

Student Loan Debt in New Jersey **Increases Over the Past Five Years**



IMAGE COMPILED by Christopher Netta

Universities across NJ were included in a study by the Institute for College Access and Success (TICAS) that ranked the volume of loans accumulated by the students. Pictured above are majority of the colleges and universities featured in the study.

PAUL WILLIAMS STAFF WRITER

Monmouth University students are borrowing more money to fund their education than the average American college student. The study completed by the Institute for College Access and Success research group that concentrates its studies on higher education, also found that among NJ colleges, sities and lower than some public erable growth in that time frame. universities. amount of debt the average college student accumulates varies greatly across the country. Students in the East and Midwest areas of the Nation tend to borrow more than students in other regions of the country, the study found.

year was \$30,798, according to Claire Alasio, Director of Financial A recent study found that Aid. According to the ICAS report searchable database of colleges, the average college graduate owes about \$27,000 in loans. University graduates borrow about 14 percent more than the national average.

The TICAS report noted that the (TICAS), an independent nonprofit amount of student loan debt has steadily increased in the last five years. Although, Alasio explained that in direct effect of the increase, the University is ranked average in tuition financing among University borrowing among private univer- students hasn't experienced consid-"In 2008, the average loan debt their graduates. Data for Farleigh The study determined that the was \$27,224 and in 2013 it was Dickinson University, Saint Pe-\$30,798. This is a \$3,500 increase in average borrowing. However, when you consider that in that same time period tuition went up bv \$6,600 and room/board went up by \$1,900, you can see that student borrowing really hasn't gone up sig-

who graduated in the 2013 school sio stated places University students at the median of borrowers among the eight other private colleges in NJ that the TICAS report examined. In the 2012 school year, graduates of Centenary College averaged \$40,588 in debt, followed by Felician College (\$38,595), Georgian Court University (\$36,114), and Rider University (\$35,449), all ranking above the University. Drew University (\$24,470), Caldwell College (\$21,209), Bloomfield College (20,467) and Princeton University (\$5,096) ranked below the University in average debt of

Students Learn to Identify Signs of Sexual Assault

TAYLOR COPP STAFF WRITER

A sexual assault prevention program called Sex Signals was hosted by the Student Activities Board (SAB) and Catharsis Productions on Saturday, Feb. 8 to discuss the signs of sexual assault as well the presence of it on college campuses.

Sex Signals used an unconventional approach to tackle the serious issue of rape through the use of humor, improvisation and audience interaction. The event featured two actors from Catharsis Productions, who are trained in sexual violence prevention. Performers Christopher Beier and Amanda Moore started the conversation by engaging the audience and asking them about the factors that contribute to sexual harassment. Beier and Moore initially got the audience involved by asking about male and female stereotypes,

but eventually switched gears.

Beier and Moore performed an improvised skit titled "Not My Fault," which depicted Moore questioning Beier about an alleged rape he committed. Beier answered questions from Moore and the audience to clarify the situation and prove he was not at fault for the rape.

According to the University Guide for a Safe Campus Handbook, in 2013, there were two reported cases of sexual assault and one reported incident of sexual contact; however, there have been no cases reported so far in 2014.

William McElrath, the Chief of University Police (MUPD), said, "Sexual assault is a big issue on college campuses and society in general. I believe it is one of the most underreported crimes taking place.

Sex Signals continued on pg. 4

Health Concerns Behind Birth Control

ALYSSA GRAY COMICS EDITOR

NuvaRing lawsuits, the potential side effects of available ovulation and pregnancy. hormone-based contraceptives

article released in Janurary. NuvaRing, which is a ring inserted into the vagina, is a form In direct result of the recent of birth control that releases hormones intended to prevent In the Vanity Fair article,

"There are currently more than 1,000 pending lawsuits against the NuvaRing manufacturer Merck & Co. for their failure to properly warn the public about the severity of the contraceptive's side effects."

According to an article in Vanity Fair

The average amount of debt nificantly," Alasio said. incurred by University students

The \$30,798 amount that Ala-

ter's College and Seton Hall University were not provided.

Several public colleges in NJ. including Rutgers, have a lower price tag for tuition, and thus a lower amount of graduate debt

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have been questioned.

There are currently more than 1,000 pending lawsuits against the NuvaRing manufacturer Merck & Co. for their failure to properly warn the public about the severity of the contraceptive's side effects, according to a recent Vanity Fair

the scientific reports of the hormones used in the NuvaRing found that the hormone desogestrel was used during manufacturing.

stated that Vanity Fair

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News

Studying abroad during college can offer many benefits from increased confidence to landing a job.

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Opinion

Does the truth really set you free or is it better to just lie? Read one writer's opinion.



Entertainment

The Oscar nominated film "12 Years a Slave" earns a rave review.



Club & Greek

Alpha Omicron Pi held their first philantropic event called "The Ultimate Monmouth Match."

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As Heroin Epidemic Worsens, Prevention Increases

BRIANNA MCCABE CLUB & GREEK EDITOR

Due to the rapidly rising heroin overdose fatalities in Monmouth antidote to reverse the potentially and Ocean County, law enforcement officials are seeking ways to combat the recent heroin epidemic. Christopher Gramiccioni, Acting Monmouth County Prosecutor, said, the efforts that law enforcement officials will uphold include increased education about the effects of drugs while police must complete before bealso emphasizing traditional enforcement of narcotic laws.

As defined by DrugFree.org, heroin is a highly addictive drug as part of the Overdose Protecderived from morphine. Heroin tion Act signed by Gov. Christie is a "downer" that interferes with the brain's ability to perceive pain and can be injected, snorted or smoked.

Gramiccioni said there were 57 confirmed deaths caused by heroin overdose in Monmouth County in 2013. He believes this number will probably reach into the high sixties or seventies once the medical examiner completes the toxicology reports, which can take a few weeks to complete. "If you look at the last five years and compare it to the number of accumulated substance abuse fully use it in the future," he said. deaths by cocaine, opiates, methamphetamines and other drugs, Monmouth University Police it just doesn't add up to heroin. Department (MUPD), said if the Heroin is what is really killing antidote is approved by Gramicthe people in this county," he said.

According to Suanne Schaad, the Substance Awareness Coordinator in Health Services, recent arrests for possession of Ocean County had a record 112 heroin or distribution of the drug

and first responders in all 33 municipalities of Ocean County to soon be able to administer an lethal effects of heroin.

The Asbury Park Press stated that this \$25 nasal inhalant antidote involves the prescription drug naloxone, sold under its brand name, Narcan, which can be used for any opioid drug. There is a 15-minute training program ing expected to administer the antidote, the article stated.

"It was a bipartisan decision in May 2013," said Schaad. "The amount of overdose deaths in NJ has been called an epidemic by so many that something drastic had to be done to attempt to save lives.'

Gramiccioni said he has been working for approximately three months to get law enforcement access to the antidote in Monmouth County. "The State Office of the Attorney General has been working to deploy it in law enforcement. We are hanging tight and do have a plan to hope-

William McElrath, Chief of cioni he would want University officers equipped and trained to use the antidote. Although McElrath explained there have been no

"At first I snorted the heroin because I told myself I would never be an intravenous drug user... Before long, I was shooting heroin on a regular basis. I was a junkie."

> LAUREN TRIPODI Junior

fatal overdoses in 2013, which amongst students, "it would be has nearly doubled the number of heroin fatalities in 2012. Officials be traced to the drug's accessibility and popularity.

ly reported that two Ocean Township residents are being charged with the possession of 794 bags of \$8,000 and \$1,384 in cash.

Due to Ocean County having the highest number of heroinrelated emergency room admissions in the state and the drug's

foolish to think that heroin use has somehow bypassed the Unibelieve the rise in overdoses can versity. It's here just like it's everywhere."

Psychology professor Dr. Alan The Asbury Park Press recent- Cavaiola said the Department of Psychological Counseling and Monmouth County Division of Addiction Services are co-sponof heroin which has a street value soring a conference on Mar. 21 at the University as a response to the heroin epidemic, and he plans to incorporate a Narcan training into the conference.

Cavaiola believes the rise of increased availability, actions heroin can be partially linked

have been taken to allow police to prescription opiates, serving as a gateway drug to heroin. He said addiction can be traced to the over-prescribing of painkillers by "unscrupulous doctors," as exemplified by the most recent arrest of Ocean County physician Liviu Holca on Jan. 24 for illegally prescribing over an ounce each of both Percocet and Xanax.

"But doctors alone are not to blame," Cavaiola added. "People who are addicted to these prescription opiates will stop at nothing to obtain these drugs whether it be 'doctor shopping' (visiting multiple doctors), stealing prescription pads, or stealing drugs."

Schaad said a problem that arises from prescription pill abuse is its financial expense. She explained that pills such as Oxycontin can cost anywhere up to \$80 per single dose when purchased illegally, whereas heroin only costs approximately \$5 to \$7 a bag. "At some point, for lack of better words, it becomes worth it for some people to switch to heroin for a similar high at a much cheaper rate," she said.

Lauren Tripodi, a junior social work major and former substance abuser, said, "I was initially addicted to pain killers and, because it's cheaper, I picked up heroin. When I started using painkillers I told myself that I would never do heroin." Tripodi started abusing various drugs at the age of 13, but started snorting heroin at age 17.

"At first I snorted the heroin because I told myself I would never be an intravenous drug user,"Tripodi added. "Before long, I was shooting heroin on a regular basis. I was a junkie. Nothing more, nothing less."

Gramaccioni said, "Monmouth County has some of the purest and deadliest heroin in the world." He received samples of purity ranging from 45 percent to the high nineties and because of this, a severe addiction for people who use it once or twice become addicted.

However, not all heroin that has been circulating throughout Monmouth and Ocean County is necessarily pure. In an article published in The Star-Ledger, there is a potentially "bad batch" of heroin being sold in Ocean County with a "Bud Light" logo stamped in red ink ontop. Two people have died in connection to the "Bud Light" heroin, and the toxicology tests have confirmed fentanyl in one of the victims.

As defined by The Star-Ledger, "Fentanyl is a synthetic form of morphine used to treat cancer patients, but is also used to increase the potency of heroin, of-



PHOTO TAKEN from www.dailymail.co.uk A woman (pictured above) prepares to insert heroin into her arm by

use of a syringe. Heroin can be snorted, injected or smoked.

claim fentanyl is 80 times more potent than morphine, and when combined with heroin it can completely shut down the respiratory system of the user. In NJ there have been approximately nine cases of people who have overdosed on this laced heroin. This batch is also branded under other slang names including "Thera Flu," "Bud Ice," "Diesel," and "Coors Light."

In an effort to combat the rise of heroin, prosecutors are planning to charge felons with stricter penalties, including those who are connected with heroin overdose deaths. In an article published in The Boston Globe, prosecutors are going to enforce the "strict liability for drug death" statute, a first-degree crime that holds dealers and producers responsible for a user's death with a 20-year maximum sentence.

Thomas Gordon, a senior criminal justice student, said 14 of his fellow classmates at Vernon High School died due to heroin use. Gordon explained most of his 2008 graduating classmates got into fatal car accidents while on the drug. "[My classmates] were looking for a new high, and it [was] cheap [for them]," he said. To alert the community of the dangers of the drug, Gordon said over 150 people marched against heroin down the main roads of his town.

"This heroin epidemic does not discriminate," said Gramiccioni. "Unfortunately, it prevails in all aspects of the community.

ten with deadly results." Doctors It's easy to come across and it's cheap, especially because we are lodged in between a large heroin market (between Philadelphia and New York)." Gramiccioni has spoken to schools in the area and will continue to host forums directed at students and their parents to inform the masses of the epidemic as well as to urge anyone that is suffering from addiction to seek treatment.

Cavaiola believes that although seeking treatment seems to be insisted, this idea is faulty because treatment is not readily accessible to addicts. The psychologist further concludes that because of this, these addicts will continue to use time and time again, which will only further worsen the epidemic. "Addicts seeking treatment often have to go through a labyrinth of restrictive company and managed care policies or be put on lengthy waiting lists if they lack insurance," Cavaiola said.

"I have never experienced anything that made me not care the way heroin did. I became a lying, manipulative, thief who did anything and everything to get the next high," said Tripodi. Despite the dark years of battling addiction, Tripodi is now approaching her two year anniversary of being drug-free this March. "Life after drugs is possible. I know because it has happened for me and it can happen for you too."

Students seeking help can visit the Office of Substance Awareness in the Health Center or the Psychological Counseling Center.



Why Students Should Improve Sleeping Habits

ANNA CHAMBERLAIN STAFF WRITER

A lack of sleep within adults has become an epidemic affecting between 50 and 70 million Americans as young as 18, according to the Center of Disease control and Prevention. This becomes an issue on college campuses when students cannot perform to the best of their ability due to lack of sleep.

Between classes, work, and daily activities, the average college student spends six to seven minutes, and can repeat four to hours per night sleeping, which is below the average of seven and a half to nine hours suggested by the National Institute of Neurological Disorders and Stroke. It might appear to be a problem who have issues related to sleep with a simple solution but some deprivation and poor sleep hystudents are finding it hard to attain the proper balance between getting the right amount of rest dents need to keep in mind are

stitute of Neurological Disorders and Stroke, "The main reason adults need sleep is to relax and recharge their mind and bodies. At night when sleeping, humans go through five different cycles of sleep in which the brain slows down and produces different waves called delta waves." The institute's website, ww.ninds.nih. gov, states, "When the body enters into the final stages of deep sleep, it is called a Rapid Eye Movement (R.E.M.) cycle, which can last anywhere from 90 to 110 six times a night. That is why napping for more than 30 minutes will lead to grogginess and disruption of sleep schedule."

We frequently see students giene in general," said Mancini. "Some of the things that stu-

"One of the things that we know of not getting enough sleep will lead to some of the symptoms we see in other kind of disorders particularly depression and anxiety. It can also lead to symptoms such as distractibility, limited tolerance for frustration, irritability, and also poor eating habits," added Manicini.

Lack of sleep could add stress to students dealing with preexisting disorders; from the physical stand point, not getting enough sleep can lead to major health risks such as weight gain, diabetes, and heart disease, she added.

"On certain days I feel I get enough sleep, about seven to eight hours, but on others nights I don't," Jackie Dipasquale, a junior communication major, said. "If I'm not getting enough sleep, it's usually because I'm finishing up my homework. To help with my lack of sleep, I eat healthier than I normally do and sometimes have some coffee or tea," she continued.

Students may have trouble sleeping because of their sleep pattern, but it can also be due to lifestyle and nutrition factors, like eating food late at night, said Mancini. Those who do consume large amounts of alcohol or caffeine can suffer from major sleep deprivation as it defers the body from its natural functioning state, Mancini added.

Suanne Schaad, coordinator for substance abuse, said, "Students who drank a lot or did other drugs will often say they passed out and slept so long after drinking. What really happens is they go through like a mini withdrawal and will wake up once the blood alcohol levels drops lower."

Schaad explained that students who drink will be more likely to wake up in the middle of the night, which causes the sleep

The Birth Control, NuvaRing is Causing Blood Clots



Finding enough time to sleep is difficult for students in betweeen academics, clubs and keeping up with their social lives.

to be less productive than if the a person awake and alert. student had not been drinking. "We don't reach the REM stage of sleep, which is the stage where our bodies need to rest. That is why we might also feel tired the next day after partying," Schadd said.

There are also several environmental factors that can affect sleep patterns such as noise, light and temperature. Mancini said that creating a nightly routine could lead to better sleep hygiene and help students fall asleep faster.

"Determine what time it is you need to go to bed, as you should try to go to sleep the same time every night. Our bodies get used to a routine, so if you go to bed every night you will start to feel drowsy at that time," Mancini said. "That means certain neurochemicals are building up telling your body it's time to go to sleep."

Manicni continued that doing soothing activities such as showering, light reading or listening to music can aid with falling asleep, but that also means disconnecting as the light from devices such as tablets, phones and computers effect the different parts of the cortex in the brain that will keep "As a student teacher, it's been

rough adjusting my sleep schedule so that I can get up early enough to make it to the high school before classes begin," Tiffany Mattera, a senior mathematics and education major, said. "Waking up before the sun rises is only possible if I can get to bed between 9:30 pm and 10 pm, resulting in between seven and eight hours of sleep. I used to read my kindle before bed but reading kindles, phones, and laptop screens prevents your mind from relaxing, so I've stopped doing that too," Mattera added.

Mancini said that as a final measure, students could also take different types of medications if they still cannot sleep after changing habits to improve their sleep hygiene, but there should be caution in taking these medicines and should only be used after consulting with a physician.

"Negative outcomes can include drowsiness, dizziness, constipation, stomach upset, blurred vision, or dry mouth, nose, throat may occur. While some psychological effects are confusion, reduced alertness, and slow reaction times and judgment," Schaad said.

"If I'm not getting enough sleep, it's usually because I'm finishing up my homework."

JACKIE DIPASQUALE Junior

and fulfilling academic obliga- even though it shifts after four tions

"Nationwide poor sleep hygiene, which is what we call sleep deprivation, is a really big issue for college students that I think is underestimated," Franca Mancini, Director of Psychological and Counseling Services, said. "Most students do not understand the full impact of not getting enough sleep. It seems like 'Oh I'll sleep on the weekends' or 'I'll catch up when I can.' You are not going to function well or think clearly, and you are going to crash if you do not get enough sleep."

According to the National In-

Birth Control cont. from pg. 1

months because your schedule changes, you really need to sit down and look at your time management that together with your classes, study time, working, going to clubs, and eating, you also fit in sleep with a good solid six to eight hours to function properly.'

Even though the idea of not getting an extra full hour of sleep might not seem like a tremendous sacrifice as a young adult, it can later on have longterm consequences with mental and physical health, Mancini explained.

in contraceptives, like desoges-

third-generation hormones used desogestrel have mostly been studied in birth-control pills and vaginal rings, according to plannedparenthood.org the hormones could also be found in other contraceptive devices such as the patch (known as Ortho Evra), trol shots, as well as several other birth control options.

assistant professor for the health and physical education department, it is only by chance that certain side effects will be made contraceptive methods increase the risk of blood clots, especially in women with a history of clots portant to keep in mind that most birth control methods have pros and cons, medical and lifestyle, so women and their partners should consult with their health although the doctors could not care provider before choosing

According to Andrea Hope, an my hand to my shoulder. After the pain went away I just went numb and my hand up to about [my elbow] was like a greenishblue. I had lost all circulation in my arm and I had small pains in my chest, but that could have been because I was panicking," said Harris.

Harris continued to explain that after the incident she went to the emergency room and told them that she was on Yazmin and knew that it caused blood clots, find anything. Shortly after, Harris made the decision, without her doctor's approval, to get off of the contraceptive and find a holistic doctor to help her without the use of medications or brand name drugs. Following her decision to quit the pill, Harris said that she experienced "awful things" happen to her body. "It's almost like my body needed to be on it because I've been feeding it a synthetic, fake hormone," said Harris, " It felt like I was chronically crawling out of my skin...it takes a long time to get seven years of synthetic hormone out of your system.' Harris said that she doesn't recommend these contraceptives at all to anyone. "I know that I was on a medication for seven years and it damaged my body and I saw a slew of side effects that can go unnamed, but the point is that I wish I had known, really known. And I

ceptives, as opposed to its other lessened side effects of hair loss and acne. effects were lessened, other side

desogestrel is a third-generatrel, determined that the hortion progestin that was first used mones were twice as likely to in contraceptives during the cause blood clots as opposed to early 1990s, and is still used in birth control methods that used many contraceptives today. The one-generation or two-generahormone was first used in contration hormones. A study done by the Federal

hormone counterparts, for its Drug Administration (FDA) in 2011, found similar results and reported that vaginal rings could Despite the fact that some side increase the risk of blood clots in women by about 56 percent. effects became drastically se- Furthermore, a 2012 study by the vere. The Vanity Fair article ex- British Medical Journal found plained that several of the court a 90 percent greater risk for vedocuments filed in the lawsuit nous thromboembolisms to occur against Merck & Co. reported from birth-control pills with ear-

birth control implants, birth con-

Lisa Sypniewski, a senior health studies major, said that she knew many people using birth control, but when it came to obtaining her own form of contraceptive she wasn't very concerned about the side effects. "I was aware that I could experience some side effects, but I was never too concerned about them. I luckily did not experience any of them, and I did not feel any different when I started to take it. The one that concerned me most was a change in weight, but I did not see any significant impact," said Sypniewski. Contrary to Sypniewski's experience, Kelly Hughes, a junior communication student, said that her older sister, Marybeth Hughes, experienced concerning side effects from her contraceptive, the NuvaRing. Marybeth said, "Immediately after I started NuvaRing I woke up every morning with tightness in my chest that I literally had to use breathing techniques, like deep breaths and what not, to get it to feel a little better. It happened every day for about two weeks so then I stopped taking it and [started] feeling normal again."

known to a person. "Several oral and those who smoke. It is im-

that since the mid-1990s, a little lier generation hormones. over 10 scientific studies about

While hormones similar to



IMAGE TAKEN from drugdangers.com A third-generation hormone used in NuvaRing, a contraceptive, is causing numerous health issues resulting in lawsuits.

one," said Hope.

Hope continued, and said that, "...many women are not counseled properly about the side effects, and use the NuvaRing, and other birth control methods without considering or being aware of the risk factors and side effects. [It's] important for women and their partners to have a good relationship with their health care providers and to educated themselves as well.'

Mary Harris, a specialist professor for the communication department, did exactly what Hope advised others to do and educated herself on birth control after a worrying experience she believes was caused by her birth-control, Yazmin. "A couple of years passed [of me being on Yazmin] and I was eating clean and everything and I had no symptoms or side effects or anything. I was taking a shower one day and I had a really sharp pain in my left arm, from didn't."

The Benefits of Studying Abroad While in College

ERIN MCMULLEN ASSOCIATE NEWS EDITOR

To those who have not experienced it, studying abroad may seem like four months of traveling, partying, and taking a ton of pictures, but in reality, spending a semester overseas enables students to gain it comes to making decisions and life skills that can eventually be used in the workplace.

According to the National Association of Foreign Student Advisers: Association of International Educators, only 283,332 US students studied abroad during the said Hill. "And I think employers 2011-2012 school year. While this perceive that self-confidence as a number may seem large, it means good thing to have as an employee." that only one percent of the millions of college students in America munication major, recently spent study in other countries.

"A relatively small amount of students study abroad, so just by telling your potential employer that you have studied abroad, that you've gotten on a plane and taken that kind of initiative, makes you unique among a lot of other students," said William Hill, Assistant Dean of Career Services. "It done," Morrison said. makes you stand out.'

of Study Abroad, said that studying abroad brings about independence and resilience in students. It educated.

have traveled abroad return home to the United States feeling much more self-confident than they had at the start of their travels. Many employers look to hire students who embody an air of certainty and assurance, especially when working on projects.

This characteristic is generally found in students who have made the decision to study in another country.

"Studying abroad is a bold move."

Alexis Morrison, a junior coma semester in Sydney, Australia. With the hopes of one day working for a broadcast television station, Morrison is aware of the fact that she will eventually move out of NJ and end up working in either NY or CA. "Studying abroad showed that I'm independent and that I can live on my own and still get the job

According to the Faculty Di-Robyn Asaro, Assistant Director rector of Study Abroad, Chris Hirschler, "Studying abroad is reported to improve independence, the ability to navigate new situaalso creates openness which, in her tions and geography, and cultural opinion, is the mark of being truly competence. Students learn how to more accurately evaluate their own

In most cases, students who culture and other cultures."

It is imperative for students looking for jobs in a global economy to understand that they will eventually come into contact with men and women of different cultures. Being understanding of different customs and cultures is important if a student wants to succeed in their intended career field.

"Companies want to know that you're going to be culturally sensitive and that you're not going to be prejudice against someone just because they have an accent," said Asaro.

When students think about gaining all of these skills, as well as the knowledge and experience necessary to find a job after graduation, internships are usually the first thought that crosses their mind.

Most people do not realize, however, that studying abroad allows students to have the time of their lives while also acquiring many important skills that employers value.

"Ideally, students will intern while studying abroad so that they learn specific job-related skills in another culture. They can then apply what they've learned in the organization that hires them," said Hirschler.

Although it is possible, in some cases, for students to intern while they are abroad, it is not always guaranteed. But that should not



Students pose for a group shot in Florence, Italy during their fall 2012 study abroad trip.

stop anyone from traveling overseas during his or her time in college because it is the experience that students gain from their time abroad that might land them an internship, and eventually a paid job, back in America.

According to Asaro, "You could go intern even if you get out of college and can't find a job, but when you study abroad in college the idea is that you're taking courses toward your degree while at the same time traveling and being abroad. So it's kind of hard to do that once you're out of college. It's really a now or never kind of thing."

Practically every student's goal is to graduate college with a degree and all of the skills necessary to get a job in their field of interest. Skills like problem solving, risk-taking, and higher self-confidence are all characteristics that most employers look for in future employees. Spending a semester abroad allows students to attain all of these skills.

According to Hirschler, even though "employers do usually tend to notice the study abroad line on an applicant's résumé, then it is up to the job seeker to sell their experience during the interview."

Variations in Student Loan Debt

Loans cont. from pg. 1

than the University. Yet, some graduates of public colleges take on roughly the same amount of debt, if not more, than University graduates, an analysis of the TICAS findings show. Rowan University students in 2012 graduated with an average debt of \$35,057. New Jersey Institute of Technology (\$34,867), Richard Stockton College of New Jersey (\$34,283), The College of New Jersey (\$33,889), and Kean (\$30,335) are also in the ballpark of average undergraduate debt of University students.

"I would have expected our school to be more expensive than that because of the tuition," Zack Lezmi, a junior communication

tributed by institutions of higher education should become as imperative of a consideration as the tuition rate of the other college itself when students decide where to attend school, according to Dr. Robert Scott III, associate professor of economics.

"There's a difference between price and cost. The sticker price might be \$45,000 or \$50,000 a year, but in reality very few students pay that," Scott said. "In some ways the most recent financial crisis has forced people to think more along the lines of college being a financial investment and their return on it. But I don't think people in general give it enough thought in that regard." Scott adds, "Speaking gener-

"I was required to take out more student loans than

The amount of financial aid dis- to provide ample financial aid for its students. Nearly 100 percent of students at Centenary College, in comparison, took out loans to pay for their education in the 2011 school year.

One recent graduate from the University indicated that while she is apprehensive about the prospect of paying back her loans, she also views her time at Monmouth as more valuable than iust the financial cost.

Brittany Hardaker, a University alumnus, said, "I was required to take out more student loans than I would like to admit out loud. Luckily, I have the next six months to figure out how I'm going to pay them all back and although I'm slightly worried, as any emerging professional should

Sexual Assault

Sex Signals cont. from pg. 1

There is a strong culture of silence involving sexual assaults on campus."

The most prevalent common denominators in sexual assaults on campus are alcohol and date rape drugs, according to McElrath. "Many of these incidents do take place after a party. I do not recall any sexual assaults involving students where an unknown suspect simply attacked a student and fled. All of our sexual assaults involved some sort of socialization process prior to the assault. The victim most often knew, or recently met, the perpetrator."

"I think a lot of the time, its engrained in people that the way to stop rape is to make sure that you have your rape whistle and your mace, which is completely, completely backwards," said Beier. "It baffles me sometimes how much our message needs to be heard, because I think it's a pretty obvious message: to make sure the people you're having sex with give consent, and, in addition, ... to empower people to step in and call sexual assault perpetrators out."

Because this event was primarily about the prevention of sexual ing aware of self-defense techniques, assault, Heather Kelly, Assistant the effects of alcohol on decision Director of Student Activities for Multicultural and Diversity Initiatives, said that the assumption might be made that the event would be a male bashing show; however, the event's intention was not to pick on men, but to talk about stereotypes for both men and women, and to also talk about a lot of things that are not normally discussed. According to Beier, the most important thing to do when having sex is to ask for consent. Consent is asking for permission for sexual activities to take place. Beier stressed that "you cannot receive consent from someone who has been drinking. They might not be fully conscious or not in their right state of mind, so to avoid being accused of taking advantage, avoid the situation." Moore believes that there are several reasons that prevent the victims of sexual assault to come forward, including the fear of becoming revictimized by the criminal justice system or the media, the inability

to recall the events due to drugs or alcohol, and the fear of judgment by friends, family and peers.

Sexual assault is more of a problem than people think it is. Sexual assault is one of those problems that are hard to talk about.... but the positive thing is that this event allowed the campus to talk about it ... making the campus a more friendly place for victims of sexual assault where they are welcomed and not blamed," said Kelly.

The University has placed a great emphasis on educating students regarding the issue of sexual assaults. 'Sex Signals, Take Back the Night, Walk a Mile in Her Shoes, and Support Denim Day are all programs that the University holds to raise awareness for sexual assaults," said McElrath. "Education of both male and female students is needed at all institutions. Everyone should be advised of what constitutes sexual assault, the causes of it, prevention of it, and the lifetime consequences for the victim, as well as the perpetrator."

McElrath also provided preventative advice for women to avoid being a victim of sexual assault. He emphasized the importance of students bemaking and avoiding putting yourself in vulnerable situations by going to parties with people you trust and looking out for each other at all times. Kevin Long, a junior, said he was very happy with the program, although it was not what he expected it to be. "There was a great combination of comedy and information which made the program interesting and exciting.... \hat{I} do wish that more people came to the event because those who [are perpetrators] of sexual assault aren't here and that's unfortunate," Long said. Alicia Torello, a freshman SAB member who helped plan this event, said, "As long as this event spoke to at least one person and allows them to stand up against sexual assault, then the event was successful and did its job." In the event that you feel that you or someone you know has been the victim of sexual assault on campus, you should report the incident to the MUPD immediately.

I would like to admit out loud." **BRITTANY HARDAKER** University Alumnus

major, said. "I had to take out ally, part of that is the fault of the be, I am hopeful that I will land loans, but I guess that's every col- colleges for not educating its stu- a job that will help me pay them lege student's concern. Although dents on what they offer and guid- back quickly." I do have to say that Monmouth has been pretty good with scholarships and grants and letting me know what is out there." Several factors go into the average amount of student debt, including financial aid offered by the institutions, as well as the affluence of the families of students, which can determine how much aid a student is eligible for. According to Alasio, the University has made offering financial aid a priority for the coming school year. "This year Monmouth offered \$46.4 million dollars in grants and scholarships, in addition to another approximately \$1 million in scholarships made available through the generosity of donors. Recognizing the need for additional funding, we have increased scholarship dollars by 11 percent or \$5.1 million for 2014-15; normally that increase is about 4-5 percent," she said.

ing them through the process, and part of it is on the personal financial education of the student." Scott said he rarely advises students who have a direct issue with the amount of money they spend on college, but offers advice to students who will be graduating into a competitive job market with a large amount of debt. Alasio also noted that since the economic downturn there has only been a two percent rise in University graduate debt, up from 73 percent in 2008 to 75 percent in 2013. "Given that this was when the economy was tanking, I don't view this as a significant change in the number of students who have had to borrow," Alasio said. According to the TICAS report, only Drew (66 percent) and Princeton (24 percent) had a lower percentage of students who graduate with debt, underscoring the University's efforts

Hardaker continued, "Despite the cost, I knew [Monmouth University] was the place for me and that I would do anything I could to attend even if it meant taking out multi-thousand dollar loans, even though I now cringe at my total debt. I would pay back every penny to be able to repeat the last four years of my time spent at Monmouth." Ken Ferreira, a junior criminal justice major, transferred into the University from Raritan Valley Community College, and echoes Hardaker's sentiment about his college experience going beyond the price tag. "Transferring in saved me some money. Fortunately, I haven't had to take out any loans. Although I'd recommend going to a community college to save yourself some money, I also fell in love with this campus. It's ascetically pleasing and I like the small class sizes here. I can see why people love this school."





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Are All Textbooks Actually Required?

THE OUTLOOK STAFF OPINION

Buying and renting textbooks at the beginning of each semester is perhaps one of the most stressful and tedious aspects of college life. Before classes start, students are able to log on to their WebAdvisor account to view the list of books needed for each course and whether or not they are required or only recommended by the professor.

While The Outlook staff understands the educational value of text books, most feel that they are unnecessary.

Because the University encourages both students and faculty to utilize the various online outlets that are provided such as eCampus, where professors have the ability to upload assigned readings, The Outlook feels as though it would be a lot easier and cheaper if professors just posted all of their readings online. In fact, one editor expressed that the college textbook is irrelevant because of all of the web-based tools that exist today.

The University library also provides online databases such as Ebsco Host that make scholarly articles, journals and other publications available to students and faculty free of charge. Some of *The* Outlook staff believes that professors can find the same or similar information in these databases as they can in expensive textbooks.

Other editors explained that it is not the purchasing of textbooks that is troublesome; it is the amount of times the textbook is actually put to use. "I don't want to carry around 20 pounds of dead paper weight all semester," said one editor. "If we're going to use the book more than a few times then it might be worth it."

same opinion, saying that the issued to students is removed or worst part of spending hundreds of dollars on books is when they are never used during class. They explained that a specific book was deemed required for a particular class, but even after the professor made students purchase the textbook it was never used once during the entire semester.

Not only is the process of buying

"...It is not the purchasing of textbooks that is troublesome: it is the amount of times the textbook is actually put to use."

or renting textbooks frustrating for some students, but returning and selling books back can be an even more discouraging experience. If for some reason a student drops or adds a class in the very beginning of the semester, textbooks rented from the University bookstore can be returned up until the end of add/drop week, with the original receipt.

However, the textbooks that come with either a special edition CD-ROM or online access code can only be returned if the plastic wrapping remains untouched. If the plastic that is used to protect the idea of using textbooks in the Another editor expressed the these books when they are first classroom.

ripped, the bookstore will not take it back. One editor experienced this personally after attempting to return a book with a little tear in the plastic.

A handful of professors at the University also write their own textbooks that they require students to purchase or rent for their classes. Not only is attaining these books a hassle, mostly because they can only be found in the University bookstore, often for more money than books from online sellers, but selling back these textbooks is also an inconvenience for many students. One editor purchased a book that was written by the professor and was only able to sell it on Chegg.com for \$5.

Much like the textbooks written and assigned by professors, books that students must acquire in a certain edition also cause some controversy. Quite a few professors ask that their students purchase a specific edition of a book at the beginning of each semester and this can be a struggle in terms of both buying and selling back these particular textbooks. One editor said. "People spend so much time and money to write these books and then there is just another created the next year."

Overall, The Outlook staff understands that textbooks, when used properly and efficiently, act as important aids in the process of learning. However, the expensive prices, the difficulty that students face when it comes to selling them back, and some professors' decisions to hardly ever implement readings from the books they assign all lead most Outlook editors to wearily accept



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THE FIRST FEW SNOWSTORMS WERE FUN, BUT NOW MY DAD JUST KEEPS PACING AND MUMBLING ABOU" SHOVELING. I'M PRETTY SURE THIS IS HOW 'THE SHINING' STARTED."

HOW TO SUBMIT ARTICLES OR LETTERS

The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers.

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The Super Bowl Of NASCAR: Daytona 500

WILLIAM ROMBA STAFF WRITER

On Feb. 23, the NASCAR Sprint Cup Series season will kick off with the 56 running of the Daytona 500. This race is often referred to as the "Superbowl of stock car racing" despite the fact that, on its face, it appears to be more like traffic on the Garden State Parkway at 200 m.p.h than something like Russell Wilson leading the Seahawks down the field at MetLife Stadium.

But while football remains, arguably the most popular sport in America, a few comparisons can be drawn between NASCAR's biggest race and football's biggest game.

While Daytona International Speedway did not release any official attendance figures for last year's Daytona 500 (as is often the case with many NASCAR venues), in 2012 the track sold 140,000 of its 167,000 seats.

By comparison, the 2013 Super Bowl at New Orleans' Mercedes-Benz Superdome, sold 71,024 of the stadium's 73,208 seats. Yes, this was much closer to being a sellout crowd, but when you bear in mind that the Superdome's seating can be expanded to accommodate a little more than 76,400 fans, and factor in the millions of other fans who were watching on television, it is clear that while NASCAR may never pass football, NASCAR is one of the most popular sports in the country.

That's right. I called NASCAR a sport. For almost as long as man has tried to ration the idea, we have been debating if athleticism indicated drving a racecar.

Former NFL quarterback Donovan McNabb recently threw in his two cents when he was on FOX Sports 1's FOX Sports Live (the network's answer to SportsCenter) last November and said that NASCAR drivers are not athletes when asked



The Daytona 500 often gets overlooked in the sports world because some argue that it does not require as much work as other sports.

where six-time champion Jimmie thon runner." Johnson ranks on a list of current athletes.

"Do I think he's an athlete? Absolutely not," said McNabb after ranking Johnson third behind Tiger Woods and Kobe Bryant. "He sits in a car and he drives, so that doesn't make you athletic. I give credit to what he's been able to do."

Let's remember this is the same Donovan McNabb who was benched for a two minute drill because then-Washington Redskins coach Mike Shanahan said the quarterback was not in shape, so it seems the pot is calling the kettle black.

Merriam-Webster's dictionary defines an athlete as "a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina.'

A May 2013 article in the Orlando Sentinel says that, "NASCAR drivers can experience 3Gs of force against their bodies during a race, similar to the forces felt by shuttle astronauts at liftoff."

The article also says a driver's heart rate can pound between 120 to 150 beats per minute. Over a timespan of three to four hours, "that's comparable to an experienced mara-

Arizona Cardinals wide receiver Larry Fitzgerald said in a 2010 interview with the Bleacher Report's Greg Esposito that "to be an elite athlete, [whether you're] a NASCAR driver, in football, in basketball, golf, you have to be in peak physical condition. They might not be running, but sitting in a car going 200 m.p.h for 500 laps, you have to be mentally and physically strong and wellhydrated. There's training that has to be done to be elite at anything."

So while football may reign king among sports fans in America, there is another Super Bowl that will be taking place this Sunday.

Forty-three men will climb into their cars and do battle on the 33-degree banks of the Daytona International Speedway for 500 miles.

Their goal? Etch their name in the history books and claim a champion's ring and NASCAR's equivalent to the Lombardi Trophy; the Harley J. Earl Trophy. Whoever hoists that trophy this weekend will have a very significant distinction. They will not simply be known as a Daytona 500 winner, they will be forever known as a champion of NASCAR's super bowl.

Does Age Matter When it Comes to Love?

KYLE O'GRADY CONTRIBUTING WRITER

Valentine's Day has just ended, and whether you were cozied up to someone special, venturing out with someone new or drowning your sorrows in chocolate, you were thinking about relationships on Feb. 14.

Relationships are tricky, for two people to decide to become exclusive requires a lot of elements to align. So does age factor into one of those elements? Are we confined to dating the people born within the same year as us, or can we venture out of that scope by two, five or 20 years?

As John Mayer and Katy Perry recently sang on their duet song "You Love Who You Love", sometimes that's a person 20 years older or a couple years younger. Age doesn't matter, what matters is the chemistry between people. All's fair in love and war.

When it comes to relationships it should matter more about who the person is, not what their age on a piece of paper is. Recently my sister stopped seeing a guy because she believed he was too young. She would say it's a shame he is too young, he's a great guy. I could not wrap my head around why she would let something as small as age get in the way of her having a potentially beautiful relationship.

On the other hand, I have a friend in a relationship with a guy two and a half years younger than her and she does not think she could find a better guy if she tried. She says that sometimes she sees the age difference, but in the end they are in love and age doesn't matter one bit.

So how can my sister find it weird to date a guy one year younger, yet my friend finds she has never been happier?

It comes down to a matter of chemistry. If you click with someone, you click with them. Age is not a determining factor in any relationship. It all matters if the people in the relationship fit together.

Sometimes it comes down to a matter of chemistry, but it also matters where the two people are in life. In my friends case she is in college and her boyfriend is still in high school, their chemistry is strong enough that even though they are at different places in life, their love is strongr.

My sister on the other hand, dating a guy a year younger, had to pick him up on dates and she could not get over how weird that was. Case in point, their chemistry was not strong enough to over come that.

My own parents, who met in their late twenties, are a wopping six years apart. That means that when my mom was graduating high school, my dad was just starting the seventh grade.

This may seem like a huge age difference but when they met, they both had graduated college, both had steady jobs, and both were looking for a relationship. Since they were both in the same place in life, age was the last thought on their minds. Why should age have mattered if mentally they were on the same page?

The answer to if age matters is no. What matters is where the two people are in life. I know plenty of boys my age who act a lot younger than me, I would never be able to date them, even if we are both the same age. It all comes down to chemistry, you love who you love, whether that's a person two years younger, or someone 16 years older.

Honest Hearts Produce **Honest Actions**

JACKLYN KOUEFATI EDITOR-IN-CHIEF

There are many morals that people hold close to them. Respect. Loyalty. Trust. Honesty. Today, I am here to talk about the gray area of honesty. Is it really the best policy? Or are white lies worth it in the long run? Most people will tell you to be honest because every lie catches up with you eventually. It makes sense. Think about it.

time you told your mother that she looked nice in her new dress and then your father came home and told your mother she looked like a grandma? All you had to do was tell your mother the dress was hideous and that she is so beautiful you wouldn't want her to be caught wearing such toxic because all they do is fight and an abomination. However, you lied and now your mother is giving you the evil eye because you almost let her walk out of the house wearing a dress from 1953 So, point of the story is not to lie, right? Well some people will argue that little lies are okay every once in a while. That those little lies are meant to avoid something bigger. For example, you friend asks you to hang out but you want to hang out with your significant other so you tell your friend you can't because you don't feel good.

only do you look like a big fat liar to your friend but his/her mother as well.

This can be argued from another angle as well and that is that sometimes people just cannot handle the truth. Î will give you an example that all girls are inevitable for.

Don't you deny it either ladies because we all know you'll be lying. For example, one of your girl friends is dating this guy that you For example, remember that absolutely can't stand, for what-

friend with his/her mother. Now, not to the curb and find a Ryan Gosling lookalike. And maybe she will set you up with his twin brother.

This is not just aimed at girls though; this is aimed at guys too. The example I used above, switch out your mother and put in your girlfriend.

If you tell your girlfriend she looks beautiful when she really looks frumpy and she finds out you lied, her claws will come out and no one will be able to help you.

Another piece of advice for the guys though, we find out everything. Do not ask me how because I don't know but we just do. Look at vour mother! She found out every time you snuck out of the house or lied when you said you didn't drink at your friend's house but you really did. Don't ever lie, especially to a mother. They know all. The conclusion? There is not a gray area when it comes to honesty. Honesty is completely black and white. Well I guess it's more one color versus the two because you just shouldn't do it. Lying is never a good idea, especially when it comes to the people you love. Is it really worth a little white lie when it comes to hurting someone you hold close to you? I don't think so. The one and only time lying is acceptable is when surprises are involved. Then it's acceptable to lie. But if that's not the circumstance then just don't do it. Trust me, honesty truly is the best policy.

Did you apply for graduation? ATTENTION STUDENTS A

In order to be on target to complete your degree requirements and graduate, the ORR urges you to apply for graduation no later than 1 year prior to your anticipated graduation date. By applying early, this affords you the opportunity to receive an official degree audit from the Registrar's Office indicating if you are 'anticipated complete' with your registered courses. If you are not 'anticipated complete', having this additional time allows you the opportunity to

Then you and your partner go out to dinner and BAM there's your

ever reason.

Maybe he was a past cheater, maybe he hangs out with a bad crowd or maybe you had a secret crush on him in elementary school and never got over it. Regardless, you don't like the kid.

You know the relationship is all your friend does is cry. All you want to do is scream at the top of your lungs "PLEASE LEAVE THIS GUY ALREADY" but you know it'll break her heart so you keep your mouth shut and you listen to her complain because you feel it's the best you can do. Sometimes people really do feel that being honest can

be more painful than lying. Lying under any circumstance is completely wrong and if you even contemplate it you should be ashamed of yourself.

Your best friend that's dating that loser boyfriend, tell her! Yes, she may be mad at you for a little while but eventually she will kick his butt register for any additional required courses or requirements.

Good luck with your coursework this semester!

PLEASE TAKE NOTE OF THESE IMPORTANT DATES FOR THE MAY 2014 GRADUATION:

- March 1st, 2014: Deadline to submit Graduation Applications through e-FORM's
- April 15th, 2014: 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**



Unemployment Cuts Affect 1.3 Million Americans Long-Term Unemployment Helped 24 Million People During Recession

JASMINE RAMOS STAFF WRITER

Approximately 1.3 million Americans received their last tinue to block the renewal of unemployment check once a federal program supplying extra weeks of benefits expired on Dec. 28, 2013. Beginning on Jan. 1, the maximum period allow for a citizen on unemployment was dropped from 73 weeks to 26 weeks.

The extended benefits program began during the Bush administration in 2008. It was in response to the long-term unemployment during the recession. It was able to help pay unemployment benefits to about 24 million Americans.

Since the expiration of the benefits, Congress has been back and forth on creating a proposal on whether to extend the benefits again. According to The Washington Post, Democrats proposed to pay for \$6 billion extension with "pension effort to revive the benefits. smoothing," meaning temporarily raising taxes from employers by allowing them to pay less now into employee pension funds.

In an interview, Labor Secretary Thomas Perez said that major components of the plan that the Obama administration has for expanding the economy includes proposals for unemployment benefits, as well as to raise the minimum wage and nomics that led Congress to end overhaul federal immigration extended unemployment ben-

those people but you also create a further drag on the economy."

However, Republicans confederal jobless aid. "We picked up four [GOP] votes. The other vote is in the Republican caucus. We can't find it," said Democratic Sen. Jack Reed of

these benefits, you not only hurt insurance in the U.S. is fiscally sound, so that was not the reason to cut extended benefits. And the program can always be supported with general tax revenues, if necessary.'

"There are, however, two problems with the U.S. unemployment program. First, ben-

countries."

In response, Republicans have said that Democrats have done nothing but make unemployment and poverty more comfortable, while overseeing insufficient job growth, acording to The New York Times. They believe that overly generefits are rather meager in the ous government support only RI, who has been leading the U.S., especially compared to encourages dependency, a thin-

"Eliminating extended unemployment benefits hurts people and hurts families that have relied on this money all the while hoping that jobs become more plentiful soon. It also hurts all of us. When some people are not spending because they have no money, the whole economy suffers ..."

DR. STEVEN PRESSMAN

Professor of Economics, Finance, and Real Estate

On Feb. 12, extending the federal unemployment benefits did not make the agenda discussed by Congress. Now on a two week recess, the issue could come up again by Congress at the end of Feb. This is two months after the benefits were cut, and the number of citizens having their benefits cut to continue.

"It is politics rather than ecoefits," says Dr. Steven Press-"If at first you don't succeed, try, man, professor of economics try again," Perez said. "If you cut and finance. "Unemployment is not the case in most European

average, unemployment insurance in the U.S. replaces a bit more than half of previous wages. In western Europe and in the Nordic countries the figure is around 70 percent on average. In Canada, our neighbor to the north, it is more than 60 percent."

Second, it is hard to collect benefits in the U.S. Any parent that leaves the labor force for a year or more to take care of a new child is not eligible for unemployment benefits when they start looking for a new job. This

other developed countries. On ner safety net would be more effective.

> Employers were telling me they had vacant jobs, but people would say, 'hold that job until my unemployment benefits end." said Gov. Pat McCrory, a Republican who is the prime mover behind the policy. "I heard that time and time again. Now, employers are telling us that people are coming in and filling out applications to accept jobs, not to meet the requirements of unemployment."

> Pressman sees this differently than the Republican party. "Eliminating extended unem-

ployment benefits hurts people and hurts families that have relied on this money all the while hoping that jobs become more plentiful soon. It also hurts all of us. When some people are not spending because they have no money, the whole economy suffers; firms will lose sales and profits, and workers will lose hours and wages. Some may even lose their jobs.

In the state of NJ almost half of the unemployed have been out of work for longer than 26 weeks, according to the Economic Policy Institute of data from the U.S. Census Bureau and Bureau of Labor Statistics.

Courtney Woodwards, a junior political science major said, "I think there definitely could have been a better solution. It is very hard to get a job right now. Even those who are educated and qualified, struggle. Unemployment gets a bad name, but it's not for 'lazy people who do not want to work.' Hard working people need that money too."

Natorye Miller, a freshman political science major, agrees. "I feel as though doing this for the economy is wrong because people make other people mon-

The expiration of benefits does not only affect states' unemployed workers. The program sent more than \$25.6 billion in entirely federal dollars to states in 2013, and varying estimates have said the expiration could cost as many as 300,000 jobs nationwide.

Battle of the Roosevelts: Theodore Roosevelt Teddy Roosevelt was a Trust Busting Environmental Conservationist Who Helped Establish the Panama Canal

CHRISTOPHER ORLANDO MANAGING EDITOR

Theodore Roosevelt's reputation as a trust buster, a major conservation figure with regards to the environment puts him in the argument as one of the best presidents. His trust busting led to monopolies being destroyed and made the American presidency a centerpiece of the morning newspapers with photos and easy interview access.

up for capitalism but not let it get out of hand was a major part of his presidency. His focus was on the consumer while letting businesses make a profit and on corruption in business could be used today as a model because today as business profits rise, the consumer and worker gets lost in the shuffle. According to the Census Bureau, the corporate profits before taxes in 2009 were \$1,317,000,000,000 before taxes, while the federal minimum wage

T. Roosevelt's ability to stand desert of sand or of snow. He must long greatly for the lonely winds that blow across the wilderness and for sunrise and sunset over the rim of the empty world."

He was a warrior for the environment and sought to keep the beauty of Earth around for future generations. He traveled to multiple places to push envi-ronmental policies in the United States and abroad.

T. Roosevelt's major international contribution was the Pan-T. Roosevelt's role as a trust is \$7.25 an hour. My belief is that ama Canal. After Roosevelt put political pressure on Columbia to allow Panama's rebels to succeed, Panama sold the canal area for \$10 million which opened up shipping and trading opportunities. By helping out a struggling rebellion, Roosevelt got what he wanted and gave more trade options for the world to travel. Roosevelt had his flaws like any president but as far as T. Roosevelt goes, he improved the American economy by allowing consumers to buy and put big business in its place, explained why nature is an important issue to all and contributed to international trade relations. He may not have the resume that Frank Delano Roosevelt has but it's not too shabby. T. Roosevelt fa-mously said, "Speak softly and carry a big stick." Roosevelt backed up his statements with action and that is the role of an



buster is very famous. During 44 monopolies to avoid corruption in corporations and capitalism. He believed in by many scholars the first confighting for the consumers to not pay astronomical prices that could be associated with sought to protect the consumer and bring to the forefront labor and management issues, through the establishment of the Department of Commerce and Labor. He helped disrupt the J.P. Morgan trust with railroads and regulate rail prices for the consumer. Roosevelt's idea of progressivism led to a He said in a speech, "The man working relationship between should have youth and strength businesses and labor groups. of expertise to identify and eliminating waste and corruption.

T. Roosevelt would be concerned his presidency, he dissolved with such a large gap between the businesses and workers

T. Roosevelt was considered servationist president. He established the United States Forest Service, proclaimed five namonopolistic economy. He tional parks and signed the 1906 Antiquities Act, under which he proclaimed 18 new U.S. National Monuments. He placed approximately 2330 million acres of land into public protection.

T. Roosevelt would be concerned with the amount of land that the United States loses because of business and profits.

who seeks adventure in the wide, Progressivism is based in use waste spaces of the earth, in the marshes, and among the vast solve a nation's problem while mountain masses, in the northern forests, amid the steaming jungles of the tropics, or on the American president.

IMAGE TAKEN from www.archives.com **Theodore Roosevelt** was the 26th President of the United States and was famous for trust busting, conservation and the Panama Canal.

Feature: Sochi Olympics Fuels (Many Debates in International Relations

BILL SCARANO CONTRIBUTING WRITER

The Olympic Games are a unique event in the operation of human society. In the alternating winter and summer renditions of this biennial spectacle, the youth of the world, hailing from diverse locales far and wide, are called to congregate and to compete on a single stage in the spirit of unity and fairness in celebration of the ability and potential of humanity.

In this year's contest, held in Sochi, Russia, however, the spirit of the Olympic Games has come under threat from internal political factors. The threats are from Russian domestic policy as well as the strong-armed show of image politics on the part of Russian President Vladimir Putin.

In the weeks and months preceding the games, the most salient story accompanying the typical pre-Olympic will-they-be-ready banter was Russia's new anti-gay law, as it has been dubbed by much of the media.

The legislation, which is extremely vague in its wording and intent, was signed into law by Putin in June of last year. The bill prohibits the "propaganda of non-traditional sexual relationships" to minors, and builds upon pre-existing regional laws in several Russian Oblasts (provinces), which also sought to promote socalled traditional values among Russian youth.

The ambiguous wording and terminology of the legislation leaves the definitions of terms such as traditional and propaganda to interpretation, but the choice of the word 'propaganda'' to describe same-sex relations is certainly divisive and incendiary.

The specificity of directing the measure toward minors also raises questions as to the potential future regressions of LGBT rights in the Russian Federation. It has led to widespread international criticism amidst fears that the Olympics would be tarnished by the chilling effects of the legislation, effects

which, up to now, appear to have not materialized.

Among others, President Obama has commented in reaction to the law, stating that athletes should be "judged on the track, or in the swimming pool, or on the balance beam, and that people's sexual orientation shouldn't have anything to do with it."

Obama's remarks, unlike the Russian law, leave no ambiguity in their intent, and serve as a muchneeded counterpoint to the homophobic legislation.

As for the origins of the dynamics within Russian culture which led to the ignorant and unjust legislation, a brief survey of Russian history and the image politics of the country's current leader, the world-renowned self-proclaimed strong man, Putin, is in order. The history of Russia is one highlighted by empires built and empires lost - the Russian Empire, led by the absolute monarchical leadership of the Tsars through the 19th Century, saw the rise of Russia as a military power.

The 1917 Bolshevik Revolution put an end to the monarchy, but greatly expanded Russian influence the world over and saw Russia emerge victorious during World War II in Europe and become a global superpower. The Soviet Era was one predicated by military development and regressions in respect for human rights.

The key to understanding Russian geopolitics is hard power projection that is, as political science professor Dr. Charles Cotton reminds, the buildup of military assets in the every man for himself zero-sum game principles of Machiavellian classical Realism; precisely what brought Russia to the forefront of the world's stage.

Upon the collapse of the Soviet Union in 1991, Russia's place in world affairs came under dire threat. A superpower was brought to its knees, not by external pressures or foreign invasion, but by its own internal inefficiencies. Such dysfunction sends an impression of weakness to the outside world and



PHOTO TAKEN from www.huffingtonpost.com

A group of torch bearers hold the flags of various countries at the North Pole before the beginning of the Olympic torch relay.

such an image is disastrous in the face of maintaining global influence.

In reaction, Russia has built up its armed forces, taken steps to grow its economy and bases of production, and has projected its hard power assets in the form of a continued manned presence in space as well as in diplomatic affairs. one example is the unilateral chemical weapons transfer agreement recently signed by Syrian leader Bashar al-Assad and the Kremlin in an effort to stave off threats to Russian assets in the Mediterranean.

To show off its efforts to rehabilitate itself and renovate its image, hosting the Olympics demonstrates that Russia can host a world-class event replete with pomp, circumstance, and security.

The reports from Sochi, however, have been different. Along with the obvious and now infamous ring malfunction during the opening ceremony, athletes and journalists alike have pointed to woeful shortcomings in some of the infrastructure in and around the Olympic village. Doors without handles, hotels without lobbies, toilets that do not flush and brown drinking water have been only some of the deficiencies in the Sochi accommodations that have been reported.

Despite the outwardly impressive sight of what has been achieved by Russian know-how in Sochi, closer examination reveals that the apparent glitz and glamour is, in many ways, a façade which is hiding deep flaws.

This also seems to be the case with Russian geopolitics. Putin, despite being an outward international strong man, is building a façade of hard power to cover for Russia's domestic shortcomings - the average life expectancy in Russia in 2011 was 69 years according to the World Bank compared to almost 79 years in the U.S. As the anti-gay law demonstrates, the challenges to individual liberties in Russia are still numerous and resistance to civil rights on the part of the Kremlin is very high. Although Russia

provide insurance for those unem-

ployed and help care for the children

President Franklin D. Roosevelt

went on to be elected four more

times, eventually dying in office. He

comforted the country after Pearl

Harbor, being able to address the

nation through his Fireside Chats,

providing security within his words,

and then continued to take action

end of the Great Depression, how-

The War eventually lead to the

through the Second World War.

and disabled of the unemployed.

has always concentrated on hard power in the past, the geopolitical culture of the 21st Century is different - force is now discouraged and looked down upon; cooperation and coalition is encouraged and venerated. Unilateral and unapologetic advancement is now viewed with suspicion and trepidation, and leaders who espouse such philosophies are seen as pariahs among the international community.

Although hosting the Olympics does show the world that Russia can physically pull of a large-scale international event, Russia has missed the true point of the games. Instead of celebrating the capabilities and potential of the youth of the world in a spirit of unity and fairness, Russia's laws seek to squelch the voices of its youth and to deepen societal division and injustice. If Russia wants to play in international affairs and become world power once more, the strong-armed façade of image politics must stop, and the rights and welfare of the Russian people must take center stage.



JESSICA ROBERTS ASSISTANT POLITICS EDITOR

Franklin D. Roosevelt took office during the greatest crisis in drawing money. American history since the Civil

Battle of the Roosevelts: FDR Why Franklin D. Roosevelt is the better Roosevelt President

restoration of the economy. His first action, as part of the New Deal was evelt had not only passed the Bankto declare a four-day bank holiday, ing Act, but went on to end Prohibiin order to prevent people from with-

War. When he was inaugurated in tory.com, Congress passed "The Adjustment Act, the Tennessee Val-Emergency Banking Act" which allowed him to close down the banks that were broke. He advocated for the people to put their savings back into the open banks, through his first "Fireside Chat," and due to this about three quarters of the banks reopened. FDR's Fireside Chats are one of the most important aspects of his presidency, and for the first time in history of the country it was not longer an "us" in the government but "we" the government, enforcing the very standards from the development of the country of by the people, for the people. The Fireside Chats provided people with comfort, hearing the issues directly from the president and his course of action within their homes. The President had the means to lift their spirits, which helped them restore their faith in the government and pull out of the economically hard times.

Within his first 100 days, Roostion, enact the National Industrial Recovery Act, funded Public Works From there, according to His- Administration, the Agricultural



March of 1933 at least one quarter of the United States was unemployed, factories and banks were closing, and America was losing hope. Roosevelt came in like a white knight with the confidence to slay the dragon that was the Great Depression.

His first 100 days were perhaps the most important of any in history, and set an unremarkably high standard for future presidents to come. FDR changed the political landscape through his New Deal action, bringing America and it's people back from an economic despair that deeply crippled the country.

In FDR's inaugural address he told the American people, "Let me assert my firm belief that the only thing we have to fear, is fear itself." Restoring hope and faith into a nation that had lost to so much.

Franklin D. Roosevelt's confidence led him to act quickly with

ley Authority Act, and the National Industrial Recovery Act.

On top of the Acts he was able to pass the Glass- Steagall Banking Bill which separated commercial banks from the spending banks, which basically dividing investment banks from savings banks so peoples money were protected from investments.

As the Great Depression continued, FDR continued his efforts through the enactment of his "Second New Deal" which tackled unemployment through a program titled Works Progress Administration (WPA).

The WPA provided jobs throughout the community that did not compete with the private industry. It gave employment through the building of roads, bridges, schools, post offices, etc.

Also he signed the Social Security Act of 1935 which established the Social Security program, in order to ever it is Roosevelt's economic policies through Social Security, job stability, and separation of the banks that led to continuing success after he was gone.

His confidence led him to be a successful leader, and thus the better of the two Roosevelt's. He fought for the people and helped the ones who needed him. He was not afraid to take a stance that may have no been popular to the financial stable few, embracing what the role of a leader meant.

Franklin Roosevelt was the 32nd President of the United States.

New York Fashion Week 2014

The Biggest Trends to Grace the Runway will be Hitting the Streets Next Fall

KYLE O'GRADY CONTRIBUTING WRITER

cold returning once again when the only thing on people's minds are hot summer days. But, last week in NYC the cold weather was overshadowed by all the great new fashion trends that will be seen in store windows; last week was New York's Fall Fashion week.

The major trend that carried through the entire week was warmth. Maybe it was this year's abnormally cold winter that inspired designers or maybe it was simply a trend that everyone agreed on. Whatever the like anything goes, mini skirt reason, there is no doubt you will be keeping warm next season in style.

Coats were a major trend, from puffy parkas to shearling jackets. Large, bulky warm outerwear was seen all over the runways. There was not one show that did not include a puffy jacket. All the warm jackets make it almost exciting to know that next fall it will be cold again.

Although it seems impossible to ever think of parting with your skinny jeans, a trend to try this fall might be the wide legged pants.

Junior social work major Antonia Popo had one word to say with the mention of a wider pant, "Ew!" She said, "Leave wide legged pants in the past! I am five feet tall and anything too wide will make me look even shorter, I can't see this trend ever making a come back."

went wild with updating the classic turtleneck. There were It's hard to think about the traditional turtlenecks to turtle necks on crop tops, dresses with turtlenecks and smaller turtlenecks under blouses. Although turtlenecks are sometimes looked down upon in the fashion world, New York Fashion Week proved that they could in fact be stylish. Going along with the trend of keeping warm, incorporating a turtleneck into your style next year will help protect against these frigid winters.

Every season has a staple skirt. Nowadays it may seem to maxi skirt, all girls own at least one of each. But this falls statement skirt is a longer, attention grabbing A-line skirt. Popular in rich bold colors, wearing one of these statement pieces will grab everyone's attention. Midi skirts will also be a popular trend, and many designers showed off garments that reached below the knee. These new styles prove that less skin may be more this fall.

A fun new trend to try is long layers. Think 80's layers minus the shoulder pads, with a more streamlined feel. This trend is nothing short of warm and chic. You can throw on a big chunky sweater with a longer skirt and knee boots, completely trendy and totally warm. Check out the Rag and Bone runway show if you are looking for inspiration for this trend.

The biggest overall fashion trend of the week was country chic. The runways were adorned

trends of the past, designers es, equestrian-inspired boots pop, stick to a classic dark red. and blanket coats. Inspiration was drawn directly out of Nashville. Even western hats were adorned across many runways. Given the recent trend of country music becoming popular, it is no surprise designers are jumping on this trend.

Junior social work major Katie Agabiti said, "I think they're making a mockery of fashion week by making Nashville a trend. Fashion week is supposed to be avant garde." Although Agabiti feels this trend is a little too street style for the runway, it doesn't change the fact that cowboy boots may be the biggest hit next fall.

As far as patterns go, plaid is making a comeback. Many designers showed off buffalo check in feminine colors like pink and red. From bomber jackets to midi skirts, plaid was seen everywhere on the runway.

Designers were playful with color this season. Pantone's top 10 colors of fall 2014 are Radiant Orchid, Royal Blue, Aluminum (and other metallics), Misted Yellow, Sangria, Mauve Mist, Cognac, Bright Cobalt and Cypress. The biggest color, however, is Aurora Red. With such a colorful palette to choose from, there are many ways to stand out next fall when it comes to being fashion forward.

Even though fashion week focuses on designers and apparel, makeup, hair and nail polish are also trends that will be changing with the season.

The hottest nail polish colors are pale pastels and nudes. But

Makeup trends include bold trends include perfected ponytails, waves and pretty balleritrend was minimalist makeup to match the nude nails.

With all of these fall trends, frigid temperatures.

it's easy to forget the spring 2014 season still awaits us. No lips, silvery smoky eyes, green one wants the cold to once again eye makeup and bold liner. Hair return, but hopefully these hot fall looks make the return of winter seem a little more excitna up-dos. Overall, the biggest ing. New York Fashion Week proved that we can still feel, look and dress warm despite



IMAGE TAKEN from glamourboysinc.com Taking notes from fashion with fringe scarves, frayed edg- if you're looking for that extra Rag and Bone showed off A-line skirts that will be trending next fall.

Save Big With Groupon and Living Social

TAYLOR KELLY LIFESTYLES EDITOR

Who doesn't love a deal or discount? With the Groupon and Living Social apps, you can get great prices on all types of items in seconds on your phone. Without the hassle of coupon clipping, these sites give you up to 90 percent off on everything from gifts to getaways to exotic islands.

After downloading the app or visiting the website, you can type in your zip code in order for Groupon or Living Social you great ideas for gifts." to narrow down the best deals around you. They have general so you can find new products

can browse, but they also have aren't just products and vaca- Theater District Tours, comedy categories if you know exactly what you're looking for.

You can also search specific products or deals to see if they are offering anything. Both systems show you the original price of the item and the price you'd pay by purchasing a voucher, as well as how many people have already used the same discount.

A sophomore psychology major Caitlin Golden said, "I like these apps. They always have great deals and they also give

Deals are always changing, pages of featured items that you and packages daily. There

tions, there are also coupons for restaurants and activities. BounceU of Eatontown has up to 55 percent off on Groupon, and Tre Amici offers a \$50 dining credit for only \$25. There are also nearby yoga, dance fitness, and pottery classes for discounted prices.

Microdermabrasion, deep massages, and teeth whitening sessions are also offered with more than 70 percent off the original price you'd pay. There are also deals on hair coloring, cuts, and manicures. These are all perfect for someone who doesn't want to pay a lot of extra thing to offer. money for luxury treatments

club discounts, and museum vouchers, among others.

If you're looking for a cheap getaway, check out Living Social. Whether you want to go near or far, they have deals for just about any location. You can score a room at the Trump Plaza Hotel in Atlantic City for only \$44, and they throw in a \$10 credit to the gift shop on certain days as well.

Cottages in Cape May are offered, as well as vouchers to swanky New York City hotels. No matter where you want to go, Living Social has some-

senior education major А



1. Beach Bum Infrared Body Slim Wraps

> 2. Derma Laser Center Microdermabrasion

3. Dinner at Tre Amici



Groupon and Living Social offer deep discounts on vacations.

A junior education major Brianna Mahoney said, "I found ten yoga sessions for really cheap. Usually these types of classes are expensive, so I was surprised at the price I got with the discount."

If you feel like taking a day trip out of the area, look at Groupon before you go. There are plenty of discounts to check out if you're going to a major city. Italian food and cupcake tours in NYC are things you may have not thought to do before, but can make for a fun day out. Plus, they are deeply discounted so you don't have to worry about spending a ton of money on one event.

On the Cupcake Walking Tour of New York, you can visit six different cupcake shops and taste sweet treats from all of them for only \$20 per person. How much sweeter can you get? There are also Broadway

Taylor Kennedy uses Living Social and Groupon often. She said, "I purchased a Living Social voucher for a dinner date for two on Cornucopia Cruiseline. Dinner was included and we got to have a night out on a dinner cruise for a reasonable price. I definitely would recommend using the app because you can find great deals and enjoy ing, so if you don't see a place a night out without having to spend tons of money."

The traveling fun doesn't just stop in the States. You can pack your bags for the Caribbean or Mexico for a low price. For \$590, you can get an all-inclusive four night stay for two in a deluxe room in a Cancun resort.

Groupon also offers getaway deals, like a four night allinclusive stay in Jamaica with Escape deals are always chang- college students.



5. Hair Packages at Spa Bella Salon

you want to go, keep checking back.

Before you purchase any Groupon or Living Social voucher, make sure you read the rules and fine print. There are different prices for different packages and restrictions on dates.

Whatever you choose to indulge in or explore, have fun. These apps show that you don't airfare. You can also travel to need to spend a ton of money in Belize, cruise to the Bahamas, order to enjoy yourself, which or visit the US Virgin Islands. is a huge relief, especially for



Please reserve your computer spot no later than I day before the workshop! **RSVP** to Jean-Marie Delao at imdelao@monmouth.edu.

Prepare to register for Summer classes!

Tuesday, March 4, 10-11:00AM Thursday, March 6, 2:30-3:30PM

Prepare to register for

Fall and Spring classes! Tuesday, March 25, 10-11:00AM Thursday, March 27, 10-11:00AM Monday, March 31, 2:30-3:30PM Wednesday, April 2, 10-11:00AM

Location: Howard Hall, Room 306

ADVANCED SUMMER REGISTRATION BEGINNING **MARCH 10, 2014**

Continuing students in good academic standing are invited to register **EARLY** for all the Summer 2014 sessions. The WEBadvisor online listing of SUMMER COURSES will be available 2/10/2014. Students will be able to selfregister using the WEBregistration component of WEBadvisor. Students who have not yet obtained advisor approval will need to register in-person at the Reaistrar's Office.

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

WEBadvisor Screens for Registration:

- **Course Schedule Information**
- WEBregistration Approvals / Blocks
- **Course Prerequisite Worksheet**
- Search and Select Courses
- **Register for Previously Select**ed Courses (Worksheet 2)
 - **Remove from Waitlist**

Questions ... Contact registrar@monmouth.edu askanadvisor@monmouth.edu



Residential Life is now accepting applications to live at Pier Village and the University Bluffs through March 3rd

Find the application at monmouth.edu/reslife

Email questions to jmiele@monmouth.edu

ENTERTAINMENT

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AMANDA GLATZ CONTRIBUTING WRITER

All across movie theaters in 2013. audiences soared into space, bartered with pirates, flourished on Wall Street and even fell in love (with an operating system, of course). During what was arguably one of the best years for movies in recent memory, both new and old Hollywood talent collaborated to bring emotional, exciting, and entertaining stories to the big screen. The nine stand out films nominated by the Academy will battle it out for the coveted title of Best Picture on Mar. 2. How is the race shaping up? Here's the breakdown:

Two films have been considered front runners since day one: "12 Years a Slave" and "Gravity," both of which focus on the triumph of the human spirit, but do so from unique perspectives.

"12 Years" tells the story of a free man (Chiwetel Eijofor) sold into slavery in a pre-Civil War United States. The harrowing tale explores one of the darkest eras of our history, and has resonated with audiences and critics alike. Helmed by influential director Steve McQueen, the period piece is up for nine Oscars this season, including Best Supporting Actress (where breakout star Lupita Nyong'o is nominated for her stirring turn as a defiant slave) and Best Adapted Screenplay.

In the other corner stands "Gravity," a technologically advanced each poses a unique threat. piece about two astronauts (Sandra

Bullock, George Clooney) and their fight for survival in outer space. Perhaps most impressive about Alfonso Cuaron's thriller is his ability to tell a small story on such a large scale, a feat that will likely earn him the title of Best Director. This film has received nods in many tech categories and will also compete for Best Actress.

As if the race between these two power contenders wasn't close enough, throw in "American Hustle," a sultry, star-studded drama about con artists working in the 1970's. The film was directed by David O. Russell, who has successfully created an Academy darling again.

Much like with Russell's previous triumph, "Silver Linings Playbook," "Hustle" is nominated in all the acting categories, and the film's leading ladies pose a major threat to other competitors. Amy Adams generated buzz for her role as a fiercely determined con artist and is contending for Best Actress. Meanwhile, her costar Jennifer Lawrence is neck-andneck with Nyong'o for Best Supporting Actress, having stolen the screen in "Hustle" as a manipulative and daring house wife.

With "Hustle" having premiered in Dec., the film is still fresh in the minds of many Academy voters, and this advantage could lead to a potential upset. Don't count the others out just yet; there are still six additional movies vying for Best Picture, and

Currently gaining momentum

is "Her," a futuristic exploration of what it means to be in a relationship. in which a recent divorcee (Joaquin Phoenix) falls in love with his advanced and life-like operating system (voiced by Scarlett Johansson). Much like "Hustle," this film benefits from a late release date. Though it was shut out of all the acting categories, "Her" is the front runner for Best Original Screenplay.

Even more notorious than Spike Jonze's quirky technological love story is "The Wolf of Wall Street," a film directed by Martin Scorsese that has spread by word of mouth for its absurdly frequent use of expletives and nudity. Despite these seemingly alienating factors, Leonardo DiCaprio is both cunning and charming as real life stock mogul Jordan Belfort. Both DiCaprio and co-star Jonah Hill (who utilizes his unique comedic timing to play Belfort's right-hand man) are up for their first ever Oscars in the Best Actor and Best Supporting Actor categories, respectively.

Also highly regarded in the acting categories are stars of "Dallas Buyers Club," a film set during the AIDS epidemic of the 1980's. Matthew McConaughey scored a career-changing role as a known homophobe diagnosed with AIDS, who ultimately smuggles medicine into the States to aid others struck by this disease. Along the way he meets Rayon (Jared Leto), a transgender drug addict who joins the operation. Both actors went through a complete

physical transformation to play these roles, and will likely come away with the Best Actor and Best Supporting Actor titles come Oscar night.

Yet another contender is the intensely dramatic "Captain Phillips," a film based on the true story of an American cargo ship hijacked by Somali pirates. Tom Hanks stars in the title role, but despite a raw and emotional performance, he was left off the Best Actor ballot. Hanks' co-star Barkhad Abdi, on the other hand, received a Best Supporting Actor nod for his big screen debut as the desperate leader of the Somali pirates.

The final two films nominated for Best Picture this season are lesserknown, but no less influential. They are "Nebraska" and "Philomena," and they both feature some of the oldest actors ever to be recognized by the Academy.

"Nebraska" stars Bruce Dern as an old-fashioned man that launches a journey to the title state, thinking he has won a million dollars. The film is in black and white, and though the creative decision has turned off some audiences, it helped the story stand out to the Academy.

Featuring a similar road trip theme, "Philomena" follows the true story of the title character (Judi Dench), who teams up with a journalist to find the son that she gave up for adoption many years ago. Dench was recognized for her poignant performance, and was given a nod in the Best Actress category.

With nine outstanding and unique films up for the title, who would you like to see come out on top? University students weighed in on their favorites:

"American Hustle' was the most entertaining movie I saw this year," said Taylor Bernosky, a sophomore, "I don't think it'll win Best Picture, but I'd love to see Jennifer Lawrence take Best Supporting Actress. She stole the show."

Other students preferred the more dramatic films, and think they stand a better chance of winning.

"I couldn't look away from 'Gravity," said junior Tommy Goodwin, "It was much more than it seemed to be in previews, and I think it deserves Best Picture."

For some students, there are just too many films to choose from, and their pick to win is not always their favorite. Freshman Jessica Miles, for example, thinks that the top prize will go to "12 Years a Slave," but that won't stop her for rooting on "The Wolf of Wall Street."

Miles said, "Leo was fantastic in "Wolf of Wall Street"]," she said, "His performance made the movie worthwhile.'

No matter which film takes home the statue on Mar. 2, there is no denying that Hollywood gave us a winning line up this year. The technological feats and acting triumphs, as well as riveting, powerful storylines will ensure that the films of 2013 will remain in the hearts of their audiences long after Oscar night.



PETER QUINTON STAFF WRITER

As one would expect a film based on American History's ugliest practice to be, "12 Years a Slave" is a gruesome, beguiling and unnerving experience that's occasionally difficult to watch. What one might not expect, however, is that it's one of the most artistic, beautiful, and exquisitely crafted films of last year, and it absolutely demands your attention.

Films about slavery have been done before, but few match the poise or the conviction director thup's 1853 memoir of the same name, bringing the era of slavery to life like never before. But what really makes "12 Years" stand out is it's dueling, almost conflicting aesthetic blend of beauty and ugliness: One moment you're taking in breathtaking shots of vast cotton fields and Southern landscapes, the next you're cringing in your seat at depictions of horrific abuse and racism at its most destructive. "12 Years" tells the story of Solomon Northup (Chiwetel Ejiofor) a free African American living in Saratoga, NY with his wife and two kids in the mid-19th century. An expert violinist, Northup one day encounters two dapper, eccentric entertainment moguls (Scoot McNairy and Taran Killam), who invite him to Washington, D.C. and offer him a job playing violin for two weeks, to which Northup enthusiastically accepts. Unfortunately, Northup is deceived by these gentlemen, awak-

Louisiana to be traded into slavery like a piece of livestock. Torn from his loved ones and stripped of any and all human rights, Northup endures backbreaking labor and abuse in the hands of a number of slave owners, from the surprisingly sympathetic to the outright tyrannical, with the hope that one day he may see his family again.

Playing a character who endures such suffering for twelve long years is no slight challenge, but Ejiofor's beautifully nuanced performance makes it look effortless. Though he speaks relatively few lines throughout the film – especially for a lead Steve McQueen utilizes in his role – Ejiofor radiates emotion and gripping take on Solomon Nor- pain in much more subtle ways, typically letting his eyes and expresons do what words hardly could. But there's also a clear level of strength and defiance that Ejiofor brings out in his character as well, as seen when arguing with fellow slave Eliza (Adepero Oduye) about staying strong in the face of despair or when standing up to barbaric behavior of carpenter John Tibeats (Paul Dano). Ejiofor might not be a household name, but his performance here is undoubtedly something to remember - and one that hopefully the Academy will recognize as well. Of course, the film features a staggering cast of memorable supporting roles as well, and while the more good-natured characters – like the amiable plantation owner William Ford (Benedict Cumberbatch) or Canadian abolitionist Samuel Bass - do stand out, often the film's villains leave a greater impression.

questionable Bible verses to justify administering upwards of 100 lashes to disobedient slaves, as well as his wife, Mary (played with expert iciness by Sarah Paulson), a cold-hearted woman who will unremorsefully chuck a liquor bottle at an unsuspecting slave after suspecting adultery.

This slave in question, Patsy (Lupita Nyong'o), proves to be the truly tragic case of the film, exhibiting just how hopeless the life of a slave could be. Though prized for her extraordinary cotton picking skills, Patsy is continuously at the scorn of Mrs. Epps and often sexually abused by Edwin, and while Northup at least has the hope of seeing his family again to press forward, Patsy is truly alone. Though she only speaks in out two scenes, Nyong' in her debut performance nonetheless – is as convincing as she is devastating when begging Northup to take her life out of pity or lying subject to brutalizing punishment.

scenes of violence, "12 Years a Slave" can be quite brutal and unforgiving, but it never crosses over into gratuitous or exploitative. There are really only a handful of scenes where slaves are abused, but each one is perfectly crafted to bring out the ugliness and dehumanizing nature of the slave trade rather than exploit for shock value, and trust me, they will resonate with you.

One scene that particularly stands out for me is when Northup is nearly lynched by Tibeats before being interfered, only to be left on the noose with his toes barely touching the ground. For two agonizingly long minutes, we see Northup gagging and struggling on the noose in a lush, detailed world without overstark, silent longshot before he is staying its welcome. It is moved finally released. It's as raw and gutwrenching as one could imagine, but more importantly, it immerses you in the pain and suffering Northup must have felt, making it all the more visceral. However, some of "12 Years a Slave's" most memorable and immersive scenes are the least eventful, as McQueen exhibits an exquisitely artful approach to capturing beauty in stillness throughout the film. Cinematographer Sean Bobbitt deserves due credit here, as the film contains dozens of breathtaking landscape shots, soaring over Louisiana bogs, rustic plantations, and wavy fields of cotton to make the setting come to life.

Nominations: Best Lead Actor Best Supporting Actress Best Supporting Actor Best Adapted Screenplay **Best Production Design** Best Costume Design Best Film Editing Best Directing Best Picture

framing it. There's no dialogue, but in Ejiofor's worn expression you could see the entire twelve years of abuse, heartbreak, and hopelessness Northup experienced stand still in time, making the scene arrestingly intimate in a way few films manage.

At just over two hours, the film is incredibly well-paced, crafting a along well thanks to the o

This is especially true with Michael Fassbender's chilling, subtly maniacal performance as Edwin ing in chains and on his way to Epps, a bigoted zealot who uses And it's true that, in regards to



PHOTO TAKEN from fanpop com "12 Years a Slave" chronicles the life of a man sold into slavery in the pre-Civil War era.

The film utilizes this artful stillness not just to establish setting, but emotion as well. One particular scene that stands out is a still shot of Northup near the films end, looking worn out and exhausted, which lasts from two to three minutes with nothing but the sound of insects

ally clever editing by Joe Walker.

One of the only truly disappointing things about the film was renowned film composer Hanz Zimmer's score, which tended to lack in variety and hardly added to its scenes (the one exception, of course, being the previouslymentioned lynching scene, which implemented some terrifying bass-sax screeches). However, as I explained earlier, the film works best in silence, letting the ambiance and images on the screen do all the talking.

On its surface, "12 Years a Slave" might just seem like another historical drama or lecture on the horrors of slavery, but it absolutely blindsides these expectations with its insistence on showing rather than preaching. It's a vast emotional spectrum of an experience, and at one point or many it will shake you to your emotional core and make you feel something real.

KEVIN HOLTON STAFF WRITER

A large crowd gathered in Wilson Auditorium for the semester's first visiting writer, the poet Marcus Wicker, on Feb. 11. Despite the cold and blustery weather, Wicker later remarked that a surprising amount of people had come out for the reading, thanking everyone for braving the elements to show their support. He was invited to campus as part of the African-American history month events taking place throughout campus.

Wicker is a Michigan-born African-American poet, 2011 Ruth Lilly Poetry Fellowship recipient and assistant professor of English at the University of Southern Indiana. His work has appeared in "Poetry," "Beloit Po-"Crab Orchard Review." Much of the work he read was from his debut book, "Maybe the Saddest Thing.'

The event began with a spirited introduction from Michael Waters, professor of English. Describing Wicker's work as "action painting meets the pop of hip-hop" and his book as one that "crackles with intellectual unique blend of audacity, imagery and humor.

Being a younger poet, much contemporary references and

influenced by jazz and hip-hop. In some cases, this showed through the rhythm of his work, as many poems have an ebb-and-flow cadence that mimicked the break beat style he loves. Others, though were more direct, such as his "Everything I Know About Jazz I Learned from Kenny G.'

Describing himself as being addicted to love, Wicker opened with "Love Letter to Flavor Flav." This poem, he said, came in large part from how he spent his post-undergraduate education working at an architecture firm, then going home and putting on "Flavor of Love."

In this, he writes about "How you rapped about the poor/ with a gold-tooth grin./ How your teeth spell out your name." This humorous look at a well-known figure also commented on how he became so famous. "How you've lived sayetry Journal," "Ninth Letter" and ing nothing/ save the same words each day/ is a kind of freedom or beauty.

Among the other "Love Letters" were ones addressed to Justin Timberlake, chronicling how he skipped school to buy an N*Sync album, and RuPaul, recalling an old commercial in which the 6'7" drag queen wore a pink sequined dress to endorse a hamburger. "How hard, to be sandwiched/ and sexual electricity," Waters between what and who you are, it is what happened," he joked. "I lauded the visiting writer for his tickled/ by every cruel wind, critic-voyeur/ playing rough beneath your skirt," Wicker wrote.

The last poem Wicker read was of his work was saturated with one simply titled "To You." This, he said, came about from when he



Marcus Wicker incorporates various aspects of popular culture into his poetry, referencing everyone from Justin Timberlake to Flava Flav.

first moved to Bloomfield, Indiana, and was encouraged by one of his students to check out a rapper coming to a local college bar.

"This isn't so much a poem as just wrote it all down," referring to the drunk and disorderly nature of the bar.

'To You" was an impactful final poem, as it ended the reading with

this book; I mean/ drop this poem straightaway-you, me,/ that boy, his mom, and every drunk dancing/ fool in this shattered glassdisco-ball world,/ we are all of us, altogether fucked."

Talon Ribsam, a junior English major, thought he was a great choice of poets to bring to campus. "I really appreciated his love and understanding of multiple genres the lines, "But if you don't close of music," Ribsam said. "He took

the knowledge and emotion and incorporated them into his poetry

Following this was a short Q&A where Wicker discussed his process, how he came to be a poet and the inspiration behind his work.

"I want to be a poet who can do anything," he said. In addressing his use of repetition, he credited his love of music, adding, "I'm taking work from rappers and MC's and just scanning the lines."

He also discussed his early life, such as how he almost went to law school and decided to drop out at the last minute, but had been writing poems all along. Laughing, he acknowledged that a lot of his work at the time wasn't good, and that when he got to graduate school, he needed to catch up. "My poems," he said, "are fun-

ny because they hurt. The saddest thing is the repetition. The speaker keeps asking all these questions about racism and sexism and just when he thinks he has an answer, he doesn't, and has to ask again."

In closing, Wicker added, "I write poetry because it teaches me to live better. It's the lens through which I see the world."

With that, the night came to a close. Books were available for purchase in the lobby and the poet was more than happy to sign them for the eager audience members.

For other upcoming arts events and more visiting writers, check out monmouth.edu/arts.

Ace of Hearts NETFLIX'S "HOUSE OF CARDS" KILLS ON V-DAY RELEASE

JESSICA ROBERTS ASSISTANT POLITICS EDITOR

Valentine's Day typically means roses, chocolates, wine, and a romantic comedy that will leave you with a warm fuzzy feeling. However, Netflix has given its viewers something much better than the five dollar heart box of chocolates found in the "holiday" isles of CVS, instead we received the return of Frank Underwood (Kevin Spacey) and his deliciously deceitful ways.

The second installment of the Netflix original series "House of Cards" gave its fans an emotional roller coaster. Throughout the first season, the Underwoods showed their thirst for power through the manipulation of multiple people, all of whom were so easily casted aside

political scene.

The incredible thing about the characters Frank and Claire Underwood (Spacey and Robin Wright) is their means of deceit. Perhaps this adds to their overwhelmingly complex marriage and character development, but they know how to play out a domino effect on political events, without much damage if any done to their reputation. It is a matter of putting ideas into the minds of the right person, and betting on the actions of said person.

They have a very Macbethian pursuit of power, mixed along with Machiavellian techniques that make them unstoppable. This is easily done with the egotistical make up of politics, but the matter that they go about manipulating the events that unfold is what makes the show an

knew too much, Rachel.

Frank's chief of staff, Doug, was the one in charge of relocating Rachel various times and keeping an eye on her to make sure she didn't talk. Doug's determination to keep Rachel from the public turns into an obsession, and their relationship becomes abusive and complicated (like almost every other one on the show). Dougs addictive personality is highlighted through constant reference to his alcoholic past, only now Rachel is his new drink of choice which ultimately gets him killed in the end.

However, in light of their inability to contact Rachel, Zoe continued to question Frank who ultimately results to his old ways of keeping her quiet, by pushing her in front of a moving train. That's right folks, Zoe died right away, changing the entire dynamic of the show. This season stayed pretty political. With many different political issues beginning to arise, for example the diplomacy with China and the need for a new House Whip. Of course Frank manipulates his choice of a Congresswoman, Jackie, into his old position. The involvement of a new cast member who is a strong independent, unmarried, ex soldier to take the place of Frank for House Whip was a brilliant one. Jackie knows how to stand her ground and although acts tentative will pull the trigger, per say, when she needs to. However, like most in the show, she is not immune to Frank's charms of

deceit through an ex-prostitute that deception and gives in to his idea of throughout the seasons, mostly due using dirt dug up about an old mentor of hers in order to take him out of the running.

> This deception not only shows the nature and willingness of Jackie to get where she wants, but plays into the constant theme of the show mentioned earlier, the hunt or be hunted mentality that each character falls into. This constant fear of being hunted and the thirst for power over each other completely consumes them and justifies their actions as they go along. The Underwood's, while power hungry, play into the Machiavellian scheme of the ends justifying the means.

The best plot by far is Claire Underwood's admission to having an abortion as a result of a college rape. While, true, her admission was not entirely the truth (the two events were five years apart), yet it still empowered the many others who began to come out and say they were victims of this man as well. The one most notable was a marine who suffered traumatically after her attack and became the face of Claire's story and bill to reform the military's stance on sexual assault. Now it is known that Underwood's characters are Democrats, but it almost seems as though political party does not matter in the bigger scheme of the show. However, it was interesting to see that bipartisan fight for power shed a bit and shine a light on the very liberal view of a Vice Presidents wife who not only had an abortion but takes down a U.S. General for sexual assault. While sadly and realistically, the bill is dropped, it was still an amazing plot to bring light to in such a dynamic show. Then there is poor President Walker (Michael Gill). He just cannot seem to get a grip on things

to the fact that Frank Underwood is just better at playing the political game than he is. The next best plot is primarily focused on the backhand politics that are under the radar in a sense until it eventually blows up in the final few episodes. Mainly the plot thickens around the scandal of Tusk, a wealthy influential man who has a grasp on politics through his contributions to campaigns and parties. Tusk's goal is to take down Underwood, and uses his resources in order to begin to do so creating Underwood's arch nemesis, and maybe his match.

However, overall it's a moneylaundering scheme that is tied in with the China affairs, acted as the beginning of President's downfall. In order to avoid jail-time Underwood suggests giving records of all the meetings and travel logs of the President and himself for their political careers. Sadly the President and even Underwood were truly innocent of any money laundering involved with China, however the President was guilty of marital problems (mainly through conversations with the Underwood's...). When this issue comes out, so does the President's use of Xanax. Scandal after scandal has left the President with fewer than 20 percent approval rating, the lowest in history. With a low approval rating Frank uses his ability to control Jackie to get her to call for impeachment. Through the President's take down, Frank ultimately got what he has been after since the beginning of the first season. Within 13 more episodes, he went from Vice President to President. His goals succeeded, leaving Underwood with nothing to say to his audience as he leans over his new desk in the Oval Office.

in order to move a step ahead.

With Frank's deceiving plays, he was able to move from House Whip to the Vice Presidency within 13 episodes of the first season. Any fan will realize, while Vice Presidency is achieved, Underwood has not yet accomplished what he has set out to do. Readers forewarned those who wish to continue reading, there are plenty of spoilers ahead.

"Hunt or be hunted," the famous words spoken by Underwood in his powerful monologue directed to his dedicated viewership, setting the tone and theme of what surely turned into a bloodcurdling second season.

The season began where season one left off, with the Underwood's returning from their nightly run together. The opening image of misty night run emphasized the unity between the two characters, who are fierce and determined while they run, similar to how they pursue their

ingenious masterpiece.

A major pawn in Frank's chess game of politics was Zoe Barnes (Kate Mara), an inspiring journalist who was trying to find her own Watergate type of scandal (let's be honest: what political journalist isn't?) in order to be taken seriously by her editors and the newspaper community.

While Zoe was an asset in the first season, in the second she became too much of a liability, unable to stop asking questions revolving around a certain governor candidate who "committed suicide." In the pursuit of the story revolving around Frank's deadly methods of obtaining power, Zoe along with her editor/ boyfriend Lucas and fellow journalist Janine try to follow the trail of



PHOTO TAKEN from fanart.com

growing powerful positions in the **The drama** was one of the first series made specifically for Netflix.

The Monmouth Review Gets a Review

ALYSSA GRAY COMICS EDITOR

It is almost guaranteed that during a student's stay at the University they will encounter a collection of mysterious, yet awe-inspiring, little magazines titled the Monmouth Review. But while these students are flipping through the pages and absorbing the literary and artistic works, they may not exactly know who is responsible for creating such a publication, or even really know why they would make such a magazine. Though it is not a high-end secret who the individuals are that create the *Monmouth Review*, it is not necessarily well known to the University community either. However, that all might change with the new adaptations that the both the organization and the publication are making with their next big issue.

While the Monmouth Review is most known for being a oncea-semester compilation of literary works, such as poetry and

prose, and artworks, ranging from paintings to photographs to pottery, the group behind the magazine is attempting to bring publication into the digital age with a first time ever Monmouth *Review* iPad app.

Olivia Greco, President of the Monmouth Review Club, said that the idea of having a Monmouth Review app has been in the works for a while now, but with the last issue being the biggest issue yet, it appeared like the perfect timing to finally put the plan in motion. "With this issue, it was the first issue that we did an iPad publication so you can download it for free through the App Store. So it's not an app but it's a publication, so you can page through the issue cover to cover and there are a few interactive pieces, like you will be able to hear certain artist or writers talk about their work, and the cover is animated on the iPad publication which is pretty cool. It will be a bit of an interactive piece," said Greco.

PHOTO COURTESY of Alyssa Gray The Monmouth Review requires a staff of over 20 students and two advisors to make the magazine a reality.

She also stated that there have stated Greco. been talks of perhaps incorporating more effects within the online publication further down the line. "We hope to have more sections where there are people talking about their work... I don't know if there will be more interactive pieces but we were talking about doing a 3-D augmented reality kind of option which may come in the future," Greco said.

Alison Abate, Vice President of the Monmouth Review Club, further believes that with the utilization of the new online publication through the App Store more of a variety of published artists will be made available. "...This would be a really great outlet to get animation students to submit artwork because before we would have to have clips of their animations as printed pieces where instead now they can submit their videos," Abate stated.

Although, there is a brand new app in the works for the publication, there is no slowing down the amount of work that it already takes to make the Monmouth Review a reality.

"When we finish one issue, there is very little time before we get to sit back, pat ourselves on the back for a job well done, and then say okay let's get back out there and start looking for more literature," said Kayla Helfrich, Editor-in-Chief of the Monmouth *Review*, "It pretty much starts all over again the next day. As the Editor-in-Chief, the first thing I do is reach out to the creative writing professors on campus, Dr. Waters, Professor Emmons, and Professsor Febos, and ask them to alert their classes that the Monmouth Review is collecting poetry and prose."

Greco shares the same idea as Helfrich and said that, like with the literary side of things, the collection of artwork, and the whole layout and design process, doesn't really stop until the files are sent out for printing on the final day of production.

"...It takes a lot to not only ask students for their work, but to choose work that could be paired well with the literature that we get from that side, so there's a lot that goes into cooperating with the literature side and trying to produce this kind of cohesive and, not necessarily having a theme, but just that the art and literature is paired up in a way that reads as a book or an issue,"

However, those aren't the only hurdles that the production team of the Review has to deal with. When it comes to actually acquiring and deciding on pieces to publish there is another whole process that the team has to grapple with, such as gaining consent from the writer or artist and obtaining the proper format of the piece.

"What I like to remind the editorial staff when we're going through submissions is that it's not whether we like a piece," said Helfrich, "There have been pieces that we have accepted that may not have been the most groundbreaking pieces of literature, but the next day we all agreed that we were still thinking about it. Not because it was disturbing or gross but because the writing just had a way of sitting with us. Those are the kinds of pieces that we want in the magazine."

Professor Richison, a specialist professor for the art and design department and one of the advisors for the Monmouth Review Club, added that selecting pieces to incorporate within the review takes special thought and planning as well, which can serve as another test. "It's always very challenging to gather a variety of artwork that fairly represents the diversity of the art department," stated Richison, "We try very hard to make sure all disciplines and media are represented. When you have a big mix of things like posters, paintings, sculptures, prints, animation, etc., it can be a very daunting task to organize, catalog, and document all the work. We deal with this challenge by taking a big step back to get a sense of how the overall magazine will flow.'

With all of the challenges that the group faces in production, the actual purposes of the Monmouth *Review* continually motivates its members to power on through the obstacles and create each issue.

As Dr. Waters, a professor for the English department and the co-advisor for the Monmouth Review Club, put it, "The purpose of the Monmouth Review is to allow students to learn first-hand how to produce a literary arts journal." He continued to state that, "An equally important purpose of the Monmouth Review is to celebrate the creative talents of best work is made available...The served.

[Monmouth Review] means to encourage such artistry, in part by gathering such works together to allow them to speak to and enhance each other. The current editors have been working hard to produce and promote the journal, and I admire their dedication and spirit.

Rachel Fisher, a senior and member of the Monmouth Review Club, stated that although she only become involved with the review this semester, the purpose and, as Water's put it, the spirit of the publication has already left an impact on her. "It has made me look at artwork at Monmouth differently. Noticing, at least being involved with the Monmouth Review, I've been able to go out and look at these students' art and at least start to appreciate it because a student's art doesn't really come out of [Rechnitz Hall]," Fisher said. 'Going through the Monmouth Review you look and you're like, 'Oh my God a student did this. Somebody that's my age was able to create this piece of work that's making me look at things completely differently,' and then being involved with creating that in a book, and now an interactive iPad app, is so awesome.'

Despite the struggles that come with the production of the magazine, most wouldn't have it any other way and believe that it has priceless impact, not only on the campus community at large, but on the members themselves.

"I think it's an amazing record of what our students think about. You can read the literature and look at the artwork and really get a feeling for who our students are," Richison said, 'I hope the students are able to see the value of the work of their colleagues throughout the whole department, not just within their own discipline... Hopefully the review gives everyone a chance to see what everyone's doing on the "other side of the fence.

Both Greco and Helfrich said that the Monmouth Review Club will be hosting a launch party for their newest issue on Feb. 21 in Rechnitz Hall room 107 at 4 pm. At the event the featured artists and writers can come and discuss or read their pieces in an open mic format, our students by making sure their and light refreshments will be

Peer Learning Assistant Spotlight: Erin Smith

TARA EGENTON

leader] showed me just how im-

portant the first year is for stu- actively involved on campus upon applying for PLA position. She believes in particular that the Student Government Association (SGA) gave her insight into the things students were looking for at the University.

Additionally, Smith had been aspects of our school," Carestia said. to become a PLA, sink your teeth Smith's advice to those applying into it," Smith said, "Whether the to become a PLA is to understand professor teaches every day or you that the students truly need a PLA's are teaching every day, don't be

Every freshman at the University is required to take a first year seminar course. In each of these courses there is an upperclassman that assists students through not only the course material but through their adjustment into college. Erin Smith, senior public relations major was a Peer Learning Assistant (PLA), for Dr. Marina Vujnovic's Hollywood Journalism freshman seminar course for Fall 2013.

During her freshman year, Smith found out about the PLA program by watching her PLA help lead Dr. Kelly Ward's freshman seminar class on technology changing the world. Smith had been an orientation leader before applying to become a PLA. She believed the experience helped her to understand the expectations freshmen look for in their first year, especially compared to her first year at Monmouth.

"Working [as an orientation work with."

dents," Smith said. "I wanted to be there as a PLA for the freshmen class and alleviate any small stresses such as roommates, minors and pledging."

Becoming a PLA fit perfectly into Smith's schedule when Vujnovic approached Smith about becoming her PLA. Smith previously had Vuinovic as a professor and they both shared similar ideas about the material freshmen needed to understand.

"Professor Vujnovic would allow me to talk to freshmen about the student experience aspect and we both trusted each other with the material," Smith said.

Vujnovic enjoyed having Smith as her classroom PLA as much as Smith enjoyed the experience. "She is a really dynamic person, a true dream for any professor as far as classroom teaching assistant goes," Professor Vujnovic said. "She is certainly the best PLA I've ever had a pleasure to

"As a PLA, I was able to answer any questions about any clubs they wanted to be in because I knew all the different clubs and activities at Monmouth from SGA," Smith said. On the days Smith taught the class, she enjoyed when students asked her questions and she could give them answers.

"I loved seeing the weight being lifted off their shoulders," she said. "Still today I have students reach out to me to get information about Monmouth and just to stay in touch."

One of Smith's students, freshman Allison Carestia, fondly remembers Smith as her PLA. "Erin is a really friendly face in the Monmouth community and she has extensive knowledge about many

guidance. "If you are lucky enough afraid to voice your opinion."



Erin Smith, a PLA for Dr. Marina Vujnovic's first year seminar, poses with her students.

shore activity on sea life, espe-

cially in the cautionary aftermath

of the BP oil spill in 2010, an in-

dependent Australian study found

that the OPT PowerBuoy had "no

negative impact on sea life, includ-

ing migratory patterns of whales,'

according to oceanpowertechnol-

ogies.com. In fact, the study found

that the PowerBuoy could serve as

an artificial reef and act as an at-

tracting device for fish and other

marine life. Though this advent of

harnessing tidal energy may yield

great returns, it must still be ap-

proached with calculated care and

PowerBuoy Technology Marks World's Largest Wave Energy Project

SHAHARYAR AHMAD SCIENCE EDITOR

Advancing the availability of alternative energy solutions reaps the benefits of protecting the environment, promising future generations a reliable energy supply, creating jobs to improve the economy, and most importantly, enabling energy independence to reduce the dependence on foreign sources.

signed a contract with Victorian Wave Partners Ltd. to signal the construction of the biggest wave energy project in the world to date, marking an important step forward in harnessing the energy of ocean waves.

Headquartered in Bethesda, Md., Lockheed Martin is a global security and aerospace company that employs about 115,000 people worldwide and is principally engaged in the research, design, development, manufacture, integration and sustainment of advanced technology systems, products and services, according to lockheedmartin.com.

Even though the 62.5-megawatt peak power energy project will be constructed off the coast of Australia, the effects of its "PowerBuoy" wave energy converter technology will be felt worldwide. Once the endeavor nears completion, it is expected to be able to produce enough energy to supply the requirements of 10,000 homes.

"We are applying our design and system integration expertise to commercialize promising, emerging alternative energy technologies, including ocean power," said Tim Fuhr, Director of Ocean Energy for Lockheed Martin's Mission Systems and Training business. "This project extends our established relationship with [Ocean Power Technologies] and Australian industry and enables us to demonstrate a clean, efficient energy source for Australia and

the world.'

Dr. Zachary Kudlak, assistant professor of mathematics, said, "I am not an expert on tidal energy, but it seems that tidal motion is dependable, and could be a sustainable power source. I think that with wind and solar energy, there is always a problem with what to do when the wind is calm, or when there are extend periods of dark and cloud weather.'

Kudlak added, "Humans will On Feb. 11, Lockheed Martin still have power needs during these times, and so we currently need to have the production capabilities that are independent of the weather."

Wave energy converters like the

heed Martin work by extracting energy from the motion of waves at the ocean's surface. Due to the rather predictable nature of ocean waves, their mechanics can be quantified easier than those of other alternative energy sources like wind or solar energy. This consequently allows wave power devices to be able to run more efficiently and generate energy for longer periods in the year than their solar or wind counterparts.

Furthermore, PowerBuoy wave devices are visually unobtrusive given that they are only 30 feet in height above the water surface and three miles offshore, compared to

PowerBuoy system used by Lock- wind turbines which can be upwards of 130 feet in height, according to lockheedmartin.com.

> Inside the energy convertor, a piston-like structure moves as the PowerBuoy bobs in response to the rise and fall of ocean waves. This oscillating motion is the driving force behind a generator that produces electricity which is subsequently relayed to the shore with the use of an underwater cable. By constructing a series of such energy convertors in parallel, wave power plants can be optimized to deliver low-cost electricity to meet desired power capacities

To mitigate concerns of such off-

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IMAGE TAKEN from lockheedmartin.com PowerBuoy wave energy technology uses the mechanical energy of ocean waves to generate



VICTORIA KEENAN STAFF WRITER

I've seen people doing it in class. I've seen people doing it at parties. I've seen people doing it while eating, working out at the gym, pretty much everywhere and anywhere. Celebrities do it. Even Olympic athletics are doing it. Selfies: the art of taking a picture of your own face.

for taking good pictures of your face to send to your crush and taking hideous pictures of your face to send to your closest friends. But are selfies really just shameless picture taking, or for some people, are they huge ego boosts?

electricity.

I have to admit, I too have dabbled in the selfie game. I have stood by the window to get good lighting and have taken a good 20 pictures to get the perfect one. Then I go through every Instagram filter (twice) and pick the right one. While I'm scrolling through I tend to think, "This is stupid," but I also tend to post the picture anyway. Shamelessly embarrassing, I know, but I'm definitely not the only one. Everyone I know, male and female, have sent, received, and posted selfies. I get and send my face through Snapchat all day long, and let me tell you, they are usually not good pictures of my face that I would want out in public. I mostly send and put up pictures for fun, but I can't be the only one that appreciates every "like" I get on my posts. But how much is too much? Danielle Walsh, a junior, said, "I used to think selfies were total ego boosters, because it's easy to assume that they are just a way to show how attractive someone is. But then, I saw this Dove video about real beauty. It was all about changing the

Snapchat was pretty much created way girls see themselves by taking selfies, telling them to embrace their flaws and be confident in who they really are.'

> Katie Dykstra, a senior, agreed. "I feel like selfies definitely boost people's self-esteem, mainly because people only post pictures to make themselves look good, or better. This is why selfies are genius, because it's impossible to take a bad



"Our utilization of physical environmental processes for energy (solar, wind, tidal) is going to require multiple fronts," said Peter Chace, a junior chemistry and biology major. "Such installations like wind and solar, are likely going to require large areas of land to be effective. People see the oceans as pris-

attentiveness.

tine and open since they can't really see the ocean bottom or when they're shown diagrams they're idealized neat blue projections that show bedrock. In reality, our seafloors are littered with cables and pipeline installations that are growing in their cover of the seafloor."

"When settlers began expanding west in the early days of the U.S., they thought of the great forests of the continent as infinite and unconquerable, leading them to a horrible trend of logging and development that has left us with the urbanized America we have today," Chace added.

"And I have fears of seeing this same trend happening with our coastal seas. This type of energy development can be equated to dam; yes, they're good sources but we need to be conscious of the long term environmental effects. We put so much stress on global environment, so let's not find another pressure point to push."

You see them every day on popular apps like Instagram, being corrected with filters and good lighting.



PHOTO COURTESY of Erin McMullen Selfies or photos taken of oneself, have become a way to boost self-esteem.

selfie now that there are so many effects offered in apps like Instagram, Snapchat, and Facebook. With all these apps, cool and even natural looking selfies are possible."

"I think selfies are very individualistic," said Dr. Chad Dell, Chair of the Department of Communication. "The meaning is different for every person taking them. If you go on my Facebook, you'll see one or two selfies of me and my wife on vacation. But I think in this world, its about people defying themselves. It's all about identity.'

Dell added, "The technology we use these days encourages these things. Facebook encourages us to post pictures and locations but not for the reasons we think. They do this to know our buying and traveling interests to sell advertisements that we're interested in."

I'm not exactly sure when the selfie craze started, but for me, it had to be as soon as I got my first cell phone. Now, this is dating back to almost ten years ago, so this has

PHOTO TAKEN by Casey Wolfe Some of The Outlook ladies pose together for smart phone selfies in the office.

gone on for longer than I would like to admit. Again, I was not the only person posting selfies to MySpace or taking them on my laptop webcam. I'm sure people still do this. But the possibility of selfie taking has grown so much over the years, not only with the apps mentioned, but with every part of technology out these days. I mean, why else would cell phones have front cameras? What else would you be taking pictures of with a front camera?

The other day, I went to take a picture of something (not my face, the selfies coming.

probably a plate of food, but that's another story) and I realized three little dots on the bottom side of my camera. Now, why I never realized they were there before I'll never know, but I clicked on them to investigate anyway. The three little dots were for filters, so apparently, every picture we take on smart phones can be filtered now. Apps aren't even needed.

I don't think we will be seeing an end to selfies anytime soon, so I guess the only logical thing we can do about it is sit back, relax and keep

A Match Made in Heaven Alpha Omicron Pi Hosts First Philanthropy Event "The Ultimate Monmouth Match" in Pollak

NICOLE NAPHOLZ STAFF WRITER

The newest sorority on campus Alpha Omicron Pi (AOII) hosted "The Ultimate Monmouth Match" as their first University philanthropy event on Tuesday, Feb. 11. The event in Pollak theatre helped raise over \$2,000 for Arthritis research.

Victoria Day, Philanthropy Chair of AOII, was incredibly pleased with the turnout of the event and the involvement of students and members of Greek life. She said, "I am speechless. It was our first time planning an event like this so we were a little nervous."

The winners of "The Ultimate Monmouth Match" were sisters of Phi Sigma Sigma Michelle definitely were creative with their Brady and Katarina Kneer, who answers, which was hysterical to competed against 42 other participants.

The show was hosted by Thomas Beaufort, a brother of Phi Kappa Psi (Phi Psi) fraternity, and Kristin Waring, a sister of AOII. Waring said, "We were flattered that so many people reached out and wanted to be a part of it."

"The Ultimate Monmouth Match" was hosted as a newlywed game, but it was open to more than just couples; many participants who came out to

even dating, with pairs being brothers and sisters, roommates, best friends or even big and little sisters and/or brothers from their respective Greek organization.

Each of the contestants were asked a variety of questions about their significant other which varied in difficulty. Questions ranged from asking about their partners nationality to asking about their partner's favorite television show. Once answered, they had to write their own answer to the question and their partners answer on a white board and hold it up for the entire audience to see. If guessed right, they each earned a point which would lead them to the next round.

Warning said, "Some people me. I also love to socialize with anyone, so talking to participants was definitely a fun experience for me"

Kristi Hunt, a sister of the Alpha Xi Delta (AXiD) sorority, was a participant in the event and said, "I've done a lot of Greek events before, but I liked this one because I was able to do it with my best friend Kelly Chapman who is also my little sister in my sorority.

Due to the popularity of the search," she said.

participate in the game were not event and support from organization, AOII had to split the show into two rounds. Each heat was asked the same questions and the top five from each round went on to the finals where they crowned the winners.

> The winning pair, Brady and Kneer, won different gift cards from local vendors who sponsored the event. Day said, "We asked local vendors to donate gift certificates to serve as prizes for the winning match so we could keep our budget down, which ensured all of the money raised from the event went towards our philanthropy.

> Susan Jane Story, AOII Life Loyal Member and Iota Theta Alumnae Advisory Committee Member, said more than 50 million Americans are inflicted with arthritis, two-thirds of whom are under the age of 65, including 300,000 children. She commented, "The campus support of our philanthropy helps us come one step closer to finding a cure for arthritis."

> Story added that philanthropy is at the fore front of one of AOII's founding principles. "The members certainly did exceed the expectation at their first event as they raised a sizable amount of funds on behalf of Arthritis Re-



PHOTO TAKEN from https://www.facebook.com/lotaThetaAOII

Greek life members of Tau Delta Phi and Alpha Omicron Pi spread some Valentine's Day love to one another.

According to Day, a lot of time and effort was put into planning the show to make sure it ran smoothly and the outcome was beneficial for the sisters and their philanthropy. The planning of the event started last semester, but sisters of the sorority worked hard over winter break and pushed through these first couple That means the most to me."

of weeks of the spring semester to put together their first philanthropy event at the University.

Day reflected on the event and said, "I was so happy to see how packed it was. We sold over 300 tickets. Pollak was filled! And most importantly people were willing to donate to our cause.

Wake Up and Smell the Roses

CASEY INGUAGIATO CONTRIBUTING WRITER

Over 300 students came to the wooden rose novelty event sponsored by the Student Activities Board (SAB) inside of the Rebecca Stafford Student Center (RSSC) on Wednesday, Feb. 12 have never done before." from 1 - 4 pm.

In preparation for Valentine's Day, students could take up to three wooden roses that were ized event, where students could sprayed with dashes of color. The roses were sprayed with a floral spritz to make the roses seem more realistic and give the essence of smelling like an authentic, freshly bloomed rose.

more said, "Usually when I have a novelty event, there is a good turnout because everyone loves free things, but today was exceptionally great. I think that [the novelty event] really got people in the Valentine's Day mood and it is something different that we

Carson also felt students were involved because it was a more personal and individualchoose what colors they wanted their rose to be. The Novelties Chairman added, "It made for a more colorful Valentine's Day."

Normally, SAB holds a novelty event about once a month pro-Some of the members of SAB viding free gifts for the students

"I think that [the novelty event] really got people in the Valentine's Day mood and it is something different that we have never done before.

Monmouth Area Vegan Society

The Monmouth Area Vegetarian Society (MAVS) is hosting two more free and fun events this semester that are open to the public. Events are held in the Magill Commons Club Dining Room. There will be a vegan potluck at each event, so please contact Professor Harris for details and to RSVP, email mcharris@monmouth.edu. The next event to be announced will be held on Sunday, March 30 at 1 pm. The last event of the semester is "Vegan Advocacy: Empowering Others to Encourage Social Change" presented by Jon Camp of Vegan Outreach on Sunday April 27 at 1 pm. Look forward to seeing you all there! CommWorks CommWorks meets on Wednesdays at 2:30 pm in Plangere room 235. Club Lacrosse Team Meetings will be Wednesday at 2:30 pm. The location is still to be determined. If interested contact Kevin Houston email: s0851081@monmouth.edu University Senior Class The senior class is selling tshirts until March 7. Pick up an order form on the second floor of the Rebecca Stafford Student Center (RSSC) and show off your

school and class pride!

The Running Club

CLUB AND GREEK

ANNOUNCEMENTS

The Running Club will be meeting this semester on Tuesdays and Thursdays at 4:30 pm. For now, we will meet at the track in the Multipurpose Activity Center (MAC). When it gets warmer, we will run outside more often. Also, for anyone interested in competing, Monmouth will have several home indoor track meets which are open to all ages and abilities. The upcoming meets are on Wednesday, Jan. 29 starting at 6 pm (800 meter run or 55 meter dash), Saturday, Feb. 8 starting at 1 pm (1 mile run), Tuesday, Feb. 18 starting at 6:30 pm (1 mile run), and Wednesday, Feb. 26 starting at 6 pm (800 me-

Monmouth Oral Communication Center

The Monmouth Oral Communication Center (MOCC) is your go to place for all things public speaking. Making a speech? A presentation? We're here to help! MOCC offers peer tutoring every Monday, Wednesday, and Friday in the first year advising offices in the Rebecca Stafford Student Center. Additional hours are available upon request. MOCC also holds weekly meetings on Wednesdays at 2:30 pm in Plangere 135.

University

TAYLOR CARSON Sophomore

the wooden roses to faculty, the RSSC kitchen staff, and students at random.

Jeff Singh, a sophomore and ter. current member of SAB, said, "I really enjoyed handing out the stuffed animals to the student roses to people in the Student body for Valentine's Day. Louis Center because they weren't expecting it from me. We handed them out to the workers in the Student Center too and you could tell it made their day because they weren't expecting to get a wooden rose since it is more of a student involved event. They deserve it on Valentine's Day just as much as the students sitting at the tables."

Chairman of SAB, was thrilled die in a couple of days. It's some-with the turnout. The sopho- thing different."

were going around handing out to brighten up their days. The events held are usually revolved around the season or if there is a major holiday during the semes-

In the past, SAB has given out Garbarini, SAB Vice President of Marketing and Membership, said he always loved having stuffed animals at SAB's Valentine's Day events, but this year he wanted to shake things up and hand out wooden roses. Garbarini said, "Most people that I spoke to said that they had never seen wooden roses like these. I like them because they will last Taylor Carson, Novelties forever and aren't roses that will

ter run). Contact our club advisor, Coach Joe Compagni, or Club President Mitchell Parker by emailing s0888670@monmouth.edu for more information.

LASO

Our next Latin dance lesson will be Tuesday, February 25th in Anacon from 6 - 7:15 pm. Come learn the Bachata with local professional dance instructor Kevin Tost! Free admission and open to the entire campus community. See you there!

Student Alumni

Association

The group is sponsoring a donation drive for the Asbury Park Middle School at the men's basketball game on Saturday, February 22nd. If a student brings one of the below items to the game, they will be entered to win an iPad Mini.



Designed for juniors, students graduating in May of 2015 or other Monmouth students considering beginning law school in the fall of 2015, the Department of Political Science and Sociology is sponsoring a simulated LSAT to serve as a diagnostic before you take the exam in June or October of this year. Prof. Bordelon will then meet with all diagnostic examinees one-on-one to go over preparation options. Don't miss this invaluable opportunity! The date of this event is Saturday, Feb. 22 at 9 am.

Residence Hall Association

Meetings are every Wednesday at 8 pm in the Mullaney Hall First Floor Lounge. We are also still selling Winter Ball Tickets.

Boom Roasted Produces "The Vagina Monologues"

TESS LA FERA CONTRIBUTING WRITER

Around 150 students took a seat in Pollak Theatre to see Boom Roasted Productions perform the 10th annual "Vagina Monologues" on Monday, Feb. 10 from 7:30 - 9 pm. The \$1,025 in proceeds went to the local charity 180 Turning Lives Around and the national charity One Billion Rising, both of which focus on domestic violence awareness and prevention.

Dr. Carolyn Bradley, an associate professor, attended the performance. She has seen it multiple times and said, "Each time I see the play it evokes something different in me. Student productions are particularly meaningful to me as it reminds how far we have come in acknowledging women's sexuality and the right to control their own bodies."

Far from traditional, "The Vagina Monologues" included topics such as shaving, gynecological appointments, rape, and even the language surrounding female sexuality. The play began in 1994 as a one woman show with author Eve Ensler playing every character. Since then, it has been performed in 140 countries and 48 languages, and on college campuses nationwide.

Tickets for the event were \$5 in advance and \$7 at the door.

Zoe Bulitt, a junior theatre major and student producer for the last two years, said that the awareness of rape and sexual assault in our country, genital mutilation in other countries like Bosnia and Kosovo, and an overall feeling of empowerment to be yourself are just a few of the important messages the audience takes away from the perfor-

mance.

But the play isn't all serious. Audience members are left in a fit of giggles during "My Angry Vagina," a monologue about tampons, gynecological appointments, and thong underwear.

More laughs ensued during the moans, which participating casts

terics with her triple orgasm moan. Phillips said, "My favorite part of 'The Vagina Monologues' is that it is more than just an awkward show. It is hope that things are going to get better. It is acceptance of the taboo topic of the vagina that people rarely want to talk about." If the performance occurs on campus

sistant Director of Student Activi- tioner at the University's Health ties for Multicultural and Diversity Initiatives, to take it on as a performance.

Bulitt was happy to be involved with this campus tradition of having an annual "Vagina Monologues" performance.

The cast of "The Vagina Mono-



PHOTO COURTESY of Amanda Gruber

The performers of "The Vagina Monologues" put on a performance focusing on domestic violence.

edited to fit their own needs. This in the future, Phillips said she will year's cast included the Kanye West moan, "Hold up, I'mma let you finish," and the Harry Potter moan, "Expecto Patro-oh-ohhhnum!" Allie Phillips, a junior communications major and student producer, left the audience in hys-

definitely be involved again.

According to Bulitt, Boom Roasted Productions chose to produce "The Vagina Monologues" because it was being dropped by Student Activities, so the group was asked by Heather Kelly, Aslogues" announced the University's Vagina Warriors, an award to honor local men and women working or volunteering to end violence against women. Recipients were Alexandra DeVito, a school social worker at Sisters' Academy, and Louise Bosmans, a nurse practi- Day, visit www.vday.org

Services.

The performance, one of over 5,000 nationwide, benefits V-Day. V-Day is a global movement created by "The Vagina Monologues" to end violence against women and girls.

According to One Billion Rising, one billion women around the world will be raped or beaten during her lifetime. Furthermore, according the World Health Organization, over 125 million women worldwide have been affected by female genital mutilation and cutting. These practices mostly take place in Africa. The practice has no health benefits and often causes more harm than good.

Jaclyn Shugard, a sophomore fine arts major, got involved with "The Vagina Monologues" after seeing their performance last April. "My favorite part is watching all these different girls from different parts of the University come together. Watching them all stand up for one thing which is empowerment of women and their vaginas! There are not many other times that something like this can happen on campus," said Shugard.

The play takes on a serious note to explain that sexual violence is often unreported and can often leave the victim feeling alone and frightened.

University student victims of sexual violence can contact Counseling and Psychological Services or visit the office on the third floor of the Rebecca Stafford Student Center (RSSC) for a private and free consultation.

For more information about V-

MAVS Hosts First Vegan Potluck of the Semester

MAGGIE ZELINKA SPORTS EDITOR

The Monmouth Area Vegetarian Society (MAVS) hosted their first speaker and vegan potluck of the semester on Sunday, Feb. 16 in the Magill Commons Dining Club.

The event went from 1 pm until 3 pm with the first half hour dedicated to socializing and enjoying the vegan potluck. Over 40 people were in attendance.

"I'm really happy we can be part of a community where we all can share good, wholesome, real food," Mary Harris, founder of MAVS, said.

foods arraying from blueberry brownies, curried cauliflower bisque, spaghetti squash, and chocolate pudding.

Attendees were asked to bring their own plates to decrease environmental impact.

Once everyone settled down, Harris introduced the speaker, Theresea Sarzynski, from the nonprofit organization For the Animals Sanctuary which is located in Blairstown, NJ.

Sarzynski began the seminar by explaining what the sanctuary does and how it began. "Debbie Kowalski originally bought the house with land with a previous

ing able to adopt a farm animal or two, when/if the need arose," Sarzynski said. "Once they got their first two bovine, the calls started coming in, quickly. So the 501(c)3 came out of need. She knew she could take in more animals but needed help fundraising for all the extra costs of buildings, food, bedding, medical, etc." After this brief introduction,

Sarzvnski discussed each individual animal the nonprofit organization takes care of beginning with their very first resident, a Hereford steer named Herbie.

"In December of 2006, Herbie jumped off a slaughter truck in

see videos of him running around and the police chasing him."

Herbie's species of cow is typically raised for meat and killed within the first year of their lives. When the sanctuary decided to open its doors to Herbie, they also decided Herbie should have a friend to be with. "Cows are very social creatures. They have best friends they pick who they hang out with," Sarzynski said.

Due to this natural characteristic, the sanctuary took in a female named Kevina.

Both Herbie and Kevina reside at the sanctuary and have been for the past seven years.

Sarzynski then spoke of the other cows the For the Animals could have the mom as well. The Sanctuary currently has and have farmer agreed solely because he

When this occurs, both the male and female automatically go to slaughter because the female calf often becomes infertile which is useless to a dairy farmer. Sarzynski said that the farmer was willing to part with Amy because he would lose profit if she stayed in his place.

The final cows that Sarzynski mentioned during the lecture were a mother and her son who came to the sanctuary two years ago. "Having a mother see her son for two years of his life doesn't happen anymore," Sarzynski said.

Originally, the sanctuary was only going to get the son but the workers specifically asked if they was transitioning from the dairy industry to the meat industry and it would be one less cow off his hands. Sarzynski then talked about the pigs, goats, and chickens the sanctuary also looks after. "Typically, pigs go to slaughter at six months and chickens go to slaughter at six weeks. Chickens actually still have their baby chirps when they are sent to the slaughterhouse." Sarzynski closed her seminar by asking everyone to do their part by spreading the word and attempting to go vegan. "The moral baseline of any animal lover should be veganism. In addition to harming the animals directly, animal agriculture is killing the environment and the people eating them," Sarzynski said. As MAVS has concluded its first event of the semester, they have already begun to plan their second potluck. The event will be Sunday, March 30 in the Magill Commons Dining Club.

The potluck featured all vegan partner, with the intention of be- Brooklyn. If you google it, you'll



PHOTO TAKEN by Maggie Zelinka Speaker Theresa Sarzynski spoke about animal cruelty and its impact at the MAVS Vegan Potluck.

had in the past.

Trying to hold back tears, Sarzynski began to speak of one cow in particular named Hope who passed away in February of 2012. "She lived through people taking her babies, getting in a rape rack, moving from stall to stall," Sarzynski said. "Hope was in the rape rack every week for a year but could not get pregnant, so the farmers wanted to send her to the slaughter house."

When Hope finally made it to the sanctuary, she did not allow the volunteers at the sanctuary to get near her for six months. It took her a year to be around visitors. According to Sarzynski, she felt she could not trust a human due to her past.

The sanctuary did not only want to rescue Hope from the farm, but another cow as well. "Amy was four weeks old when she came from the dairy farm," Sarzynski said.

Amy was a twin to a male calf.







2nd Annual Chili Cook Off!!! Student Center, Anacon A Tuesday Feb 25th - 11:00am-1:00pm \$10 to enter a crock pot of chili - Sign up in advance \$5 to sample all chili All proceeds benefit Veteran programs Trophies awarded for: Overall Best Taste & Best Heat and Flavor

Points of contact:

Jeff Hood - jhood@monmouth.edu (732) 263-5258

Jordan Mouton – s0509481@monmouth.edu





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For more info, contact Micah at MicahJFreedman@gmail.com | 973-303-5834 Chabad at MU is a project of Chabad of the Shore.







Is it Taylor for the men? Or is it Brianna and Chrissie for the women? YOU decide!

Post your votes to the on Twitter @MUOutlook or Facebook at The Outlook at Monmouth University! Results will be posted in next week's issue.

HEY MONMOUTH!

INTERESTED IN SHARING YOUR MOMENTS? SEND YOUR PHOTOS TO ANY OF THE FOLLOWING EMAILS AND YOU JUST MIGHT HAVE THEM FEATURED IN THE "MOMENTS AT MONMOUTH" SECTION!

> OUTLOOK@MONMOUTH.EDU OR S0848553@MONMOUTH.EDU

Men's Basketball's Skid Reaches Seven Straight

KYLE WALTER ASSISTANT SPORTS EDITOR

The men's basketball team lost their seventh straight game this Sunday, Feb. 16 when they fell to the Marist College Red Foxes in a double-overtime thriller here at the MAC. The loss came just two days after the team fell to the Iona College Gaels at the Hynes Center in New Rochelle, NY.

With the weekend results, MU now finds themselves seven games below five hundred with a 10-17 overall record. The team also sits at ninth in the MAAC with a 4-12 record in conference play.

For the first game of the weekend the Hawks fell to the first-place Gaels by a final score of 89-70 on Friday, Feb.14.

"I take my hat off to Iona because they are a tough team to match up with," head coach King Rice said after the game. "There is still a lot of basketball to be played and we just have to get going the right way before the tournament."

Junior guard Deon Jones paced MU with 16 points on 7-9 shooting, and also grabbed seven rebounds for the game. Freshman center Chris Brady also had a solid all-around game as he grabbed a career high 12 rebounds and added 8 points. Junior forward Khalil Brown was the second highest Hawk scorer with 13 points on 6-8 shooting.

Iona had two players score more than any Hawk player on the night, and also had five players finish with double-digit points. Tre Bowman scored a game high 23 on 8-15 shooting while A.J. English finished with a double-double of 21 points and 13 assists. Sean Armand, Isaiah Williams, and Mike Poole finished with 13, 13, and 11 points respectively.

The Hawks shot well for the game as they finished with a 50.8 percent mark from the field while the Gaels shot 46.7 percent on the night, but they could not overcome mounted a series comeback the fi-

14 Iona three pointers compared to nal 13 minutes of the contest, and just three of their own. MU also struggled to both get to the freethrow line, and capitalize when they did, as they went just 5-15 on the night (33.3 percent) while the Gaels went 19-27 from the stripe, good for 70.4 percent on the game.

Through the first five minutes of play neither team took control as the Gaels only held a slim 9-7 lead. At the 14:13 mark a steal and breakaway dunk by English kick started a 16-8 Iona run that gave them a comfortable 25-15 lead with under eight minutes remaining in the first half.

A lay-in from freshman center Zac Tillman got the Hawks to within nine with 6:32 left to play, but that was the closest MU would get the rest of the half. English's three just seconds later brought the Gaels' lead back to double-digits, and again started an Iona run. This time it was a 16-9 burst that extended the lead to 16 points as the first half came to a close.

MU got off to a rocky start in the first few moments of the second half as the team had two turnovers in the first 40 seconds, but Iona did not capitalize on the opportunities to extend the lead even further, and managed only one point off of the turnovers.

The Hawks freshmen then helped settle things down as MU went on an 8-0 run with Josh James, Brady, and Tillman each scoring a basket during the stretch. The short run brought the Hawks back to within single digits with the score being 43-34 just three minutes into the half.

Iona didn't allow the blue and white to gain any more momentum, however, and a Bowman three brought the lead back to twelve before the Gaels took complete control of the game by outscoring the Hawks 15-2 over the next five minutes of play. The scoring outburst gave Iona a 61-36 lead, and put the game away for good as MU never

eventually fell by 19 points.

The win was Iona's ninth consecutive, and it pushed the team's record to 17-8 overall including a 14-2 record in the MAAC, which is good enough for first place in the conference.

Sunday's contest against Marist was a much more competitive matchup that saw the Hawks twice battle back to force overtime and double-overtime. However, the blue and white couldn't get over the hump and gain the victory as they eventually went down by a final score of 96-92.

"Today was a great college basketball game," said Rice. "Marist just seemed to make a few more plays than us, but I am so proud of my kids."

For the second straight game MU fell despite shooting above 50 percent from the field. Overall, the Hawks went 35-69 (50.7 percent) compared to 30-66 (45.5 percent) shooting from Marist. However, it was a different story from the three point line as the Red Foxes went 15-34 (44.1 percent) while the Hawks shot only 7-20 (35 percent) from beyond the arc.

Jones again led MU as he tied his career high with 27 points to go along with his seven rebounds, which also led the team. Tillman also posted a career high in points with 17, and tied Jones with a teamleading seven rebounds. James and junior guard Andrew Nicholas were the only two other Hawks to score in double figures with 13 and 16 apiece.

Marist had a more top-heavy stat line with three players combining to score 78 of their 96 total points. Chavaughn Lewis netted a game high 28 points while Khallid Hart and Jay Bowie finished right behind him with 26 and 24 points each. Bowie recorded a double-double on the night as he grabbed ten rebounds to lead MC.

first 10 minutes of the contest, and neither held a lead larger than three. With 8:28 to go in the first half MU was finally able to take a decent sized lead behind a 11-0 run. The stretch was bookended by a Jones three and mid-range jumper, and gave the Hawks a 31-23 lead with under four minutes remaining in the half.

The Red Foxes battled back over the final minutes of the half, and two three-pointers from Bowie helped them tie the game at 33. Nicholas was able to break the tie before the half, however, when his lay-up with 17 seconds left gave the Hawks a slim 35-33 advantage heading into halftime.

Much of the second half played out very similarly to the first as the two teams went back and forth with neither able to sustain a period of dominance. After a Nicholas three gave the Hawks a four point lead at the 8:39 mark, Marist answered right back and grabbed their biggest lead of the game, with a 16-2 run to make the score 71-61 with four and half minutes to go in the contest.

However, just as Marist did to end the first half, MU didn't go away Both teams traded baskets the and a 10-0 run over the final four

minutes sent the game into overtime with the score tied at 71. MU's tying basket came when sophomore forward Tyrone O'Garro stole the ball from Hart and gave it up for a Nicholas lay-up with 44 seconds remaining in regulation.

The first overtime saw the Red Foxes gain a 81-75 advantage with only a minute and a half left on the clock, but the Hawks again showed resiliency and fought back to within two with 30 seconds to go. Thomas Manny then missed one of his two free throws to make the score 82-79, and Nicholas hit a three with only nine seconds to tie the game and send it into a second extra period.

Although the second overtime was highly competitive, the Hawks never managed to take a lead, and the Red Foxes hit free throws down the stretch to seal the four point victory

The loss was a tough one to handle for MU, and the team now only has four games left in the regular season before they take part in the MAAC Championship Tournament.

The team will next take the court Wednesday, Feb. 19 when they host Manhattan. Tip-off is set for 7 pm.

Max DiLeo: The Heart of the Hawks

MAGGIE ZELINKA SPORTS EDITOR

If you attend a men's basketball game, you may be wondering who the extremely zealous player is at the end of the starting line up's roll call; the one who has dedicated a special handshake for every teammate and who gets riled up during the actual game. That student athlete is junior Maximilian DiLeo, more commonly called Max.

DiLeo began his athletic career in Cinnaminson, NJ as he lettered in basketball, soccer, and track and field. Although he excelled in each individual sport and earned many awards in soccer, he chose to play basketball in college because of his family roots. "My whole family does basketball. My mom was professional, my dad played in college, coached in Europe and the NBA, he was with the 76ers at the time when I made the decision to come here and my brother played at Temple," DiLeo said. "It was just always my dream to be a D1 basketball player." DiLeo pursued his dream at the University as a walk on during his freshman year. In his view, he thought MU gave him the best chance to see playing time and be receptive to a walk on. We had very good feelings about Max when we first met him. Coach Larry Brown (head coach at SMU) brought him to our attention," head coach King Rice recalled. "His father was the GM of the 76ers, so we knew he grew up around the game. We really didn't have an understanding that



his big brother and role model, TJ DiLeo.

"We have been competing since we were kids. That competition has helped me become what I am today," DiLeo said. "He has helped me through a lot of situations because he has been through everything I have been through, just a couple years before me. It's just easy to talk to him and ask for advice."

As of now, TJ DiLeo is playing professionally in Germany, a career his younger brother is interested to pursue eventually, but first, he has to finish his collegiate career.

ot only of the season but also his collegiate career occurred on Jan. 26 against conference rivals, the Rider University Broncs. "We didn't start out well. We were fighting our way back the whole time, we finally made our way back at the very end of the game by tying it up and putting it into overtime. Then in overtime, we were real tired and didn't come away with the win," DiLeo said bitterly. "It was just challenging to keep the right mindset after the game. We started off so bad, but we played so well the rest of the game. We scored more baskets than them, they just had a crazy amount of foul shots.'

freshman, it has been a close game," DiLeo said. "This year, both times we played them we scored more baskets than them, they just went to the foul line a lot."

DiLeo's thoughts of Rider do not only stem from what happened on the court, but also what happened off the court. "When I was looking for schools, I wanted to try and walk on there but the coach didn't let me come as a walk on. Hopefully they regret that now," DiLeo said laughing.

Although DiLeo has played in most games this season, he was In his opinion, the hardest game, recently sidelined due to an ankle injury he acquired against Saint Pe ter's on Sunday, Feb. 9. While many would be discouraged from an obstacle such as this, it has only fueled DiLeo's fire. "As soon as it happened, I start thinking about all the hard work I will have to put in to get back to where I was and I kind of use that as a challenge," DiLeo said.



Deon Jones (above) scored a career high 27 points Sunday and

averaged 21.5 points and seven rebounds per game this weekend.

PHOTOS COURTESY of Jime Reme

Max DiLeo (above) is currently tied for seventh in the nation for three point shooting percentage.

he would be this good but we knew his family and that his brother had done well at Temple. We thought he would be a kid that could really help our program, and he has by far exceeded expectations."

During his freshman year, he appeared in 25 games for the Hawks.

DiLeo improved over the summer and saw 30 games his sophomore year. As a junior, DiLeo has seen playing time in nearly every game MU has played this season.

Although he worked very hard as a walk on for his playing time, he does credit some of his drive to

MU has played Rider twice this season. The Hawks first hosted the Broncs on Dec. 5 for their first ESPN3 game of the season. MU lost that battle, 89-83. On Jan. 26, the Hawks attempted redemption but lost once more, 77-71.

"Rider is the biggest rival. Every time we played them, since I was a

This statement is a testament to the type of team player the junior is.

"Max DiLeo is one of the toughest competitors I've seen. He's a kid that empties his tank every single day," Coach Rice said. "I think his passion has carried us through this season. He had shown that he was this type of kid his first two years, but he has really grown into being a leader and we are very fortunate to have him as part of our program."

DiLeo plans to come back and join the team for the 2014 Metro Atlantic Athletic Conference Championships which begins on Thursday, March 6 and lasts until Monday, March 10.

Track & Field Race at the NY Armory

MAGGIE ZELINKA SPORTS EDITOR

The men and women's track and field teams competed in the Lafayette/Rider Winter Games and the 107th Millrose Games this past weekend.

The teams first participated in the Lafayette/Rider Winter Games on Friday, Feb. 14. Sophomore Eric Kahana placed eighth overall in the men's 60 dash with a seven second finish. Kahana also competed in the men's 200 dash and placed ninth overall with his 22 seconds time.

Freshman Dylan Capwell took eighth overall in the men's 400 dash with a time of 48.92. Junior Ben Boyd also had a top ten finish in the men's 500 run where he took fourth place with a time of 1:03.95.

Junior Alex Leight was a sixth place finisher in the men's 800 run at 1:53.94. Junior Khari fourth in the high jump, third in lights came from freshmen Jes-Bowen took fifth place in the men's 1000 run with a time of 2:31.38.

The men's 60 meter hurdles invitational saw a top three finish by MU athletes junior Jalen Walker, sophomore Geordan Taylor Bernstein finished third Ferguson, and Kahana. Walker at 16.43 meters. finished with a time of 8.05 while Ferguson and Kahana fifth place, 7.78 seconds finish were tied at 8.16.



PHOTOS COURTESY of Jime Reme

Track and field currently prepares for the MAAC Championships this upcoming weekend.

Junior Joey Marini tied for Lachelle Wallace. Other highthe long jump and took fourth in the triple jump at 48 feet three inches.

Senior Errol Jeffrey placed first in the men's shot put 18.07 meters while junior teammate

The women's side included a

sica Ball and Abby Baker in the women's 1000 meter run. Ball placed sixth at 3:00.18 while Baker finished eighth at 3:00.97. Junior Kate Frye also had a top ten finish for the Hawks in the 60 meter hurdles where she took fifth place with a time of 8.75. Sophomore Michaela Read finished fourth overall in the high in the 60 meter dash by senior jump at 1.60 meters while junior

Lauren McDonald took third place in the pole vault at 3.60 meters. Other third place finishes include senior Mariah Toussaint in the long jump with a distance of 6.00 meters and senior Rachel Aliotta in shot put with a distance of 13.99 meters.

Senior Tilah Young placed fourth in the Millrose Games' weight throw with a distance of 59'8". With this number, Young broke a school record set over a decade ago.

Saturday's Millrose Games featured the Hawks relay teams, both of which broke school records for their times.

The men's 4x800 team consisted of Leigh, Capwell, sophomore Andrew Langille, and junior Luis Reyes. The four compiled a time of 7:32.16 which has become the school record and landed them in third place for the event.

The women's 4x400 squad included freshman Tionna Garner, Frye, senior Laura Williams, and freshman Anotinette Isekenegbe. The women also placed third with a time of 3:44.29 and set a school record for the event as well.

The squads return to action on Friday, Feb 21 for the Metro Atlantic Athletic Conference (MAAC) Championships.



Monmouth's women's lacrosse team lost their homeopener and first game of the season Sunday, Feb. 16 by a score of 8-6 to the Fresno State University Bulldogs.

The Hawks started the game strong, and held a 4-1 lead, but were outscored 7-2 in a rough second half as the Bulldogs came back to win.

Fifth-year senior Stephanie Anderson led MU with 2 goals scored on three shot attempts while four other Hawks also found the baack of the net.



Both the Monmouth men's and women's cross country teams

were named All-Academic teams by they U.S. Track and Field and Cross Country Coaches Association. It was the 13th straight season the women were honored wiht the title, and the 16th time the past 17 years, as well as the ninth straight time for the men.



19 teams this past weekend when they competed in the third annual Track Kat Klash held at Sam Houston State University.

Sophomore Kaitlyn Reth had a 199 game average on the weekend, and finished 20th overall individually to lead MU

UPCOMING GAMES

Wednesday, February 19 WLAX at Stony Brook Stony Brook, NY 1:00 pm

MBB vs. Manhattan W. Long Branch, NJ 7:00 pm

WBB at Rider Lawrenceville, NJ 7:00 pm

Thursday, February 20 Men's Tennis at St. Peter's Jersey City, NJ 3:00 pm

Friday, February 21 MT&F MAAC Championship New York, NY 3:45 pm

WT&F MAAC Championship New York, NY 3:45 pm

Baseball at Florida Atlantic Boca Raton, FLA 6:30 pm

uinnipiac Dominates Women's Basketball

EDDIE ALLEGRETTO STAFF WRITER

On Sunday afternoon, the Women's Basketball team traveled to Quinnipiac University and lost by the final score of 83-50. With the loss the blue and the game, they could not redeem white fell to 6-21 on the year, with a 5-11 record in MAAC conference play, while the Bobcats improved to 16-10 overall, including an 11-5 mark in the MAAC.

Freshman guard Helena Kurt led the way for MU with 11 points, while senior forward Chevannah Paalvast added nine points and five rebounds. Freshman forward Jenny Horvatinovic came off the bench and contributed seven points. Junior forward Sara English tallied six points and a careerhigh 16 rebounds in only 19 minutes of playing time.

Brittany McQuain led a balanced attack for Quinnipiac with a double-double of 14 points and 13 assists. Jasmine Martin contributed with 11 points, and Nikoline Ostergaard had 10 points on 4-of-5 shooting off of the bench. Quinnipiac started off the game hot by scoring the first nine points, and jumped out to and early 14 point lead by the 9:11 mark. However, the blue and white chipped away at the lead, and, after four straight points from Kurt off of a Bobcat technical and common foul, trailed 21-17 at the 5:39 mark of the first half. However, Quinnipiac followed the Hawks comeback with nine straight points to regain a comfortable lead, 30-17 before Horvatinovic drained a contested jumper with 34 seconds left in the half to trim their deficit to 30-19 going into halftime. The second half was similar to the first; the Bobcats controlled the tempo of the game. At one point, the Hawks found themselves within 10, but they would not get any closer than that.

Quinnipiac gradually extended their lead the rest of the half, and, after Jaci Oskam's second consecutive three pointer, led by 35 with only 1:15 remaining in regulation. Although the Hawks scored the final basket of

theirselves and fell, 83-50. outshot the Hawks, 43.5 percent

(1-12) edge from the three-point and move forward. We have a Monmouth, 68.0 percent (17-25) to 65.0 percent (13-20) from the free-throw line and out-rebounded the Hawks, 46-44.

"Definitely not our best perheirselves and fell, 83-50. formance," said Monmouth For the game, the Bobcats Head Coach Jenny Palmateer. from the floor, including a 41.4 have to try hard to push that one is scheduled for 7 pm.

percent (12-29) to 8.3 percent way back in our memory banks land. The Bobcats also edged lot of big games coming up and we don't want to take any more steps backward. We need to stay confident and keep working on what we've been doing well and move forward."

The Hawks return to MAAC action on Wednesday when "Honestly, I'm just really glad they travel to face Hourglass (27-62) to 28.6 percent (18-63) to get that one over with. We Rival Rider. Opening tip from



King Rice



Saturday, Feb. 22 Men's BBall vs. Saint Peter's 7:00 pm **Head Coach Come see Miles** Austin when we retire the former Hawks' football jersey at the MU game with Saint Peter's on February 22!!

Go III Hawks.com

Head Coach Jenny **Palmateer**

#FlyHawks

Saturday, February 22 MLAX at UMBC Baltimore, MD 1:00 pm

Baseball at Florida Atlantic Boca Raton, FLA 4:00 pm

WBB vs. Niagara W. Long Branch, NJ 4:00 pm

Men's Tennis at St. Joseph's Philadelphia, PA 6:00 pm

MBB vs. St. Peter's W. Long Branch, NJ 7:00 pm

Men's and Women's T&F USA Indoor Championships Albuquerque, NM TBA

Sunday, February 23 Baseball at Florida Atlantic Boca Raton, FLA 4:00 pm

Men's and Women's T&F USA Indoor Championships Albuquerque, NM TBA



Also in Sports:

A look at men's basketball's Max DiLeo Men's basketball loses seventh straight Women's basketball falls to Quinnipiac

Monmouth University will officially retire Miles Austin's number 80 jersey on Saturday, Feb. 22 in a ceremony during halftime at the men's basketball game against St. Peter's University. Austin is the school's all-time leader in receptions, receiving yardage, receiving touchdowns and total scoring.

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