



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
STUDENT-RUN NEWSPAPER SINCE 1933



OUTLOOK.MONMOUTH.EDU

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## MEDICAL MISSION TRIP TO HAITI



IMAGE TAKEN from pri.org

The University's nursing department went on a medical mission trip to Haiti where they diagnosed and treated patients, distributed basic medications, and educated the community on sanitary practices. Haitian individuals, like the young woman pictured above, received assistance.

ALYSSA MAURICE  
CONTRIBUTING WRITER

Faculty and students from the University's Department of Nursing went on a medical mission trip to provide health-care for impoverished communities in Haiti last month and are now accepting various donated supplies to assemble hygiene kits for next year's mission.

The week-long trip that took place from Jan. 5 - 11 was organized by the non-profit organization Foundation for Peace and District 14 of Sigma Theta Tau, the International Honors Society of Nursing. Nurses, nurse practitioners, and nursing students from various universities assisted in setting up clinics and providing basic medical care for local families.

"I heard about this mission trip from the Sigma Theta Tau Nursing Society at a previous university that I worked at.

One of my nursing alumni students was working on it and I joined her on the trip. I loved it," said Dr. Chris McSherry, Director of the Pre-Licensure Nursing Program. "The students and nurses on these mission trips share experiences and learn and grow together. It is very rewarding."

The volunteers worked in four different areas throughout the Ganthier region of Haiti, including the area that was hit by a devastating earthquake in 2010. Some of their responsibilities included diagnosing and treating patients of curable illnesses, distributing basic medications or antibiotics, and educating the community on things like hand washing and how to treat minor wounds. Volunteers typically see from 600-1,000 patients each day.

Referring to the necessity of basic supplies to stay healthy, Dr. Lauren Jannone, Chair of Nursing and Director of the MSN Program who also attended the trip, said, "They are very important. Most

families have no soap, water or toothbrushes."

According to the Foundation for Peace website, some of the patients treated had never before seen a medical professional prior to this mission. Access to basic healthcare and medication is extremely limited in Haiti, putting communities at high-risk for bacterial infections or diseases. According to the Department of Public Health, some common diseases in Haiti include Malaria, Hepatitis A, and Typhoid Fever.

However, providing these donations and adequate medical care is not the only thing the participants involved in these mission trips intend to accomplish. According to the Foundation for Peace's mission statement, another important aspect of the trip is to offer "encouraging words and moments of caring that say, 'I see you. Your life

Haiti continued on p. 2

## Three Students Reestablish Lambdas at Monmouth

HEATHER MUH  
CLUB & GREEK EDITOR

The University's Greek organizations welcome the Pi chapter of Lambda Theta Phi (ΛΘΦ) Latin Fraternity Inc. back to their community after almost seven years of absence.

In 1975, Lambda Theta Phi became the first nationally recognized Latino Greek organization. On Feb. 28, 1993, the 12 founding brothers of Lambda Theta Phi's Pi chapter came together and brought the organization to the University. The last brothers to be on campus were in 2008, until now.

Carpenter explained that the ideals Lambda Theta Phi holds are academic excellence, brotherhood, leadership, unity, and community service. During the reestablishment process, Carpenter and the other newest Pi chapter members were able to meet brothers from all over New Jersey who helped them learn about their organization. They were also able to meet with Lambda Theta Phi alumni of the University and "began to develop a brotherly bond with men that were established in their careers with children and family," according to Carpenter.

"The three of us are ready and excited for the opportunity to put in a lot of work to help our chapter expand and to show Monmouth University students what our fraternity is about."

TREVER CARPENTER  
Junior

The line brothers leading the fraternity's reestablishment on campus include: Trevor Carpenter, a junior health studies student; Jonathan Nunez, a junior criminal justice student; and Hauscar Holguin, a sophomore music student.

"The three of us are ready and excited for the opportunity to put in a lot of work to help our chapter expand and to show Monmouth University and the students what our fraternity is about," said Carpenter. "In the short time that we have been brothers, we have raised money for charities, volunteered and, my favorite, saluted our way back onto Monmouth campus."

The alumni of the University are excited to have their organization back on campus as well. One such alumnus is Joshua Medrano. Medrano became a member of Lambda Theta Phi in the spring of 1999 and is grateful for the experiences he encountered as a result.

"As a young man who was trying to navigate through life's hardships, I leaned heavily on the support I received from not only Lambda Theta Phi but all of the Greek members on campus," said Medrano. "As bonds forged and relationships developed, I remember graduating from Monmouth with a

Lambdas continued on p. 16

## Recent University Graduate Seeks to Help Asbury Park Youth

JAMILLAH MCMILLAN  
STAFF WRITER

Lamar Davenport, a recent criminal justice graduate and member of the University football team, has decided to give back to his hometown community of Asbury Park, NJ by being a role model and positive influence to children in the schools.

Asbury Park is a town that has the third highest crime rate in New Jersey, according to a report published on nj.com in 2012. Due to the circumstances of growing up in a statistically unsafe area like Asbury Park,

Davenport aspires to cement the idea of both academic and personal success to the students.

Being a University athlete, Davenport said he would love to coach and mentor the students of the Asbury Park school football teams and be a positive force. He said, "I had a tremendous support system in high school and through college." Davenport credits his success in life to his own personal role models, and aspires to have that influence on others.

In 2013, Asbury Park High School had a graduation rate of 51 percent, according to an article published on njtvonline.org. Davenport said he aspires to stay connected to the

place that he grew up in. "I want to be able to contribute my efforts to Asbury Park and help kids and people who are facing similar struggles I faced growing up," he said.

Davenport feels that a mentorship program will also help them avoid a crime-driven life. According to an nj.com article published in 2013, the total number of recorded crime incidents in Asbury Park was 1,106.

One of those recorded incidents involved Davenport; while at a party in Asbury Park, he was stabbed in the torso. Nonetheless, such a traumatic experience did not deter Davenport

from graduating. "I attended college because I knew getting a degree would allow me to accomplish the goals I set for myself," said Davenport. His determination, even in times of hardship, has led him to live a more positive lifestyle.

As a college student and



Davenport continued on p. 3

PHOTO TAKEN from monmouthuniversity.com



# Leon Hess Business School's Comparative Entrepreneurship Course Recognized Nationally

## Monmouth University Selected as One of Three Finalists in Competition

DANIELLE SCHIPANI  
ASSOCIATE NEWS EDITOR

The University's Comparative Entrepreneurship course, taught by specialist professor John Buzza, was selected as one of the top three finalists in a national competition sponsored by the United States Association of Small Business and Entrepreneurship (USASBE) for special recognition in entrepreneurship education and innovation.

USASBE chose Monmouth University, the University of Texas, and Northern Illinois University as finalists for its Special Recognition in Entrepreneurship Award. Monmouth, however, did not win the competition. Over 85 universities in total participated in the competition.

"They (the judges) took into consideration creativity of the course, uniqueness of the course, and impact on the students," Buzza explained.

Devin Hope, a University alumnus who graduated in January 2015, traveled to Tampa, FL for the USASBE conference from Jan. 22 - 25 along with Buzza.

"I was very excited to learn we earned a finalist position and could not wait to get there and present our paper. While there, it was a great experience for networking as well as learning. So many talented professors from universities all over the country coming together to encourage entrepreneurship education," said Hope.

"It was certainly upsetting," continued Hope, "to hear them announce someone else's name as number one, but the overall

experience, and being top three, is a great accomplishment for my first competition."

Students in Monmouth's entrepreneurship course partner with small businesses in the surrounding community through the University's Center for Entrepreneurship.

According to monmouth.edu, the mission of the University's Center for Entrepreneurship at the Leon Hess Business School is to nurture entrepreneurial thinking through a "community of business partners committed to achieving social and economic progress."

**"He (Professor John Buzza) has taught me so much and has included me in things, like the Comparative Entrepreneurship course and the USASBE finalist convention, that I will forever be thankful for. Any opportunity that a Monmouth student gets to have him as a professor, they should seize it."**

DEVIN HOPE  
University Alumnus

Entrepreneurship students are able to conduct business practices and launch new businesses from the safety of the classroom in real world situations. Previous projects have included pasta sauce (Nanina's in the sauce), dog treats, and perfumes that are still on the market today.

The course is only available in the summer and holds up to 16 students. These students spend two weeks in Spain meeting with businesses from all over the country everyday, according to Buzza. The students also

have class for four weeks on the University's campus.

Hope explained how the Comparative Entrepreneurship course and the experience of studying abroad enabled the class to grow close with one another. "The class grew close extremely quick on the trip. Most of us only knew one person of the 16 before we left and I believe it was a good thing. We were all together pretty much all the time so we all bonded fast," Hope said.

Hope spoke highly of Buzza and explained the impact that he has had on her experience

to have him as a professor, they should seize it," she said.

"Going to Spain was amazing. I had already been once before, but this experience was completely different from my last," said Dana McCann, a senior marketing and management major.

McCann explained how the students stayed with host families while they were in Spain which lead to a realistic feeling of what it is like to live in the country.

McCann discussed the benefits of learning about small businesses in a foreign coun-

grant for the next three years.

McCann strongly recommended this class to other students interested in studying entrepreneurship. "It is perfect because you get the study abroad experience without the cost and months away from home. It looks great on a resume and you make long-term friends," explained McCann.

Hope agreed with McCann and recommends the class to interested students because she was able to "...experience a trip abroad while learning about an interesting field of study."

Hope said that the course could even be helpful for non-business students. "Entrepreneurship is all around us and even those non-business students should take advantage of a course like this to see what business is like in other countries. It is an experience I will never forget and I made memories that will last a lifetime," said Hope.

Buzza expressed how the University has supported the class, which has aided in making the course a success. "The support from our Leon Hess Business School along with our unique approach to entrepreneurship education will continue to make our program one of the finest in the country," said Buzza.

"I am very proud of our students and their accomplishments. Thanks to their dedication, the Monmouth University Center for Entrepreneurship has earned a national reputation for excellence," said Buzza.

For more information on the Center for Entrepreneurship at Monmouth University, visit [www.monmouth.edu/business-school/center-for-entrepreneurship.aspx](http://www.monmouth.edu/business-school/center-for-entrepreneurship.aspx).

## Monmouth's Nursing Department Provides Healthcare in Haiti

Haiti continued from p. 1

matters to me."

"The people I met in Haiti taught me more than I could ever teach them. Their smiles, kind-heartedness, joy, laughter, hard work and thankfulness - despite the harsh conditions that they live in - were truly inspiring," said Michelle Baginski, a nursing student who traveled with the group last month.

"I like to see the relief on a person's face when they see that their pain is manageable and we can assist with that and I love working with students who are eager to learn and also willing to assist others in need," reflected McSherry, who has participated in several other mission trips with her first being in Ghana, Africa.

Haiti is not the only possible destination for mission groups working with Foundation for Peace. The non-profit organization works with several universities throughout the country and organizations such as Sigma Theta Tau in order to assemble groups of profession-

als to participate in trips to the Dominican Republic and Kenya as well. They partner with students from almost all medical disciplines and backgrounds including physicians, occupational therapists, audiologists and psychologists to try to provide the most comprehensive care as possible. The organization relies heavily on donations to obtain the necessary amount of medications and vitamins for the trips, according to the Foundation for Peace website.

The Nursing Department is now collecting basic items such as washcloths, toothpaste or vitamins to bring to Haiti with them on their next trip. They are also accepting monetary donations so that they may purchase other supplies or medications to suit the specific needs of the community in which they will be volunteering.

Anyone interested in donating products for the trip taking place next January should contact Dr. Laura Jannone by email at [ljannone@monmouth.edu](mailto:ljannone@monmouth.edu) or visit the nursing office on the third floor of McAllan Hall.



TOP PHOTO TAKEN by Dr. Laura Jannone  
BOTTOM PHOTO TAKEN from cmm.org

(Top) Members of the University's Nursing Department administered vaccines in impoverished communities in Haiti. (Bottom) Individuals, like those pictured above, received help from the students and faculty during this medical mission trip.



# “A Century of Black Life, History, and Culture” Event

**RICHARD FELICETTI**  
STAFF WRITER

Monmouth University’s African American Student Union (AASU) hosted a presentation titled “A Century of Black Life, History, and Culture,” in Anacon Hall on Feb. 12.

The event allowed audience members to view various presentations that paid tribute to the culture’s history and accomplishments

The AASU is led by President J’lyn Martin, a senior communication student, and Vice President Arianna Gordon, a junior biology student.

The club’s mission is to provide a community for students with a common bond to recognize the cultural achievements of prominent black people in American history.

“We really wanted to do our part as leaders of the AASU and celebrate Black History Month in a special way,” continued Martin.

“By hosting this ceremony, we intended to inform those who are uneducated about the tremendous achievements in black culture and the great people that helped make them possible,” said Martin.

“The culture is so rich and it is important that we teach students of

the university about black culture,” he said.

In addition to a power point presentation that chronicled the history of African American culture in America, the tribute also included a recitation of the Negro National Anthem, poetry readings of such distinguished black literary figures as Langston Hughes, Maya Angelou, and a rendition of Whitney Houston’s “The Greatest Love of All.”

To close the ceremony, Martin recited an excerpt from a speech that Dr. Martin Luther King Jr. delivered at the University (then Monmouth College) 48 years ago. King spoke to a crowded gymnasium on Oct. 6, 1966.

He detailed the struggles that black people have faced in the past and his thoughts on the future of integration and race relations in the United States.

It was during this speech that King delivered his famous line, “We have come a long, long way; but ... [that] we still have a long, long way to go before the problem of racial injustice is solved.” Martin noted that it was an honor to recite the same words that King spoke years ago.

Gordon said that the objective of the ceremony was to not only raise

awareness about Black History Month, but to educate people.

“We are in a time where people know about Black History Month, but don’t really get the necessary

the presentation. If even one person learns more about black history or black culture, then we definitely achieved our goal and it was worthwhile.”



PHOTO TAKEN from biography.com

The University’s African American Student Union (AASU) paid tribute to pivotal figures in black life. A portion of the presentation celebrated Martin Luther King Jr., as pictured above.

exposure that they could be getting,” said Gordon.

“We had a great turnout at the ceremony and I could tell that the audience was really submerged in

He noted that Black History Month is an important part of American society, as many great accomplishments often go unnoticed.

“I thought it was really nice to see fellow students put their emotions into their various arts and being able to appreciate black culture through these students was something I’m glad I could be there for,” said Chiarello.

“The presentation definitely raised awareness. There is so much black contribution to music, literature, and history and it is crazy that it gets overlooked so often. I found it really nice to learn more about achievements in black history and how the contributions of black culture make this country the melting pot that it is today,” he said.

According to The Association for the Study of African American Life and History (ASALH), the 2015 National Black History theme is “A Century of Black Life, History, and Culture.” Observers are urged to recognize the great achievements in black culture from 1915-2015, including the triumphs in politics, literature, music, and athletics.

Founded by Carter G. Woodson in 1915, ASALH is the leading organization for the promotion of African American culture.

## Alumnus Makes a Difference

Davenport continued from pg. 1

athlete, Davenport worked to maintain his grades in order to keep his status as an athlete and an Educational Opportunity Fund (EOF) Scholar.

According to the University’s website, “the Mission of Monmouth University’s Educational Opportunity Fund (EOF) Program is to provide full-time admission and the financial and academic support needed to highly motivated NJ students from families and communities disadvantaged by low income.” As stated in the University’s EOF rules and regulations, any proof of underage drinking would follow in an immediate termination of all EOF financial support. Therefore, Davenport had to be conscious of his priorities when it came to the social aspects of college life.

“His success, both as a student and as a Division 1 athlete,

provides a great example for the students at Asbury Park High School,” said Kevin Callahan, the University’s head football coach.

Balancing the priorities of life was a hardship he overcame with the aid of many important individuals. Davenport said, “I had a tremendous support system in high school and through college. All of my football coaches pushed me to receive my degree. I still keep in touch with many of my coaches from high school and college,” said Davenport.

Davenport said that the youth need to see examples of success in their day to day lives. He is proof that those growing up in Asbury Park can graduate high school and take opportunities to succeed in institutions of higher learning outside of the impoverished town.

Davenport was raised by his single mother, along with his four other siblings. He was the eldest, and therefore the role model as he

is the first in his family to go to college. His mother tried to find ways to keep Davenport off the streets, and away from negative aspects of community life. “I had a memorable childhood. My mother always had me involved in sports or other activities to keep me busy,” he said.

As a child, Davenport said his mother was his primary support system; she pushed him towards becoming the man he is today. “She was the person who believed in me and allowed me to believe I am capable of doing anything, despite coming from a tough area,” said Davenport.

After graduating Asbury Park High School in 2012, he was drafted onto the University football team.

“Lamar’s accomplishments at the University are an indication of his perseverance and motivation. He overcame a number of obstacles both academically and athletically,” said Callahan.



PHOTO TAKEN from monmouthhawks.com

“His success, both as a student and as a Division I athlete, provides a great example for the students at Asbury Park High School.”

KEVIN CALAHAN  
Head Football Coach

## Hawk TV Hosting Rock N’ Raise Event

FABIANA BUONTEMPO  
NEWS EDITOR

*Hawk TV* will be hosting its annual Rock N’ Raise charity event on Friday, Feb. 20 from 1- 4:30 pm in the TV studio of the Jules L. Plangere Center for Communication building.

Rock N’ Raise is a live battle of the bands event. All proceeds of the event will go towards the American Cancer Society and *Hawk TV*’s Relay for Life Team.

The event will broadcast live on *Hawk TV*, Channel 12 on campus and will also be streaming live on *WMCX* 88.9 FM.

“I think Rock N’ Raise is so important to me because it’s an event that brings all of my favorite things together: live music, production, and the *Hawk TV* family,” said Olivia Caruso, a senior communication student and one of the producers of Rock N’ Raise.

Rock N’ Raise has been an ongoing process since last semester as the students had to plan and build the sets for the event far in advance.

“We started producing the show back in early December and to see how things have progressed and are coming together is such a great feeling,” said Alexis Morrison, a junior communication student and one of the producers of the event.

“For me, building the sets was the most exciting part,” said Caruso.

“After constructing six wooden frames, we lined the edges with nails and strung colorful yarn back and forth creating a starburst illusion when lit,” Caruso continued.

Along with Caruso and Morrison, senior communication student Courtney Carr is another producer of the event. The

three girls set a goal of raising \$2,000 by the end of Rock N’ Raise.

With online donations and current ticket sales, as of Feb. 12 *Hawk TV* has raised \$2,030.

Morrison said since they have exceeded their original goal, the producers are hoping to now raise \$2,500.

“The support has been incredible and I’m excited to see how much we ultimately raise for charity,” said Morrison.

Rock N’ Raise will consist of four acoustic acts and four bands. The bands include Flammable Animals, Moon Days, Hurricane Season, and Goodbye Tiger.

The acoustic acts are Jimmy Law & Steen Schmidt, Jamie Coppa, Carter Henry, and June Cannon

Audience members are able to use their ticket to vote for their favorite band performance. At the end of the show, the band that raises the most money wins a prize.

The grand prize this year is Avid Pro Tools, a \$250 gift card to Russo music store in Asbury Park, and four hours of rehearsal time at Eight + Sixteen music studio in Bayville, NJ.

Tickets are \$5 and can be purchased through any band member, a show producer, or at the *Hawk TV* Office in Plangere Center.

Sponsors for the Rock N’ Raise event include Avid Pro Tools, The Saint, Speak Into My Good Eye, Russo music, Noble Media, Lake House Recording Studio, and Eight + Sixteen music studio.

“It’s such an amazing feeling seeing something form that you’ve put so much time and dedication into,” said Morrison. “I can’t wait to see the turn out the day of the event.”



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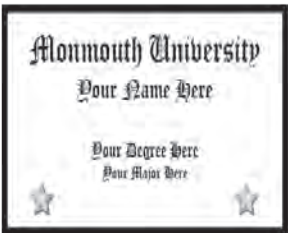
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Good luck with your coursework this semester!

**PLEASE TAKE NOTE OF THESE IMPORTANT DATES FOR THE  
MAY 2015 GRADUATION:**

- ⚠ **March 1<sup>st</sup>, 2015:** Deadline to submit Graduation Applications through e-FORM's
- ⚠ **April 15<sup>th</sup>, 2015:** Deadline to submit any additional e-FORM's requests (i.e. Substitutions, Waivers, Declare/Remove Minor, etc.)

\*\*Please note: e-FORM requests received after the deadline dates will not be processed\*\*



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The WEBadvisor online listing of **SUMMER COURSES** are currently available.

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.

**WEBstudent Screens for Registration:**

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- Course Prerequisite Worksheet
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- Register for Previously Selected Courses (Worksheet 2)
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**Questions . . . contact**  
[registrar@monmouth.edu](mailto:registrar@monmouth.edu)  
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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!
- Step 3:** Return your pig



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*\*Returned pigs should be dropped off in the Student Center on 3/2, 3/3 or 3/4 from 10am-2pm or any day Monday-Friday from 9am-5pm in the Alumni House.\**

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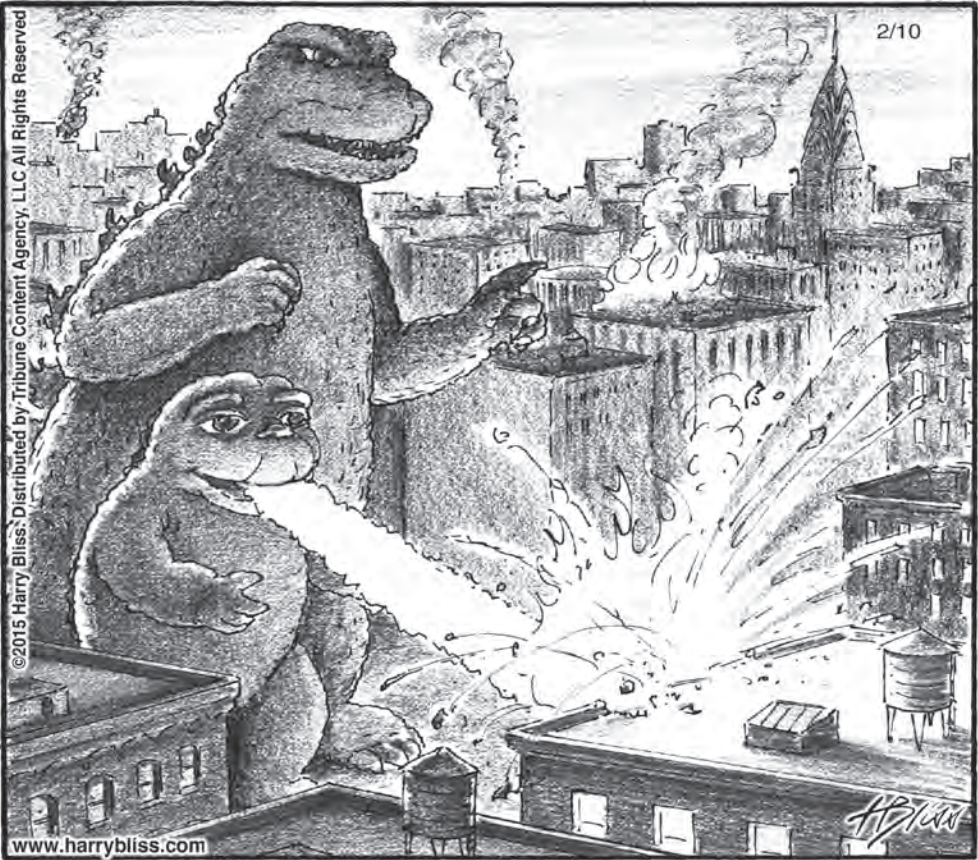
What's Really "New" About Messages in the News?

THE OUTLOOK STAFF

Between breaking news, developing stories and exclusive interviews, there is no shortage of captivating reports in today's news media. While some news outlets are focused on facts, others have not so subtle agendas (*Fox* and *MS-NBC*, we're looking at you.) Regardless of intent, the American news feed has been rife with stories both heartwarming and heartbreaking in the past six months. Members of *The Outlook's* editorial board stopped to reflect on these moments, as well as think about the future and what may be in store. "There is so much sadness and hate in this world that the news is almost always awful," said one editor. The staffer continued, "There have been plenty of tragic news stories that have struck a chord with me, but one of the more recent ones which I feel like not a lot of people had even heard of was about the older couple who met someone from *Craigslist* responding to their ad for an old car." The tragedy of course ended with the couple's murder and the police's inability to find their bodies for several days. "I feel like the more personal stories, like this one, affect me more because I tend to picture myself in the shoes of the family of the victim(s)," the editor added. Largely, however, *The Out-*

*look* held the ISIS beheadings and spread of Ebola in West Africa among the most depressing news within the last six months. According to one editor, "It's just disgusting that those [beheading] videos were shown. I boycotted watching them because if that were me or my family, I wouldn't want anybody to see it." School shootings also topped the list of most disturbing news, with one of the most recent ones occurring at University of North Carolina at Chapel Hill. "I would consider any occurrence of a school shooting to be most depressing to me, especially when it happens in middle and elementary schools. Nobody should have to fear for their child's life when sending them to school," said one staffer. To no surprise the gloomiest stories outshined most cheerful ones. When attempting to recollect lighter news, *The Outlook* was stumped on remembering any specific occasions. "It took much longer for me to think of a positive news story. One that comes to mind is that the guy who runs the 'Humans of New York' blog was able to help a school in Brooklyn raise money for its children to take a class trip to Harvard. The story made it to *The Ellen Show*," recalled one editor. Another isolated incident of uplifting news an editor remembered was a Philadelphian man who tweeted: "*a picture of his location and the first one to find him*

*he would give \$100.*" Aside from these few instances, *The Outlook* was hard pressed to think of any encouraging news items of late. The fleeting nature of the news, however, leaves much to be desired, so *The Outlook* thought of what they would like to see in the headlines by 2050. "I'd like to see a Chipotle home-delivery system. Because, quite frankly, I'm too lazy to get out of bed and head on over to the mall. But if they delivered, my life would truly have meaning," one member said. Joining the ranks of the Chipotle home-delivery, some *Outlook* members hope to see total gender equality, cars that drive themselves, and world peace dominate the airwaves. Along with the seemingly immeasurable change that could occur over the next 35 years, *The Outlook* editorial staff also considered what daily functions might be obsolete by 2050. One staffer was disheartened to think that newspapers will be obsolete by 2050. The editor said, "It's safe to say that many people prefer their content online, so printed news may cease to exist, at least in the form to which we are accustomed." Additionally, a staffer thought that large-scale department stores like Macy's and Sears will see a continual decline, as "outlets like Amazon and Alibaba are becoming the norm."



"Now you're cooking with gas!"

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# Op Ed to Previous Story: Why You Should Not Fear Studying Abroad

## *Being Afraid To Leave Your Comfort Zone Restricts You More Than You Realize*

SAMANTHA ZBARSKY  
CONTRIBUTING WRITER

“Sometimes, we find ourselves in the middle of nowhere. Sometimes, in the middle of nowhere, we find ourselves.” Our entire lives, we live in fear of death. It is the shadow that lurks behind us no matter what we do or where we are.

Our lives are so fragile. So many people are dying to live, but simply not seizing the day. They are just living to die. It is often that we cling to what we know because that is what we are comfortable with- with comfortability, there is no unknown. Sure, that may be appealing to some.

But is that a life you really want to live? Do you want to die, only having seen the comforts of your own home because

you are scared of the unknown? Comfortability does not show us the true wonders of life and the world in which we live. It does not help us grow and find ourselves. In retrospect, it keeps us in the same place for the entirety of our lives.

We were not born with roots. We are fortunate enough to live in a country where almost anything is possible. So many people are homesick for places that they do not know. Fear cannot stop you from living your life. With that being said, fear cannot stop you from studying abroad.

There are two things inevitable in life: living and dying. Everything else is uncertain. More often than not, you do not wake up in the morning and have the fortune of knowing that you are going to die that given day. You

do not know that the cute girl you smiled at in the coffee shop this morning could be your wife some day. You do not know that your child will take his or her first steps or say your name as his first words when you wake up in the morning.

The point of the matter is life is absolutely uncertain- but I can't think of anything more beautiful than that. You cannot let fear get in the way of living.

Before I studied abroad, I am not ashamed to say that I was in a dark place in my life. I was genuinely not a happy person. I was trapped in the redundancy of my life. I am a very independent person, but I had been sheltered for all of my life. As cliché as this may sound, I felt like a caged bird, wanting to fly, but physically was not able to get out of that cage. Now, after

having spent what was almost six months on the other side of the world in Sydney, Australia, (amongst other places I had the opportunity to travel to) I can genuinely say I am a happy person.

I look back at things that I used to write, or existentialist quotes from my favorite authors I used to be able to relate to, and truly wonder how I could've ever felt so despondently towards the greatest gift we could be given- life.

There is so much more to studying abroad than the school aspect of it. You meet new people every single day while traveling to such amazing, breath taking places.

You immerse yourself in an entirely different culture. It is a euphoric high you couldn't get from anything else if you tried.

But most of all, the memories you make are ones that will certainly last you a lifetime.

Life pauses back in America. Do not be afraid to “miss out” on anything- your sorority or fraternity, your club or organization, your boyfriend or girlfriend or your family. All of those things will be back for you when you return.

Remember that this truly is a once in a lifetime opportunity. In fact, so many people look back on the chance that they may have had to study abroad and will tell you they regret not doing so. Others who have done so will tell you it was one of the best decisions they have ever made.

Don't be one of those people. Don't be afraid to step out of your comfort zone- you never know where life can take you.

## Through The Eyes of a Transfer Student

ALISON SILVERMAN  
CONTRIBUTING WRITER

The parking lots are terrible, the traffic around school is terrible, and everyone already seems to know each other. This may not be surprising to you, but it is to me.

No, I'm not antisocial. I'm just a transfer student.

Now, I come from a small private college tucked away in the mountains of Southern Connecticut, so I'm pretty used to the small college deal. I was not expecting a state school feel at all and in fact I was expecting Monmouth to be slightly similar.

There are so many things that I should know about this school that all other juniors seem to know. Yet, I feel like more of a freshman than I did when I actually was one two years ago.

For one, everyone already knows each other. They have found some type of niche where they fit in and have formed a group of people that they call friends. They recognize faces on campus and are comfortable in their surroundings. People have joined their sorority, fraternity, or some other organization.

Where do I fit in? I left my old sorority and don't want to join another one out of respect and while I've made attempts to get involved, after a semester I can only count my friends on one hand. People are not as welcoming as I had hoped.

I was never anticipating anyone to roll out the welcome wagon or have a welcoming committee sing me to class. At this point, the “unwelcomeness” has actually formed another “clique.” For those who have not yet noticed, most of the transfer students seem to flock together—we are going through the same transition after all.

You may say to me—“you sound like a freshman”—but that even furthers my point. Even the freshmen have a different, welcoming aspect to them. They're interested in making friends because they are similar to me. They also (most of the time) come here not knowing anybody, but there is enough of them that

they all want to make friends and people have seemed to be more accepting if they mess up or don't know something.

Being that I'm almost three quarters done with my college career, I should know a lot about this school and the people and the professors but I feel like I'm missing out.

Is there a way to fix this dilemma? Just because we get a “transfer student orientation” does not mean we know all we need to know about Monmouth U.

Teach us where people go out on the weekends.

Teach us what buildings are “haunted” and which are not.

Tell us what time to get to the parking lots so we are not late for class when we have trouble with the cluttered parking lots.

Tell us how facilities deal with snow.

Teach us about MUPD and what the consequences are for underage drinking.

Tell us what is good to eat in the student center or the dining hall and what is not.

Teach us what teachers are great professors and professors whose classes may be more difficult—our classmates have the advantage being that they have been here for a while.

I could go on for longer but I only have 700 words. Those are just a few examples of how the transfer student orientation program could better inform us.

While registering for classes and giving us a tour of the school is great, we need more. We really are a neglected population on campus and we need more of a light shone on us.

We need to know about Monmouth's social scene and about tricks of the trade to help us maneuver on campus.

It is sort of nerve-wracking coming here not knowing anyone or where anything is on top of worrying about having all your classes, when meanwhile, you stand there shaking in your boots because you didn't realize that you were going to sit in traffic on Cedar Ave. in the middle of the day.

There are just so many more things that you non-transfers can teach us transfers so that we don't feel like a small child lost in a mall.

## Texts Instead of Door Knocks: Is Dating a Thing of the Past?

KELLY COFFEY  
STAFF WRITER

A walk along the beach, a picnic in the park, dinner and a movie. They may not be original dates, but they are definitely classic dates. But for generation Y, is dating a thing in the past? Do people go on legitimate dates like they used to?

The idea of a date is moving towards “let's hang out at my house with a bunch of friends” rather than “would you want to go out to dinner and then catch a movie after?” Guys and girls rarely take a walk along the beach or have picnics in the park. You are most likely to find a couple hanging out at a party and considering that a date. This world is losing its romance.

The idea of dating has changed from dinner and a movie to ‘hanging out,’ and traditional dates are very hard to find in today's society. If you ask your grandparents how they met and compare it to how you and your significant other have met, I guarantee you it will be completely different.

Older generations have very romantic stories about when they first started “talking.” These older generations can talk for hours about how their first date was a picnic in the park or their first kiss was on a beach at sunset. With today's generation, you will never find that.

Our generation will tell our grandkids that they met their lover while at a college party and their first kiss was while they were hanging out at home or at a random bar.

We can blame technology for this. Not only has the idea of dating changed, but so has the way people ask others out. With technology these days, guys resort to their cell phones to ask a girl out.

Rather than showing up at the doorstep and even (God forbid) meeting your parents, the person picking up the date will send out a text message “here.”

The dating communication between a potential couple has been resorted to texting, Facebook messages, SnapChat, instant messaging, and other non-face to face methods of communication.

Technology also makes it

easy to meet others while online. There are hundreds of dating sites these days, on top of social media like Tinder, which makes it that much easier to find someone. People give up on finding true love in the real world and resort to Tinder, Facebook or Match.com.

Couples need a little romance in their lives. Romance goes a long way for both people in committed relationships and those just getting their feet wet in the dating world. We should make it a point to bring back traditional dating in a few different ways.

1. Do not send a text message to ask someone out on a date! Pick up the phone and actually call. It is a lot more meaningful to actually hear one's voice when they ask you out. If you want to go an extra step, ask in person. It means a lot to someone when you go that extra mile and show you care.

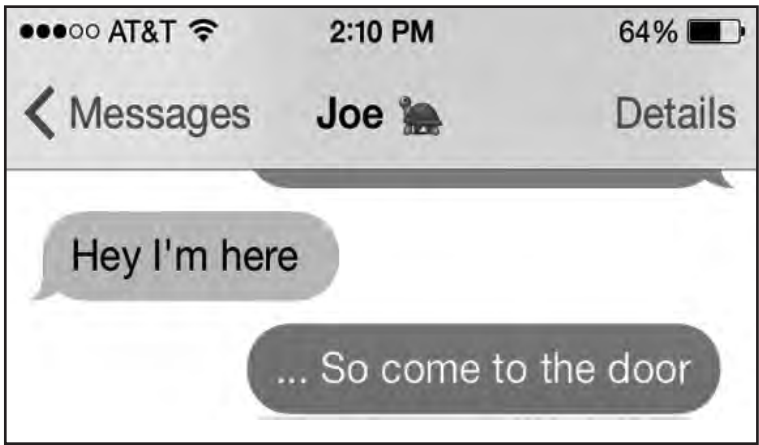


IMAGE TAKEN by Kelly Hughes

“Here” texts are a common dating trend of our media consumer generation.

2. Don't resort to “hanging out” as a date if you don't want to spend a lot of money. Be creative. There are a lot of activities to do that are cost efficient.

3. Dress up. Don't show up in sweatpants and a t-shirt. Wear something a little nicer. It'll impress your date and once again, will show you actually care.

4. Put the phone away while you're with your date. Technology gets in the way of communication. In order to have a successful date, there needs to be communication between the two of you.

Show your date that he/she is more important than the text messages coming through. The phone can wait.

5. Dating is not a group effort. Get away from considering a date is hanging out with friends and actually have some one on one time.

6. This one is aimed towards the guys. Show up with flowers. Girls love flowers. It's extremely thoughtful and a way of showing affection. If you want to really impress your date, stop by and pick out a small bouquet of flowers and surprise your date.

7. Don't rush things. Take a breather, relax, and just see how things go. If you hit it off on the first date, ask to go on another. Don't automatically resort to putting a title on it. Rushing into things never last.

8. Take note of your dates likes and dislikes. If you pay attention and keep track of your date's interests, it'll show you care and want to learn more. It'll make your date feel special and important.

9. Hold your date's hand. This is definitely something that is a small gesture but means a lot. You rarely see couples holding hands anymore. Next time you are out with your partner, grab his/her hand. It is easy yet very romantic and kind. It shows you are not embarrassed to be seen with your partner and that you are proud to call him or her yours.

Let's stop resorting to text messaging and “hanging out” and instead, let's bring back the traditional dates.

Start taking your date to dinner and a movie, or for a walk in the park. You will be surprised how much this will mean to that special someone.







ב"ה

# WHAT'S UP AT CHABADMU?



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# "Fifty Shades" of W.T.F.

KATHERINE JAFFE  
STAFF WRITER

When I showed up with my overpriced box of popcorn and large beverage to see *Fifty Shades of Grey*, I simply did not prepare myself enough for what I was getting into.

*Fifty Shades of Grey*, in so many words, is well-shot, expensive pornography.

You cannot make a movie about BDSM (Bondage and Discipline and Sadism and Masochism) and not expect it to be graphic. I can only assume most people knew this going in, but there was a little voice in the back of my mind saying, "They can't really put that in theaters, can they?"

Well, they did.

The sex scenes were very graphic, and if you are not a fan of looking at other people's body parts, I would not recommend seeing this film. I do, however, understand why it had to be done.

If you were curious as to what the female body looks like, *Fifty Shades of Grey* will definitely give you an anatomy lesson. I saw more of Dakota Johnson, the actress who plays female lead Anastasia Steele, than I would ever have liked to, but that was not the most disturbing part for cringing movie-goers such as myself.

During the very graphic sex scenes, her reactions to the pain

being inflicted on her seemed very natural, but also something I would have liked to see. Honestly though, I expected nothing less from a high-budget pornography film.

The "Red Room of Pain," the term coined by Anastasia in the novel, was everything a fan of the series could have ever wanted it to be. Every detail from the red leather bed to the walls of "pleasure" devices was there on the screen. There wasn't a thing to be missed in this room and I was so happy to see that Hollywood actually did a book justice for once. However, I cannot forgive them for the poor casting of Christian Grey.

Christian (Jamie Dornan), the super sexy, dominant billionaire described in the book, was nothing like what E.L. James had written. Don't get me wrong, the man was quite attractive—he just wasn't the Christian Grey I read about in the book.

Anastasia, however, happened to look exactly as how I imagined her in my mind. Johnson was significantly less attractive than Dornan, and her acting matched perfectly to Anastasia's reactions in the book, which brings me to the acting portion of this movie.

Considering the book was a mess of grammatical errors and overall bad writing, the movie was exactly that. It was quite obvious that the bad writing was covered up by el-

egant scenery throughout the film, but still the script was bad. There were actually some moments in the film that made me feel incredibly uncomfortable, just as they had when I read the book.

For example, when Christian makes awkward comments during the "business meeting," they made me feel just as uncomfortable as when I read them in the book. I did not need to hear how much Christian wanted to violate Anastasia across his table again, but given the book's erotic nature, I can understand the need for these comments.

The ending by far was the best part of the movie, and no, it wasn't just because I didn't have to continue sitting through a two-hour pornography. The movie ended so abruptly, just as the book did, and it made for a pleasant dramatic effect. But the question remains, should you go see this movie?

If you read the book and really want to see what everything looks like, then by all means, go ahead and see the movie, but wait until it comes out on DVD and watch it alone. I will say, it was quite an uncomfortable experience watching intense sexual relations happen on screen with a room full of overexcited women.

But in all seriousness, there are other ways to watch porn that don't involve paying for \$12 movie ticket.



IMAGE TAKEN from romcomsociety.com

"Fifty Shades of Grey" is the first installment of a trilogy penned by E.L. James. The film adaptation made \$94 million in its opening weekend.

# Bioware Launches "Dragon Age: Inquisition"

JOHN MORANO  
STAFF WRITER

*Dragon Age: Inquisition*, the latest title in Bioware's *Dragon Age* series, is an outstanding game, every bit deserving of the numerous "Game of the Year" rewards it has received. I've completed both prior *Dragon Age* titles, and loved both almost without reservation, even the extremely divisive *Dragon Age 2*. However, while *Dragon Age: Inquisition* may very well be the most well-designed title yet, I find myself partially dissatisfied, despite having played it all the way through and enjoyed it thoroughly.

*Dragon Age: Inquisition* is high-fantasy with a dark political edge, comparable to *Game of Thrones*. The game features action/strategy gameplay, elements of social-simulation, and political decisions with profound narrative consequences. The player can design a character from an impressive amount of options: race, gender, appearance, and combat class are all customizable.

Early in the game, players are put in charge of an organization called the Inquisition, loosely associated with a religion, referred to as "The Chantry." *Dragon Age: Inquisition* is set in the fantasy world of Thedas, specifically in the nations of Ferelden and Orlesis, which are based off of medieval England and France, respectively.

Over the course of the approximately 100 hour game, players will deal with a variety of conflicts, with two in particular taking the center stage. The first is a conflict between Mages and Templars. In the *Dragon Age* universe, Mages are beings that are given great power, but are uniquely vulnerable to demonic possession, and demons can do a lot of damage (a demon-possessed

Mage is basically a walking bomb). Because of this, they are tightly controlled/oppressed, living in tower's called "circles" and guarded by the sometimes fair, sometimes corrupt Templars. At the start of *Dragon Age: Inquisition*, their strained relationship has devolved into war, and the player has to choose who to support.

The other overarching conflict is much less morally ambiguous and involves a demonic invasion across Thedas. The veil, a sort of barrier which separates the physical world from the Fade (spirit world) has been torn, and demons are pouring into Thedas. The main goal of the player's organization is to make treaties and gather re-

sources to combat that threat. One of the most important steps in attaining this goal is recruiting capable people into the Inquisition. The details of this storyline can be influenced by players before they even start *Dragon Age: Inquisition*. Choices from previous games can be imported, even if one hasn't actually played any other titles in the series,

via the *Dragon Age Keep* website. This service also provides players with a summary of past events in Thedas, which will vastly increase one's appreciation of the plot.

In your journeys across Thedas, you will likely notice a large number of LGBT individuals. LGBT rights is Bioware's chief social concern, and such characters are featured prominently within their

narratives. They go through great pains to present these characters in a manner that is politically correct and constructive to the LGBT image. They also provide romance options relevant to the LGBT demographic.

In the past, Bioware has been both praised and criticized for this inclusion. Personally, I thought Bioware was generally realistic and respectful, although there were several moments where too much emphasis was placed on gender/orientation.

Companion storylines are a large part of *Dragon Age: Inquisition*. Depending on the player's choices, friendships, rivalries, romances, death, and disassociation can come from them. As a whole, *Dragon Age: Inquisition* features very interesting characters, although I thought that there were a few weak links.

My only major complaint about *Dragon Age: Inquisition* is the main storyline. While there was an abundance of choice, it felt narratively weak as a whole. The villains, aside from one or two ex-

ceptions, were stereotypical and uninteresting. Some of the scenarios felt very corny and contrived. The worst offender was a scene, meant to be inspirational, where virtually the entire Inquisition started singing a religious hymn (or at least, that's what it was supposed to be). It was difficult to sit through, let alone enjoy. On top of that, the ending felt rushed and dissatisfying. Given that it's a *Dragon Age* title, a series known for the quality of its narrative, I consider the story to be highly relevant to the reception. That said, given how many improvements to the series there were, *Dragon Age: Inquisition* is still worthy of all the praise it has received, despite this major flaw.

Combat is the best in the series, with a perfect balance of action and strategy. The default difficulty felt a little easy, but that's why there are multiple options which can be changed at any time. Aside from the main storyline, I felt that the side-content (which makes up most of the game) was narratively strong. The visuals were exceptional, and I felt that the music was solid but nothing special.

My review comes down to these two points: If you haven't played a *Dragon Age* game, *Dragon Age: Inquisition* is a great place to start. It's one of the best games of the year, and one of the best series of all time. If you have played *Dragon Age* games before, the only significant disappointment for you will likely be the main narrative, and despite that, it's still well-worth your time and money. Many reputable critics have given it their "Game of the Year" award, and while I personally wouldn't, I can understand that. I'd give *Dragon Age: Inquisition* a 9 out of 10; were it not for the story faults, the game would be perfect.

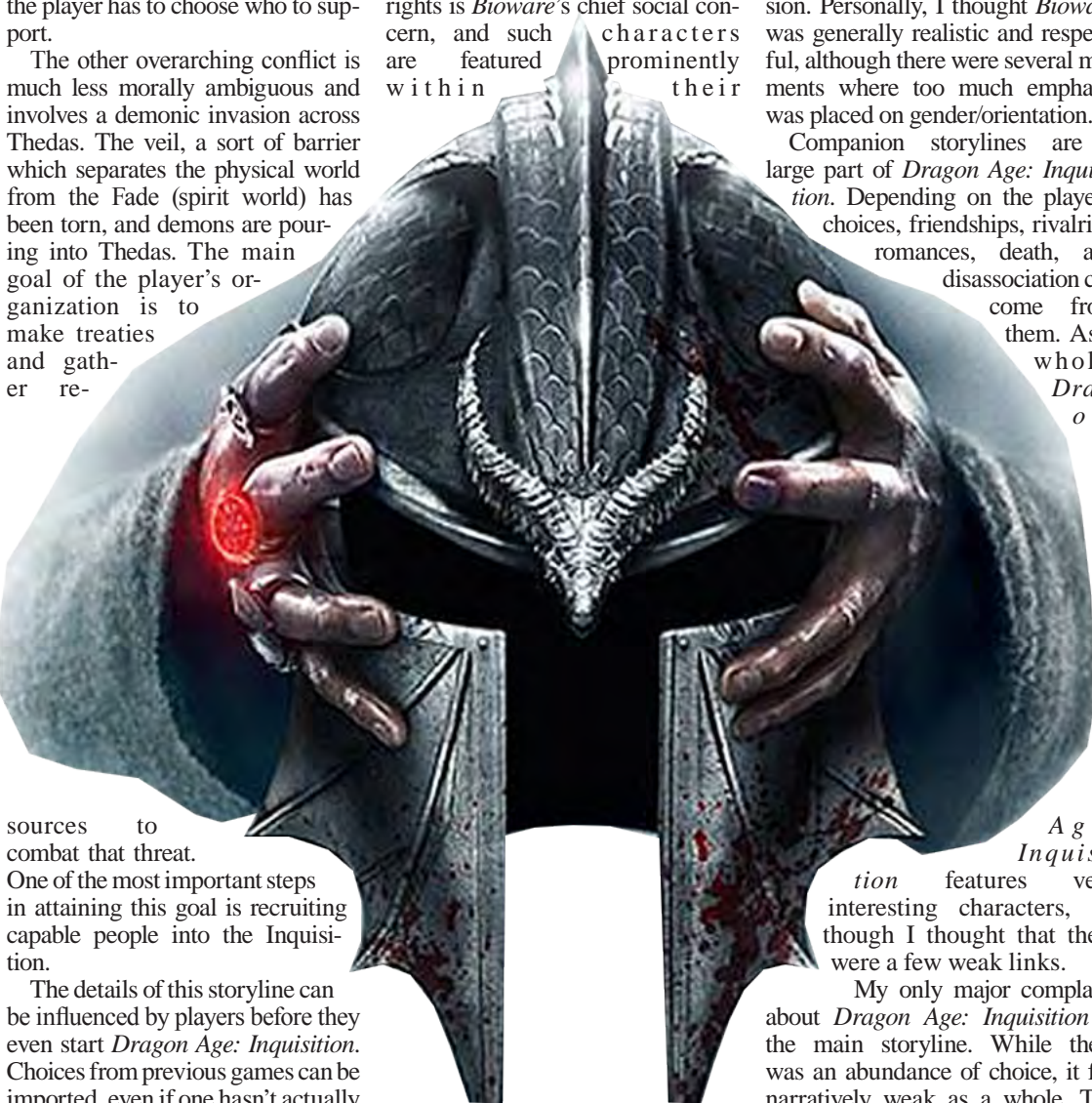


IMAGE TAKEN from observationdeck.io9.com



# “RED BANK RIVER READ” FEATURES MONMOUTH PROFESSOR

KEVIN HOLTON  
COPY EDITOR

Valentine’s Day is known for chocolate, candlelit dinners, Hallmark cards, flowers, and lovers exchanging gifts. This year, the holiday was also marked by the February installment of the Red Bank River Read series, which included Suzanne Parker and Monmouth’s own Melissa Febos, assistant professor of English. The Manhattan Bagel was packed to near capacity as people of all ages joined together to hear the writers read.

Parker is a winner of the Kinereth Gensler Book Award from Alice James Books for her poetry collection *Viral*, written in response to Tyler Clementi’s suicide, which was also a finalist for a Lambda Literary Award and was on the National Library Association’s Over the Rainbow List of recommended books for 2014. Her poetry has appeared in *Barrow Street*, *Cimarron Review*, *Hunger Mountain*, *Drunken Boat*, and numerous other journals and has been nominated for the Pushcart Prize.

Febos is the author of *Whip Smart*. Her work has been widely anthologized and appears in publications including *The Kenyon Review*, *Prairie Schooner*, *Glamour*, *Post Road*, *Salon*, *New York Times*, *Portland Review*, *Dissent*, *The Brooklyn Rail*, and *Hunger Mountain*. Her essays have won prizes from *Prairie Schooner* and *Story Quarterly*, and she is the recipient of a 2012 Bread Loaf nonfiction fellowship, a 2013 Barbara Deming Memorial Fund artist grant, a 2014 Virginia Center for Creative Arts fellowship, a 2015 Vermont Studio Center fellowship, a 2015 Lower Manhattan Cultural Council “Process Space” fellowship, and MacDowell Colony fellowships in 2010, 2011, and 2014.

The event began with a brief introduction by Linda Muhlhausen, who thanked everyone for coming out on the holiday. “Regardless of what you feel about Hallmark holidays,” she said, “it is Valentine’s Day.”

“I think that’s what all writer’s write about... it all comes down to love,” she added.

Parker soon took the mic, noting the great turnout. “I’ve never seen a bagel shop so full!” she said. Her first readings were from a new

manuscript she is working on, which focuses on her mother, the aging process, and questions of health and mortality as life draws to a close. The opening piece was “We Set the Bed on Fire,” in which her mother recounts her honeymoon, and how Parker’s father knocked over an ash-tray and literally set the bed aflame.

Her selections also included pieces like “The Boarder” and “M F K Fisher Has Lunch.” These pieces were filled with powerful yet enigmatic

lines, like, “Be prepared for fatigue and light mattresses,” and, when describing Paris, “It is a society built on hello and goodbye.”

She also read a piece recounting taking her mother to Paris, though the trip is hindered somewhat by her mother’s failing mental health. Lines here included, “Agenda for Monday: Be a good daughter,” and, when the narrator is standing in a crowded restaurant, “Thinking she will search for you, her daughter, but she does not.”

Parker then read from *Viral*, pausing between poems to note the tragedy of young people committing suicide and the difficulty she faces commuting from New York City to Brookdale Community College to teach, as the bridge she drives over is a major suicide spot.

“These young boys commit suicide in very definitive ways,” she said in reference to gay college-age men who choose violent methods of suicide. Thus, her first poem from this section was “Momentum,” which read, “Pills demand that you eat your grief.”

Other selections included “Practice” and “Splash,” the latter of which referred to a popular gay bar in New York. “Only Kissing” looked directly at the Clementi case, highlighting that his life was destroyed simply for kissing a man.

Febos was welcomed to the microphone shortly thereafter and opened with a joke: “If you haven’t read *Whip Smart*, don’t worry, I’m going to read it right now,” she said. “I hope you all carb loaded. It should only take five hours.”

She then clarified that she wouldn’t be reading from her memoir at all, and instead read selections from a new work-in-progress that looks to tell all the stories she previously couldn’t, many about her youth, currently titled *Abandon Me*.

The overall arc of the collection is about meeting her birth father, an alcoholic and drug addict who left her family soon after she was born, “which is something I never thought I’d want to do.”

Her first reading was two separate sections from “Salt.” Some lines included, “Tom was a short list, a tiny suitcase my parents unpacked for me when I was young,” and “I looked through the glass bottle and saw my parents on the other side.” She also recounted when she began to eat pancakes with butter and salt, and her mother noted that her father would always eat his pancakes that way.

“I’m writing my way to insight about my own experience,” Febos said.

She moved on to an essay called “Topping from the Bottom,” which tells the story of her meeting a woman named Lola, who was suspended by hooks from the ceiling at a party in New York City. “The puncture wounds wept, but Lola didn’t,” Febos recalled.

“Sometimes the difference between what is holy and what is pathological is just a matter of fashion,” she continued.

Her reading ended with a section from “Call My Name,” where she recalls her love of words growing up, tying this into her family struggles. In reference to her two fathers, she said, “Both taught me how to watch them leave and not chase them.”

The reading ended with a brief open-mic where a number of University members read, including Jennifer Filannino and Professor Frank Cipriani. The next Red Bank River Read will be taking place at the Red Bank Manhattan Bagel at 2:30 pm on March 14, so be sure to head out and get a taste of the local literature scene.



PHOTO TAKEN by Kevin Holton

Melissa Febos, assistant professor of English, read some of her work at the Red Bank River Read on Saturday, Feb. 14. Her writings have been featured in publications like *The New York Times*.

## Jon Stewart Announces Retirement from "The Daily Show"

BRIDGET NOCERA  
STAFF WRITER

It’s the end of an era not only at *The Daily Show*, but also for satire news in general. After 15 years of skewering politics, the media, and more, Jon Stewart announced his retirement from *The Daily Show* on Feb. 10.

This announcement is not completely surprising. Stewart’s contract with the program was set to expire sometime this year, and he also took three months off last summer in order to direct his first film, *Rosewater*. But despite these factors, his impending departure still hits hard. This news also comes just two months shy of the end of *The Colbert Report*, a similar satire news program hosted by *The Daily Show* alum, Stephen Colbert. Stewart paved the way for “fake news,” as he referred to it, and introduced new audiences to what was going on when “real news” could not.

“He’s drawn a younger audience into watching news,” said Lauren Payne, an adjunct professor of communication. “He starts a conversation.” Bringing in more and more young viewers and introducing them to new discussions has always been one of Stewart’s strengths. Regular news is too time

consuming and dull for the social media generation, but Stewart was a unique voice that could break through the barriers. A *Time* magazine poll showed that the public ranked him as one of America’s most trusted newsmen. His ability to bring absurdities to light with a comedic edge and sincere touch has made him easy to follow and trust.

“Colbert and Stewart leaving together is a beautiful tragedy,” said Casey Schellinger, a freshman. “They will be missed.”

Stewart paved the way for the entire genre of satire news on television. With the launching pad of *The Daily Show*, many comedians have been able to go onto their own shows. Colbert, for example, spun the idea of the *The Daily Show* into something completely unique by taking the perspective of a character rather than reporting as himself. Former correspondents John Oliver and Larry Wilmore also found success in the genre: Oliver’s *Last Week Tonight* on HBO has risen to prominence for hard-hitting segments that sometimes become more news than satire, and Wilmore was able to launch *The Nightly Show*, which can be seen in Colbert’s previous slot.

“Stewart’s an entertainer,” Payne

continued. “He became a celebrity by reporting fake news.”

While it is true that Stewart cannot truly be regarded as a journalist, his influence has managed to reach more viewers than many contemporary journalists working on television today. Just as news of Stewart’s retirement came out, the fallout regarding NBC’s *Nightly News* anchor Brian Williams came to a head. Williams, also regarded as one of the most trusted broadcasters on network television, was suspended for six months without pay after fabricating the story of his helicopter being shot down in Iraq in 2003.

The irony of both stories coming out at the same time has not been lost. While the “real” newscaster let the public down and will likely end his career disgraced, the “fake” newscaster is set to leave still beloved and trusted by the public.

Stewart’s goodbye will not be easy. *The Daily Show* and *Comedy Central* have big shoes to fill, and the job is not one that can be taken lightly. As Stewart stated in his retirement message, *The Daily Show* “doesn’t deserve an even slightly restless host.” But whoever takes the desk next on *The Daily Show*, the era Jon Stewart ruled will never be forgotten.



IMAGE TAKEN from twocentstv.com



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# Forget if You’re Overworked, Underpaid: The Perks of a Part-Time Job

KYLE O’GRADY  
STAFF WRITER

College: Arguably the four most critical years of developing into who you are. You learn a lot of things in college, like how to balance equations, how to properly use MLA format, or how to write press releases.

Depending on your major, your expertise varies upon commencement, but what doesn’t vary from major to major is the valuable life lessons picked up in those four years.

Although it may seem like a burden at times and maybe not worth the money, having a part-time job while attending college can be beneficial in multiple ways for personal development.

In a study conducted by *Seventeen Magazine* and Citigroup, nearly four out of every five college students works an average of 19 hours per week. Many students are taking advantage of the real world experience and life lessons gained in real working environments before even graduating.

One of the most obvious benefits from working a part-time job is the money earned. There will always be a satisfaction in making one’s own money and spending it however they feel.

Thomas Aiello, a senior accounting student and waiter at The Mill at Spring Lake, said, “It all comes down to financial stability, to be able to go out

and have a good time. I know so many friends who always are worried about spending money, having a job leaves my life free of financial stress.”

Although no part-time job will afford anyone an enormous amount of money, the little extra cash leaves room for more activities and prepares you for how to deal with having your own money. Making money and using it for expenses incurred during college teaches important budgeting skills that can’t really be learned in a classroom.

With a job you know when you will get paid and how you have to make one paycheck last to the next, while saving part of it, buying food with another, and making sure there is still a little extra. Budgeting is a skill not taught in a class, and being able to take that lesson out of college is invaluable.

Throughout college, students are told to fear and worry about this mysterious place called the “real world,” but if you are working a part time job you are arguably already submersed into it.

Nancy Gallo, a job placement coordinator in Career Services, said that working a part-time job not only gives you experience in a real working environment but also gives you the opportunity to network with professionals.

Whether they are managers, industry professionals or other coworkers, a part-time job al-

lows you to explore what a work environment is like, holds you accountable for completing tasks assigned to you and contributing to a business.

for jobs in your field of study, the better, especially coming from people who know the value of the work you contribute to a business.

lead to a full time position.” We all know college cannot last forever, come graduation you will need to be looking for a full time job, what better way to



IMAGE TAKEN from assets.inhabitat.com

Part-time jobs are often a dreaded but necessary part of a college student’s experience.

Rachel Fox, a senior elementary education major with an endorsement in special education, said, “Networking is one of the greatest things I achieve from my part time job. Working in the education department here at MU, I am constantly meeting professionals who I can use as contacts someday.”

Even if you are working at a part-time job outside of your field of study, developing a good relationship with professionals is a major benefit. The more references you have when applying

Time management is another benefit to working and attending classes. By limiting your free time with a job, students learn when to say no to some events and when to say yes to others—a valuable life skill that will benefit them for years to come.

Lydia Valloreo, a freshman accounting student, said, “My hosting job really helps me to keep a schedule with school, homework and work.”

Gallo added, “A part-time job is also an excellent addition to your resume and can possibly

open those doors than to start working part-time somewhere now.

“If the part-time job is in your field of study, it can also help determine if it is the right career choice for you.” Gallo continued.

Working during school may seem like a drag, but it does provide value. So before you decide to check between your couches for spare change again, consider all the advantages that a part-time job might add to your college experience.

# Seasonal Acceptance Disorder Gets to the Bottom of the Winter Blues

ALISON GOERKE  
STAFF WRITER

You make the cold long walk to class, constantly bundling up with infinity scarves and boots and realize that it’s that time of year again. It’s the middle of winter and all of a sudden Netflix and your warm bed are calling your name.

You don’t want to go outside unless you absolutely have to. Why would you? That miserable few steps from your front door to the car, or from your dorm to class, trekking through snow, are the last thing on your mind. You ask yourself why you feel this pull to stay in your warm room.

Maybe it is because your nose and ears are frozen any time you step outside. And then it definitely doesn’t help that your nose instantly drips from the bitter cold. Or could it be that when you look out the window at 5 pm, it really seems more like 8 pm? Whatever it is, you just want winter to end.

Some believe that the answer to these instances can simply be defined as “The Winter Blues.” It’s the time of year where people have said that they feel like they’re in a “funk,” or seem as if they don’t feel as happy they normally could.

Even though the “Winter Blues” may feel like a myth, there is something comparable to it called Seasonal Acceptance Disorder (SAD). MentalHealthAmerica.net lists SAD as a “mood disorder associated with depression and related to seasonal variations of light.”

SAD affects half a million people every winter between September and April, peaking in December, January, and February. The “Winter Blues,” a mild form of SAD, may affect even more people.

Dr. Lisa Dinella, an associate psychology professor, said, “Although sometimes the terms are interchangeable, SAD in its clinical form is different than just feeling a little out of sorts because of

the cold weather. It is an actual subtype of a major depressive disorder.”

Dinella continued, “SAD is a clinical diagnosis, used to identify individuals who experience depression that is linked to the changing of the seasons. It is most commonly experienced during the fall and winter months, and, although the field does not completely understand the mechanisms of SAD, research has linked it to changes in melatonin, serotonin and internal sleeping cycles, all of which may be linked to less sunlight during the fall/winter months.”

“SAD is a clinical diagnosis, used to identify individuals who experience depression that is linked to the changing of the seasons. It is most commonly experiences during fall and winter months, and although the field does not completely understand the mechanisms of SAD, research has linked it to changes in melatonin, serotonin and internal sleeping cycles, all which may be linked to less sunlight during the fall/winter months.”

DR. LISA DINELLA  
Associate Psychology Professor

When asked about a change in moods during the winter months, Jamie Iannuzzi, a junior communication student, said, “I somewhat believe in the ‘Winter Blues’ because there’s not as much to do outside. I’m a very outdoorsy person and the temperature outside affects my day to day activities, even working out. I love to go for long runs, especially on the beach. In the winter it’s way too cold to run outside so I run on a treadmill.”

Getting out of the house and doing different activities may help combat cabin fever and this change in mood.

Iannuzzi also said, “Life is what

you make it. My housemates and I make conscious efforts to be outside as much as possible. There are still fun things you can do when it’s cold outside, like going skiing or tubing. I think it’s fair to say that the ‘Winter Blues’ exist, but how you handle it is up to you.”

Iannuzzi said there are ways to embrace this change of weather. Once the winter months come, the outdoors may seem dreadful but you can replace some of your outdoor activities with others. Ice skating, snowboarding, skiing and tubing are all outdoor activities that can help you get exercise and

have recommended ways to combat their winter changes, SAD is a depressive disorder that can be more intense than just the Winter Blues.

Lindsey Pieschl, a senior psychology major, said, “Basically what happens is that the change in seasons brings a change in the amount of daylight we have. Because we receive less natural light to our brains some people start to produce an excess of the hormone melatonin. This can cause feelings of depression or the ‘winter blues.’ If you know anyone who has been diagnosed with this disorder, you

therapist regularly and some medication, or a combination of all of these. Making an appointment to see a therapist (we have great ones here at Monmouth University) is a great first step for individuals feeling symptoms of depression,” Dinella continued.

Other remedies for SAD actually include food. No, we’re not talking about “eating your feelings.” Nor are we talking about being snowed in and binging on junk food all day on your couch.

Yes, there are actually legitimate foods that have the ability to fight off the winter blues (in a healthy way) and keep your energy levels high. The College section of *USA Today* recommends seven foods. These blues-beaters include: salmon, berries, milk, dark chocolate, bananas, oranges and nuts. Each provides a vitamin or nutrient that can ward off SAD.

First, salmon is high in omega-3s which helps to reduce depression. Berries limit the release of cortisol, which is a hormone that regulates stress. Milk has Vitamin D, just as sunlight does, which improves mood. Eating dark chocolate results in the body making phenylalanine, and an increase in the level of dopamine in the brain which blocks pain. Choose a higher cocoa percentage for this to be true. Because of the magnesium in bananas and nuts, they are a great source to reduce anxiety and improve sleep. The Vitamin C in oranges can also lower anxiety risks and provide immunity to sicknesses.

While the cold will remain for a bit longer, the blues do not have to. You just have to understand how to stay positive in the winter.

As Dr. Dinella noted, the University’s Department of Counseling and Psychological Services, located on the third floor of the Rebecca Stafford Student Center (RSSC), is open on weekdays for any student experiencing SAD or any other psychological issues.

enjoy these winter months.

Allie Phillips, a senior communication student, has seen a change in her mood because of the weather and has come up with her own way of combating her mood change.

“I hate the snow so much, as soon as I step outside I’m instantly irritated because it’s cold and windy. I like to be comfortable so I stay inside and watch movies or something,” Phillips said.

Phillips is a Resident Assistant (RA) on campus and is currently setting up a billboard in her hallway about the Winter Blues for her residents to learn about.

Although Iannuzzi and Phillips

can see the changes start to come along with the seasons changing. It can be really challenging to try to push through.”

Dinella said, “Young women with a family history of depression or SAD specifically may be at increased risk for SAD.”

So if you are feeling an overwhelming sadness because of the transition into dreary weather, fear not: you are not alone. According to *ABC News*, SAD will affect somewhere around five to ten percent of the population.

“SAD is treatable. Some people find great help from increased exercise, light therapy, seeing a



# Can College Students Really Negotiate Grades?

RICHARD FELICETTI  
STAFF WRITER

A student's Grade Point Average can be a key factor when applying for jobs in his or her chosen field. Therefore, it is imperative that students take the necessary steps to ensure quality grades. Aside from academic performance, students will need to make an extra effort in attempt to boost their grades. Often, they will approach their professors and try to negotiate with them to reach a desired GPA. There is constant debate as to whether or not this is a viable method of securing classroom success.

Some professors feel that grades are non-negotiable, and that if a student fails, he or she earned that failing grade. However, other professors feel that grades are not black and white and should be open to discussion them with students.

According to an article on *USAToday.com* published on Feb. 3, "Great Career Success Debate: Did you know you can negotiate your grades?" there is a certain criterion that the circumstance must meet in order to justify the compromising of grades.

If a student believes a recorded grade has been entered mistakenly, author Dr. Susan Davis-Ali, noted that a student can approach the professor about the error and ask for it to be corrected. Furthermore, she said if class participation is factored into grading, students can reasonably appeal grades and assert that they have sufficiently contributed to the class. Finally, if

the majority of the class involves essay writing, she added that students can approach the professor and request a second look at the paper in an attempt to raise the grade.

Co-author Patrick O'Brien noted that it is critical for a student to establish good rapport with a professor; so that future negotiations will not seem unwarranted. Additionally, he added that students need to start negotiations early. They should not wait until they are desperate to approach the professor; a student who consistently asks for extra credit opportunities will be regarded as conscientious. Finally, O'Brien said that grade negotiations must be reasonable. Students should be more cooperative with their professors and not take advantage of them.

According to Dr. Pietro Sasso, an assistant professor of education, students are always welcome to negotiate grades.

"Students should never be timid to discuss their grade with their professor. It encourages a learning dialogue between the faculty member and the student. This is fairly common where a student approaches a faculty about their grade or asks for feedback on how they can improve their academic performance in a course," said Sasso. "However, it is unreasonable to demand a change of grade if it is unearned. Students should remember that a grade is earned and not given."

Sasso added that students sometimes approach him if they believe he made a computation

error or are on the cusp of earning the next letter grade.

Students often feel timid and have reservations about approaching their professor. However, Andrew Betro, a freshman biology and psychology student, said negotiating with professors is an excellent way to show that students care about their grades.

"I think trying to compromise grades with a professor is a good idea. Sometimes students will have a rough day and mess up on an exam, and it is not fair. They should have the opportunity to redeem themselves," said Betro. "Obviously there needs to be some moderation. Professors cannot just hand out points; they need to be earned in some way."

To prevent a misunderstanding of grading policy, many professors devise detailed rubrics to give students have all the guidance they need to earn a desired grade. Students will earn a grade according to how closely they followed the expectations listed in the rubric. This will remove any need for negotiation and will allow students to understand what is expected of them..

Dr. Judith Bazler, a lecturer of science education, said that many of her classes are structured in a fashion that eliminates the need for negotiation. She instructs a number course that is nationally certified; meaning students must excel in all assessment items and must meet the evaluation criteria. Therefore, Bazler is prohibited from negotiating with students. However, Bazler noted that her other courses gives her much leeway,

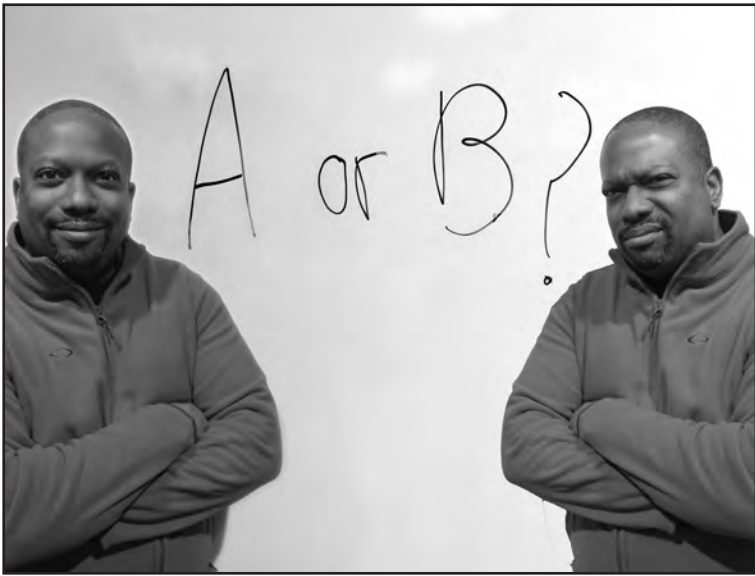


PHOTO TAKEN by Kiera Lanni

Claude Taylor, Athletics Professor-in-Residence, demonstrates the facial expressions of students as they attempt to negotiate their grades with their professors.

but she makes sure to formulate a diverse evaluation system in order to prevent negotiation.

"All of my assessments have specific rubrics attached to each assessment. This lessens any need for a student to 'negotiate' a grade. Negotiation is not part of the basic education form," said Bazler. "Having said that, on written assignments, there is always room for a student to 'negotiate' the grade due to my own human error."

Bazler noted that she might miss a page of an essay submitted via dropbox. The students can then approach her, show her the missing material, and rectify the situation.

Open-ended assessments, such as essays or presentations

are, often negotiable. However, objective assignments, such as multiple choice questions, are either right or wrong, and are typically non-negotiable. As humans are inherently fallible, many professors are willing to discuss essay writing with students and often take an additional look at the material.

"I think the professors here are very understanding with grade negotiation," said Alexis Mason, a freshman education student. "If there is a reason a student got a lower grade than expected and they can explain their reasoning, the professors usually take the explanation into account and often give partial credit or work with the student in other ways," Mason continued.

# How to Stop This Generation of Music Shamers

VICTORIA KEENAN  
FEATURES EDITOR

A few weeks ago, I read an article about "Music Shaming," and thought, what are we, 10? Who makes fun of people for what kind of music they listen to, especially at this age?

But as I started thinking back to middle school and high school, everyone always had something to say about other peoples music taste. The emo kids with their heavy metal music were called weird. The popular kids with their catchy radio pop music were told they didn't know anything about music. If people listened to rap music, they didn't know "real rap." If people listened to classic rock, they "weren't even alive to hear these bands, so, like what's the point?" Yet no one was interested in anything but what they liked.

But is this really fair? Music, in my eyes at least, is one of the few things on earth that everyone can enjoy, no matter what it sounds like. In every song, a lyric can be appreciated, understood, and talked about. People can dance to anything if they put their minds to it. They can introduce their friends to underground bands, and to new songs that aren't overplayed on the radio.

Yet many people in this generation do the opposite. They hide what they like, most of the time just to fit in. They listen to what their friends listen to, instead of embracing the fact that they like boy bands or rock out to classical music while doing their homework. No one wants to be shamed for anything they like, especially music. But why

should people hide something that makes them happy?

Michelle Levash, a senior English and education major, sees this generation as being heavily involved in the electric dance

ate professor of communication, agreed. "I think a majority of college students are into EDM music, Country and Pop music. The usual suspects most youth avoid, Blues, Classical & Jazz

kind of music person I was.

Once I entered college, I realized I was one of the few who didn't worship the country music gods and their southern drawls. The only thing I really ever got

if you want to. If someone loves country music, it doesn't affect me in any way, shape or form. Unless you try to play only country while I'm in the car, then you might receive a bit of a groan and eye roll.

Eric Szkodny, a senior history and education major, said, "I like a little bit of everything. I like classic rock, I can jam to some country, and I can get into a little hip hop. Those are the six preset stations in my truck, two of each, so that's what I mostly listen too. It all depends on my mood."

"I don't like heavy metal, I don't like hipster music, and I can't get into reggae. I can listen to EDM at parties, but I don't go out of my way to listen to it. I think everyone at this school thinks they're a DJ, but I don't really get what all the hype is about," Szkodny added.

No matter what you may be into now, if you think about it, your music taste has definitely changed, and it will again in the future. What did you listen to in middle school? Probably not the same things you are listening to now, besides the occasional throwback. Though most people in college, and in this generation, seem to like the same kind of music, is it really all that strange for someone to be different and like something out of the norm?

I think not. People that listen to all different types of music are the reason music is what it is. With millions of songs to be sung and lyrics to be quoted on Instagram selfies, I say it's time to rid ourselves of music shaming and embrace whatever music comes our way. So rock on, dance it out, and do whatever they do while listening to country music.



IMAGE TAKEN from dailyyuw.com

Music shaming in this generation influences some people, but no one should be embarrassed by what kind of music makes them happy.

music, or "EDM" scene. "I feel like while at college I've realized it's a weird mix of students liking edm or country, and that's pretty much it. I've only met a few people who like anything besides the two."

"As for me, I like dance music and am not into country at all. I make it pretty clear too, by pouting whenever it comes on. I just feel like it's completely different than the dance music I like, and I can't really get into it," Levash adds.

Aaron Furgason, an associ-

music. They openly 'voice their lack of support' by not buying [CDs] or attending concerts by artist in these genres."

Though there is a possibility that rocks will be thrown at me as I leave campus, I have to admit, I do not like country music. I never have, and though I have tried, I probably never will. I simply do not understand it. Where I grew up, no one listened to country. It was never even mentioned as a genre as I drifted through my middle school and high school days, trying to figure out what

from it was that other than the clothing and accents, it wasn't too far off from rap music, mostly being about partying, drinking and women.

But in my defense, I would never bash someone who listened to and loved country. Just because I'm not into it, doesn't mean I think other people should feel the same way. If you're into that sort of thing, by all means, *you do you*. You go to Nashville and learn how to play the guitar and wear red, white and blue every day for the rest of your life



# What Does Your Pet Say About Your Personality?

CLARE MAURER  
STAFF WRITER

There are many age old debates out there: *tomayto* or *tomahto*? Ketchup or mustard? Crust or no crust? Gryffindor or Slytherin? One battle stands out in particular that resonates with everyone: Are you a dog person or a cat person? And what exactly does your answer say about you?

Research presented by the Association for Psychological Science explained that there are distinct personality differences for dog people and cat people. Dog lovers were shown to be more outgoing, energetic, and more likely to follow rules. Fans of cats were introverted, sensitive, non-conformist when it came to rule following, and had higher intelligence scores. These personality tropes are polar opposites, and from what I found, it seems that Monmouth students lean more towards loving dogs.

As someone who has experienced the joys and hardships of having both cats and dogs, I'd say having a dog is a more fun experience. A question like this, though, is not black and white. Many students at Monmouth have both cats and dogs, and their personalities are a combination of both. So while sometimes I love to walk my dog through the park and say hello to everyone I see, I also don't mind relaxing at home by myself with

my cat, Tommy, nearby.

Denise Guastello, an associate professor of psychology at Carroll University Wisconsin, agreed that pet preference does have a strong link to personality.

"It makes sense that a dog person is going to be livelier, because they're going to want to be out there, outside, talking to people, bringing their dog... Whereas, if you're more introverted, and sensitive, maybe you're more at home reading a book, and your cat doesn't need to go outside for a walk," explained Guastello.

An interesting factor we don't really think of when it comes to what animal our pets are, is health. It seems that dog owners have overall better health than cat owners and non-pet owners alike. Researchers have found that cat owners have higher body mass indexes, higher blood pressure, and a worse general health status. Cat owners were also found to exercise less than the others.

Natorye Miller, a sophomore political science major, did not realize at first the correlation between her pet preference and her personality. "I prefer dogs mainly because that's what I grew up with," Miller explained. When asked if she thought this choice reflected on her personality, Miller replied that she didn't think so, besides the fact that she is "very energetic."

Miller ran track in high



IMAGE TAKEN from abcnews.com

The dog vs. cat debate not only shows which animals people prefer, but what kinds of personalities those people have.

school and partakes in intramural sports now, so it seems that her choice matches up personality wise as well as health wise. Obviously this is not the case with everyone, as even though I am outgoing and extroverted, I am not very physically active, besides playing with my dog.

Stephanie Merlis, a sophomore business marketing major, said, "I'm a dog person because they're more attentive and fun. Cats are cute, but they can be lazy and boring after a while." Merlis also found similarities in her choice with her personality. "I think the fact that I like dogs

matches my outgoing personality."

But Merlis also has some feline qualities as well, something all college students can relate to. "I also have some traits that are cat like, such as taking long naps."

This theme carries over to professors as well as students. Moyi "Pony" Jia, a lecturer of communication, identifies as a dog person for both pet preference and personality. "Personally I think I am a 'dog person,'" Pony explained. "[I am] passionate, warm, and friendly. I also prefer to be with friends

with [these kind of people.] 'Dog people', I believe, usually care more about emotional connections with others. They are also more sensitive and responsive to the nonverbal behavior of people around them."

Mary Harris, a specialist professor of communication, reveals another factor in the equation: the breed of animal. Harris explained that each breed of dog has their own distinct personality, and that the type of dog you bring into your house says a lot about you. "I prefer bigger dogs because they are super friendly and active," Harris said of her own dogs.

I asked many students what they classified themselves as, and the response back was overwhelming: "DOG," "Dogs til' the death of me," "Dogs are my spirit animal," and "Dogggg!" were just a few of the responses. Two people classified themselves as both, and no one came forward as a cat person.

This response highlights some of the best traits about Monmouth students: They are energetic, outgoing, and friendly. Our campus is one where students and professors alike will smile at you as you walk to Bey Hall, even if they don't know you, where strangers come together to maneuver down the slippery, blocked off stairs on the residential side, and where everyone will humor you when you ask them if they are a dog person or a cat person.

# A Modern-Day Debate: The Instant Text Back

ROBERT ZADOTTI  
STAFF WRITER

In our modern age of instant connection, it's easy to see how we've become so accustomed to being able to instantly get in touch with and hear back from anyone we choose. But adjustment is a far cry from *obsession*, which some people today seem to be infringing on with their devices and conversations.

A major reason behind this is the lack of wait times between responses. Anyone can text or message back instantly, so it's created this world of impatience and need to keep up the flow of virtual conversation. But does this society of "text-backs" really disrupt communication, or is it just a story of the new definition of communicating today?

Before we think of whether instant responses are a bonus or detractor of communication, let's think of all the good the technology has done for us and our conversations.

"I think it's more effortless because it's faster and easier than talking on the phone. Also, as far as communication goes I think it almost helps. We have group chats that help us stay in touch and talk as a group, which is something we wouldn't be able to do just over the phone," said Katharine Dix, a freshman political science major.

Our phones and computers have us all connected in this metaphorical (and kind of literal) web, and that brings just as many benefits as it does problems. People like to be connected with other people, that's the real truth here. Communication as a concept comes after the acknowledgement of the fact that texting back and instantaneous messages are one of the best things

to happen to communication in history.

Let's separate the devices from the conversation for a moment; is a need for timely responses really such a bad thing? Rahmonn McMillan, a sophomore fine arts major, seems to disagree. "For

all I know, you could need the answer to an important text by an hour ago. If I did the same thing in person it would be as if I just sat here and stared at you for

an hour before answering."

We're connected with or without devices, so it's not too much

to ask for someone to remain interested in the conversation. It's easy to seem secluded or single-minded when you're constantly responding to messages, but it

ation is, we still expect the same cues, hints, and colloquiums that are found in face to face interactions in text," McMillan added.

What it all comes down to is if texting back is an important part of modern communication. It can be said clearly that it is, but is the timing of that text really that crucial? On one hand, there are numerous benefits to being able to hear back instantly from someone if you need to, but there's also the threat of becoming disconnected to your own physical conversations and interactions. We certainly can't afford to be glued to our devices, eagerly awaiting that "any second now" text or message back.

"The timeliness of a text is important, and it's growing in importance as time goes on. Now, this isn't to say it always needs to be right away, but it's good to keep your eyes on your phone, much like it is to keep your eyes on your email. Something could be important, or an emergency," said Phil Latawicz, a freshman fine arts major.

As is usually the case in debates like this, a balance is the best option. It's okay to be attentive to your messages and text conversations, but it shouldn't have to hurt your real-life interactions, such as cutting a face-to-face conversation short to text back. The age-old saying of "moderation in all things" shines through once again in a matter of modern issues.

It's really not such a bad thing to be timely and responsive with your texts and other "virtual" conversations as you are with your physical ones, but it's important not to become intent on always sending that instant text back. After all, it's a nice feeling to hear the phone buzz and just ignore it every once in a while.



IMAGE TAKEN from imgix.net

What it all comes down to is if texting back is an important part of modern communication. It can be said clearly that it is, but is the timing of that text really that crucial?

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an hour before answering."

We're connected with or without devices, so it's not too much

just makes sense to remain part of a discussion you started.

"As 'plugged in' as our gener-



# Lambda Theta Phi Latin Fraternity Inc. Returns to Campus

Lambdas continued from p. 1

profound sense of gratitude and appreciation for all of the various cultures, races and religions that I was exposed to through my experience as a Greek member on campus.”

Medrano believes that reestablishing the Pi chapter will also bring back a little diversity to the University’s Greek community. “In my day, I believe other organizations on campus learned as much from Lambda Theta Phi as I did from them,” he said. “Having a diversified Greek community is vital to giving interested new members an opportunity to have options in finding the organization whom perspective new members can relate to.”

Another individual who is looking forward to having Lambda Theta Phi back in the Greek Community is the University’s Assistant Director of Student Activities for Fraternity & Sorority Life, Jon Bu-

chalski. Although Lambda Theta Phi was accepted to recolonize at the University prior to his start date, Buchalski was familiar with the organization and the men it attracts.

“I had worked with the organization at Rutgers and I knew that they were a strong group, especially for the male Latino student population,” Buchalski explained. “They serve as a great option for our students interested in a culturally based Greek letter organization, especially with the increase of culturally-based students at our university. One of my goals for the community was to be able to provide options for every student at Monmouth to affiliate with a fraternity or sorority that best represents their own personal values.”

With three members initiated in the fall of 2014, the Pi chapter is now a fully functioning chapter. However, this is only the beginning for them. Carpenter explained that he and his brothers are currently focused on expanding the chapter, “as

well as remaining visionary leaders to serve the good of the whole, and becoming leaders of the Latino Greek movement.”

“To date, this has been the best decision of my life and I’m proud to be a brother of Lambda Theta Phi,” said Carpenter. “The process of reestablishing the Pi chapter was well worth it, as me and my line brothers are passionate about getting the Pi chapter back on its feet, becoming a strong entity and developing into one of the premier Greek organizations at Monmouth University.”

Brothers and alumni alike are happy to bring some diversity back to campus and eager to see what the future has in store. As Medrano explained, “Lambda Theta Phi definitely brings a unique style to Greek life on campus which I pray remains that way for years to come.”

Lambda Theta Phi joins Lambda Theta Alpha, Latin Sorority Inc., as one of the University’s heritage-based Greek organizations.



(From left to right) Trever Carpenter, Huascar Holguin, and Jonathan Nunez, the first Lambda Theta Phi members to be initiated into the Pi chapter in years, salute at Kean University’s ‘Meet the Greeks’ event on Feb. 4.

# Monmouth Area Vegetarian Society

## MAVS Hosts Free Vegan Potluck and Presentation by Award-Winning Nutrition Author

PRESS RELEASE  
West Long Branch, NJ -

The Monmouth Area Vegetarian Society (MAVS) is hosting a free vegan potluck and presentation by Karen Ranzi, M.A., an award-winning author, motivational speaker, holistic health coach, and raw food chef. The event will take place at Monmouth University’s Magill Commons Club Dining Room on Sunday, March 1, 2015 at 1:00 pm. The event is free and open to the public.

In her presentation, “Nourishing Ourselves, Nourishing Our Families with Living Foods,” Ranzi will share her expertise on plant-based nutrition, explaining ways to maximize health through better food choices. She will discuss the maximum nutrient density in living foods, providing tips on how to prepare easy and nutritious meals. She will also discuss the role of raw food nutrition in preventing and treating disease and enabling healthy, vibrant living.

Ranzi is the author of *Creating Healthy Children: Through Attachment Parenting and Raw Foods* and *Raw Vegan Recipe Fun for Families: 115 Easy Recipes and Health Tips for Energetic Living*. She has spoken at several

major health conventions, including the Health Congress “Flowers of Life” in Russia and the London Vegfest 2013 and 2014. Ranzi also writes about healthy living in a variety of magazines, such as *Vegan Health & Fitness Magazine* and *Super Raw Life Magazine*, and she has been featured as a guest on *The Living Healthy Show*.

Those interested in attending the presentation and vegan potluck should RSVP to Mary Harris at [mcharris@monmouth.edu](mailto:mcharris@monmouth.edu). Visitors are encouraged to contribute a vegan dish to the potluck. For more information about MAVS, please visit [www.monmouth.edu/wellness/MAVS.asp](http://www.monmouth.edu/wellness/MAVS.asp).

The Monmouth Area Vegetarian Society (MAVS) is a non-profit, non-secretarial educational organization. MAVS promotes healthy lifestyle and diet options and compassionate living. The organization also provides numerous educational resources to inform the public about the advantages of vegetarian diets. The organization features nutrition experts, health-care professionals, animal rights advocates, discussions on ethical and environmental issues, book reviews and film screenings to promote the organization’s educational mission and goals.

# CLUB AND GREEK ANNOUNCEMENTS

## MONMOUTH PEP BAND

Basketball season is here and we 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](mailto:bjenner@monmouth.edu) or stop by room 332 in the Rebecca Stafford Student Center.

## RESIDENCE HALL ASSOCIATION

Please join the Residence Hall Association on Saturday, Feb. 21 in 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 the Rebecca Stafford 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 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](mailto: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.

## ALPHA PSI OMEGA

Alpha Psi Omega, the National Theatre Honor Society, is proud to congratulate our new members: Shayna Conde, Nicole DeSarno, Patrick Hall, Molly Huber, Mahalia Jackson.

## 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 - 4 pm. All are welcome to attend. The event is free and does not require sign-ups. 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.

## COMMWORKS

CommWorks presents: Love Has No Color! This event will be held on Wednesday, Feb. 18 at 2:30 pm in Plangere room 235.

## BOOM ROASTED PRODUCTIONS

Boom Roasted Productions presents *Rent* in Woods Theater at 8 pm on May 2, and 3 pm on May 3. Visit [Facebook.com/BoomRoastedMU](https://www.facebook.com/BoomRoastedMU).

## 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 Reilly at [ereilly@monmouth.edu](mailto: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. Contact Coach Joe or Mitchell Parker for more information and for various practice times. Look for more information soon about the Color Me Rose Run, which is tentatively scheduled for April 19.

## ZETA TAU ALPHA

Zeta Tau Alpha will be hosting their annual Big Man on Campus Feb. 25 at 10:15 pm in Pollak Theater. All proceeds will benefit their national philanthropy Breast Cancer Awareness and Education. Tickets will be on sale prior to the event, as well as at the door.





# MOMENTS AT MONMOUTH



**TOP LEFT:**  
PHYSICIAN ASSISTANT PROGRAM STUDENTS  
SHOW MU SOME LOVE DURING  
PHYSICIAN ASSISTANT WEEK  
(PHOTO COURTESY OF NIKIE MCCABE)

**CENTER RIGHT:**  
MONMOUTH STUDY ABROAD STUDENTS  
SHARE THEIR VIEW IN THE MOUNTAINS  
OF AUSTRALIA  
(PHOTO COURTESY OF SAMANTHA ZBARSKY)

**BOTTOM RIGHT**  
A PERFECT SLOPE IN THE BACK OF WILSON  
HALL  
(PHOTO COURTESY OF KIERA LANNI)



## Word Find

Created by Kiera Lanni

### PLACES AROUND CAMPUS

Z	D	W	N	F	L	L	A	H	G	N	I	N	I	D
T	B	D	I	W	F	P	E	W	S	A	A	F	M	M
I	V	E	F	A	A	R	I	D	R	S	S	C	A	G
N	H	A	Y	F	E	L	O	Z	M	N	U	M	C	Q
H	K	L	N	G	S	O	T	F	X	K	O	O	U	I
C	A	G	N	O	W	H	N	A	D	R	A	W	O	H
E	L	A	N	L	A	E	K	O	E	L	E	P	D	S
R	L	I	G	V	D	T	F	G	S	R	E	Y	X	I
P	O	Q	B	P	B	Y	V	P	M	I	G	L	W	Y
J	P	E	V	R	X	H	K	O	J	V	D	H	H	F
F	M	X	Z	E	A	B	Y	Z	V	Z	X	E	C	R
S	E	C	L	K	K	R	U	Y	R	G	N	M	I	D
N	U	X	J	Z	E	U	Y	C	U	A	M	R	W	S
M	C	A	L	L	A	N	B	K	Q	K	F	L	Z	E
U	I	S	Z	N	R	B	Y	I	S	B	I	A	D	J

BEY  
DININGHALL  
EDISON  
GREATLAWN

HOWARD  
LIBRARY  
MAC  
MCALLAN

RECHNITZ  
RSSC  
WILSON  
WOODS

PLANGERE  
POLLAK  
POZYCKI

### QUOTE OF THE WEEK

“LIFE IS WHAT HAPPENS TO YOU WHILE YOU’RE BUSY MAKING OTHER  
PLANS.”  
JOHN LENNON

HEY!

ARE YOU PROUD OF A PHOTO? DID YOUR CLUB/ORGANIZATION  
DO SOMETHING COOL? SUBMIT YOUR PHOTOS TO KIERA AT  
S0899594@MONMOUTH.EDU



Are you for or against the use of  
vaccinations?

COMPILED BY: KIERA LANNI



Peter  
Junior  
“I’m for them.”



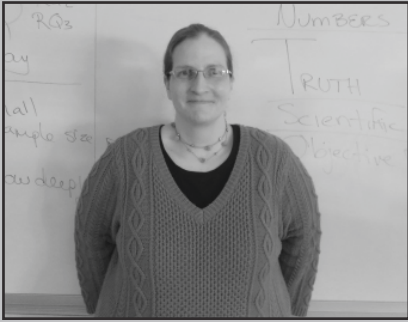
Nick  
Senior  
“I’m for the use of vaccinations.”



Rocio  
Junior  
“It all depends. I do believe people have  
the right to say whether or not they want to  
be vaccinated.”



Dan  
Junior  
“I’m for it. It protects the herd.”



Dr. Rebecca Sanford-  
Associate Professor  
“I am in favor of not bringing measles,  
mumps, or rubella into the classroom.”



# Men’s Basketball Edges MAAC Opponent Marist, 69-65

TOM CARROLL  
CONTRIBUTING WRITER

The Hawks have taken sole possession of third place in the Metro Atlantic Athletic Conference (MAAC) improving to 11-5 in conference play, 15-12 overall, with a 69-65 win over the tenth place Marist Red Foxes on Monday night in the Multipurpose Activity Center.

Sophomore point guard Justin Robinson led MU scorers with 20 points, all coming in the second half of this MAAC contest. Junior guard Deon Jones added 18 points, while sophomore guard Colin Stewart followed up his career-high 21-point performance against Siena with nine points of his own.

Austin Tilghman contributed with a seven points, five rebounds and seven assists, a career-high for the freshman guard.

Senior Brice Kofane, the 6’ 8” transfer from Providence, continued to carry the Hawks on the glass collecting 12 rebounds, as well as six points and three blocks. Senior guard Max DiLeo tallied three points.

The Marist Red Foxes have been battling injuries throughout the entire 2014-15 season only putting their opening day lineup on the court nine times so far.

With their opening day lineup, the Red Foxes managed a 4-5 record against a 1-15 record without.

When the Hawks and Red Foxes squared off in Dec., MU came away with a 57-50 victory. How-

ever, Chavaughn Lewis, a second team All-MAAC preseason selection, left the contest with a sprained ankle only 1:42 during that game.

Currently, Lewis sits as the nation’s tenth leading scorer. He came into Monday night’s averaging 20.5 PPG. During the contest, Lewis scored a total of 15 points while teammate sophomore guard Khalid Lewis, another second team All-MAAC preseason selection, dropped 21 points.

Marist ended the first half on 10-3 run giving them a 30-24 lead at half. Going into the game, Marist was 3-1 when leading their opponent at the 20-minute mark. The Hawks trailed by as many as ten points with 17:22 remaining in the second half.

After trailing 54-46 at the 7:24 mark in the second half, DiLeo drained a three pointer from the corner igniting a 17-4 Hawks run.

At the conclusion of the run, the Hawks led 63-58 with just over two minutes remaining in the game.

Head Coach King Rice said, “They (Marist) probably outplayed us for 33 minutes and then we were able to get some things going, we were able to make enough plays down the stretch to take the lead.”

Rice was more than pleased with the performance of the Cameroon native Kofane who came into the game averaging 5.7 RPG and tied a career-high with 12 rebounds which included six offensive and six defensive.

As a team, the Hawks out-re-

bounded the Red Foxes 40 to 26, tying a team season-high. Defensively, the Hawks battled. “I thought our defense did a great job of continuing to fight even though Marist kept scoring,” Rice said.

Robinson entered Monday’s contest leading MU in scoring averaging 12.7 PPG. In the first half, Robinson was 0-4 from the field; however he followed up his lousy start with a 20-point second half. He finished the game 7-13 from the field and tallied a career-high five three-pointers.

After struggling to score in the first half Robinson said, “You have to move without the ball, shots started opening up and we knocked them down.”

MU has been competing without senior guard Andrew Nicholas who has been sidelined with a concussion over the previous three games.

Rice commented on the injury saying, “He was expected to practice tomorrow and as soon he is cleared, he’s playing.”

This is great news for the Hawks who are currently only dressing eight scholarship players.

When asked what the ceiling is for this Hawks team, Robison answered, “There are footprints on the moon.”

MU returns to action on Thursday night when they travel to Jersey City to take on Saint Peter’s at 7 pm in the Yanitelli Center.

These two teams met earlier in the season in West Long Branch where the Hawks fell in a tight game 62-61 in OT.



PHOTO TAKEN by Taylor Jackson  
Sophomore Justin Robinson was MU’s leading scorer on Monday night with 20 points, all of which came in the second half.

# Women’s Lacrosse Wins Season Opener Over Lafayette

THOMAS MORFORD  
CONTRIBUTING WRITER

The University’s women’s lacrosse team faced off against the Lafayette Leopards on Saturday, Feb. 14 and ended up taking the day with a sweeping 10-3 victory.

Despite the bitter cold conditions of 11 degrees, the Hawks approached the game prepared for anything.

“We’ve been outside just about everyday” said senior midfielder and co-captain Allison Stathius. “No matter how cold, we’re out here running. And the days we couldn’t be outside because of the snow, we prepared inside.”

Well prepared for the weath-

er, the Hawks were able to overcome the chill and be aggressive on the field.

“We really dominated the day because every unit really did what they needed to do,” said Head Coach Denise Wescott. “Early in the game we were getting good opportunities, but didn’t take good shots. When we did finally take better shots, it gave us more confidence.”

After the offensive line started to heat up and pulled the Hawks ahead by two, the team added four more unanswered goals.

Possession really contributed to MU’s success throughout the day. Westcott said, “We controlled the ball off the faceoff too, which was key.”

The Hawks won nine out of the 15 faceoffs, giving the offense an abundant amount of opportunities. MU took advantage of this fact and outshot their opponent, 20-14.

“I don’t think it could have been any better. It all clicked today between the attack, midfield and defense,” Stathius said. The senior went four-for-four on the day making her the game’s leading scorer.

In addition to Stathius, senior midfielder and co-captain, Emily Barbieri put up four assists to contribute to the offensive effort as well.

The Hawks raked in a total of 25 groundballs throughout the game.

Although the offense was

dominant, the defense were just as effective as they prevented the Leopards from making any real threats.

Junior midfielder Kristina Vangeli caused four turnovers and four groundballs, giving the Hawks more offensive opportunities. Junior defender Eva Irwin racked in two caused turnovers and two groundballs as well.

Irwin said, “We have this flow on defense where we pressure out constantly to confuse the attack and we feel comfortable to go out there and take risks because we know we have each others back.”

It was evident that the Lafayette’s offense struggled against the Hawks defense throughout

the game.

“This is probably the best team we’ve had since I’ve been here and I’m really pumped for the rest of the season,” Irwin said.

Lafayette had won the last three matchups against MU, putting the Hawks last win over the Leopards in 2011. But the 10-3 final score brought a respectable win for the Hawks.

The game marked a solid non-conference victory for the Hawks as they start out their 2015 season.

The women will host their second home game of the season on Wednesday, Feb. 18 as they host the Drexel Dragons at 3 pm. This will be Drexel’s first game of the 2015 season.

## Getting to know...

Midfield  
Sophomore

## CLAUDIA LAMARCA

<b>Hometown?</b> W. LONG BRANCH, NJ	<b>Role model?</b> MY MOM AND DAD	<b>Major?</b> COMMUNICATION
<b>Years in lacrosse?</b> SEVEN YEARS	<b>Phrase you live by?</b> DON'T STOP UNTIL YOU'RE PROUD	<b>Favorite movie?</b> "HOW TO LOSE A GUY IN 10 DAYS"
<b>Warm up song?</b> "TRAP QUEEN" BY FETTY WAP	<b>Favorite book?</b> "THE GREAT GATSBY" BY F. SCOTT FITZGERALD	<b>Dream job?</b> PR FOR A SPORTS TEAM
<b>Celebrity crush?</b> CHRIS HEMSWORTH	<b>James or Dave Franco?</b> JAMES	<b>Dream vacation?</b> HAWAII
<b>If you weren't playing lacrosse, what sport would you play?</b> DEFINITELY SOCCER	<b>If an actor played you in a film, who would it be?</b> SARAH JESSICA PARKER	<b>Postgame meal?</b> ANYTHING AT OUR TAILGATES, LOTS OF BROWNIES AND CHOCOLATE MILK



# Track & Field Host Largest Meet in MAC History

MEL LEWIS  
CONTRIBUTING WRITER

The Monmouth University men’s track and field team won the MU Winter Collegiate Invitational, and the women’s team finished second this weekend in the biggest meet ever hosted at the University.

On the men’s side, junior Ahmier Dupree was the winner out of the University’s runners in the 60-meter dash with a time of 6.87, an IC4A time and a personal best. MU finished strong in the 60 hurdles, taking the top three and five of the top seven spots.

Junior Geordan Ferguson won the 60 hurdles with a time of 8.08, with teammates senior Jalen Walker and junior Eric Kahana close behind.

“This was good preparation for conference championships next weekend,” Ferguson said. “Me and Jalen always go one and two. Hopefully we can keep that going and do the same next weekend.”

Three of the top four finishers in the 400 were MU athletes; the winner was senior captain Ben Boyd. Boyd, who finished in 49.00 seconds, was followed by junior John Malespina in third, and senior Andrew Langille in fourth in a very tight race. Freshman Jack Grace claimed second in the 500 with a time of 1:07.72.

Senior Tommy Darlington took third in the 3k, which is 19 laps around the MAC’s indoor track. Monmouth’s men took the top two spots and four of the top six competitors in the mile. Junior Domenick D’Agostino was the winner of the event in 4:17.57, while teammate junior Graham Huggins-Filozof took close second at 4:18.72. Senior Khari Bowen came in third in the 800 while teammate senior

Chris Solda placed sixth with times of 1:56.39 and 1:59.28.

MU’s DMR (distance medley relay) team of Huggins-Filozof, junior Rob Staskowski, Bowen and D’Agostino won the event with a time of 10:33.84.

In the men’s field events, senior captain Taylor Bernstein

ing the IC4A mark and winning the event. Junior Liam Vogt and senior Joey Marini took one-two in the long jump, with Vogt jumping 23’ 3.25” and Marini less than four inches behind him at 22’ 11.75”. Marini won the triple jump after much delay, clearing 49’ 1.50” for first

freshman Allie Wilson placed fifth and sixth in the 400, a rather impressive feat considering this is not their normal event. Sophomore McKenna Coakley came in seventh in the 200 with a time 26.24. The women’s DMR group of Hanlon, sophomore Andrea Olsen, McKeon and freshman Alivia Carlton finished in first with a time of 13:10.76.

Sophomore Molly McKeon finished first in the mile, racing it in 5:00.38, a new MAC record and a personal best for McKeon. Sophomore Maggie Hanlon took sixth in the 1000, and Tionna Garner finished in sixth in the 800 after a rough start getting stuck in the back of the pack.

In the women’s field events, senior captain Taylor Johnson took second in the shot put overall, but first among University competitors with a mark of 43’ 2.25”.

“This was a good warm up for next weekend, not only for the throwers but for the whole team,” Johnson said. “We really need to focus this week and make sure we keep progressing as the biggest meet we have as a team is next weekend.”

Freshman Alicia Hester took fifth in the event. Johnson was also second in the weight throw at 51’9”, and junior Aziza Ahmed was just behind her at a personal best of 51’1”.

McDonald won the pole vault, with sophomore Casey Sturts in third and junior Brittany Papa in fourth. Freshman Casey Harewood was second in the high jump coming back from a mid-season slump, clearing 5’3”.

Both MU’s men’s and women’s team are back at the New York Armory for the MAAC Championship on Saturday, Feb. 21, where they will look to defend their 2014 title.



PHOTO TAKEN by Lennon Cooper

Sophomore Molly McKeon set a new MAC record for the mile run with a time of 5:00.38.

won the shot put with a mark of 17.45m or 57’ 3”, which is two meters further than the IC4A mark of 15.70. Freshman Corey Murphy finished third at 52’ 6”, and junior Tevin Kirby-Stewart was fifth at 49’ 11.25”.

Led by junior Spencer Dimock, who marked in at 55’ 9”, MU dominated the men’s weight throw, taking all six of the first spots. Senior captain Wulf Sutcliffe was second, just behind Dimock at 55’ 4.75” and Bernstein was less than a foot back of that for third place.

Senior Erik Anderson cleared 6’ 9.50” in the high jump, jump-

place and a facility record.

“If you go in with the attitude that you think you can win, you will win; it’s that simple,” Marini said to the team as words of encouragement for next weekend’s conference.

On the women’s side, senior captain Lauren McDonald finished sixth in the 60 meter dash just minutes after she was done winning the pole vault competition with a jump of 11’9.75”. Senior Mel Lewis was the first MU runner to complete the 60 hurdles with a season’s best time of 8.98.

Sophomore Jenna Cupp and

# Surf Club Dives in on Unexpected Session

RYAN GALLAGHER  
STAFF WRITER

Surf is fast. Swell can pop up or die down in hours, while catching waves requires a quick reaction. Although this is the nature of surfing, a surfer’s best quality is not his or her speed, but an awareness to respond to what is in front of them.

In front of us was potential. The forecast did not call for ideal conditions, but the surf said otherwise.

Some will say that winter weather is too harsh and that getting out there is unnecessary unless it is firing overhead. However, I thank those surfers, for my friends and I had the entire beach to ourselves during this unexpected session.

On Saturday afternoon, the Monmouth Surf Club boys were out and about. The cruel, white brick walls of New Hall forced bored surfers to the beach. Usually, random beach trips end as just that, a beach trip. However, this time Ty was stoked about more than just his Snapchat story.

“Yo, it’s like kind of good right now,” said Tyler Sankey as he sent his last selfie of the day.

It did not take much more than that to get us out there. We knew the drill. It was back to campus, rubber up, and get out before the sun went down.

We did just that. As our crew tossed gear in the back of Connor Perzely’s car it began to snow.

At first a few sprinkles, but

worsened, as we grew closer to the beach.

People honked while we dodged rush hour traffic on Ocean Boulevard to get to the beach. Once we got another look at the surf, no amount of snow or traffic could keep us away. The tide was dropping, the swell seemed to be building and it was ours for the taking. A cacophony of gull songs and our shrieks filled the windy, winter air as we plunged into the ocean.

The sea yielded perfect, peaky waves that filled our hearts with joy and our suits with cold saltwater.

“It was just fun overall with some nice clean rights,” said sophomore Connor Perzely. “You could just sit on it for a

while and every wave took me all the way down the beach for a great ride.”

In on the fun as well was senior Kyle Latch. “This one we were not even expecting to surf and found a fun peak to ourselves; glassy with snow showers,” Latch said.

Days like this past Saturday are some that we will never forget. Not because the waves were huge and not because the conditions were perfect, for neither was the case. Days like this will be remembered because there weren’t any cameras on the beach; there wasn’t any hype prior to the session, just friends who truly love what they are doing together.

To a surfer’s dismay, these sessions are sometimes few and far between. While there is always an excuse, whether it is pertinent or not, sometimes it is better to overlook them.

It is easy to say you are tired, easy to say you are cold, really easy to not feel like going, but it is not easy to truly enjoy what you are doing in life.

Take a break from the monotony. Go out, and do something you are passionate about because who knows when you will ever have a day like today.

For surfers, keep an eye out. Mother Nature and NJ breaks have quite a favorable relationship this winter and not much is expected to change. This week’s chance for the best surf will be today.

Who cares, get out there.



PHOTO TAKEN by Ryan Gallagher

The Monmouth Surf Club had the beach to themselves this past Saturday, Feb. 14, when they braved the elements to take advantage of an unexpected session.

## SIDE LINES

**MTEN** The men’s tennis team dropped both their matches in the ECAC Tournament this past weekend. The Hawks first fell 4-0 to St. John’s on Friday, Feb. 13 in the tournament’s opening round, and then fell again 4-2 at the hands of George Washington in Saturday’s consolation match.

**WLAX** Senior Allison Stathius and junior Kristina Vangeli were named the MAAC Offensive Player of the Week and MAAC Defensive Player of the Week respectively on Monday Feb. 16.

Stathius recorded four goals on a perfect four of four shooting in the teams’ 10-3 win over Lafayette on her way to the award, while Vangeli caused four turnovers and collected four ground balls in the victory.

**BASEBALL** The University’s baseball team dropped to 0-3 on the young season with their third straight loss to Dallas Baptist on Sunday, Feb. 15. The Hawks scored two runs and managed only four hits for the contest, while Dallas Baptist pushed across seven runs on eight hits.

With the first series of the season under their belts, MU will look to rebound and get their first win when they take on James Madison this coming Friday in the first of three games.

## UPCOMING GAMES

**Thursday, February 19**  
MBB at Saint Peter’s \*  
Jersey City, NJ 7:00 pm  
Yanitelli Center

**Friday, February 20**  
Bowling at Hawk Flight Invite  
Egg Harbor, NJ TBA  
King Pin Lanes

Baseball at James Madison  
Harrisonburg, VA 4:00 pm

WBB at Niagara\*  
Niagara, NY 6:00 pm  
“Taps” Gallagher Center

**Saturday, February 21**  
Bowling at Hawk Flight Invite  
Egg Harbor, NJ TBA  
King Pin Lanes

MLax vs UMBC  
W. Long Branch, NJ 1:00 pm  
Monmouth Stadium

Baseball at James Madison  
Harrisonburg, VA 1:00 pm

T&F MAAC Championships\*  
New York, NY 3:45 pm  
New York Armory

**Sunday, February 22**  
Baseball at James Madison  
Harrisonburg, VA 1:00 pm

WBB at Canisius\*  
Buffalo, NY 2:00 pm  
Koessler Athletic Center

MBB at Iona\*  
New Rochelle, NY 4:00 pm  
Hynes Center

**Wednesday, February 25**  
WLax at Rutgers  
Piscataway, NJ 4:00 pm

\*Conference Games





# Sweet, Sweet VICTORY

## ALSO IN SPORTS:

Men's basketball moves to third in MAAC ... [Page 18](#)

Track and Field compete in final meet  
before championships this weekend ... [Page 19](#)

Surfers get unexpected waves over weekend ... [Page 19](#)

On Valentine's Day, the Hawks were able to gain their first win over the Lafayette Leopards since 2011. Senior Allison Stathius (above) was named the MAAC Offensive Player of the Week after scoring four goals in the game.

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Photo taken by Taylor Jackson