I feel that once we get started, things should return to a normal atmosphere," said Chapman. "I am also shifting some of the hybrid weeks into actual class meetings to make up for lost time." He said he has contacted his students via email, but it is difficult to deliver an overarching message about a class on an individual level without any formal introductions.

Nagy agreed with Chapman and feels that the cancelled classes will function normally once a routine is established and both students and faculty find a



In an effort to be proactive the University has closed down, both in part and entirely, on three seperate occassions due to weather-related scenarios. As a result, approximately 60 Monday night weekly classes have not met as of Sunday, Feb. 8.

sense of comfort. Although she although it was a pretty late call feels it is unfortunate that the weather did not favor Monday night classes, she said, "The last thing anyone wants to do is to cancel or delay the start of classes so this is a decision we take very seriously. We weigh all the factors and want to keep at the forefront the health and safety of our students, faculty, staff and other employees." Nagy feels that the University properly uses the available data in order to make an informed decision as a response to the forecast – which she believes can be both predictable and unpredictable.

"The University has made decisions pretty quickly this year,

on Monday, Feb. 2 because the roads were terrible at 3:45 when classes were dismissed. All in all, though, I am happy with the University's concern for the students," said Szkodny.

Moriarty warns students that just because the campus is open, as it was on Feb. 2, students don't need to feel pressured to attend class if they don't feel comfortable driving. "If the weather doesn't permit for [travel] in your area, be reasonable. Talk to your professors, they are there for you," she assured.

professors and students alike. Students are under pressure to

perform well in class, and professors are under pressure to deliver a thoughtful and thorough course," said Chapman. "I believe we will be able to accomplish the duties in our respective roles despite the somewhat shortened semester.'

Allocco concurred, "The University, as a learning institution, has a responsibility to maintain the integrity of the education it's providing. This means that if a number of classes are cancelled in a given semester, faculty and students need to be creative and flexible in their efforts to meet "The situation is tough for the course objectives, so the quality of the education isn't called into question."

invaluable in education. Being

able to gain skills with various

machinery makes Monmouth

Urban Coast Institute Receives \$1.6 Million Grant

JAMILAH MCMILLAN

The University's Urban Coast Institute (UCI) received a grant of \$1.6 million from The Gordon and Betty Moore Foundation supporting their work on the Mid-Atlantic Data Portal in late

The Director of the UCI, Tony MacDonald, said, "UCI works with the academic and local communities, and other partners to inform ocean policy and management decisions using the best information available."

"One of UCI's goals is to monitor the expertise of the University and our partners to have a real impact, not only in the lives of our students, but also outside the ivy walls of the University," MacDonald continued. "While Monmouth is not a major ocean research institution, with the UCI we have established a role to play in tapping into the research to focus our efforts on advancing good ocean policy."

The Mid-Atlantic Ocean Data Portal is an intricate program run by the UCI and its partners, along with the joint collabora- Data Portal is an important retion of states all along the Mid-Atlantic region.

It is an online platform that centralizes data, allowing state, federal, local users, and stakeholders to visualize, and analyze the ocean through state-of-the art mapping and visualization Foundation is one of the countechnology, according to the try's top 10 largest grant donors. Mid-Atlantic Ocean Data Portal's official website.

"The generous grant from the Gordon and Betty Moore ideas. Foundation provides funding

partner institutions on the Mid-Atlantic Ocean Data Portal. The outcomes of the research are important to shaping science-based public policy, which is one of the core strengths of our Urban Coast Institute," said University President Paul R. Brown.

"For Monmouth University, resources and our interdisciplin-

for direct research efforts with Gordon and Betty Moore. The \$5 million challenge grant. This to get real world experience are organization has a long interest in ocean planning and marine conservation, in many parts of North America.

> However, before their most recent donation to the UCI, never had they aided a Mid-Atlantic

MacDonald said, "At the the grant will strengthen our same time we were discussing our previous work that we had

meant that \$3 million would be given to the UCI for their work from an anonymous donor if they were capable of raising the other \$2 million by the end of December 2014. The UCI was successful at accomplishing this challenge. Combining this grant, with the newly earned \$1.6 million from The Gordon and Betty Moore foundation the ary efforts as a leader in coastal been doing with the [Gordon UCI and its partners are able policy. The Mid-Atlantic Ocean and Betty Moore] Foundation, to improve their programs, and

students more marketable, and more prepared for the road ahead," continued MacDonald. "Since joining us, President Brown makes a point to say that we are trying to prepare our students for the future, and I think Monmouth and programs like the UCI are doing just that," said Mara Cige, a marine and environmental biology and policy

> She worked with UCI as part of the Monmouth Summer Research Program under Marine Scientist, James Nickels and was also a recipient of the H Lynn Sculthorpe research grant.

The UCI was founded in 2005. It was established to support the management and conservation of coastal and ocean resources, as well as the development of sustainable coastal communi-

The UCI, however, will not be the only organization benefiting from this generous donation. Numerous associations collaborate with the UCI, including Rutgers University's Edward J. Bloustein School and Center for Remote Sensing and Spatial Analysis, The Nature Conservancy, Point 97, and the The University of Delaware's Gerard J. Mangone Center for Marine Policy, and Ecotrust.

These institutions and organizations also hold the support of the Mid-Atlantic Regional Council, a group representing the Governors of the five Mid-"Opportunities for students Atlantic states from NY to VA.

"For Monmouth University, the grant will strengthen our resources and our interdisciplinary efforts as a leader in coastal policy. The Mid-Atlantic Ocean Data Portal is an important regional resource, and the grant ensures that the University will continue to play an important role in the ongoing conversation about coastal resilience."

> DR. PAUL BROWN **University President**

gional resource, and the grant ensures that the University will continue to play an important role in the ongoing conversation about coastal resilience." Brown continued.

The Gordon and Betty Moore It is an organization committed to making positive impacts on society by supporting bold

It was founded in 2008 by ban Coast Initiative received a

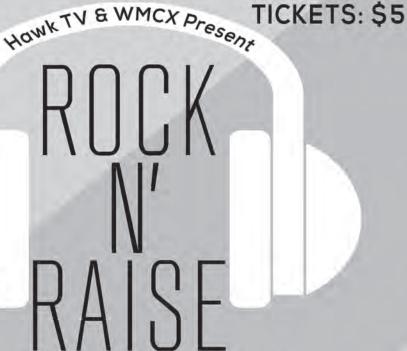
the Obama Administration committed federal agencies to focus their efforts over the next two years in working with the states and groups like ours in the Mid-Atlantic, and New England areas to complete regional ocean

"Fortunately, the Foundation appreciated what we are trying to do and determined that it was worthy of additional support," said MacDonald.

In 2014, the University's Ur-

continue their efforts to create a state of the art ocean information platform, as stated in an article published in The Outlook on October 1, 2014.

"This generous grant, along with the recently successful \$5 million fundraising campaign for the Marine Science and Policy Initiative solidifies our place as an emerging coastal and ocean policy center that will create many opportunities in the future," said MacDonald.



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Students will be able to self-register using the WEBregistration component of WEBadvisor. Students who have not yet obtained advisor approval will need to register in-person at the Registrar's Office.

Full details are listed in the information and instructions e-mailed to your MU e-mail account.

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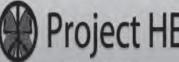
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The Student Alumni Association's PHIL THE PIG Campaign

Fill your pig and build your class bank account?

Step 1: Pick up a piggy bank now! Piggy banks are available Monday-Friday from 9am-5pm in the Alumni House.

Step 2: FILL YOUR PIG WITH DONATIONS!

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Why should you feed your pig??

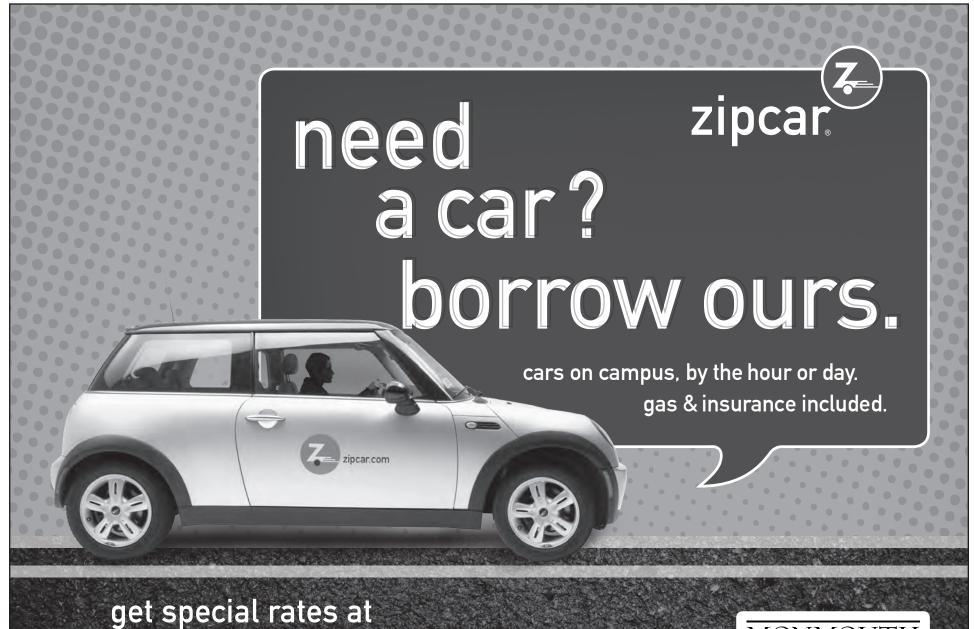
ALL money raised will go directly into your class' bank account so you are able to purchase a spectacular Senior gift and leave your legacy on campus!

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Snow Cancellations: Better to be Safe than Sorry

THE *OUTLOOK* STAFF

The start of the semester comes hand-in-hand with the brunt of winter. After a month home, students return from winter break with a fresh semester to look forward to; but there is one problem – treacherous weather conditions are at their peak when students return to Monmouth.

Last year's spring semester started off quite similarly to this year's. Snow hit the ground right away the second week back, leaving cancellations late Monday into Tuesday. Last week's second snowstorm brought cancellations for late Monday classes yet again. Especially in comparison to last year, *The Outlook* feels the University has been proactive by making early calls for cancellations to be in the best interest of safe traveling for students and

Since the weather is changeable, one editor pointed out the reason for Monmouth to consider snow cancellations: "NJ is known for being a flat state and our school's location is right on the shore so many people have shore cars like mustangs, PT cruisers, and VW bugs. MU has to take in the fact that we are not equipped for rough weather into consideration and also, that a lot of people will be driving over 15 minutes to school which may cause accidents during a snow

fall."

While meteorologists try their best to predict large snowstorms ahead of time, the exact weather patterns will usually remain rather uncertain. For example, the blizzard predicted the final week of January did not hit as hard as expected in many areas. "With the blizzard, the University decided to cancel before the storm arrived. This was a smart decision because it allowed students to make appropriate arrangements and for professors to adjust their classes accordingly," another editor said.

If the University did not call off classes so far in advance, complaints would have certainly been made. All of the editors recall last spring semester's snow when an 8:30 am class was only notified 15 minutes before class that the University would close.

"I remember last year the cancellations were not soon enough. I was about to go to my rock n' roll class and the snow and ice were so bad that my car was sliding and I could not make it. My dad had to come to pick me up," an editor recalled.

This instance from the previous year was certainly considered unacceptable by many of those commuting from a far distance – but students are aware that it weather can be both a predictable and unpredictable element, so it can be difficult for the University

to justly make an appropriate call.

As one editor pointed out, "It's a hard call because sometimes the weather changes at the last minute, but I feel like students should be notified at least an hour before their class was supposed to take place to account for commute."

Since Monmouth is such a commuter-based school, putting safety first can be seen as worth a few class cancellations. Even if snowfall totals are not drastic inches-wise, the problem can come after the snow. Flash freezing is a weather phenomenon where previous slush and rain will freeze over when temperatures drop, according to an article published in *Fox News* on Feb. 3, 2015. This makes for icy roads and an awfully dangerous commute.

According to one editor, "If the roads are in a condition that you have to drive 2 - 5 mph in order to avoid swerving on a huge patch of ice, then I think that is when the University should cancel classes. They didn't necessarily do that in the past, but this year, they have been pretty spot-on and it's truly appreciated."

As we learned on Groundhog's Day, we can expect another six weeks of winter. If heavy snowfall is in the future, *The Outlook* can count on the University to make closing decisions in the best interest of the safety of the commuter.



"... And finally, I'd like to thank money."

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Why Being In Love Can Be So Damn Stressful, But So Damn Worth It

BRIANNA MCCABE

I don't know about you, but my idea of being in love has always been painted by those sappy romcoms featuring Ryan Gosling, Gerard Butler, and Leonardo Di-Caprio. I always imagined being constantly showered with love, flowers, chocolates, and gifts and being told that if I was a bird, he was a bird, a la *The Notebook*.

I always pictured that I'd constantly be bombarded with so many love notes that, eventually, I'd have enough to wallpaper our entire house together, paralleling Butler's love in *P.S. I Love You*.

I envisioned that if we were on a sinking cruise ship, I'd get the final chunk of floating door frame, sprawl across it, and would eventually find my way to safety all in part due to my completely selfless hunk of a DiCaprio-esque man, just like in *Titanic*.

But that vision of love is a tad unrealistic. It is flawed which is why I curse movie directors and producers every single day for tainting my idea of love. Love is never as smooth and lovely and rainbow-y and unicorn-y as it is painted in the movies; but once you overcome the obstacles, it is the grandest of all prizes that one can possibly win.

You see, going from being single to being in a relationship is a life-altering transition, and only

this Hunger Games arena of love "May the odds be ever in your favor." You have to channel your inner Katniss Everdeen and really fight for what you love, and who you love.

You go from completely focusing on yourself from an independent perspective, to now being totally submerged in a partnership.

You have to now become selfless. You have to now become open. You have to now think in terms of not "I" anymore, but as a "we" and an "us."

It's almost as if you're thrown into take on the world together – one your hands. laugh and smirk at a time.

> Sometimes, as stated before, obstacles tend cause a bit of a hiccup in the relationship. For instance, you may not always totally see eye-to-eye on certain things. In other scenarios, your partner may have certain goals that may put a tamper on the relationship - such as moving away to another state for school-related purposes. In other words, a relationship is and never will be perfect.

So again, thank the movie producers and/or Nicholas Sparks'

With that, you allow yourself to experience happiness like never before, due in part to having someone there to fill a void in your heart that you never once imagined you had the possibility of getting filled. You finally allow yourself to meet the person that you have been searching, scratch that, *longing* for.

This pure bliss makes every stress-related headache worth it.

Every single time my partner touches me or speaks to me it is like an explosion of every spec-

challenge you're currently facing, and you're going to want to shrug your head below your shoulders and sigh. But fight for it. Fight for what you love. Fight for your partner, your other half. Then, and only then, will you allow yourself to become elevated and completely intoxicated with all of these chemicals flying around in the air that makes you feel this indescribable feeling of euphoria.

As the Holy Bible of all romance novels, *The Notebook*, once stated, 'So it's not gonna be easy. It's going to be really hard; we're gonna have to work at this everyday. But I want to do that because I want you. I want all of you, forever, everyday. You and me... everyday."

Your partner may not be the perfect Ryan Gosling, Gerard Butler, or Leonardo DiCaprio of the dating realm, but that's quite alright. Because if you look past the hardships, you learn that your partner can be perfectly imperfect.

The way those women felt in those movies is nothing compared to how my partner makes me feel. This feeling, this jubilant feeling of ecstasy that makes my whole body glow, and makes it feel as if all concepts of the physical world are stopped when I'm with him, and the only thing remaining is this divine connection between our two souls – is something that those actresses should envy, and something that those movie producers could never capture on

You have to now become selfless. You have to now become open. You have to now think in terms of not "I" anymore, but as a "we" and an "us."

Being in a relationship, I now not only worry about my own personal happiness, but my partner's. Essentially, I'm not truly happy until I see that huge, glistening smile painted across my lover's face. I now consider my partner when weighing huge life decisions, because, as you know, a partner shares these experiences with you.

I now constantly find myself wondering how he's doing, hoping he's having a great day, and wishing that he could be right beside me throughout the day, intertwinthe most dedicated will survive. ing his hand in mine, in order to

and John Green's of the world for warping this idea of perfection in your minds. The perfect, alwayshappy, never-fighting, everythingis-smiley-faces fantasy is just that, a fantasy.

But that's the beauty of love. You overcome those obstacles, and once you do, you love that much harder. You realize that there may be differences, and sometimes, it may seem as if the universe is throwing every curveball at you; but once you smack a home-run off of it, together, as a team, you really are unstoppable. The world, as you know it, is in the palm of

tacular feeling known to man.

Every single time my partner glances my way, it's like a blind man admiring the sun for the first time - he's utterly mesmerized and in awe. The way his eyes gently pierce into my inner-self, giving me confidence in every arena that I once saw flawed and damaged, is truly beautiful and breathtaking.

And with that alone, every doubt that I ever had, every vulnerability that I've ever worried about, is instantly washed away.

So yes, there will be days where you feel like you don't know how you are going to get past whatever

Grades vs. Experience

KATHERINE JAFFE

What if everything you have done thus far in life suddenly didn't matter anymore? What if someone told you, your college GPA and all of the classes you took amounted to absolutely nothing? What then?

It is up for debate that the grades you get in college actually matter in the real world. It's great to have the satisfaction of being rewarded with excellent grades for schoolwork, but what about what you do outside of school? What if you're so focused on your grades that

the four main reasons why your grades will not matter after college are discussed. One of the reasons is "grade inflation" making your GPA worth less than it actually is. The article points out that those select 4.0 students are not entirely uncommon. There are other schools with other students fact, there are whole schools of attest to this. I have gotten average people who consistently get great grades on assignments that I have grades. It is because of this that grades become less valuable.

Huffington Post argues in "Why Grades Don't Really Matter That Much After All," that grades have an effect on one's self-esteem. They suggest that people are so focused on getting that top mark that students aren't realizing that they're getting something out of just taking the class. Regardless of the grade they get, it is more about the content they absorbed and how they can apply it in the real world.

petitor has only taken a class on this very specific skill, got an A, but has never had any out of class experience with this skill. Who's getting hired? The one with the real life experience or the one whose only learned about it in school?

Chances are, if you have the experience, there's a likely possibility you'll get the job. Just because someone has done well in a classroom with something, does not necessarily mean it has significance. The same thing also applies for someone who hasn't done well in a class especially when it

Everyone's opinions are different when it comes to the way someone writes and unfortunately this is not something for the better. Someone could do extremely well with their class writing assignments and put them in a portfolio, but what happens when the person trying to hire you hates it? "A" work to one person may not be "A" work for someone else. From who also happen to do well. In my own personal experience, I can shown to others and couldn't comprehend why I received the grade I did. I never have an answer to that

It is worth more to be happy with your own work because it's something you should be proud of. If you don't do well on something solely because it wasn't done the way someone else wanted, that's nothing to be upset about. If you're confident enough in the work you do, someone will appreciate that, but that's not something grades teach you in college.

Grades do not define a person by any means. Sure, it's okay to be excited about making the Dean's List, but it shouldn't be the thing that makes you special. There are so many other talents and skills to have other than being able to get the best grades. It is more important to focus on going through real life experiences than worrying about memorizing information for

Disney Princesses Prove Valid Life Lessons **KELLY COFFEY** equally. She does not let anyone STAFF WRITER decide her own fate and future. She

magic carpets, finding true love, and of course, happy endings are what fairy tales are all about, but is this the only element of Disney movies? Many see Disney films as "just a fairy tale" and "impossible" but what if there is a deeper meaning to Disney princess stories?

Glass slippers, fairy godmothers,

What if Disney princesses inspire those watching them?

To begin, Cinderella, as everyone knows, is about a young girl who loses her father at a young age and ends up being forced to live with her stepfamily. Her stepmother and stepsisters are very unloving, bossy, and cold hearted. Cinderella is treated very unfairly, being forced to do her stepfamily's laundry, cooking, cleaning, and all of their other chores. One of the many lessons from Disney's Cinderella is to choose to remain kind and thoughtful. Instead of returning evil with really counts. On the outside, Beast evil, Cinderella chooses to be kind is hideous, intimidating, mean, and and thoughtful, even with the way she was being treated. Cinderella chance and takes the time to get to teaches viewers to remain acting kind and appropriately even if one ner beauty. Belle sees that Beast is is surrounded by evil and unfair be-

Another lesson that can be taught by Disney's Cinderella is to never give up and to hold onto your hope and dreams. Cinderella was forced to grow up in poverty while her stepfamily lived in riches. This story teaches viewers to enjoy the simple things in life. Cinderella never gave up hope and always had an optimistic attitude; Cinderella got her happy ending by holding onto hope. This teaches viewers that if you set your mind to something and never give up, one can achieve their goals and have their own happy ending.

Aladdin tells the story of a young princess, Jasmine, who is being forced to get married by the age of sixteen. Jasmine only has a few days left to find a suitor to marry. She feels this is unfair and decides to run away. Jasmine is a wonderful role model for viewers. Jasmine knows she deserves to be treated

push her around and she wants to wants to be herself and wants to decide for herself. Jasmine teaches viewers to stand up for themselves, to believe in oneself, and that everyone deserves to be treated equally.

Beauty and the Beast is another classic Disney movie that teaches viewers a few life lessons. Belle is forced to live with the hideous beast in his castle in order for her father to be free. The first life lesson to be taught by Belle is to put others before yourself. Belle gives up her entire life in order for her father to be freed from the Beast. Belle does not want to see her father suffer and would rather herself be trapped if it means her father is free. Belle teaches viewers to not be selfish and to put other before yourself.

Another life lesson from Disney's Beauty and the Beast is to look beyond what you can see. Belle teaches viewers that it's on the inside that scary, but once Belle gives him a know the true Beast, she sees his inreally kind and gentle. Belle shows the audience that if one looks past the outside, one can find someone's inner beauty. It is not what's on the outside. but what's on the inside that truly matters.

In 1989, The Walt Disney Studios released The Little Mermaid and thus, introduced one of the most beloved princesses to the world. The 16-year-old princess Ariel is the youngest daughter of King Triton, ruler of the seven seas. She disobeys her father, goes to a foreign land with nothing to help her get by, and eventually abandons her entire family for her "true love." While it may seem like she would be an unlikely role model, she embodies many noble characteristics that everyone should posses. Ariel has no fear and leaves the only world she knows for a world full of adventure. She has courage and follows what she believes is best, no matter the consequences.

A lesson learned from Ariel is to be open to new ideas. Ariel's seagull friend, Scuttle, believes he knows how every human object is used. For example, what he refers to as a "dinglehopper" is really just a common household fork. Scuttle says the object is to fashion one's hair, something we all know is not true. Upon Ariel's arrival at Prince Eric's palace, she is taught that the object is actually used to eat food. If Ariel was closed minded, she probably would have refused to eat the food with the object and instead, use it as a brush.

Last but not least, Disney's Tangled takes us into the life of Rapunzel, who has been trapped in a tower for 18 years under Mother Gothel. Mother Gothel tells Rapunzel all types of crazy stories about what life is like outside of the tower. She convinces Rapunzel that she must remain in the tower for the rest of her life in order to stay safe. Mother Gothel leaves Rapunzel in the tower alone. Now was the chance for Rapunzel to sneak away from the tower to see the floating lanterns that she's always dreamed of seeing. Rapunzel was terrified to leave the tower thanks to Mother Gothel's stories, but she overcame her fears and followed her dreams. Rapunzel left the tower and it was the best thing she could have done. Not only did she finally get to see the floating lanterns, but she found her real parents and found true love along the way. Rapunzel teaches viewers to follow your heart and to overcome your fears.

These are just a few of the life lessons found in Disney princess movies. Although fairy tales seem only to be about finding true love and having happy endings, there is much more to it. The Disney princess stories have several life lessons throughout them that can teach an audience much more than just how to have a happy ending. Follow your heart, hold onto home, don't give up and believe in yourself are all life lessons taught to us by the Disney princesses. In the words of Cinderella, "A dream is a wish that you make with your heart," so dream on. there's no time for an internship? In an article from USA Today,

Also in this place called "the real world," there are people out there looking to hire college students. These same people want to hire someone who knows exactly what they're doing. Now, let's say that the employer is looking for a specific skill that you weren't able to take a class in because of scheduling reasons, but you learned all about that same skill through doing an internship. In this same hypothetical situation, your com-

'Make Fun of Me, Will You?' Satire in Politics

JASMINE RAMOS

When the question of freedom of speech arose worldwide after the Charlie Hedbo incident, the use of satire was scrutinized as well. Does satire still serve the same purpose it has in the past, and what are the limits of using satirical humor and being offensive?

Implied in the US Constitution's First Amendment are the freedoms to exaggerate, manipulate and to grandstand, which is the definition of satire. Satire is often used to mock political or social figures, movements or organizations through sarcasm, ridicule or irony. It has been used to generate political or social change, and bring awareness to an issue. It most commonly takes the form of mocking politicians.

One of the first political cartoons was created by Benjamin Franklin, a founding father, and was later transformed into the famous colonial battle flag with the legendary saying "Don't Tread on Me."

Throughout the years, satire has been a transformative medium, such as through cartoon depictions and television. However, according to Tim Parks of The New York Review, the expansion of technology throughout households and communities worldwide, the mixing of cultures and globalization has made satire more problematic.

Parks continued by questioning, "Now that the whole world is my neighbor, my immediate Internet neighbor, do I make any concessions at all, or do I uphold all costs? And again, is a culture that takes mortal offense is mocked a second-rate culture that needs to be dragged kicking and screaming into the twentyfirst century, my twenty-firstcentury that is?"

Dr. Michael Phillips-Anderson, associate professor of com- offensive to Catholics, offensive munication and instructor of a to feminists, offensive to the class on humor, said, "Satire right and to the left, while beserves an important role as it ing aligned with it — offensive allows for a critique of power to everybody, equally. The right that can be more palatable to the to mock and to blaspheme and to public. When you use humor it make religions and politicians



IMAGE TAKEN from marvel.com

Amazing Spiderman #573 embraced a satirical cover, featuring Colbert saving the "Friendly Neighborhood Spider-Man."

the ancient tradition of satire at down their defenses and listen to the magazine held dear, and it is a new perspective."

Adam Gopnik of The New when an image it holds sacred Yorker explained in a Jan. 19 article that Charlie Hebdo made fun of everyone there was to ridicule, and did not single anyone

> "The magazine was offensive to Jews, offensive to Muslims.

what its cartoonists were killed - and we diminish their sacrifice if we give their actions shelter in another kind of piety or make them seem too noble, when what they pursued was the joy of ignobility."

Satire has become a huge success and an important part of American culture today. Television shows such as The Daily Show, The Colbert Report, South Park and "Weekend Update" on Saturday Night Live have been watched for years by the American public and from time to time, impact or a lot of controversy.

Dr. Gregory Bordelon, lecturer of political science, explained the freedom of using satire in America. "Satire, the Court has said many times over (interestingly enough, in a case in 1994 involving rap artists 2 Live Crew making a parody of Roy Orbison's "Pretty Woman"), can be considered a valued form of political expression, and the government's hands are tied in trying to suppress it. Could they? Sure, but only for the most compelling reasons and in a fashion that is narrowly tailored."

Jon Stewart from The Daily Show and Stephen Colbert from The Colbert Report have been mixing politics and humor over the past decade and have had a major impact on younger generations. In 2010, the Pew Research Center for the People and the Press released its survey on news consumption, revealing that, "In terms of age, The Colbert Report (80 percent), The Daily Show (74 percent) and The New York Times (67 percent) have the biggest percentage of viewers and readers in the coveted 18-49-year-old demographic." The humorbased context has proven to be very effective with the younger demographics, avidly allowing them to stay informed.

push the envelopes on cultural issues until controversy takes place.

In season ten of South Park, the creators of the show featured a plot in which a network was debating whether or not an animated television series was going to show an animated version of the Prophet Muhammad. One of the characters convinced the network to show the image uncensored, echoing the creators' thoughts regarding what should or should not be censored. They believed that if they were to "make fun" of any religions, it should be all or none. Comedy Central refused to broadcast the image of the prophet by blocking that segment of the episode. The creators of South Park received various letters of complaint and even death threats.

Others have thought that the use of political satire is "dumbmight help your audience put ... all look ridiculous was what are able to cause either a great ing down the regular politics" fects in the world."

and "creating a more cynical public," as Chuck Todd said in an episode of Meet the Press. Lewis Black, a comedian and a correspondent to The Daily Show said, "We are living on the corner where satire and reality intersect." The way we have gotten to this place, he believes, is because of the constant appearance of the news in social media and cable. "You watch these people over and over again saying the same thing, the third time you hear it, you're laughing at them."

Laura Krafft, a staff writer for The Colbert Report, explained that the reason why political satire has become so popular is because "you feel like you trust a comedian more than you would trust maybe somebody who's a member of the media who's been fed information for different reasons from different political groups."

Taylor Buttaro, a sophomore majoring in biology, explained why she enjoys satirical comedy. "Because of [shows that involve satirical comedy], I do find myself more interested in politics. The way they present what is going on is more relatable than non-satirical news stations. When I watch them I feel like I'm being talked down to."

"For this generation we enjoy Some shows, however, tend to the humor because it intrigues us so that we want to be more educated about current events. In this day in age, we have a need to have all the information at once, and if it takes too long to get it, we stop caring. The humorous and satirical shows are shorter and present the information in a way that keeps you interested the whole time," said Buttaro.

In contrast to the recent attacks on Charlie Hebdo, Phillips-Anderson said, "They had every right to publish what they did, but that doesn't mean it was effective satire. There is no way to say that the attack could or should have been avoided by Charlie Hebdo. Other people chose to use violence as a means of persuasion. You cannot make an equivalency between violence and satire, but it would be naïve to argue that satire, like any discourse, is an instrument of power and can have real ef-

Cuba's First Catholic Church Since Communist Reform

BRANDON JOHNSON

The village of Sandino in Western Cuba has plans to first Roman Catholic Church within the state since 1959.

Following the expulsion of the Batista regime by rebels led by Fidel Castro, Cuba assumed a role as a socialist state, which later transitioned into the Communist Party in 1965, according to BBC.

many are considering whether this signals a change for the island nation. Dr. Kenneth Mitchell, an associate professor of political science, is skeptical of what the Sandino church's construction means for Cuba.

"Catholicism post-Cuban Revcase in which the Marxist gov-

the Cuban people. Cuba is a highly radical right-wing and radical after the Revolution," said Mitch-

According to the Christian make history, as the munici- Post, Pedro Rodriguez, Execupality is scheduled to build the tive Director for the Foundation for Human Rights in Cuba, echoed these sentiments, believing this is "a public relations scam directed to project Raul Castro as a true reformer."

Dr. George Gonzalez, an assistant professor of philosophy, religion and interdisciplinary studies, stressed the importance With the approval of the Gov- of how the church's construction ernment to build this church, is framed. "While we might be tempted to frame the situation as one of religion 'coming back' to Cuba, the truth is that it never really left. There is always a disconnect between official policy and popular practice," said Gon-

Thus, separation of religion olution (1959) has always been a and politics before and after the Cuban Revolution is not as clear ernment permits some space to cut as many depict it. "There are

Catholic nation, both before and left-wing constituencies inside the Church, said Mitchell, as with any other institution, and as such the Sandino church's construction may not be as notable as it seems.

Additionally, while the efforts to build this house of worship are positive for the Cuban community, they are not necessarily indicative of improving US-Cuban relations. "Until the actual USA embargo is lifted, the basic structure of USA-Cuban relations remains in place," added

Succinctly stated by Gonzalez, "History reminds us that the entanglements between religion and the state have always been much messier and complicated than the official accounts of state and church institutions have cared to admit."

Mitchell reiterated, Catholic Church in the context of post-WWII Latin America is a complicated subject."



IMAGE TAKEN from trip-suggest.co

The rural town of Sandino is set to house the first Catholic Church built in Cuba since 1959.

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It's WORTH A TRIP TO "The Grand Budapest Hotel"

BRIDGET NOCERA CONTRIBUTING WRITER

In a sea of dramas and biopics this Oscar season, one film stands out so obviously that it cannot be missed. The Grand Budapest Hotel, directed by Wes Anderson and starring Ralph Fiennes, Tony Revolori, Saoirse Ronan, Adrien Brody, and many more, is truly a comedy, drama, mystery, and thriller wrapped in one package. But despite what sounds like a wild tone, The Grand Budapest Hotel is completely entertaining and incredibly fun to watch.

cal caper, but the many twists and as Agatha, but also sweet and caring turns make it seem fresh and original. And make no mistake, despite a seemingly simple story, the film is undeniably strange, almost to the point of fantasy, much like many of Anderson's previous films like Moonrise Kingdom and Fantastic Mr. Fox. Anderson's quirky nature is what makes a movie like this stand out without becoming cheesy or silly. The director's typical fast paced action and dialogue also keep the film from becoming boring.

The characters and actors of The Grand Budapest Hotel are the

all in one. Finally, actors like Adrien Brody, as Madame D's vindictive son Dmitri, Willem Dafoe, as the family bodyguard Jopling, and Edward Norton, as a police chief trying to hunt the murderer down, add even more variety to the eclectic cast of characters.

While many films leave the audience just thinking about the story and characters afterward, it's hard to forget about the visuals of The Grand Budapest Hotel, even after it is long over. Cinematographer Robert D. Yeoman brings the lush,



"The Grand Budapest Hotel" is nominated for Best Picture, Best Director, Best Original Screenplay, Cinematography, Costume/Production Design, Film Editing, Makeup/Hairstyling, and Original Score.

acters and timelines, but our main protagonist is Zero Moustafa (Tony Revolori), the new lobby boy at the extravagant Grand Budapest Hotel. As he learns the ropes, he forms a bond with his eccentric mentor and famed concierge of the hotel, Gustave H (Ralph Fiennes). When wealthy guest Madame D (Tilda Swinton) is murdered, not only is Gustave accused of the crime, but he also has to face the wrath of Madame D's greedy family after she bequeaths her fortune to him.

The entire plot of *The Grand Bu*dapest Hotel can be seen as a typi-

The film follows a myriad of charmain draw in this film. Newcomer Revolori is charming as Zero, and he really holds his own in a cast of mainly A-list actors. His chemistry with Fiennes is also spot on, making the friendship that blooms between Zero and Gustave H very believable and heartfelt. Fiennes, in a role unlike any of his others, is hilarious and over the top as Gustave H. Despite Gustave being a standoffish character, Fiennes has the ability to make the audience root for him.

Another great performance comes from Saoirse Ronan as Zero's reliable and clever girlfriend, Agatha. Ronan is not only tough and brave vibrant Grand Budapest Hotel to life on screen. Every shot is perfectly crafted, and the scenery is beautiful in every setting. Anderson also has an obvious affinity for symmetry, which is amusing to see throughout the film.

The 2015 Oscar competition is definitely a stiff one, but the film was able rack up an impressive nine nominations and become one of the most nominated films this year. Whether The Grand Budapest Hotel goes home with any trophies on Feb. 22, it is an excellent, incredibly fun film that should absolutely not be missed by anyone.

LA THEATRE WORKS PERFORMS "IN THE HEAT OF THE NIGHT"

L.A. Theatre Works performed In the Heat of the Night at Monmouth University's Pollak Theatre on Thursday, Feb. 5.

The play tells the story of a colored detective named Virgil Tibbs from Pasadena, CA, working on a murder case in Montgomery, AL, with the Chief of police and his officers.

In the 1960's, those of color were not respected or viewed as an educated race, and as the audience we were able to witness this throughout the series of events. Although Mr. Tibbs is a man of intelligence, he is constantly overlooked because of his color and is angered by the idea that authority figures of equivalent government position were belittling him. Towards the middle of the play, the Chief and the officers of Montgomery form an exceptional partnership with Mr. Tibbs, and although it was not accepted by their people, they respected him for his character.

With hopes of delivering a strong message to the audience about individual rights and disa scene parallel to the opening to the next person.

of the show. In the beginning of the play, Mr. Tibbs holds out his hand to Chief Gillespie, hoping he would return the gesture and shake hands, but the Chief refuses and proceedes with his lecture. In the last scene, Tibbs is waiting for his train to return home and hopes to shake hands with Chief Gillespie. Once again, the Chief refuses and walks away, leaving Tibbs with his last goodbye.

During a Q&A with the director and actors, an audience member asked why the director ended the show with the Chief still refusing to shake hands with Tibbs. The director explained that towards the beginning of their tour, the Chief shook hands with Tibbs in the final scene, but some time ago he had changed his mind. His reasoning was that if he had kept the hand shake, then this would mean that discrimination is dead and absent in our society, but that is not the case. Discrimination is still very real and alive whether you are there to see it or not.

In the Heat of the Night was a phenomenal production that sent a great message to our student body about issues that we still deal with today. Although discrimination may not be happencrimination, the play ends with ing to you, it can be happening



IMAGE TAKEN from pas.appstate.edu

Students in attendance participated in a Q&A with the director and actors after watching the play.

"STILL ALICE" IS A MEMORABLE MASTERPIECE

KASSANDRA HAGEN CONTRIBUTING WRITER

plays Alice with perfection (Alec Baldwin) go to bed, she to believe this, John gets upset children's names, her favor- mend the casting directors for and the natural realistic traits ite frozen yogurt, where she is their spot on choice. of someone with early onset Alzheimer's that it seems as if Moore and Alice are one. Moore's performance, if I had to sum it up in three words, made the film thoughtful, touching, and inspirational.

The main focus of the movie is Alice Howland; she is a linguistics professor at the University of Columbia and is known by her colleagues and students as one of the best. She lives in a beautiful house with her loving husband and has three grown children. She is about to be a grandparent to a set of twins, and life seems to be going her way until she is diagnosed with early onset Alzheimer's.

Alice notices something is wrong when she forgets the simplest things that came easily to her before. The horrifying turnis going for a run on campus Actress category.

and all of a sudden she stops for wakes him up because she is and tells Alice that it's too early simple and naturally moving a breath, and when she looks up very disturbed and can't sleep. everything in the background is She admits to John that she has forget things here and there. I can see why Julianne Moore fuzzy and she can't remember been seeing a neurologist and is nominated for Best Actress where she is. Later that night he told her she might have early Alice's mind is slowly deterio- one. They were so unbelievably for her role in Still Alice. Moore while she and her husband John onset Alzheimer's. Not wanting rating; she starts to forget her amazing together, and I com-



ing point in the film is when she Julianne Moore is nominated at the Academy Awards in the Best

in the stages and it's normal to that it seemed as if I was watch-

and who she is. As the family struggles to remind Alice who they are and their significance to her, they also have to make major decisions of how they are going to take care of Alice; for her daughter Anna (Kate Bosworth) has two twins to take care of, her son Tom (Hunter Parrish) is going back to college, and her youngest daughter Lydia (Kristen Stewart) lives in Los Angeles. John is offered a better job in Missouri and wants to pick up and move, but knows Alice does not want to and it won't be good for her.

Baldwin was very convincing as a loving, caring husband. Moore and Baldwin have such a memorable chemistry together that it reminds me what great acting can do, and I wouldn't movies together. Their conversations in the movie were so is gone, it's gone for good.

ing a documentary with a real As the movie progresses, world couple and not a fictional

Lydia, who seemed to be the closest daughter to Alice, was a major character in the film. When I first saw Stewart on the screen, I assumed I would be seeing Bella from Twilight, and in the beginning her acting was very similar to that of her other roles. Towards the end, however, the chemistry between Stewart and Moore as mother and daughter becomes beautiful and touching. I completely forgot that I was watching Stewart, but rather I was watching a caring daughter and the lengths she would go through to take care of her mother.

Still Alice reminds us how precious the mind is and how we don't take enough advantage of it. It makes us thankful for having the ability to remember mind seeing them in more and communicate with the ones we love because once the mind

EMILY SHAPIRO STAFF WRITER

gathered at The Staples Center in Los Angeles, CA, for the 57th Sunday, Feb. 8. Airing live on CBS at 8 pm, the show opened with two AC/DC songs that got the crowd ready to go.

No one turns down an invitation to the biggest night in music history. The Staples Center was filled with artists from late Amy Winehouse. Lat-John Legend to Gwen Stefani to Paul McCartney. Before they could even enter the venue, each star had to walk the red Pop Vocal Album and Song carpet for the second most important part of the night: their outfits. Ariana Grande ditched have more performances than her mini-skirts and crop tops, past years. Artists like Ariana and went with an elegant white dress. Miley Cyrus was more covered than usual with a long graced the stage. It was West's black dress that had slits on first time back on the Grameach side. Taylor Swift added a my stage in six years. As pop of color to the carpet with per usual, he performed a teal-ish gown and magenta with no big ensemble, shoes. Almost all the men on just him and the muthe carpet were dressed in their sic. He sang "Only tuxedos, but Pharrell took a One," which is one new approach to his look—in- of his new singles stead of a traditional tux, he about his daughwent with a suit and tie paired ter North West, with shorts.

Some of the worst dressed back in 2013 females on the carpet this year with wife Kim included Rihanna and Ciara. Kardashian. Both went with the poufy look, which was the wrong way to go. sang a ballad Rihanna's pink strapless gown that took up a lot of room for no reallight to domesson. Ciara stuck with the classic tic

black, but still had a little too much fluff.

For the fourth year running, Artists from around the world LL Cool J was the host for the night. Unlike past years, LL skipped the typical trash-talk-Annual Grammy Awards on ing monologue and went straight to presenting the awards. The first award of the night went to Sam Smith for Best New Artist, which was presented by Taylor Swift. Swift was a contender for this award back in 2008, but was beaten out by the er in the night, Smith was awarded with three more Grammys, including Best of the Year.

This year, the show seemed to Grande, Ed Sheeran, Miranda Lambert, and Kanye West who he had

Katy Perry violence ing the 8 pm timeslot this Sunday.

in a very moving song. Other mance. Then there was Madonartists, like Madonna and Sia, went with an all out performance. Sia performed facing a wall as she normally does, but brought along a special guest; Wiig riig joined music video Kristen Sia's

star Maddie Ziegler for a very interesting perfortar help for "Thinking Out "FourFiveSeconds"

This year's Grammy Awards viewership was down 11 percent brought from last year, a six-year low for the broadcast. Many have attributed poor ratings to the return of "The Walking Dead," which also aired dur-

IMAGE TAKEN from gackhollywood.com

na, who had back up dancers, cool effects, and even cooler costumes. Throughout her career, Madonna has been nominated 19 times at the Grammys.

Something big this year was mash-ups, which is when two or more artists got together to perform either their own songs or a cover of some famous songs. Adam Levine and Gwen Stefani sang "My Heart Is Open," while Lady Gaga and Tony Bennett sang "Cheek to Cheek." Ed Sheeran had pal John Mayer join him on stage for some gui-

Loud," and Usher shared the spotlight with Stevie Wonder with "If It's Magic." One of the most anticipated performances of the night was Rihanna with Kanye West and Paul McCartney. Their new song, "FourFiveSeconds," has been a hit since its release just a few weeks ago.

> is McCartney's biggest hit in 28 years. Awards were presented throughout the night, including Best Pop Solo Performance, Best Rock

Album, Album of the Year, and the biggest award Record of the

Year. Winners Pharrell, Beck, Beyoncé, and Miranda Lambert got their chance to thank their family, friends, and fans as they accepted their Grammys live on stage. While Beck was beginning to accept his Grammy for Album of the Year, Kanye West poked a little fun at himself by going to interrupt Beck's acceptance speech. Back in 2009 at MTV's Video Music Awards, West famously interrupted Taylor Swift as she was accepting an award.

The nominees for Record of the Year were "Fancy" (Iggy Azalea Featuring Charli XCX), "Chandelier" (Sia), "Stay With Me (Darkchild Version)" (Sam Smith), "Shake It Off" (Taylor Swift), and "All About That Bass" (Meghan Trainor). Smith came out on top with the win. All together, he was the biggest winner of the night with four Grammys. In his acceptance speech he stated the best revenge anyone could ever get on an ex, "I want to thank the man who this record is about who I fell in love with last year, thank you so much for breaking my heart because you got me four Grammys."

Beyonce closed the show with introducing John Legend and Common's performance of the song "Glory" from the film Selma. She sang a gospel standard of "Precious Lord, Take My Hand," and it was breathtaking.

A complete list of all the winof the night, ners can be found on www.rollingstone.com.

ODEN GEMS OF NETFLIX: Valentine's Day Edition

MICHAEL BATEMAN STAFF WRITER

It is no false claim to say that many college students spend a lot of free time streaming movies and television shows on Netflix. The service provides a great alternative to venturing to the movie theater and spending almost \$30 by the time the tickets and concessions are paid for. With Valentine's Day approaching, couples all over the country will be planning some variation of the classic "dinner and a movie" outing. some great selections available on Amy remains at the top of the list. Netflix for couples to enjoy a more intimate and cost-effective night in.

1. Chasing Amy (1997)

From the same creative mind that rocked the independent film industry with Clerks in 1994 comes another film socially ahead of its time. Kevin Smith's Chasing Amy is a movie set in the same fictional version of Monmouth County, NJ as Clerks and a number of Smith's other releases. Not only does it take place in the same general area as Monmouth University, but some local places are visible in the film itself, such as Jack's Music Shoppe in Red Bank.

Chasing Amy stars Ben Affleck as Holden McNeil, a comic book artist who falls in love with a

young woman named Alyssa Jones, who turns out to be a lesbian. Holden originally agrees to hang out with Alyssa as friends, but soon finds he cannot contain his love for her. This starts him on a long, humorous, and heartbreaking quest that examines relationship dynamics and the power of romantic love in a unique way that has not been replicated in media since. The scene featuring Smith's iconic characters Jay and Silent Bob (Silent Bob played by Smith himself) presents one of the most humorous and insightful rants in film. Instead of spending a fortune on For a unique Valentine's Day viewseeing a movie in a theater, here are ing experience, make sure Chasing

2. Shameless UK (2004-2013) Many Americans recognize Shameless as the Show-Time original featuring a working-class fam-

Ameri-

ily in a poor Chicago

neighborhood. The

c a n

Shameless is actually an adaptation of a much earlier program of the same name. The original version first aired on the UK's Channel 4 in January 2004 and concluded in May 2013, and featured a mostly-identical family to the current American version.

The show focuses primarily on abusive, alcoholic father Frank Gallagher and his six children in the fictional Manchester neighborhood, Chatsworth Estate. The eldest of the six, Fiona, struggles to keep Frank out of her and her siblings' lives while also raising and supporting them on her own. Eventually, she meets a mysterious, wealthy young

named man Steve (played by James McAvoy of X-Men fame). Fiona and Steve

GAMES

eventually fall in love, but only after he pursues her relentlessly beforehand. Steve and Fiona's relationship saga is a candid, believable one. Their relationship dynamic is what makes Shameless UK a great Valentine's Day choice.

3. Adventureland

Superbad director Greg Mottola's 2009 indie masterpiece Adventureland is the romantic, comedic coming-of-age drama for college students. Boasting an all-star cast featuring Jesse Eisenberg, Kristen Stewart, and Ryan Reynolds, the film guarantees superb acting qual-

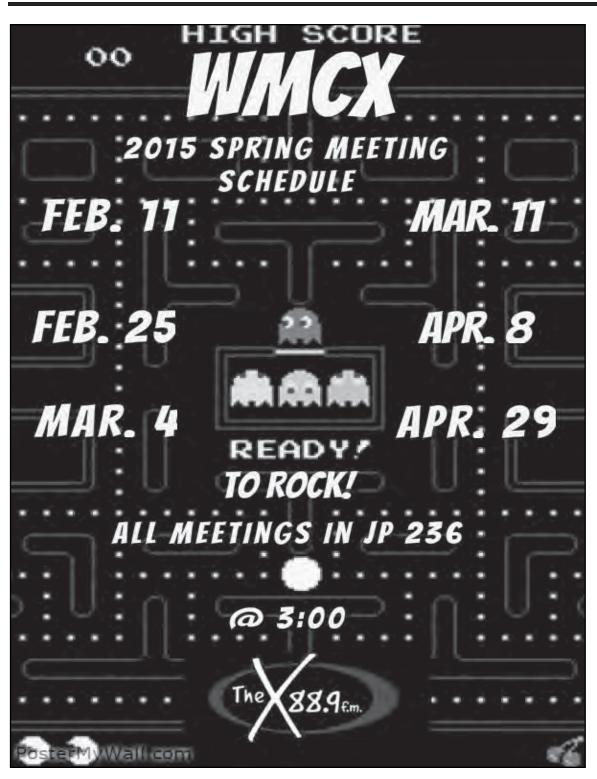
Eisenberg portrays protagonist James Brennan, who has just returned home to Pittsburgh, PA, afgraduating comparative literature defrom Oberlin College. After his parents'

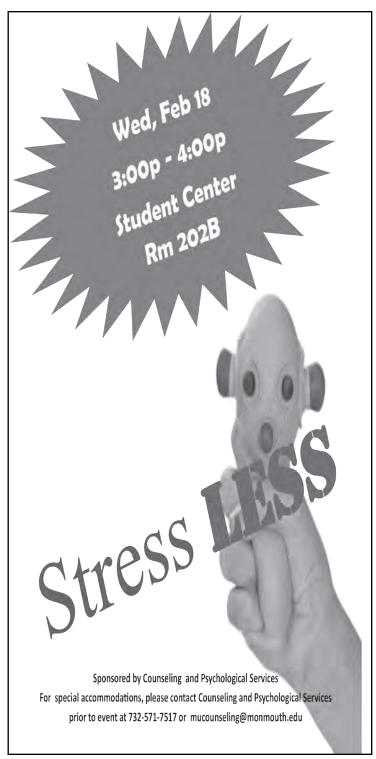
troubles hinder him from spending his summer in Europe and attending graduate school at Columbia University for journalism, he takes their advice and seeks out employment. He lands a job at his local amusement park, Adventureland. James's supervisor assigns him to the games section of the park, where he meets (and eventually falls for) one of his co-workers, Em (Stewart).

The film features a protagonist easily relatable to college-aged audiences. Eisenberg's trademark innocent, awkward delivery allows James to become a believable character with realistic issues. Not only will this film provide a relatable

experience for students, but it has a perfect balance of to keep any viewer engaged.









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SnapChat Makes a Savvy Business Call by Creating "Discover"

by users globally.

KELLY HUGHES

Has SnapChat looked different in the past couple weeks? Swipe your finger to the right twice and scroll past your stories. You'll find an unfamiliar screen with popular logos of big time companies like Na-

2011, SnapChat has been mak- on location that can be viewed ing waves through generations alike, from tweens to young adults.

The first noticeable change of the app came in the form of "My Story," which allows for a 24-hour collection of snapchats that sends to all of your friends. Forbes states that in 2013, the tional Geographic, Food Net- app first collaborated with live

The latest transformation of stories has led the app into a number of business partnerships with various media companies. SnapChat has launched "Discover" as a way to promote what companies are doing via a feed of live videos and photos. The app creators insist that it is a way to engage viewers while giving editors and professionals a chance to display their artistic creativity. CNN, Comedy Central, Cosmopolitan, Daily Mail, ESPN, Food Network, National Geographic, People, Vice, Yahoo News, and Warner Music Group are the establishments that are currently featured and part-

nered with SnapChat Discover. Brier Hawkins, a sophomore accounting student, said, "I think businesses who partnered with SnapChat made an inventive business decision. The videos that are advertised based on your location near an event or holiday are already innovative and now this new strategy will get companies more attention indefinitely."

There seem to be benefits all around for this new feature. This is surely a chance for professionals to creatively display what their companies are up to. It will also be giving users a sneak peek behind the work.

Laurel Weber, a senior public relations student and intern for Food Network thinks the company's merge is smart for all parties. "I think it's really cool that Food Network is a new partner on SnapChat's Discover. Now it is possible for users to have Food Network recipes

gers. Plus, the app's reach has potentially starting a music lagrown exponentially among young college students about to enter these exact professions the content is coming from."

The ads will simultaneously increase revenue for SnapChat too. Though the money motive does not seem to be the entire factor here as in the past the owners have turned down tempting deals. The app's creators, Evan Spiegel and Bobby Murphy, turned down a \$3 billion offer from Facebook in 2013. They are now estimated to each have a \$1.5 billion net worth.

Stuart Rosenberg, an associate professor of management said, "I think it's a smart business move, both on the part of SnapChat and the companies that are participating in Snap-Chat's Discover feature. For SnapChat, it's a way to generate revenue for its business model. For companies like CNN, ESPN, People, and others, it's a way to expand their audience to the 13-25 demographic who are already on SnapChat for photo messaging. Because it is so easy for SnapChat users, I think it's worth the risk."

opportunities will be presented to artists to showcase their talent. For instance, Madonna video through Discover and the feature was only released during the last week of January. This means there is likelihood that other musicians will do the same in the future.

According to The Verge. leaked emails from the Sony Hack exposed that SnapChat's CEO was interested in partnerand ideas at the tips of their fin- ing with the music industry and tent creators alike.

SnapChat is indeed a catchy app. It has caught this generation's attention from the simple start where users could only send and receive photos from friends to now where intricate behind-the-scenes company news can be viewed.

The app claims Discover is not quite a form of social media. According to SnapChat's creators, "Discover is different because it has been built for creatives. All too often, artists are forced to accommodate new technologies in order to distribute their work. This time we built the technology to serve the art: each edition includes full screen photos and videos, awesome long form layouts, and gorgeous advertising.'

Rosenberg pointed out the distinctiveness of Discover's media capabilities.

"There are other applications out there that users can go to for information, but the novelty of Discover is that the news is more in the control of the companies supplying the videos. For social media applications like Facebook and Twit-It also seems that other unique ter, what becomes newsworthy is more in the hands of consumers," he said.

In this fast paced digijust premiered her latest music tal world, apps are used for a few months and deleted until the next fad comes along. For SnapChat, however, its popularity has remained consistent by adding fresh features to the mix through each update. With the introduction of Discover, it is clear SnapChat will continue to stay even more relevant than ever before with users and con-



IMAGE TAKEN by Kelly Hughes SnapChat's Discover shares content from companies above.

Students Seeking Cheap Travel: Test the Waters with These Choices

HARMONY BAILEY CONTRIBUTING WRITER

Travel has become a dream for many young people; however, budgeting international voyages or vacations can be difficult due to insufficient finances.

You might be looking to travel the world and expand your horizons but not break the bank. With student loans and other debts weighing over your head, it may seem like becoming a globetrotter is nearly impossible. Believe it or not, there are op-

portunities waiting for you. It is not just fun and games, though; Forbes compiled experiences you can gain from working or traveling abroad which include: becoming adaptable, learning to be bilingual, accessing a global network, and gaining experiences to take on higher-level positions in the workforce.

Dr. Gregory Bordelon, a lecturer of political science, lived and worked in Paris, France after graduating from Louisiana State University Law.

He said, "After a couple of weeks, it clicked [living abroad] and I was able to get by for the most part." Bordelon also encouraged students "to appreciate and respect both perception and cultural nuance and not come at any 'differences' from an American-centric perspective." Remembering that everything is an experience and should be enriching and valuable helps further the ideas of going overseas.

Jennifer Hoffman, a senior communication student has extended family in Italy. "I'd like to go abroad to see and do things that the locals do because you can get a better perspective of what life is like in that country."

travelers and some options may be surprising!

1. Find out about Worldwide **Opportunities on Organic Farms.** (WWOOF'ing)

some potential jobs for international year commitment in a developing lege alumnus, is currently an Engcountry. The Peace Corps pays for travel, accommodations, provides certain benefits, and offers a \$7,425 readjustment allowance upon finishing service. The Peace Corps web-

lish teacher in Münster, Germany.

"I focus more on language with my students than with content. My teaching responsibilities are also broad and varied, spanning 5th between \$25,000 and \$50,000 a year according to Business Insider and get free travel benefits.

Working on a cruise line also pays for travel to exotic places, but hours tend to be longer and some positions may not lend themselves too interesting. However, it is still a fun way to see the world and offers potential to move up in your career.

5. Become a tour guide or travel researcher.

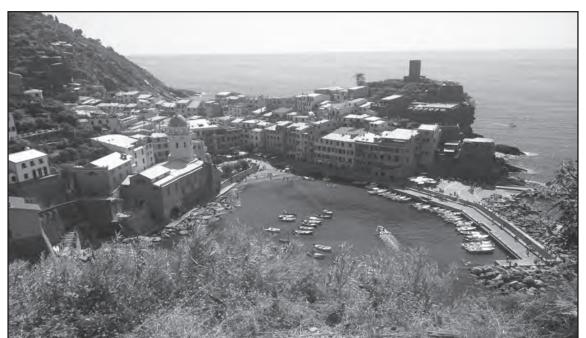
If you want to be right in the heart of everything, maybe a tour guide or travel researcher could be your outlet. Some key attributes to a good guide is to be extroverted and friendly, however, sometimes you may need backup or freelance work in order to sustain living abroad. Joining a travel agency adds stability, Business Insider explained.

On the other hand, becoming a researcher for a travel guidebook also has perks. There is plenty of travel involved along with deadlines to get all your work done, but if you have the tenacity there are benefits and it can become a solid career move!

Warren St. John of the New York Times sends a gentle reminder to those looking only for leisure to beware because, "Travel-guide writing is no vacation."

Jamie Esposito, a senior and archaeology student, is not deterred by the rigor of such a job. "I would love to work for National Geographic to share my experiences with the peoples and cultures I get to interact with," she said.

If you think you have what it takes to adventure off into the world post-graduation, go for it. There are plenty of travel opportunities, you just have to dig a little deeper beyond the surface to find out how to beat the system.



Traveling is usually perceived as too pricy for undergrads, but there are ways to get paid to travel.

For underrated experiences, WWOOF is a volunteer-based business in which travelers or expats are allowed to work on a farm in exchange for meals and living accommodations. The cost is roughly \$0-\$75 not including travel expenses to the country of your choice. The flexible system allows you to determine the length of your volunteer work too. For more information, visit www.wwoof.net/welcome-towwoof/.

2. Join the Peace Corps.

This opportunity is a more dedi-Business Insider has published cated and vigorous option. It is a 2

site states that "each program has different time commitments and requirements but all offer the opportunity to serve abroad and make a difference." If you are up for the challenge, it can be a very rewarding experience.

3. Teach English Abroad.

If you are a native English speaker, teaching can be a very accessible job around the world. In most countries, it is not even required to speak the native language, although being bilingual can lead to better place-

Stephen Guertler, a Gordon Col-

through 13th grade, and covering many topics," he said. In terms of the work commitments, "I only work about 20 or fewer hours per week, but that does not always include lesson plan prep," Guertler continued.

So if teaching seems like a job you can handle there are many agencies that place graduates in schools around the world!

4. Work for an airline or cruise

Another easy way to see the world is through travel agencies and companies that deal with extensive traveling. Flight Attendants make

Why a Chipotle Burrito is a Better Valentine than Your Boyfriend

BRIANNA MCCABE

The glory place. The holy mecca. The most visited, tourist-attracted place in the world. Even just pulling up in the parking lot and batting your eyelashes at the sight of the building's beauty alone is enough to make your heart palpitate out of your chest. The doors swing open; welcoming you into what is essentially heaven on earth. You look up and see the letters "C-H-I-P-O-T-L-E" perched above you, and you know you have found your true

Any state, any town, any time you see a Chipotle restaurant, people are lined outside of it as if it its burritos store the beautiful truth of the world inside of their toasted flour shell, and people are they are about to indulge in what ready to get enlightened by even just one bite. Perhaps the reason Socrates was so incredibly wise was because he found this nice, little secret Tex-Mex fast food chain, took one bite, and suddenly, every truth in the world was revealed with just the taste of guacamole dancing on his

Yes, that good. It's almost as if, too, the Fountain of Youth is stored inside of its chicken and carnita scented walls, and people just can't wait to dive-in head, and mouth, first.

The smiles on people's faces are indescribable, as it seems to get painted across the face with and will always leave you satispure joy as the smell of the brown fied." The psychology student rice simmering creeps up their feels that no one will quite ronostrils. This incredibly elevating phenomenon of knowing that of a chicken burrito.



IMAGE TAKEN from buzzfeed.com

A Chipotle burrito is a personal, made-to-order valentine wrapped in a tortilla shell.

burrito in the world, is pure bliss.

People are lining up at its doors because, really, Chipotle fills a void in not only our stomachs, but in our lives. You see, Chipotle will never let you down. That big, succulent burrito oozing with cheese and hot sauce knows you better than your very own significant other. And it knows how to treat you right, even on Valentine's Day.

According to Eryn Siddal, a senior burrito enthusiast, "I love Chipotle because a chipotle burrito is like the perfect boyfriend: warm, with a little bit of spice, mance her like the savory flavor

You see, unlike your boyfriend is quite possibly the best chain or girlfriend, a Chipotle burrito will always spice it up (pun intended). With every single bite, you are always in for a different surprise. Will you get sour cream, cheese, rice, and a bit of chicken? Or, will you get just a big chunk of guac with a dash of pinto beans? You will never

> And that's what keeps it so fun and exciting. You are always on your toes while eating a burrito. Well, maybe not always, because usually I'm sitting down on those metal, industrial-looking chairs that are sprawled across the restaurant and my legs are stretched out along the chair parallel to mine, but you get the point.

> And sometimes, my burrito will buy me a little gift, and accompany itself with a big bag

crystal, salty deliciousness. It's as if Swarovski gems have been crushed and sprinkled along its crunchy, oily tortilla-ness. Talk about being spontaneous and thoughtful!

Not only does your burrito surprise you with little gifts, but sometimes through the Chipotle app your burrito will sends you little notifications to remind you how much it appreciates you filling the voids of impatiently waiting for your significant other to text you. Sometimes a little message will appear on my cell phone inviting me back for some more lovin'. It's not overbearing. It's not jealous. It's not pushy. It's not playing games. The Chipotle burrito truly adores you for you and understands your worth, which in this case, is \$7.25.

Additionally, the burrito is, essentially, everything that you could've ever dreamed of. In a sense, you are your very own Dr. Frankenstein whenever you stroll on up to the glass window separating you from your true happiness. You choose your rice ("Double scoop of brown, please!"). You decide if you want half-chicken and half-steak, or if you're more of a sofrito lover.

You dictate the amount of sour cream you want ("Give me a dollop the size of a softball!"). Your ideal soul mate is being crafted before your very eyes by the people bearing the black shirts with "Chipotle" spread across their chests. I'm convinced that their hands have been touched by a higher being.

Jaelyn Tucker, another Chipo- your boo-ritto.

of chips covered with the most tle connoisseur, explained, "Unlike a man, you can create your own and leave out all the extras. It comes out perfect every time." The senior criminal justice student feels, however, there is no such thing as a perfect man.

The utter euphoria of approaching the counter and smelling the delicious fixings is enough to make my stomach and heart want to do cartwheels and flips and hit the bachata. Then the rest of my organs join in, and it truly becomes a fiesta.

A Chipotle burrito understands you. A Chipotle burrito is there for you. A Chipotle burrito is the ideal Valentine, 365 days a year. According to Dr. Gary Lewandowski, Chair of the Department of Psychology, "Successful healthy relationships are built on a strong foundation of deep friendship between two people who respect each other, enjoy each other's company, trust each other, and who also are willing to work at the relationship through an abundance of open and respectful communication." My Chipotle burrito encompasses all of those qualities.

My burrito is the Romeo to my Juliet.

So ditch the corny flowers, chuck the chocolates into the garbage (because you're going to need to save the calories to get that extra scoop of sour cream – I mean, if you're into that kind of thing,) remove yourself from the sappy romantic movie projecting itself across the big screen at your local AMC, and instead, go partake in a candle-lit dinner with

Wanted: Unconditional Love for Valentine's Day

OLIVIA CARUSO STAFF WRITER

Opening my eyes and rolling over on my mattress, I realize that I'm not crushing a pillow with my body, rather a living, breathing ball of fur.

Though quite an uncomfortable position, it becomes regularity. By the luxury demands of the princess, I move with grace, making sure I do not wake the twitching feline while she dreams. I can imagine she wondered in excitement as soon as that faux fur blanket touched the bed; you put that there for me, right? But when a merciful living thing shows you nothing but love, it's pretty hard to argue for extra leg room.

Where have you been? Did you miss me? I missed you. But as a college student, I can't always be home. I attend class, work, and maintain a social life. As soon as I step foot in the door she's lurking, her eyes beaming at me from the shadows of my living room. Her demeanor is too cool. Within minutes she is at my feet. While I can stand there annoyed by the tickle on my leg after a long day, I look on the bright side. I have

Even better, I have a permanent valentine. With the month of February forsaking hearts, singles everywhere pine away wondering when cupid will shoot them next. But what we covet most in humans; loyalty, friendship, and everlasting love, can all be found in a pet. Even better, I have a permanent valentine. With the month of February forsaking hearts, singles everywhere pine away wondering when cupid will

shoot them next. But what we second I walk in the door and my covet most in humans; loyalty, friendship, and everlasting love, can all be found in a pet.

No matter what, you are number one to your pet. To them, there is no greater human being on this planet. Perhaps it may be

cat cuddles with me at night, Tara Cirincione, senior television major explained. "Pets differ from humans in terms of love because even if I don't give them my full attention, they still give me attention and love me just as

engulfed in my homework. It's not long before I hear a rumbling motorboat purring at my side. Of course we can't converse, but knowing that my cat is suffering with me while I type a paper, most definitely passes for a romantic gesture.



PHOTO TAKEN by Olivia Caruso

Pets provid loyality, friendship, understanding, and unconditional love, which isn't always as easy to get from a human being.

because you feed them on a daily basis, but isn't it nice to think of a living thing loving you that

Pets will never be too busy to hang out; they will never rather see someone else. They will never have other plans, and they will never exclude you. They will always be there when you are happy and want to share great news, or if you had a bad day and just need to lay in bed and vent. How many people do you know like that? What better valentine could there be?

"My dog runs to greet me the

much, especially if I don't see them for weeks at a time while I'm at school."

"My cat is very independent and usually stays in a couple of spots. If I go in a room and call her name her ears will perk up and she'll get up and purr," Gabriella Gerber, sophomore marine and environmental policy major commented.

Whether your pet comes running for you at the door or waits for you to get settled, they always provide their full attention. With that attention comes moral support. Reclining on my couch, I'm

"Pet love is unconditional. They are great listeners and don't tell me what to do," said Hope Sonner, a sophomore math major.

But what else can pets really do for us that humans can't? According to an article by Time. com, called "7 Ways Pets Improve Your Health," pets can help lower cholesterol, relieve stress, reduce blood pressure, boost your fitness, and reduce risk of cardiovascular disease.

Dr. Chris Hirschler, professor of health studies, said, "Companion animal's help people cope

with stressors, provide love and affection, and can also improve their social dimension of health, as animals are often magnets for attention."

Hirschler and his wife adopted their cat Darwin about three years ago from the Monmouth County Society for the Prevention of Cruelty to Animals (MC-SPCA). Darwin enjoys racing along the beach with Hirschler, motivating to one another to keep active. Sandy paws and an ocean breeze, now that's what I call a date.

"He has brought us an immense amount of joy and laughter. He has improved the quality of our lives; it's clear he has helped us to deal with the challenges that life presents," Hirschler added. So not only are furry friends nice sidekick to have, they also are good for your health. I'm not sure the same can be said for hu-

Of course romantics exist who enjoy celebrating their love for another person. If you have a significant other, your Valentine's Day might include pink teddy bears, not necessarily your real

"Personally, I don't think my cat could replace my valentine. I usually spend Valentine's Day with my boyfriend and don't even think about my cat's feelings," Gerber added.

But for those who think you need a person to celebrate in cupid's corner, think again. If you own a pet, recognize that our canine and feline friends have similar, if not better, qualities than most of our crushes. "Pets won't eat all your chocolate and they are always down to cuddle, Sonner added.

Valentine's Day: Still Special Even When You're Single?

ROBERT ZADOTTI STAFF WRITER

As each holiday seems to be more and more commercialized, none are as much of a "Hallmark holiday" as Valentine's Day. As soon as New Year's comes and out. goes, stores and commercials chocolate for the big day. "Find the right gift for your significant other," and other similar quips on advertisements are spewn across the store.

But what's the point of it all? Material gifts and signs of affection cannot possibly encapsulate love. What's Valentine's Day about really, and how can it be made special, for relationships or otherwise?

"To me, Valentine's Day is very sentimental and special," said Tyler Manwarren, a freshfriends just to be with people that you love." that you love."

are key elements of the holiday, Flowers and candy are good reand should be taken into account minders, but should never be a whenever it rolls around. Valentine's Day should be letting the people in your life know that not just for couples, anyone in you care, whether through gifts your life can stand to hear that or displays of affection. We can so often forget about the people in our lives thanks to materialistic distractions (ironically so), and Valentine's Day is a chance to show someone you really care.

On a holiday that is all about

without a special someone in their lives to feel included. Expensive necklaces, earrings, and other beautiful gifts can give off more of a glare than they're worth to the unwanted observer, and it's easy to feel alone or left

All the talk of special gifts can will be stocked with hearts and seem an ill-fitted gift for just a normal friend. However, the key is that the materialistic side of Valentine's Day is not the focus; the holiday can be just as wellspent with friends and loved ones as a significant other. You just have to find a way to make the day meaningful with someone you're close to.

"I've never been one to buy into the 'traditional' hearts and flowers kind of Valentine's Day," said Beth Swanson, an adjunct English professor. "The most I can say is to set aside time to man marketing major. "If you're either spend it with anyone you single, hang out with your care about or to do something

Ironically, what Valentine's Sentimentality and affection Day seems to be missing is heart. replacement for real, sentimental confessions of affection. And you love and appreciate them. Instead of focusing on relationships, the holiday should be representing love in its purest form, and everyone should remember that going into it.

As the winter begins to show



IMAGE TAKEN from insidemyshoe.com

Valentine's Day seems to be all about the candy, chocolate, and jewelry, but what this holiday really seems to be missing is heart.

seems just over the next hill, it in the unending flow of jewelry mercialized. With the surroundcan do someone a great deal of good to remember those they love in their lives. Just as there are many different kinds of love, there are many different ways to spend a special Valentine's Day.

In a sense, Valentine's Day is about people. People you love, people you care about, etc. Whether they're your significant other or not, you should spend it with someone you care about.

store commercials or discount heart-shaped candy in convenience stores. People take for granted their own connections with their loved ones, and it's a shame Valentine's Day does not makes you smile and are a posiseek to strengthen that connec-

"Valentine's Day should be a day to tell someone you love them, not just a day for couples,' explained Liz Roderick, a fresh-Love is the message here, and man psychology major. The truth should remember on this holi-"love," it can be hard for those signs of halting and spring that can often become drowned is that Valentine's Day is com-day."

ing material values, it's a necessity to reflect internally and realize what you truly are thankful for loving. Family, friends, coworkers, and anyone who tive effect on your life should be thought of on Valentine's Day.

Roderick adds, "It's amazing just how often we forget to say 'thank you' to the special people in our lives, and that's what we

No Valentine? How About a Hot Date with Netflix?

ALLY AFANADORI CONTRIBUTING WRITER

When you feel like all you have to look forward to is 75 percent off chocolate the day after Valentine's Day, it helps to isn't much. remember that Valentine's Day isn't really all it is hyped up to an assistant Spanish profes-

share of Valentine's Day blues, whether it's because you just sometimes..." happen to be single on this you might have lost someone special, the real meaning of

all the single ladies and gentlemen feel bad. In fact, many people that are in a relationship on Valentine's Day don't even celebrate it, and if they do, it

Riordan-Goncalves, Julia sor, said, "I think [Valentine's Everyone has had their fair Day] is a really nice holiday, it's just that it could be bad timing

She went on to say that she "Hallmark holiday" or maybe and her significant other don't really celebrate this holiday very much at all, a much dif-

Valentine's Day isn't to make ferent type of celebration than ing at the thought. what she used to do when she was younger. Riordan-Goncalves explained that when she was younger she used to exchange gifts with her partner if she was in a relationship. And even if she was single at the time, she'd hang out with her friends. She also understands how it could be looked at negatively considering it is a lot of hype for something that isn't all that fabulous.

When people hear the words 'Valentine's Day," they either go heart-eyed or start dry heav-

Casey Chrobak, a sophomore health and physical education major said, "I'd rather spend Valentine's Day relaxing and cuddling up with the one I love rather than obsessing over you're feeling a little wild that fancy stuff. It's about the little night. things to me."

in love or in a relationship that Valentine's Day is essentially just another day in the week to spend time with their loved one. Chrobak's advice to all the "love ing out with your friends. Maysick" people is, "...just hang out with your other single friends and just have a movie marathon with A LOT of snacks." Clearly she understands what a lot of people are going through this time of the year.

If you are currently in a refancy stuff. This means no fancy chocolate or jewelry or anything out of your price range. money you'll be spending on someone this month. The one thing that you should be worrying about is how much time you're planning to spend with your loved one. But a little chocolate never really hurt anyone.

When asked what his plans for Valentine's Day were, David Morales, a freshman business major, said, "I like to eat all the chocolate I can."

His advice to people with the love sick blues, or the people who can't be with their significant others during the holiday is, "Absence makes the heart grow fonder. Think about how great it will be when you see that person again."

To all my single ladies and ary 15.

gentlemen, don't think twice about eating that extra chocolate you've been dying to get your hands on. Go a little crazy and order some take out or a whole pizza just for yourself if

There's no reason why Valen-It's evident to ones that are tine's Day can't be celebrated by the singles. If you feel like it, celebrate Valentine's Day however you'd like, with someone you love or by even hangbe even by spend the day with some family if you can. It's all about spending it with people you love, not just a boyfriend or girlfriend.

But, if you don't feel like spending time with any people, don't forget that you could allationship, it is crucial to make ways spend some quality time sure you remember that Val- with an oversized hoodie, your entine's Day is NOT about the comfy sweats, popcorn, pizza, and something that will never leave your side: Netflix.

With Netflix, you can cus-You shouldn't have to worry tomize the perfect date. You about your budget or how much can pick a romantic comedy or a terrifying thriller for the two of you. You can even start a televison series together. What better way to spend Valentine's Day then completing a whole season? If you're already planning on doing this, don't forget to tell people that you've got a hot date. They don't have to know it's with an online movie

> So all you singles out there, don't fret. Valentine's Day is just one day to get through, and there's plenty of ways to spend your time. Keep in mind that your best friends Mr. Whittman, Lovely Godiva, Señor Hershey and the other 75 percent off chocolate boyfriends or girlfriends await you on Febru-



IMAGE TAKEN from chacha.com

People without a Valentine this year can still enjoy the day by spending time with friends, treating themselves, or settling down with the universal Valentine: Netflix.

The Music Alliance

PRESS RELEASE West Long Branch, NJ -

On Thursday, Jan. 29, The Music Alliance (TMA) hosted its first live performance of the semester in the Rebecca Stafford Student Center. The show featured a performance by a new act on campus, a rock band called The Unknown. They played a set that included a combination of covers and original compositions.

The Music Alliance is Monmouth University's student-run organization for live music and events. TMA is the sister organization of Blue Hawk Records, Monmouth's student-run record label. The organization provides artists and musicians of a wide variety of genres for events on and off campus, as well as hosting their own shows.

This is the first of a semester long string of showcase performances hosted on campus by TMA. These showcases are a continuation of the showcases the Alliance has held in previous semesters, featuring many different artists within the Monmouth University student population.

The Alliance also hosts shows off campus at venues such as the Brighton Bar, where it is having its end of the year blowout show on April 16.

TMA was founded in 2012 by student Andrew Boxman to help give artists on campus opportunities to play live shows, as well as to provide performers for on campus events hosted by other organizations.

Fit Fest Illumination Launches New Fitness Club COREiculum Founder Encourages Nationwide Campus Involvement

ERIN ALLY STAFF WRITER

COREiculum founder Andy Stern and yoga instructor Nicole Lardieri offered students a variation of fitness classes, ranging from yoga, cardio dance, plyometrics, or an abs workout in Anacon Hall Friday night at "Fit Fest Illumination."

Fit Fest Illumination featured a live DJ and took place in a glow in the dark environment, complete with body paint and glow sticks. The event was sponsored by the Student Activities Board (SAB) and the Panhellenic Council.

ing awareness event which turned into fitness classes," said Alicia Torello, a sophomore communication major and SAB Awareness Chair. "We needed a spin which was glow in the dark, and somewhere along the way it became a light show, and we added a DJ and some body paint!"

"The event was a lot of fun!" said Melissa Crosta, a senior communication major. "There were so many different workouts included in the night, and I think it was such a great way to expose students to alternative exercises. The instructors were super motivating

"I wanted to do a Healthy Liv- and the whole vibe had so much rello. "Getting Greek Life gives positive energy. Who wouldn't everyone involved a chance to want to continue to work out after

> Stern hosted the workout routines for Fit Fest Illumination. Stern is an alumni of the University, having graduated with an MBA in business marketing in 2013. He began the COREiculum workout program in the spring of his senior year, after his residents began asking him how he keeps in shape with a busy schedule. He started teaching fitness classes in the basement of Cedar Hall.

"COREiculum has evolved sort of to become 'Professor Stern's workouts,' which means you could experience a functional fitness class, circuit training, H.I.T.T, or, of course, a total CORE," said Stern. "I still put a lot of emphasis on body weight routines because of the success I have had with them. I know they are typically the safest, certainly the most convenient, and very effective."

Stern explained that if students can't get his workouts live, they can always get variations of work-outs through the COREiculum COREses with the "1st Semester" DVD Program.

According to the COREiculum website, the "1st Semester" DVD Program includes plyometrics, kickboxing, boot camp, cardio dance, yoga, and body pump. It requires no outside equipment other than a resistance band that is included with the DVD, and a nutrition guide cheat sheet, to help college students eat right for their busy schedules.

After getting Stern involved with Fit Fest Illumination, SAB decided to team up with the Panhellenic community to promote the event as well.

involved in their events," said To-

learn different strengths from each other."

In order to achieve a greater sense of community among students who are passionate about health and fitness, Stern created a new club available to University students. The club, which was launched at the Fit Fest Illumination event, is called Students Who Exercise Loving Life (SWELL).

"As a SWELLmate, you will get a COREiculum of workouts each week," said Stern. "We have been negotiating with the venues to bring our club in on an offpeak time so we can remove all 'intimidating veterans' from the class, and allow the first timers a fun and comfortable workout. It is too expensive for college students to have all of these gym memberships, and they might not have anyone to workout with!'

Some of the workouts Stern has on the horizon for students involved with SWELL include CKO, Crossfit, Ariel Yoga, Barre, and even a mud run.

"I still have a great relationship with Monmouth. I have been an active client of PRSSA for a few years now," said Stern. "During one of our meetings, I pitched my SWELL concept to the team and they loved it."

After hearing that SAB was planning a fitness event, Stern and PRSSA brainstormed this to be the official launch of SWELL.

"I think the SWELL club is going to be a huge hit at Monmouth," said Crosta. "It seems like a really motivating and fun program that will encourage the community to get and stay active."

For more information on SWELL, contact info@SWELL. "SAB loves to get Greek Life com or connect on social media with the hashtag #FitForSWELL.



PHOTO COURTESY of Tara Cirincerone

Yoga instructor Nicole Lardieri shares the relaxing benefits of yoga with students at last Friday's Fit Fest Illumination event, sponsored by the Student Activities Board.

CLUB AND GREEK ANNOUNCEMENTS

MONMOUTH PEP BAND

are looking to solidify our band. We are in need of any trumpet, mellophone, baritone horn, trombone and tuba players that may wish to become a part of our award winning band. Limited openings for clarinet players are available also. Currently, we are complete in our flute, saxophone and drum sections. If interested, contact Professor Jenner at bjenner@monmouth.edu or stop by room 332 in the student center.

RESIDENCE HALL ASSOCIATION

Please join the Residence Hall Association on Saturday, Feb. 21, 2015 in the ever so elegant Wilson Hall for our annual Winter Ball. This year's theme is a Red Carpet event. Tickets are \$30. Tickets will be on sale Feb. 3 - 5 and 9 - 11 in of the Monmouth Oral Comthe student center and dining hall. Check your Monmouth email for specific locations and times.

THE OUTLOOK

The Outlook is looking for students interested in writing, graphic Basketball season is here and we design, and photography to join the team and become an active member in creating our weekly publication. We are an award-winning group of students who bond over our love of writing, reporting, having fun, networking, and being a family. If you are interested in joining, please don't hesitate to contact the Editor-In-Chief, Brianna McCabe, at s0828430@monmouth.edu.

DELTA PHI EPSILON

Delta Phi Epsilon is having their annual Lip Sync fundraising event for Cystic Fibrosis on March 9 at 10 pm in Pollak Theater. Tickets will be on sale prior to the event.

MOCC

Fight the fear with the help munication Center. Contact lschmidt@monmouth.edu make an appointment.

COMMUNITY SERVICE CLUB

The Community Service Club invites students interested in no-sew blanket making to stop by Anacon Hall on Feb. 25, from 11:30 am to 4 pm. All are welcome to attend. The event is free and does not require signups. Come and go as you please!

MU SURF CLUB

Check out one of the University's newest organizations, the MU Surf Club. Take advantage of going to school less than a mile from the beach and get together with students with the same interest and passion for the sea. Everyone is welcome, including surfers, bodyboarders, photographers, etc. The club will be holding beach cleanups, contests, beach parties, and more. For more information contact the club's president, Tyler Sankey, or vice president, Connor Perzely.

ALPHA KAPPA ALPHA

Alpha Kappa Alpha is hosting their first ever "Mr. Pink and Green" pageant on Friday, Feb. 13, in Anacon Hall at 8 pm. The pageant features 10 University men. Prizes can be won at the pageant. Tickets are on sale in both the student center and the dining hall. The prices are \$5 in advance and \$7 at the door. Free tickets can be won by uploading your best "pageant wave" on Instagram and using the hashtag #mpg15. Calendars are \$5 each

HUMAN **RESOURCES CLUB**

Would you like to learn more about Human Resources and the growing career opportunities within the field? Join the Student Chapter Human Resources Club and learn about an exciting profession that employs individuals from all majors. Our club is active and exposes its members to industry professionals through a variety of events. If you would like to know more about the club, please contact Ellen C. Reilly at ereilly@monmouth.edu.

TRACK & FIELD AND **CROSS COUNTRY CLUB**

The Running Club is now meeting several times a week, both for recreational runners and for those interested in competing in cross country, road races, or track & field. Wed. and Fri. at 4:30 pm. Practices for distance runners are Mon. at 2:30 pm, Tues Thurs. and Fri. at 4 pm, and Wed. at 4:30 pm. Contact Coach Joe or Mitchell Parker for more information. Look for more information soon about the Color Me Rose Run, which is tentatively scheduled for April 19.

DELTA TAU DELTA

Delta Tau Delta has begun the sale of wristbands for admission to Delta Queen! Wristbands are on sale Wed. for \$5 by purchasing them through a couch or contesant. They will also be on sale Feb. 16 and 17 in the student center. Wristbands will be \$7 at the door. Delta Queen will be held on Feb. 17.



TOP LEFT:

KRISTEN CORDIELLO AND KAITLYN CLAY PARTICIPATE IN BLOOD PRESSURE SCREENINGS HELD BY PHYSICIAN ASSISTANT PROGRAM STUDENTS (PHOTO COURTESY OF NIKIE MCCABE)

CENTER RIGHT:

MONMOUTH STUDY ABROAD STUDENTS GATHER 'ROUND THE CAMPFIRE IN **AUSTRALIA** (PHOTO COURTESY OF SAMANTHA ZBARSKY)

BOTTOM RIGHT:

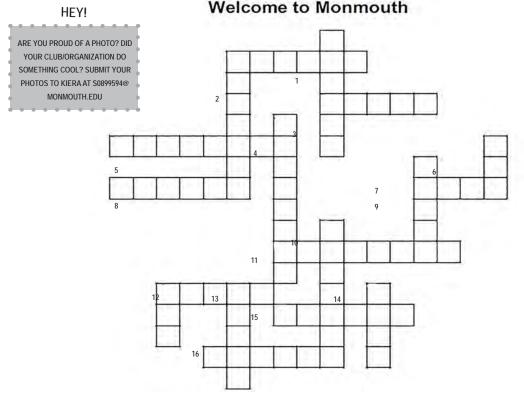
THE GROUNDHOG SAW HIS SHADOW, SO SIX MORE WEEKS OF THIS SNOWY SCENE (PHOTO COURTESY OF TAYLOR **HUGHART**)





Crossword

Created by Kiera Lanni



ACROSS

- 2. THIS HALL WAS ONCE A MANSION
- 3. MOVIE FILMED HERE
- 5. RODENT OFTEN SEEN AROUND CAMPUS
- 8. NAME OF OUR MASCOT
- 9. GRAB A BITE, ATTEND A MEETING, OR STUDY (ABBR.)
- 11. WHERE ALL THE ARTISTS GO
- 12. PRESIDENT PAUL
- 15. BUY A TICKET FOR THE CENTER OF PERFORMING ARTS
- 16. THINGS GET EXPERIMENTAL HERE

DOWN

- 1. A HALL THE HOLDS A LOT OF MATH AND COMPUTERS
- 2. PRESIDENT ____ WILSON
- 4. A LOT OF COMMUNICATION HAPPENS HERE 6. FEW TIMES I'VE BEEN AROUND THE TRACK IN THIS BUILDING
- 7. THE LAWN
- 10. THIS HALL WILL TEACH YOU A THING OR TWO
- 12. BUSINESS GETS DONE IN THIS HALL 13. A VERY MUSICAL AND DRAMATIC PLACE

QUOTE OF THE WEEK

"START BY DOING WHAT'S NECESSARY; THEN DO WHAT'S POSSIBLE; AND SUDDENLY YOU ARE DOING THE IMPOSSIBLE." FRANCIS OF ASSISI



ACROSS:2. WILSON 3. ANNIE 5. SQUIRREL 8. SHADOW 9. RSSC 11. RECHNITZ 12. BROWN 15. POLLAK 16. EDISON



How do you feel about the restructured academic calendar? COMPILED BY: KIERA LANNI



Victoria Junior "I'm indifferent."



Junior "It doesn't really matter, it's five minutes."



Courtney Senior "I don't think longer classes are a big deal; most teachers let you go early."



Nicolelle Freshman

"I feel like it wouldn't be that bad, because five minutes is five minutes and professors would probably let you out five minutes earlier half the time."



Eleanor Novek Associate Professor-Dept. of Communication

"It will be an adjustment, which I'm not sure whether I like or not, but I'm willing to see how it goes the first year."

Men's Lacrosse Enters Year Two in West Long Branch



Sophomores:

#14 Dylan Schulte, Midfielder #30 Eric Berger, Midfielder #10 Chris Daly, Attacker 5 Duncan Campbell, Midfielder #15 Ryan Atkinson, Defender #26 Andrew Grajewski, Defender **#13 Nick Hreshko, Goalkeeper**

Freshmen: #4 Bryce Wasserman, Attacker #28 Keegan Teluk, Midfielder #40 Grant Gillan, Goalkeeper

ERIC KLENOFSKY STAFF WRITER

Preseason for the Monmouth University men's lacrosse program is in full swing with the first whistle less than a week away. The boys in blue are coming off their inaugural season where they finished with a humbling record of 0-13. But don't let their record from last year write the story, MU holds an attribute few can bolster. The MU lacrosse program returns a staggering 27 letter-winners from last year's squad; senior defender and cocaptain Ryan Horsch couldn't be more thrilled.

"I don't have to worry about the small things as much anymore, the younger guys know what to do on their own, they've stepped up to be leaders in their own right and they've lightened my load," said Horsch, a 21-year-old Rahway resident. "We're hungry, we want wins, we want to show everybody what we got, we want to bounce back from last year and show people what we have."

Last spring the Hawks opened up the campaign away in heartbreaking fashion falling to UMBC, 10-8.

Following their trip to Maryland, MU headed to Staten Island where they would take the Wagner Seahawks to four overtime periods only to fall, 7-6. A year removed and the tables have turned. Both Wagner and UMBC will make the trek to West Long Branch to face a motivated group of experienced Hawks.

"It's pretty clear to us there's just a determination and a sense of excitement within this group," said Head Coach Brian Fisher, a former Assistant Coach at the University of Notre Dame. "The difference is we're all sophomores, even though we have a couple juniors and five seniors; the core of the group is sophomores. We're hungry to get that for MU in his first appearance at on Saturday, Feb. 21 at 1 pm.

first win but more than anything to compete and that's why this group has been a pleasure to coach. We're really just excited to get this season going and looking forward to turning that corner."

The Hawks attack is led by current sophomore Chris Daly. A MAAC All-Rookie Team selection as a freshman, Daly was the team's leading scorer a season ago collecting 26 points off of 17 goals and nine assists. Daly will be joined by a slew of attackmen

John Castellano, a senior transfer from Curry College, sat out last spring due to transfer regulations. Alongside Daly and Castellano will be senior Ryan Schwartz, who managed eight goals and one assist in his first year on Kessler Field. Rounding out the Hawks attack from Grapevine, Texas is freshman Bryce Wasserman, a 2014 First Team All-American will look to add quality depth for the Hawks offense.

MU returns 16 midfielders from last year's team spear-headed by senior co-captain Zach Johannes. After transferring from Franklin & Marshall, Johannes made his mark on 13 games and finished fourth in scoring for the

Working with Johannes in the midfield will be highly regarded sophomore Eric Berger who added 11 goals and six assists for the Hawks this past year.

Adding to the depth in midfield will be yet another 2014 High School All-American; freshman Keegan Teluk out of Fallston, MD may very well find himself playing valuable minutes after an impressive high school career.

Concluding this year's midfield for the Hawks will be former Bridgton Academy stand out Dylan Schulte. Schulte was ineligible last spring and will look

"I want to just stay calm and do what I can, play both ways as a two way midfielder, play offense and defense and do big things," said Schulte, a former First Team All-South Jersey selection.

Protecting the crease this spring will be five returners and four freshmen with Horsch running the show. After transferring from Brookdale Community College, Horsch became one of four Hawks to start all 13 games. Assisting Horsch most notably will be sophomores Ryan Atkinson and Andrew Grajewski, both of which started every single game last spring.

Sophomore goalkeeper Nick Hreshko and freshman Grant Gillan will be battling it out in net for the Hawks. Hreshko started in 11 games and logged over 300 minutes for MU in their inaugural season. Gillan, a high school All-American selection out of Lewes, DE will provide stiff competition for Hreshko.

The Hawks met Sacred Heart and Holy Cross in Connecticut this past Saturday for two competitive scrimmages against established division one programs. The Outlook caught up with Coach Fisher to get his take on the games.

"I felt like we were able to get a lot out of the day [by] playing two scrimmages at Sacred Heart despite some difficult conditions," said Coach Fisher. "From an evaluation standpoint we played a lot of guys and a number of combinations on the day. Also, both Sacred Heart and Holy Cross exposed us to some actions and things that we haven't had a lot of work on just yet so it was a good test to see different styles of play."

MU kicks off their season on Tuesday, Feb. 17 at 3 pm in West Long Branch followed by a midday match up at Monmouth Stadito make an immediate impact um with the Retrievers of UMBC

Track and Field Sets Multiple MU Records at Boston University

MEL LEWIS STAFF WRITER

as the men's and women's track MU school record. and field teams competed in the Scarlet and White Invitational at Boston University.

We really wanted to take a big step forward this weekend and in many areas, we did that very well," said Head Coach Joe Com- dles. pagni. "The team brought some need to keep building on that."

On the men's team, senior captain Ben Boyd set a new school record in the 400, finishing third with a time of 47.64 breaking the old record of 47.83 set in 2004 by David Wiley.

"This has been a career goal of mine since freshman year, to break the 400 school record. I've had my eye on it for a while. It is extremely gratifying to finally get it, but at the same time I still need to get faster," Boyd said.

Capwell also set a school record, winning the 500 with a time of 1:02.54 beating the previous 2007 record set by Chris Vuono of 1:03.45. Senior Andrew Langille took first place in the 1000 meter run, running a 2:24.65, to win the 18 person field and run an IC4A qualifying time.

IC4A for the men and ECAC for women will be held back at Boston University March 6-8

field from the region compete.

MU's 4x400 group of Capwell, Boyd, junior Geordan Ferguson, This past weekend, Monmouth and sophomore Malcolm Chavis University set five school records took third in the relay with a time and posted multiple top finishes of 3:13.61, creating another new

Junior Ahmier Dupree and sophomore Eric Kahana finished in the top five of the 60 meter dash, with Dupree in third and Kahana in fifth. Senior Jalen Walker took third in the 60 hur-

For the men's field events, segreat energy to the meet and we nior Joey Marini won the triple jump with a leap of 15.05m, breaking his own school record. Junior Liam Vogt took fourth in the triple jump, and went on to win the long jump with a jump of 6.93m. Sophomore Bobby Fisher claimed fourth in the pole vault with a mark of 4.35m. Senior Erik Anderson came in fourth in the high jump with a jump of 2.04m.

In throws, senior Taylor Bernstein won with a distance of 17.46m. Freshman Corey Mur-Sophomore All-American Dylan phy took second in the shot put at 15.90m, while junior Spencer Dimock took third in the event at 14.95m. Murphy's mark was a new IC4A qualifier. Dimock and Bernstein also went 4-5 in the weight throw.

For the women's team, sophomore Tionna Garner broke the MU record in the 500, running 1:13.41 and finishing first out of 13 other competitors.

"The record I broke was Latawhere the top competitors in each sha Dickenson 2007 record.

That was always a goal for me to break, but now that I have accomplished that I have to look to the future. I plan to keep trying to break my own record." Garner said, "My coaches and my teammates believing in me and cheering me on really helped motivate me while running.'

The women's 4x400 A team comprised of Garner, sophomore Nia Driver, sophomore Antoniette Isekenegbe, and sophomore McKenna Coackley also ran a best time this year, taking seventh in 3:49.70, just under the ECAC qualifying mark.

minor hamstring injury, fresh- finished sixth in the triple jump, expected to begin at 9 am.

man Domoah Kutu-Akoi claimed fifth in the 60 with a time of 7.75 seconds. Kutu-Akoi also claimed a spot in the long jump as she finished seventh.

Junior Sydney Engelberger was the second college-level finisher in the mile, placing third overall with a time of 4:56.12. Engelberger's time not only qualified her for the ECAC's but also gave her a new personal best. Sophmore Jenna Cupp took ninth in the 800 running 2:11.27.

Senior caption Lauren McDonfield in the pole vault, vaulting

jumping 11.30m, a season best. Senior captain Taylor Johnson took sixth in shot put with a mark of 12.57m. Johnson was also sixth in the weight throw with a distance of 16.37m.

"Our team is getting better every week, I'm really getting excited about the conference championship which is two weeks away on February 21st," Johnson said.

The men's and women's track and field teams will host their biggest meet ever, the Monmouth ald took fourth in a 26 person Winter Collegiate Open this Saturday, Feb. 14, at The MAC in In her first meet back after a 3.65m. Senior Kimberly Price West Long Branch. Events are



Men's Basketball Tied for Third in MAAC

The men's basketball team is now tied with Manhattan for third place in the Metro Atlantic Athletic Conference with a 9-5 conference record after splitting their previous two games against the Quinnipiac Bobcats and the Canisius Golden Griffins.

In their second season as members of the MAAC, the team is only one conference win away from doubling their conference wins from last season. Furthermore, their 12 overall victories have already surpassed their wins from last season.

TD Bank Sports Center in Hamden, CT for a matchup with the fifth place Bobcats on Thursday, Feb. 5. After a slow start, the blue and white could not quite get back within striking distance, and ultimately fell 72-52. It was MU's this was not the case as Quinsecond loss to Quinnipiac this nipiac regained momentum and season, and the 20 point difference was the second largest margin of defeat for the Hawks this season.

"We were totally outplayed and outclassed by Quinnipiac today," said Head Coach King Rice. "Our group is feeling pretty sorry for themselves right now and we have side. to get that turned around pretty

the Hawks' leading scorer on the night with 12, while sophomore point guard Justin Robinson chipped in with 11 points and dished out nine assists. Freshman guard Austin Tilghman added 11 points of his own.

MU managed to jump out to an early lead behind a layup from senior guard Max DiLeo, but it would be the only lead they had on the night.

Following DiLeo's bucket, the Bobcats went off on an 11-0 run to take a nine point lead just five minutes into the contest. The Hawks were able to respond with a quick five point spurt that cut the lead to four after sophomore The Hawks first travelled to the guard Colin Stewart converted a three-point play. With 13 minutes remaining in the first half, it seemed likely the game would end close like the two teams' previous meeting earlier this year.

Unfortunately for the Hawks, went on a 19-7 run over the next ten minutes of play to take a 30-14 lead with three minutes left in the first. Even after a three point play from Jones in the half's final seconds, the Bobcats still went into the locker room with a double for their defensive effort," said digit lead and momentum on their

Play was pretty much even through the first several minutes Junior guard Deon Jones was of the second half as the Hawks

were unable to significantly cut inson also added four assists and into the deficit and the Bobcats couldn't quite pull away.

MU was finally able to get within single digits at the eleven minute mark when senior forward Brice Kofane hit a layup to make the score 45-37. However, the Bobcats responded just seconds later when Evan Conti knocked down a three to push the lead back to double digits. MU never mounted a serious threat from then on, and QU was able to run out the clock and preserve the victory.

The blue and white struggled from the field on the night, shooting only 33 percent from the field, and the three point line played a big role for the Bobcats as they knocked down nine shots from beyond the arc compared to just three makes from the Hawks.

MU looked to bounce back and avoid their third straight loss asthey returned home to welcome Canisius just three days later. Defense was unquestionably the theme of the game as the Hawks were able to hold the Golden Griffins to a season low 40 points and get the win despite scoring their own season low 44 points.

"I am very proud of my kids Rice. "I am very happy that we were able to get this win and keep growing on both ends of the floor."

Kofane and Robinson led MU with nine points apiece, and Rob-

two steals to lead the team in both categories. It was the first time all season that MU did not have at least one player score in double digits.

The Hawks again got off to a bit of a slow start as they found themselves down five early in the contest, and didn't connect on their first field goal until four minutes had already passed. However, the Hawks' tough defense allowed them to keep the bleeding to a minimum. Eventually, MU was within one point with 3:15 remaining in the first half.

DiLeo then gave MU its first lead of the game just a half minute later when he knocked down a three to put his team up by two. After a Canisius bucket tied the game at 15, Kofane converted on a three point play with only twenty seconds remaining thus securing a Hawks' lead heading into the

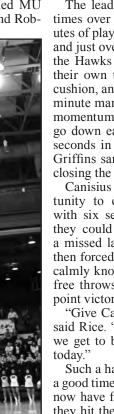
The Hawks increased their lead to as much as seven in the early portion of the second half when DiLeo again scored to push the score to 25-18 with 16 and a half minutes to go in the game. MU could not maintain the lead, however, and the Golden Griffins managed to tie the game at 25 with 13:48 remaining after a 7-0

The lead changed hands seven times over the next six plus minutes of play. With a one point lead and just over seven minutes to go, the Hawks went on a 7-0 run of their own to build a little bit of cushion, and led 42-34 at the three minute mark. Despite the Hawks' momentum, Canisius refused to go down easy. With less than 50 seconds in the game, the Golden Griffins sank two straight three's closing the scoring gap to two.

Canisius had a great opportunity to even the score at 42 with six seconds remaining, but they could not capitalize due to a missed layup. The Griffs were then forced to foul, and Robinson calmly knocked down both of his free throws to give MU the four point victory.

"Give Canisius a lot of credit," said Rice. "A couple of plays and we get to be the victorious team

Such a hard fought win came at a good time for the Hawks, as they now have five days to rest before they hit the road again to take on Siena this Saturday, Feb. 14. The Saints are currently seventh in the MAAC standings, and it will be the first meeting between the two teams this season. Tip-off is set for 7 pm.



Bowl at SFA Jacks Invitational Houston, TX 10:00 am

Cambridge, MA 9:00 am

SIDE

LINES

MTEN On Friday night, the men's tennis team hosted and defeated for-

mer league rival, Sacred Heart,

This was the Hawks' last

chance to perfect their game

with the upcoming ECAC Championship set for Friday

The victory provided the

team with their third win of the

season improving their record

WLAX The women's lacrosse team will

begin their season at home on

Saturday, Feb. 14 against La-

fayette. MU went 5-3 in con-

ference play last season and qualified as the fourth seed in

The Hawks, who were

ranked fourth in the pre-

season poll, return eight of

12 starters from last year's

Senior captain Allison

Stathius has also been named

to the 14-player Preseason

BOWL The University's bowling team will

travel to Houston, TX this

weekend to take part in the

SFA Invitational. The team is

currently coming off a 15th

place finish at the Kutztown

Învitational in late Jan. Lead-

ing the team in that tourna-

ment was senior Valerie Ber-

mudez who placed 35th with a

UPCOMING

GAMES

MTEN at ECAC Championships

198.50 pin average.

Friday, February 13

All-MAAC team.

the MAAC Tournament.

with a final score of 7-0.

and Saturday morning.

to 3-1.

squad.

Baseball at Dallas Baptist Dallas, TX 6:30 pm

WBB vs Rider* W. Long Branch, NJ 7:00 pm The MAC - ESPN3

Saturday, February 14 T&F vs Monmouth Winter Col legiate Open W. Long Branch, NJ 1:00 pm The MAC

MTEN at ECAC Championships Cambridge, MA 9:00 am

WLAX vs Lafayette W. Long Branch, NJ 1:00 pm

Baseball at Dallas Baptist Dallas, TX 2:00 pm

MBB at Siena* Albany, NY 7:00 pm Times Union Center

Sunday, February 15 Baseball at Dallas Baptist Dallas, TX 1:00 pm

WBB vs St. Peter's* W. Long Branch, NJ 2:00 pm The MAC - ESPN3

Monday, February 16 MBB vs Marist* W. Long Branch, NJ 7:00 pm The MAC - ESPN3

Tuesday, February 17 MLAX vs Wagner W. Long Branch, NJ 3:00 pm Monmouth Stadium



PHOTO COURTESY of Taylor Jackson

Justin Robinson had no issue hitting two free throws to seal a Hawk victory over Canisius Sunday afternoon. Robinson is averaging 12.6 points and 3.96 assists per game which leads the team in both categories.

Women's Basketball Can't Catch Siena, Fall 65-58

JOSEPH RUGGIERO STAFF WRITER

Despite receiving 22 points from junior guard Sarah Olson, the women's basketball team fell to the Siena Saints, 65-58, Saturday, Feb. 7.

Olson lit it up from beyond the arc in the second half, when she knocked down five triples after only hitting one in the first 20 minutes of play.

Her second half barrage was a high point for the Hawks, but Head Coach Jenny Palmateer sees more in Olson than just her shooting ability. "She's showed up for us every single game," said Palmateer. "I think her value, as great as it is in the scoring column, is just as valuable in all the other areas."

The Hawks jumped out to an early nine-point lead in the opening minutes of the game, with the

defense for MU causing multiple turnovers, which lead to points on the offensive end. The Hawks finished the game with eleven steals and six blocks, which lead to 17 points.

MU continues to yield threepoint shots no matter the situation. Shooting 10-31 from deep helped them stay in the game at crucial moments and their three point performance almost brought them victory

That tide quickly changed as Siena started causing the Hawks to commit turnovers. The Saints started knocking down shots as leading scorers Margot Hetzke and Tehresa Coles respectively had 16 apiece. Despite going 4-14 from three point territory, the Saints hit two big three's during the heart of the game which shifted the momentum.

Sophomore guard Jamiyah Bethune went 6-8 from the foul big key being the full court press line giving the Hawks easy

points from the charity stipe. Junior forward Amanda Offenback was impressive in her fifth straight start, as she knocked in two three's and finished with 12 total points.

Siena felt the comeback in the works, but quickly answered with two clutch three balls from Ida Krogh, who finished with 10 points, five assists and three steals.

Although Siena made a loud appearance during the second half, MU made sure not to back down. At one point during the second half, the Hawks were down by 15, but managed to claw their way back to bring the game within two.

"I thought we showed some toughness and fight," said Palmateer. "We played Monmouth Basketball."

The Hawks remained consistent and played wire-to-wire trying to mount a comeback. Regardless of the run, the Saints held on to improve their record to 14-9, and 7-7 in the MAAC.

"We had gotten ourselves in quite a bit of a hole, but we were able to get back into the game,' Palmateer said.

Despite injuries earlier this season, sophomore guard Helena Kurt hustled throughout the game as she ran up and down the court trying to cause turnovers. She was not the only one; every Hawk was persistent to play every second of the game no matter the score.

With the loss, the Hawks move to seventh in the MAAC and post an overall record of 9-14 (5-9

The Hawks return home Friday, Feb. 13 to take on rival Rider in a MAAC battle for NJ bragging rights. Rider is currently on a two game losing streak and has an overall record of 7-16 (4-9 MAAC).





Sophomore Justin Robinson secures Hawks' win over Canisius by sinking two free throws with 3.2 seconds left to play.