



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
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## The University and Antigua Medical School Enter Partnership

ANGELA CIROALO  
ASSOCIATE NEWS EDITOR

The University signed an articulation agreement with the American University of Antigua College of Medicine (AUA) on December 17. The agreement will create a new opportunity for graduating science majors to attend medical school upon graduation.

"This new agreement gives Monmouth University students the ability to attend medical school at AUA if they meet the qualifications of our affiliation agreement (biology or chemistry major with a 3.25 GPA or higher and a 20 or higher total score on the MCAT)," Dr. Dorothy Lobo, the Co-Director of the Pre-Professional Health Advisory Committee (PPHAC) said. "There is no limit on the number of seats available to MU."

The qualification also lists that the students cannot have a D or F grade in any subjects on their transcript. The students will need to apply during their sophomore year at the University to receive approval in the program. Also, the student must successfully complete an interview with the University and an AUA admission officer and submit a letter of recommendation.

"AUA is a well-respected institution among international medical schools," Dr. Michael Palladino, Dean of the School of Science said. "This agreement provides an excellent opportunity for eligible biology and chemistry ma-

jors to pursue a M.D. degree. We look forward to a long-standing collaboration with AUA," said Palladino.

The agreement will permit MU graduates who have earned a Bachelor of Biology, Bachelor of Science in Biology with a Concentration in Molecular Cell Physiology, Bachelor of Science in Chemistry, Bachelor of Science in Chemistry and a concentration in Advanced Chemistry, or a Bachelor of Science in Chemistry and a concentration in Biochemistry to matriculate into AUA.

"The partnership will benefit Monmouth University in several ways," Brianna Tolli, the Northeast Associate Director of Admissions at the AUA College of Medicine, said. "MU has a publishable pathway to a M.D. Students will be more likely to finish out their program if they learn of medical schools that provide flexible entry requirements. Also, it will increase enrollment in MU science programs. Adding such agreements makes the school more attractive to would-be pre-meds."

Tolli continued, "Medical school is extremely competitive. This agreement offers our students the ability to have greater success in gaining admission, especially for students who are highly motivated to work hard and have a high GPA, but do not score as well on the MCAT."

Shayna Popkin, junior biology major with a concentration

Medical School continued on pg. 3

## Football Team Joins Big South Conference



PHOTO TAKEN by Ed Morlock

The football team found a new conference to play in, the Big South, after the Northeast Conference denied it associate membership. President Paul G. Gaffney II and Big South Commissioner Kyle Kallander posed for a picture.

ED MORLOCK  
SPORTS EDITOR

The University has accepted an invitation to become an associate member of the Big South Conference for football beginning in the 2014 season.

"We like the opportunities of the Big South and the challenges that come from this new football conference and these new friends," President Paul G. Gaffney II said.

The Hawks left the Northeast Conference (NEC) in December 2012 to move to the Metro Atlantic Athletic Conference (MAAC). The

MAAC, however, does not sponsor football.

"Our first inclination was to apply for associate membership [with the NEC], which we did," head football coach Kevin Callahan said. "But we knew that, going through the process, that they may not welcome us in as an associate member."

Twenty-one days after being denied associate membership for football in the NEC, MU announced that they will be joining the Big South Conference.

The University contacted the Big South about a potential partnership last fall. The conference decided to

do some research to find out about the University.

"As we looked, and as we studied, and as we evaluated, we just became more and more impressed with the University, and with the leadership," Big South Conference Commissioner Kyle Kallander said. "Then we came up here last week on our visit, and became very impressed with the commitment to FCS (Football Championship Subdivision) football. So it was a very easy decision for our presidents."

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## MU Donates to Union Beach in Hurricane Sandy Relief Efforts

ANGELA CIROALO  
ASSOCIATE NEWS EDITOR

University students from Kappa Delta Pi (KDP), the education honors society, and the International Reading Association (IRA) collaborated to raise money and collect school items to donate to the Union Beach Memorial School (UBMS) on February 7. The school, which includes students from pre-school to eighth grade, was destroyed during Hurricane Sandy.

The University students held a bake sale to raise money for the school and asked University faculty and students for donations

this past January. "Over 16 different MU departments donated school supplies," Mary Brennan, KDP Counselor and Specialist Professor in the Department of Educational Leadership said. "Countless staff, students and faculty of MU contributed supplies. The members of KDP held a bake sale in the front hall of McAllan Hall for seven days and raised over \$1000."

Brennan was the head of the operation. She reached out to the UBMS and she contacted University faculty and students, United Way, the Methodist Church and a Girl Scout troop to ask for assistance. Each organization was able

to contribute items for the school.

The UBMS has been improving over the past few months but is still in need of supplies. "Currently, our school is still being cleaned and fixed due to the Hurricane," said Nicole Conforti, Reading Specialist at the UBMS. "We lost everything from desks, chairs, computers, books, pencils, etc. We have some issues when it rains or snows because the roof is badly damaged but we do the best we can," Conforti continued.

The KDP and IRA raised money and collected items throughout

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PHOTO COURTESY of Mary Brennan

Over 16 departments helped raise money and donate supplies to Union Beach Memorial School.

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This year's Winter Ball featured a cocktail party theme and took place on Saturday.

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Students participate in International Business Network Awareness event.

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# Alumni Association Recognizes Past Alumni’s Children

## Two Students Receive One-Year \$1,000 Scholarship Annually

AMY GEIS  
STAFF WRITER

The University’s Alumni Association sponsors a one-year \$1,000 scholarship for children of the University’s alumni. Established in 1992, the scholarship is given out each year to two students who have a parent that is a Monmouth alumnus.

Marilynn Perry, Director of Alumni Affairs, said, “They [the University] felt it was important to show their appreciation to the alumni for sending their own children to Monmouth.”

“It just says a lot of how these graduates felt about their experience here if they want their kids to come. Then, it must be a pretty great place,” Perry added.

According to Perry, the Alumni Association wanted to show their gratitude to those parents by giving them money towards their child’s tuition. But the Association doesn’t have unlimited funds- they figured they could come up with \$1,000 yearly to award to a student.

Once the Association was able to get a little more money, they decided they could do two scholarships and can now start to look at incoming

students as well.

According to Perry, a student can only receive this scholarship once and the scholarship is for undergraduates only.

Stephanie Cunha, senior double major in English and early childhood education, said that after graduating and starting a family she would think about sending her child to Monmouth. “It’s a great university with amazing professors,” Cunha said.

Perry explained that in an effort to spread the word they placed an advertisement in the *The Outlook*, applications were placed in offices around campus, and e-mails were sent to the students. The Public Relations Office wrote a press release for local newspapers and local high school guidance counselors were given applications for incoming students.

“Information is included in the newsletter we send to alumni,” Elizabeth Esten, Associate Director of Alumni Affairs, said.

The number of applications received always fluctuates. “We can have as many as 40 or as little as 15, it just depends on the need,” Perry said.

Along with the application, transcripts and an essay have to be included. “The students need to show us what kinds of activities they’ve been involved with in either high school or college,” added Perry. The applications are due June 30.

“It’s a great way to encourage new students to come and continue a legacy at their parent’s university.”

STEPHANIE CUNHA  
Senior

In July, the selection committee meets to review all of the applications and select the award winner. The information can then be given to the Financial Aid Office and sent out to the students.

“It’s a great way to encourage new students to come and continue a legacy at their parent’s university,” said Cunha.

Perry said, “We’re still sort of a

young school, so it’s such a nice tradition in a family to come to the same school.”

Esten said that at last year’s reunion, there was a father and daughter in attendance that both graduated from Monmouth.

Since the school is getting older, the Association may have to start looking at grandparent relations as well. “Up until recently, we didn’t have that length in time that the school has been in existence. That’s what the Ivys do, they have family connections going back generations. That’s a nice thing to aspire to,” Perry added.

One of the recent scholarship recipients has two parents who graduated from the University. According to Esten, the parents actually met at the University.

“It’s a nice gesture for the Alumni Association to recognize that legacy and encourage that continuity within a family,” said Perry. She takes pleasure in meeting young alumni whose parent or parents went to Monmouth.

“You get to know the alumni and you enjoy them so much and then their kids come. It’s great,” Esten said.

The University Alumni Association’s mission is to serve and promote the University and its alumni in a manner that enriches the lives of its members and the quality of the institution.

The University encourages alumni to continue their relationship with the University. Alumni can stay connected by signing up at [www.monmouth.edu/alumni/stay\\_connected/default.asp](http://www.monmouth.edu/alumni/stay_connected/default.asp).

Some upcoming Alumni Events this spring are the Alumni Basketball Game and Post-Game Party on Saturday March 2 at 7:00 pm. The basketball game will be held in the Multi Purpose Activity Center and the post-game party will be held at Jack’s in Long Branch.

The Alumni Association will also be holding a Wine Tasting on Saturday March 9 from 6:00 pm to 8:00 pm in Wilson Hall. The first 300 registrants will receive a complimentary wine glass. You can sign up for these events at [www.monmouth.edu/alumni/events/default.asp](http://www.monmouth.edu/alumni/events/default.asp).

Want your advertisement in The Outlook?



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# Campus Departments Give Union Beach Schools Supplies and Donations

Union Beach continued from pg. 1

January and the first week of February. With the money that the students received from the bake sale, they were able to buy the remaining items from the UBMS wish list that were not donated.

Brennan explained that there were over 50 boxes of school supplies that included marble notebooks, paper, bulletin board paper and borders, colored copy paper, index cards, videos, erasers, markers, glue sticks, 120 dictionaries, 102 thesauruses, 35 Texas Instrument calculators, lined paper for kindergarteners, chapter books, recreational reading books for teachers and staff, National Geographic videos, Disney videos, six teacher chairs, a microwave, five bookcases, a mini-refrigerator, boxes of Clorox wipes and baby wipes, folders, masking tape, art supplies, monthly calendars, and buckets full of cleaning supplies for each classroom teacher.

The University facilities management loaded the trucks and transported the items to UBMS. At the school, the KDP and IRA students waited to unload the

truck and deliver the items to the students and staff that Thursday, February 7.

Brennan describes the UBMS students and staff as, “Overwhelmed, to the point of almost tears...grateful, impressed with the students from MU.”

“Our teachers, students and staff were very appreciative,” said Conforti. “The drive was tremendously helpful for the teachers at Union Beach.”

The University students were able to help out a good cause and set a good example for the UBMS students. “We invited the gifted and talented students to come down and help with the donations,” said Conforti. “They connected with the MU honors society to which they saw how volunteering your time, hard work and community connections can make a difference.”

“Between the amount of donations we were able to get for Union beach, and the amount of money raised from a simple bake sale, I was shocked,” Sam McGhee, senior elementary education major and member of KDP said. “I’m thankful for the success that we had, along with having the oppor-

tunity to be a part of this event.”


“Monmouth really does have a great group of students who are willing to go above and beyond to help in times of need,” McGhee continued.

“The University students organized it, baked and staffed the table, reminded each other of their responsibilities, packed the boxes, carried the boxes, and they went to the store with the bake sale money to buy the items from the wish list,” said Brennan. “They soared high in true MU fashion. It was my pleasure as their advisor to work with them. I was very proud of their initiative and desire to give to others in need.”

If interested in making donations to the Union Beach Memorial School, students can contact Nicole Conforti at [nconforti@unionbeachschool.org](mailto:nconforti@unionbeachschool.org).

“Caring people who are willing to create events like this are the ones who will help make a difference in people’s lives and the world as a whole,” said McGhee. “Having the opportunity to be a part of something so meaningful was not only a choice, but also an honor.”

# CRIME BLOTTER



UNDERAGE CONSUMPTION OF ALCOHOL/STUDENT MISCONDUCT

2/15/13 - 2:59 AM  
ELMWOOD HALL

POSSESSION OF CDS

2/15/13 - 6:58  
600 BUILDING

POSSESSION OF MARIJUANA UNDER 50G,  
POSS. OF DRUG PARAPHERNALIA, POSS.  
OF ALCOHOL WHILE UNDERAGE

2/17/13 - 4:00 PM  
ELMWOOD HALL

WED.

THURS.

FRI.

SAT.

SUN.

MON.

TUES. 2/13 - 2/19



# Off-Campus Living for Students on the Beach

## University Purchases Diplomat Apartments

**AMY GEIS**  
STAFF WRITER

The application deadline for off-campus housing in Pier Village and University Bluffs is March 1.

Pier Village and the University Bluffs, formerly known as the Diplomats, are University sponsored apartment-style off-campus housing for juniors and seniors. Sophomores also have the opportunity to apply in the event that the spots are not filled. The Bluffs house 152 students and Pier Village houses 112.

According to Eric Mochnacz, University Area Coordinator, the University purchased the University Bluffs this fall. Located on Ocean Avenue, the building now has a sign with the University logo on it. “With a new beginning comes a new name,” Mochnacz said.

The University Bluffs is located on the waterfront and they house two people per apartment. According to Mochnacz, contracts can be either nine months or eleven months, allowing the students the opportunity to stay in July and August and take summer classes or enjoy the beach.

Pier Village offers beachfront condos with an eleven month contract beginning in June and extending through the school year. “There is no extra charge for staying during a break period,” said Mochnacz.

Mochnacz explained that the only requirements to apply are a 2.5 GPA and a clean judicial record for a year because each complex is shared with non-student tenants. “Your next door neighbors could be families so we are looking for students who are respectful to their neighbors,” he said.

The application is separate from on-campus housing. To apply, go to the Residential Life website and select the link for

the sponsored housing application. When filling it out, students can request where to live.

There is no lottery system. Mochnacz reviews each application and tries to place students as best as he can.

Commuters are also eligible to apply. “It’s different because commuters aren’t able to go through on-campus housing until we’ve gone through all residential students,” shared Mochnacz.

“It’s a really great opportunity to experience apartment style living while still having residential life staff present,” he continued. “Students live upstairs and then work downstairs, it’s really convenient,” he adds.

Mochnacz places juniors and seniors first. If there is space available, they try to accommodate the sophomores because some feel they are ready to be more independent.

Elizabeth Regan, senior accounting major, has lived at the University Bluffs for a year and a half. Some of the perks she shared are the beach, places to eat, and bars which are all within walking distance. The University itself is also only a mile away.

“Since the school technically still considers it off-campus, you get a free parking decal as a commuter. It’s the best of both worlds,” she adds.

Sara Tomas, junior math and theater major living at University Bluffs, said, “It’s more homey and quiet and it’s less distracting than on campus.”

“Long Branch and Monmouth University Police make rounds by regularly passing the housing,” said Mochnacz. This is in addition to having 24-hour security at Pier Village and a student worker always on duty at University Bluffs.

Regan said, “I walk on what used to be the boardwalk often and MUPD regularly patrols the University Bluffs and Pier Vil-



PHOTO COURTESY of Jenna Intersimone

The University Bluffs, formerly known as the Diplomat Apartments, were purchased by the University this past fall.

lage.”

“Off-campus housing is a little more costly than the Great Lawn Apartments or Maplewood Hall, but it’s less expensive than first-year or sophomore on-campus living because students aren’t required to have a meal plan,” Mochnacz said.

According to Mochnacz, the University tries to keep the price

reasonable by covering things such as the Internet, cable and utilities. This is unlike having to pay a monthly bill at an off-campus house or apartment.

“Financial aid can help cover the sponsored off-campus University housing. It’s all handled through your University bill instead of at an off-campus house where you might have to take

loans out and pay a monthly check to a landlord,” said Mochnacz.

Tomas would recommend students to live there. “It’s like being independent and finally being on your own,” she said.

Mochnacz will have students selected by March 8, and they will have a week to decide to accept or not.

# MU Establishes Affiliation with University of Antigua College of Medicine

Medical School continued from pg. 1

in molecular cell physiology, believes that the medical school application intimidates underclassmen. “The intimidation might discourage freshmen to keep with the science major,” said Popkin. “I think this partnership will attract students and show them that it is possible for them to go to medical school.”

The AUA College is located in Coolidge, Antigua and holds a diverse student population from all over the world. AUA graduates secure residencies at some of the most prestigious teaching hospitals in the U.S. and Canada through the National Residency Matching Program and the Canadian Residency Matching Service. AUA College of Medicine has been approved by the New York State Education Department and is recognized by the Medical Board of California.

Numerous colleges have established articulation agreements with the AUA College such as American International College of Arts and Sciences, Assumption College, Bloomfield College, Caldwell College, City of London College, College of Saint Elizabeth, King’s College, Sungshin Women’s University (in South Korea), University of Bridgeport, University of Fraser

Valley, University of West Florida and Emmanuel College.

“This is a very exciting development in affording our students at Monmouth more options in their future medical education,” said Dr. Bernadette Dunphy, PPHAC co-director.

“AUA offers a quality medical education with a good track record for placement of their graduates in U.S. residency programs,” Lobo said. “Medical school admission is extremely competitive – we are thrilled to offer this opportunity for well-qualified Monmouth University students to achieve their goal of becoming a physician.”

Lobo and Dunphy worked closely together to achieve the partnership with AUA. This past summer, the relationship between AUA and the University began when AUA contacted the University about presenting information to students. Lobo and Dunphy explained that they were impressed with the medical school and asked if AUA would consider an affiliation agreement, and they accepted.

Lobo explained that the University currently has two other affiliation agreements- one agreement with the University of Medicine and Dentistry in New Jersey School of Osteopathic Medicine (UMDNJ-SOM) and another with Drexel



IMAGE TAKEN from huffingtonpost.com

The American University of Antigua College of Medicine has partnerships with several colleges within the United States.

University of Medicine.

UMDNJ-SOM is for biology or chemistry majors with a 3.5 GPA or higher and requires a minimal score of 27 on the MCAT. This program also requires an interview and recommendation from the pre-health committee. The Drexel program allows the University five seats per year. The student must be

a New Jersey resident and apply to enter the program through the University while in high school. The high school GPA is a requirement of at least 3.5 and a minimum SAT score of 1270 on the critical reading and math sections combined. Students will then be interviewed by the University, Monmouth Medical Center and Drexel University.

“Unfortunately, I am too old to be a part of the agreements with other medical schools. If I would have known about them as a freshman, I would have been 100 percent interested,” said Popkin.

Students can go to <http://www.auamed.org/> to learn more about The American University of Antigua School of Medicine.



# RHA Hosts the Annual Winter Ball in Woodrow Wilson Hall

ALYSSA GRAY  
COMICS EDITOR

The Residence Hall Association's annual Winter Ball was held this past Saturday, February 16 in Woodrow Wilson Hall which ran from 8:00 pm until 12:00 am. Students from all different majors attended the sold-out event.

As students began pouring in for the festivities, they were greeted with pulsing dance music and a colored laser light display, which bathed the mansion in a glowing purple hue. An assortment of white couches, stools, and a hand-full of tables awaited the crowd further into the building, keeping with the "cocktail party" theme that the RHA was aiming for, while also providing much needed room for socializing and dancing for the many of students in attendance.

Eric Mochnacz, RHA supervisor and Pier Village area coordinator, mentions that the organization was a little worried about how the students might react to the ball's change in format from a sit down type dinner to a cocktail party. "Without having the built in dinner break, students were still able to dance and lounge around or if they wanted or they could go and eat."

Mochnacz continued, "We wanted to make sure that we could have higher attendance with a lesser cost to the student. So, in effect, RHA ended up assuming a majority of the cost for event, whereas in years past, students covered the cost of their meal with ticket sales. We reduced the price for tickets, so that it would appeal to a larger population, while assuming a larger cost for the organization."

He goes on to note that because of these price changes and cost coverings that made the chance of no Winter Ball a real threat. "However,

we had the full support for University Administration in the change, including Vice President Mary Anne Nagy, who without her never ending support, the event may have never happened," states Mochnacz.

All of the planning and risks paid off in the end. During the beginning portion of the event,

even a Chinese food station where classic favorites like vegetable lo mein awaited.

Sophomore Dominick Mascitelli believed that the finger food and buffet was a good, creative idea, but overall would have preferred an actual sit down dinner similar to the ones at the previous Winter Balls.

While the classic party favorites of the "Cha Cha Slide," "Cotton-eye Joe" and "Cupid Shuffle" were played, the real songs that drove students to dance their hardest were Korean pop sensation Psi's "Gangnam Style" and Macklemore's wildly popular song "Thrift Shop"; a song which several students were

to sip on virgin blue electric lemonades from the free drink bar.

As the final songs were played and the dance floor began to lose its audience to time and fatigue, everyone started giving hugs "good-bye," taking those final pictures and picking up the high heels rejected within the first half-hour of the ball-all signaling an end to the night.

Mochnacz notes the pride he felt in his organization for taking risks and chances this year and how the executive board was even recognized by the student body for a job well done. He said, "Throughout the night, students kept going up to the Residence Hall Association Executive Board saying that it was the best they had ever attended and they were having such a good time. The dance floor was crowded for the majority of the night, which is what RHA was hoping for and students seemed to love the food and ambience. Although RHA had worked incredibly hard, if the students didn't like it, we wouldn't have accomplished our goal. Luckily, they loved it though, so RHA really considered Winter Ball 2013 incredibly successful."

Although this year's semi-formal was a different take on the traditional arrangement of a ball, sophomore Marcie Licker admits that she personally would have preferred the seating to be arranged in a more formal manner, as it was last year, but that overall she still enjoyed the experience as a whole; a notion that most would agree with considering the laughs and smiles they left with.

Sophomore Courtney Carr said, "It is the greatest event that happens on campus. I look forward to it every year because RHA does such a wonderful job putting the whole thing together. It was such a great night, one that I will never forget."



PHOTO COURTESY of Jessica Calabro

The Residence Hall Association chose a "cocktail party" theme for this year's Winter Ball. Pictured above from left to right are the RHA eboard members and their advisors: Eric Mochnacz, Jessica Calabro, Krista Varanyak, Alexa Anastasio, Alissa Catalano, Ashley Pacifico, Nick Rossi and Anthony Conrad.

black-clothed waiters navigated the furniture scattered around the floor with hors'd'oeuvres on silver platters, ranging from popcorn chicken to miniature crab cakes to even tomato soup shooters. This was all for students to pick at until the buffet was opened, which held an assortment of foods from a build-your-own hamburger slider station, to a macaroni and cheese bar and

Keeping in theme with all of the past RHA Winter Ball events was the dancing. After all of the guests were done eating, the real dancing came out as the floor quickly filled.

Sticking to club-like music and dance remixes, the trio of DJs running the show kept the crowd going with shouts of encouragement and even coming from behind the booth to dance with the other students.

chanting ever since the dancing commenced.

While there was plenty of room for people to bust a move and dance to their heart's content, there was also enough space for those who chose not to get their daily intake of aerobic activity via hip-shaking. The couches provided permitted for a place to sit down and chat with friends, or simply a cool way

## The Guggenheim Library is Awarded Muslim Journeys Bookshelf Collection

SAMANTHA TARTAS  
STAFF WRITER

The Guggenheim Library was one of 840 libraries and state humanity councils throughout the United States selected to receive the Bridging Cultures Bookshelf: Muslim Journeys. The Muslim Journeys Bookshelf includes a collection of 25 books and three films structured around five major theme areas, introducing the University to a culture outside of their familiar boundaries.

"I first saw the announcement for the 'Bridging Cultures Bookshelf: Muslim Journeys' grant in one of the American Library Association's weekly newsletters," said Elenora Dubicki, associate librarian.

The collection is built on five major theme areas: American Stories, Connected Histories, Literary Reflections, Pathways of Faith and Points of View.

These themes were designed to engage the power of humanities to encourage the understanding of and respect for individuals with diverse heritages and cultures within the

United States and abroad, according to the American Library Association (ALA).

ALA also introduced each theme with an essay written by a Muslim Journeys national project scholar and a complementary list of books for further reading and discussion points.

American Stories explains Muslim culture in the United States since colonial times. The stories throughout this collection draw attention to various religious, cultural, ethnic and racial backgrounds and how they've shaped community identities.

Linked histories with the Muslim culture are explained through the Connected Histories collection and introduce ways of understanding a shared past between the West and Islam.

The Literary Reflections, on the other hand, introduce stories and re-

ligious texts for readers to understand the inspiration that Muslims find in their history and daily lives. It details Muslim ethics, governance, knowledge and identity, along with their cultural and spiritual needs.

Pathways of Faith explain the minimum requirements of learning the Qur'an such as teachings and formal

as Cairo, Islamabad, Fez and Tehran. "It intends to provide trustworthy and accessible resources about Muslim beliefs and practices and the cultural heritage associated with Islamic civilizations," said Dubicki.

The library will also provide access to Oxford Islamic Studies Online, a database of scholarly articles and materials that will further assist students and faculty in research through the grant.

"I think that it [the collection] opens up a lot of cultural awareness that we usually only see through a television screen," said Rezwan Ahmed, sophomore political science major.

The University currently offers several courses in western civilization, religion and art, where books in this collection could intersect with coursework. "Several faculty have already contacted me regarding the

collection and potentially incorporating readings from the books into their course requirements," said Dubicki.

Dubicki also discussed the aims of the collection and its ability to stimulate a more accurate and informed understanding of the Islamic culture. The collection was recommended, reviewed and selected by distinguished scholars in the anthropology, history, religious studies, interfaith dialogue, art history, architecture and world literature, along with Middle Eastern studies, Southeast Asian studies and Islamic studies.

"Over the past 10 years, Monmouth University has made a concerted effort to build on the diversity of our student and faculty population and I felt that the collection would be a superb addition to the library's collections to raise cultural awareness within the Monmouth University community," said Dubicki.

All of the materials are currently available and can be located through the library's online catalog. A research guide listing the individual materials will be available at guides.monmouth.edu/muslim.

**"Over the past 10 years, Monmouth University has made a concerted effort to build on the diversity of our student and faculty population..."**

ELENORA DUBICKI  
Associate Librarian

practices. It also identifies Sunni and Shia communities and its pathways for Sufism, or spiritual fulfillment.

The final section of the collection, Points of View, alludes to a cultural heritage that an individual may only be exposed to through the media. This section includes memoirs and novels representing real lives in places such



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## A Challenge For More Faculty to Participate in *The Outlook*

### THE OUTLOOK STAFF OPINION

Every week, students from a variety of majors attempt to come up with story ideas, mold them into topics of interest and finally collect comments from professionals as expert sources. On top of other commitments including homework, other clubs and employment, these students regularly get it done.

One of the most frustrating things for a writer is being ignored when asking a professor or staff member of the University for a comment or an interview. Here at *The Outlook*, we understand a busy schedule as well as anyone, but is it really that hard to email the writer back either stating you are not the best source for comment (It is always appreciated when someone suggests who would be.) or that you do not have the time to share your thoughts?

*The Outlook* does not reach out to faculty and staff members haphazardly. Our writers take time to look at course selections and professor profile pages to find the best sources to participate in our articles.

One might feel it is, actually, an obligation of staff members, professors in particular, to share their scholarly knowledge with the University community and the paper. Our job as journalists is to publish facts and opinions surrounding situations and concerns that are important to our readers.

Some members of the University community, including President Paul Gaffney II, Vice President of Student Services Mary Anne Nagy and Vice President of Administrative Services Patti Swannack are some of the busiest people on campus. However, when *The Outlook* calls, they are more than happy to help us produce the best stories possible, even on very short notice, which they have done consistently throughout the years.

Some departments have made themselves readily available to *The Outlook* as well. This year, as the Presidential Election took place, the Political Science Department was always open to answer questions from

staff members from a variety of sections. The Communication Department also recognizes the importance of making themselves available for comment, which they do regularly and reliably.

Financial aid, the library staff and the School of Science have also contributed to many of the stories that have appeared in the paper and generally model the type of relationship faculty and staff should have with student journalists.

Some departments, however, could be more forthcoming. While there are some individuals in these departments who are willing to share their thoughts, we are disappointed that, generally speaking, the criminal justice department, psychology department, education department and Leon Hess Business School rarely respond to inquiries for comment. In fact, professors like Dr. Michele Grillo of criminal justice, Dr. Al Caviola of psychology and Professor John Buzza of the Leon Hess Business School is certainly exceptions to this dynamic and perhaps there are others that we failed to list.

Our goal as the school's newspaper is not to condemn anyone, but merely provide the campus with good information. If *The Outlook* takes the time to reach out to you, why wouldn't you take the time to at least respond that you are not interested? Many of those same people, who ignore requests for comment, tend to be the first ones to complain that their discipline is under-represented in the newspaper.

For departments that might feel neglected by the newspaper, we can assure you that we are thrilled to publish stories that discuss achievements, events and issues regarding your disciplines. It would be easier for us to do that on a regular basis, if people in those departments provided the paper with information that we could then pursue and build stories around. Because a department might not be covered regularly is not an indication of a lack of interest on the paper's part, rather more often than not, it merely indicates that we were unaware of the newsworthy information.

We understand sometimes staff members do not want their opinions in print. However, *The Outlook* invites views from all sides of an issue. As a newspaper, our objective is sharing facts and credible opinions.

On a college campus, there is always a story to be found. There are always people who want to talk about it, but the paper having a professional opinion from an administrative staff member or a professor really gives an article more credibility and insight. Students can be great sources but sometimes do not have the practical or life experiences to comment on certain issues and they are usually not professionals in a particular field.

Clearly, *The Outlook* does not escape criticism either. Certainly, some reporters for good or bad reasons might approach a source without as much notice as we would like and as you deserve. The paper makes it a priority to avoid this situation and regrets when it occurs. We would hope, however, that invited sources try to understand that often journalists have no control when news breaks and are sometimes forced into this unfortunate circumstance. We also apologize for overzealous writers who might ask one or two questions too many, but if we are going to make a mistake, we would like it to be that we are too thorough as opposed to being too cavalier.

So next time you see that subject line on an email or a voicemail on your phone from *The Outlook*, we ask that you do not dismiss it. By doing so, you miss out on a wonderful opportunity to provide good information to readers who will benefit from it.

Education is what a college environment is about. So to those members of the University community that are always there to help us, we thank you for your time and consideration and hope to continue our partnership. To those who would rather not comment in the paper, we invite you to join us and open a new world of opportunity for students and the campus community at large to have a deeper understanding of issues that you may have devoted your life to.



### 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.

**Contributions must be submitted (email [outlook@monmouth.edu](mailto:outlook@monmouth.edu)) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center.**

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# Being a Homebody at a Young Age

MORGAN HOLLINGSWORTH  
STAFF WRITER

I have a confession to make: I hate going out. A Saturday night spent in yoga pants, eating warm, gooey chocolate chip cookies, hanging out with my fiancé and my kitten while watching a marathon of *Entourage* episodes sounds like an ideal night to me.

When my best friend, who is a crazy party girl calls me up, she knows to offer a night of going to the diner and hitting the mall or movies versus a night hitting the dance floor.

Don't write me off as a wet towel just yet. I have tried the cliché college girl thing. Early in my four years at Monmouth, I went out most nights, stayed out late and partied. My grades suffered, I was always tired, I gained five pounds, and I was all around miserable.

It was not for me, so I started doing things that I enjoyed, such as staying in with a carton of Chinese food and a good book, going home on a weekend to hang out with my mom, laying out on the beach with friends or going window shopping. Simple things like that make me happy.

To me, going out takes money, time and energy, all of which I often feel I do not have enough of. If we are being honest, I have always been the little girl sitting at home, reading a Judy Bloom book or helping my mom make dinner.

I have always liked knowing exactly what I will be doing next, where everything is and the lack of

expectations that staying in holds.

In all honesty, I feel that more people are, or want to be homebodies. Unfortunately, we feel that we need to go out, party, get crazy or else we're not living.

Homebodies are judged as boring and lazy losers or having no friends. Homebodies simply enjoy the comfort, peace, and simplicity of staying in more than the unpredictability, loudness and insanity of a night out on the town.

This is not to say homebodies

“You are who you are, and you need to be proud that you swim against the current and do what makes you happy. Anyone who can't accept that doesn't deserve your friendship, much less your attention.”

never go out. On my 21st birthday, I went out, complete with a sparkly, sequined dress and a tiara. On Cinco de Mayo, you can bet I will be at a Mexican restaurant drinking a margarita.

When I am on vacation, I will venture to the local dives and have some fruity drinks, but more than anything, these are the nights that remind me of how much I love the comfort of my own home.

I have admitted the fact that I am a homebody and I have accepted all of the backlash that comes with it, especially from my brother, a junior at the University of Vermont and a party animal who likes to call me the oldest college student in the history of the world.

Usually I roll with it, joking around with people and poking

fun at myself. I am well aware that as a 22-year-old college girl, how I choose to spend my time is a sharp contrast to what society expects of me.

However, sometimes I get nervous and second guess myself. Am I weird because I do not like to go out? Is there something wrong with me?

In all honesty, there have been a few times that I have cried to my fiancé or my dad asking if I am weird, or if people will not like me because I do not like to go out. Would it be easier to just get over myself and be “normal?” Will I be able to make friends in the “real world?”

My dad gave me the best advice. He said, “Morgan, you have never wanted to go out, be it to a birthday party or even prom. You are who you are, and you need to just be proud that you swim against the current and do what makes you happy. Anyone who can't accept that doesn't deserve your friendship, much less your attention.” It is things like this that have stuck with me during my times of self-doubt.

So go ahead. Be yourself and do what you want to do. Do not go to parties or bars or nightclubs because you feel that you are expected to do so. Feel free to stay home with your roomies and watch a *Gossip Girl* marathon and eat sushi.

Hang out with people who accept this and forget about the ones who do not. Just think, you are ahead of the curve. When you are an old woman and all of your friends are looking for the best early bird special, you will be the one in the know.

# A Crackdown on Cursing in Public?

ALEXIS CEPONIS  
CONTRIBUTING WRITER

Swearing in public has become common for most Americans, especially among teens and young adults. Cursing while driving and during conversations, the scenarios are endless. While some consider cursing to be a sin or taboo others are voicing their First Amendment rights to swear in public. Has our swearing society gone too far?

Middleborough, Massachusetts thinks so. During a town meeting on June 11, 2012, residents of Middleborough voted 183-50 to make their foul-mouthed neighbors pay fines for public profanity. Residents encouraged the proposal by the chief of police to impose a \$20 fine for swearing in public. It was made clear that this new law was not intended to censor casual or private conversations, but rather to control loud, offensive language primarily used by teens and young adults in public settings.

However, the line that constitutes a word as a curse word seems to become more and more blurred each day. Over time, words that were once thought to be vulgar have evolved into words that we say and hear on a daily basis, becoming less offensive and less harsh than the meanings that they were once associated with.

Many now believe swear words do an outstanding job of expressing strong feelings because other words fail to communicate. For example, “What the heck are you doing?” doesn't seem to ex-

emplify the same feelings and emotions as “What the f\*\*\* are you doing?!”

The Corpus of Contemporary American English found that of the 5,000 most commonly used English words, the F-word ranked in at 4,655. Four other curse words also made it onto the list. Does this mean Americans are just overly expressive?

It seems that cursing has become a part of our language. John McWhorter, opinion writer for CNN.com, describes our common use of profanity as “colorful.” He supposes that our society is simply more informal than it was when our grandparents were our age. It is difficult to say whether this is positive or negative for our society. But it seems that Middleborough is taking a few steps in the wrong direction by demolishing their speech rights to avoid cursing in public from time to time.

In this day and age, it is challenging to understand why people are offended by our everyday swear words when they seem to be used more often than not, but Middleborough has demonstrated that there are people out there who do get offended when they hear profanity, so everyone should keep that in mind.

While I encourage you to practice your freedom of speech, be courteous to those who do not care to hear your foul-mouthed thoughts. If you are old enough to curse, you are old enough to know when it is not appropriate. A word of advice: if you would not say it to your grandma, do not shout it in public.

# Balance Needed : Credits Which Prevent Students From Graduating

## One Student's Reaction to the Recent Knowledge She May Not Graduate on Time

VICTORIA JORDAN  
STAFF WRITER

Imagine the spring semester of your senior year in college. Schoolwork seems like a piece of cake, nights and weekends are well spent, and job searching is an exciting new adventure. The only thing standing between you and the professional working world is graduation.

As the May Commencement rapidly approaches, the thought of the four years at college coming to an end is bittersweet. Unless you are attending graduate school, the thought of prolonging your college career rarely crosses your mind.

My case is different. During an afternoon last week, I received an e-mail stating that I was not on-track to graduate in May. After the knots in my stomach settled, I called the Registrar to clarify this terrifying news. Long story short, I was missing nine credits of electives.

During the past four years of creating my schedule on my own, I made sure to complete all of the requirements that were listed on my academic audit.

I was under the assumption that once all of the requirements were met, I had no more credits to fulfill.

Where was my mix up then? What I failed to realize during my four years of scheduling classes is that near the top of the academic audit is a “Balance Needed” number that I passed right over every year, assuming that the requirements were the only necessary classes.

I was not graduating in the May Class of 2013. My eyes filled up with buckets of water ready to stream down my face as my mind raced for solutions. Nine credits. That is what was separating me from walking across the stage and receiving my diploma in May.

I had to get those nine credits. After a few days of figuring out my many options, everything worked in my favor. However, it came with a lot of unexpected stress that could have been prevented if I did a few things differently.

My advice applies to every college student, freshman through senior. Complete the requirements on your academic audit, but always check the “Balance Needed” to ensure that you have registered for all of the credits necessary to graduate.

Check your academic audit after every class registration period and during the beginning of the semester to allow yourself time to add classes to your schedule. Plan out your four years at Monmouth based upon both the required courses and the remaining credits needed.

I also strongly suggest maintaining a close connection with your advisor. When scheduling classes, both you and your advisor need to collaborate and strategize a plan toward successful completion of your college career.

E-mailing is the go-to resource for contacting professors and advisors, but meeting in person is most helpful when it comes to scheduling and preparing for the end of your college career. By meeting your advisor in person,



PHOTO COURTESY of Blaze Nowara

Graduating from college is supposed to be a time for celebration, but some students find themselves facing last minute panic when they realize that they are a few credits shy from graduating.

you are given the opportunity to ask any questions you might have and receive instant feedback, rather than waiting for an e-mail response.

During the meeting, bring a printed version of your academic audit. This will ensure that you can visually notice any blunders or pertinent information regarding courses and scheduling.

If you happen to be in the same situation as I was or suddenly notice that you are in need of more credits than expected, contact your advisor and department professors immediately. This is what saved me from graduating late.

Make them aware of the situation you are in and suggest plans of action, but have several strategies ready in case one falls through. Most importantly, keep a positive outlook in each of your solutions.

After thinking I would have to stay at Monmouth during the summer and take classes to finish up my remaining credits, I realized that living by the beach for a month or so is not the worst case scenario.

To sum up my advice briefly, review your audit carefully with your advisor. Trust me, you do not want to receive an e-mail from the Registrar stating that you are not on-track to graduate. It does not make for an enjoyable moment as a college senior anticipating graduation and preparing for a job.

Ensure that your tuition money at MU was well spent and earned; guarantee that diploma.



# State of the Union: A Work in Progress

## Communication Department Runs a “State of the Union” Party to Analyze Speech

**BRITTANY HARDAKER**  
STAFF WRITER

Dr. Michael Phillips-Anderson of the Communication Department organized the University’s annual screening of the State of the Union address on the evening of Tuesday, February 12. With just over a dozen students in attendance, the event received fewer turnout compared to last year, but still proved itself to be equally as informative.

Throughout the first State of the Union address of his second term, President Obama provided Congress and the American public with a framework of his legislative agenda: a comprehensive list of his priorities and objectives for the remainder of his term.

He reminded Americans that while it is the President’s task to report the state of the union, it is the task of all U.S. citizens to improve it. Admiring a laundry list of accomplishments, Obama said, “Together, we have cleared away the rubble of crisis, and we can say with renewed confidence that the state of our union is stronger.”

The President explained that although improving the state of our union is a difficult task, there has been much progress to report, including six million new jobs, less dependence on foreign oil within 20 years, an improved housing market, a rebounding stock market, and a greater sense of protection for consumers, patients, and homeowners than ever before.

However, in order to restore our union we must first accomplish unfinished tasks, the President explained. While the economy has been adding jobs, too many Americans still can’t find full-time employment to support their families. While corporate profits have skyrocketed, wages and incomes have barely budged.

The President inspired a call to action to combat these responsibilities by declaring, “It is our generation’s task, then, to reignite the true engine of America’s economic growth: a rising, thriving middle class.” In a society where working hard to get ahead is a key value of American life, the President reminded U.S. citizens and a bi-partisan Congress that “America moves forward only when we do so together.”

Often criticized for being guilty of such inaction, the President reassured Americans that he understands that government shouldn’t make promises it can’t keep and that it must keep promises that have already been made. That is why, he explained, we must ask ourselves three questions as a nation: “How do we attract more jobs to our shores? How do we equip our people with the skills to get those jobs? How do we make sure that hard work leads to a decent living?”

The President maintained a sense of urgency throughout the address, advising Congress that they must act right away in order to ensure the possibility of a stronger union. He urged that working to reinforce a stronger America would be next to impossible if Congress does not lead a bi-partisan effort in order to achieve goals.

“The American people don’t expect government to solve every problem. They don’t expect those of us in this chamber to agree on every issue. But they do expect us to put the nation’s interests before party,” he said.

The President touched upon many important concerns

throughout the address that he requested bi-partisan effort with, notably the economy, debt and deficit reduction, infrastructure, minimum wage, education, immigration-reform, and gun control.

One of the major issues in which he urged Congress to agree upon regardless of party differences was that of the budget. While the U.S. national debt continues to rise at an average of approximately \$3.8 billion dollars per day, the President urged that

“While having gun victims and their families in the audience was heartwarming, I don’t think using pathos to persuade the American public to further his stance on gun control was at all appropriate.”

we must put the nation’s interests first and combat the deficit. He proposed that in order to reduce the deficit by four trillion dollars, the administration’s current goal, Congress must continue to cut spending and raise taxes on the wealthiest of Americans.

However, Obama said, “We can’t just cut our way to prosperity, He continued we must “Set party interests aside and work to pass a budget that replaces reckless cuts with smart savings and wise investments in our future.”

In order to go about reducing the deficit, we must make America a place that is better equipped to meet business owner’s needs. On the international spectrum, the United States is often criticized for its “Third-world-esque” energy systems. The President hopes to change that by upgrading infrastructure and repairing the current energy sector so that the United States is a desirable place to own and operate businesses.

The President proposed a “Fix-It-First” program that he believes would put Americans back to work. By combating our most urgent repairs, such as “the nearly 70,000 structurally deficient bridges across the country,” keeping jobs in America will be one step closer to achievable, the Obama explained.

He also proposed a “Partnership to Rebuild America” in order to upgrade what U.S. businesses need most: “Modern ports to move our goods; modern pipelines to withstand a storm; modern schools worthy of our children.”

President Obama pledged that equipping citizens with the right skills and training would be necessary in order to put Americans back to work. By ensuring that children from a young age are given the opportunity to get superior education, America’s youth will have a chance for a prosperous future.

Obama expressed his desire to work with states to make high quality preschool available to every single child in America. “So let’s do what works and make sure none of our children start the race of life already behind. Let’s give our kids that chance,” he proposed.

Dr. Don Swanson of the communication department expressed a similar opinion. “What is known about the way the brain develops at a young age is that it is a very developmental and important factor in ensuring our na-

tion’s youth to have more success later in life,” Swanson said.

He continued, “That is why kids must get a head start on their education.”

However, today’s skyrocketing costs are pricing too many young people out of higher education and are saddling them with unsustainable debt after college. A recurrent topic from his last State of the Union, President Obama still has making college more affordable on his agenda, however, urges that colleges must do their

own part to keep their tuition costs down.

“So, tonight, I ask Congress to change the Higher Education Act so that affordability and value are included in determining which colleges receive certain types of federal aid,” Obama said.

In order to ensure a more prosperous future for all Americans, the President encouraged that we must do more. He stressed a need for equality, not only for women but for all Americans regardless of race, gender, sexual orientation, and socio-economic status. That is why, he explained, he seeks to raise the federal minimum wage to nine dollars an hour as opposed to the current \$7.25.

New Jersey is attempting to take this step forward. If minimum wage is raised, New Jersey’s minimum wage to \$8.25. While the cost of living continues to climb in the current economy, he stressed that minimum wage must become a wage that you can live on. A recurrent theme throughout the address, Obama stressed the need for stronger families, stronger communities, and stronger America.

In an effort to grow stronger here at home, we must also expand our power throughout the world, Obama explained. The President explained, we must “stand united” and bring our troops home. While he has already removed

33,000 troops from Afghanistan in the past year, he announced his strong desire to remove another 34,000 troops by the end of the year. “By the end of next year, our war in Afghanistan will be over,” Obama declared.

However, although he promised to remove troops from Afghanistan, he stressed a need to fight terrorism elsewhere, such as in countries like Yemen, Libya, and Somalia. The President warned that although he plans on removing troops, we would need to

strengthen our own military defenses here at home and do what is necessary to prevent other nations from obtaining nuclear weapons.

In order to defend the freedom our nation was founded on, we must all do our part, he explained. However, that will not be possible until we can improve the voting experience for all Americans, said Obama. He explained we are betraying our ideals by making Americans wait in line for hours to cast their vote.

Swanson expressed a similar opinion and he said, “Some people work up to two jobs at a time and don’t have time to take off work on a Tuesday to go vote.”

He explained that while many states have taken this into consideration and have allowed for voting by mail or weekend voting, there are countless others who are many steps behind.

“It’s difficult to promote democracy when there are so many problems with being democratic,” Swanson said. Perhaps the most compelling example, he explained, was when President Obama introduced Desiline Victor, a 102-year-old woman who waited six hours to cast her vote in this past election.

“Even if people don’t agree with the President on many things, most can agree that there should be national standards on

voting,” Swanson said.

One of the most rousing moments in Obama’s speech, however, came when he discussed one of the most controversial questions on the minds of thousands of Americans today: gun control. President Obama lamented, “More than a thousand birthdays, graduations, and anniversaries have been stolen from our lives by a bullet from a gun.”

This just two months since the tragic shooting in Newtown, Connecticut, a moment that he called the worst in his presidency.

One of those lives, he noted, was that that of Hadiya Pendleton, a 15-year-old girl, who marched in his inaugural parade last month. Just one week later, she was shot and killed in Chicago, just a few blocks from where the President grew up.

For Pendleton and countless other unintended victims of gun violence, President Obama urged Congress to act quickly by uttering the words, “They deserve a vote.” In the audience, Pendleton’s parents watched stoically as the President spoke of our country’s urgent need for gun reform.

“Gabby Giffords deserves a vote. The families of Newtown deserve a vote. The families of Aurora deserve a vote. The families of Oak Creek, and Tucson, and Blacksburg, and the countless other communities ripped open by gun violence—they deserve a simple vote,” he concluded.

Nicole Shapiro, senior communication major said, “I thought the President did a great job addressing gun control. It’s obviously a huge topic right now and he made it personal.”

She continued, “He had people who were directly affected by gun violence stand up while he told their stories, it was very touching and well done.”

Caitlin Edore, senior communication major agreed that the use of victims of gun violence in the audience was profound; however, “I feel that the President and the government had a set agenda by inviting all the gun victims to the address.” She explained, “While having gun victims and their families in the audience was heartwarming, I don’t think using pathos to persuade the American public to further his stance on gun control was at all appropriate.”

### what do these athletes have in common?



Patrik Baboumian  
Powerlifter

Amanda Riester  
Boxer and Bodybuilder

Scott Jurek  
Ultrarunner

## THEY ARE ALL VEGAN

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# “Roman Empire” Is Taking Over the Air Waves

*Dan Roman Looks to Get the University Talking About Politics*

JESSICA ROBERTS  
STAFF WRITER

Let’s talk politics! Hawk Radio WMCX introduces their new political radio show that takes place every Monday from 2:00 pm to 4:00 pm.

After a few weeks of taking suggestions as to what to name the show, the winner was “Roman Empire,” named after the host Daniel Roman, a sophomore political science major.

“I have a passion for politics and love to talk about it; once I start I can’t stop,” Roman said.

Roman continued, “The goal of the show is to really try to get people at Monmouth more politically involved and create a dialogue. As a political science major it’s hard to see low levels of political engagement on campus.”

Every week Roman and his various guests focus on the current political events that they feel need to be highlighted, varying from Pope Benedict XVI resigning to the President’s performance that week. The main focus on Monday was the State of the Union address and the President’s promises for the next four years to come. It’s been discussed a few times on his show, that the President may be more centered politically than believed to be, a view that Roman and his guests usually agree on.

Dr. Aaron Furgason, communication professor and advisor to Hawk Radio, commented on

Roman’s show, believing that it will help to increase student activism.

Furgason said, “Radio offers students more information and live participation through phone calls that other political shows do not.”

“Roman Empire” has a predominately progressive tone to it, as Roman, a registered Democrat, often takes the viewpoint of the liberal party. Yet there is a fair tone in some aspects of it as they discuss the President and his moderate stances on certain issues.

The show is an infusion of modern politics with modern rock. The music helps to further set the tone of the progressive side of the show, with bands such as Rise Against, Blink 182, Vampire Weekend, and much more.

“I want the music to try to go along with what we are trying to say politically. We play a lot of Rise Against, because they are politically aligned with the same things I am. They are activists for Animal and Environmental rights,” said Roman

Dr. Joseph Patten, Chair of the Political Science and Sociology Department said, “Dan is very knowledgeable about national and state politics and enjoys talking politics with people of all political stripes.”

Roman welcomes all political views on the show, either through phone calls or guest appearance on the show. So far junior communication major Ashley Paci-

fico, junior history major Dylan Maynard, and freshman communication major Nash Weiner have made guest appearances on Roman’s show. He hopes to attract a larger crowd of students with all different points of views to come on and add into the discussions, and help to expand listeners.

Patten believes, “Dan’s political talk show will be a big hit. He’s thoughtful, well informed, and has a very friendly personality.”

The show is already having success, and only after three shows listeners are tuning in from across the country.

“There are two listeners out in California that listen from the app RadioFlag, and they have both commented that they love the show,” Roman explained.

The app RadioFlag is available to iPhone users to download for free and tune into radio stations of their choice including Hawk Radio. Also, you can tune in from the Monmouth University app that is available to iPhone and Android users. All you have to do is tune into WMCX 88.9FM to catch Roman’s show.

If you are interested in getting involved in the political talk, you can phone in during the show and talk to Roman and his guests, or if you want to appear on Roman’s show contact him through his University email at s0838214@monmouth.edu.

“Roman Empire” airs on Mondays from 2:00 pm to 4:00 pm at WMCX 88.9FM.



IMAGE TAKEN from [www.facebook.com](http://www.facebook.com)

Dan Roman, host of the “Roman Exmpire,” looks for guests of all political backgrounds to participate in his radio show on Mondays from 2:00 pm to 4:00. pm

## Drunk Driving Crackdown

*State Assembly Members Try to Increase Penalty*

DYLAN MAYNARD  
STAFF WRITER

Bipartisan support approved legislation that would ultimately increase the penalties for driving under the influence of alcohol in New Jersey last week. Monmouth County Assemblywoman Caroline Casagrande from District 11 and John F. Amodeo, a member of the New Jersey General Assembly from District 2, each co-sponsored the bill, A-3057, which would increase the penalties of serial DUI offenders. The bill was introduced last summer due to a Vineland man getting charged for the offense six times in the span of three months.

The bill’s conditions stipulate an imposition of additional penalties for multiple drunken driving offenses within 60 days and a maximum of \$10,000 fine and/or 18 months in prison with an imposed bail of up to \$10,000 for repeat offenses. It requires courts to immediately suspend the driver’s license on a second offense without the possibility of applying for a new license at a later date, and it sends subsequent offenses to Superior Court, which mainly deal with serious criminal offenses, rather than municipal courts.

This new bill contrasts the existing legislation for repeat offenses in that the current laws do not address the possibility of a repeat DUI offense within such a small window of time, but due to the recent circumstances, a supplement to the current legislation is needed.

The current laws (which address a 2nd and 3rd DUI offense in the span of ten years) states that with a repeat offense; impose disciplinary fees that amount to about \$4,500 (for two offenses) and \$6,000 (for three) and bail for repeat offenders cannot exceed \$2,500, a far cry from Casagrande



IMAGE TAKEN from [www.pepperdine-graphic.com](http://www.pepperdine-graphic.com)

The New Jersey State Assembly attempts to pass stricter drunk driving laws.

and Amodeo’s new regulations, which raises the fines by a maximum of \$5,500 and bail by \$7,500.

This bill would without a doubt affect the New Jersey College community as a whole in that the number of students who drink and drive would be curbed due to the increased ferocity of the penalties and the population of repeat DUI offenders would be off the streets and not behind a wheel.

Chief of Police at the University, William McElrath, said, “Drunk Driving is a very serious offense, oftentimes with deadly consequences. I appreciate any effort made to make our roads safer and I do support this bill.”

Graduate student Thomas Blaney shared his views on the law in regards to college life. “I believe a stricter set of laws concerning drunk driving will send a message to a lot of students

who fail to see the gravity of the situation,” said Blaney

In an April 2012 publication, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) stated, “Each year an estimated 3,360,000 students between the ages of 18 and 24 drive under the influence of alcohol,” which is a number the New Jersey Assembly Council wished to decrease.

While explaining the merits of the bill, Casagrande stated, “A person under the influence who repeatedly gets behind the wheel of a vehicle is a disaster waiting to happen,” she continued. “Because this measure calls for higher bail and jail time, it will make it much more difficult for such an individual to continue to drive drunk and put us all in danger.”

If passed, the bill looks to deter people from getting behind the wheel while intoxicated.

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# Spring Break Travel Guide: An Overview of Spain

KELLY HUGHES  
STAFF WRITER

Want to see a bullfight, watch beautiful flamenco dancers, travel to historic cathedrals, or experience another language? A trip to Spain may be in your future. Located in Europe on the Iberian Peninsula, the country is filled with different experiences. According to the National Statistics Institute of Spain, the country is called home by about 47 million people. With culture, the Mediterranean Sea, the North Atlantic Ocean, mountain sides and cities galore, it almost seems unreasonable to not choose Spain as your spring break destination.

Toward the center of Spain and north of Seville lies the capital and largest city of the country: Madrid. Widely known for its soccer team, Madrid is populated by 3.3 million people. Dr. Elsa Lake, Spanish professor at the University, was once a native to Madrid.

“My brother and I lived in Madrid for almost two years,” Lake explained. “When I go to Spain, I always go to Barajas Airport, the international airport in Madrid.” Hotels are scattered across the big city with different options available for your price range. For the daytime, activities can range anywhere from touring the national art museum Museo Del Prado, or viewing beautiful architectural pieces such as the Almudena Cathedral tour.

One of Madrid’s most popular sites is the Palacio de Cristal (Crystal Palace) located in Retiro Park. The Palacio de Cristal is a large glass building originally built in 1887 as a greenhouse. If you visit on a sunny day, the glass building also acts as a prism, creating rainbows all around the structure.

Since Madrid has a series of festivals with attractions all year round, there is always an event to attend. Some of these festivals include concerts, cinema, theatre or dancing targeted toward



Plaza De España in Seville, Spain was completed in 1928 for the World's Fair in 1929. The area has been used in many movies including *Lawrence of Arabia*, *Star Wars Episode I* and *Star Wars Episode II*.

young people.

One of Madrid’s most popular streets for night life is the Gran Vía. “Discotecas” (night clubs) and numerous bars exist on Gran Vía which attract many young crowds.

If you are more concerned with the culture than the party scene, take a drive down Calle Morería where you will find Corral de la Moreria. Here, you can experience Spanish cuisine while watching a highly regarded Flamenco show.

You can find a perfect combination of culture and party if you decide to attend a Real Madrid soccer match. Founded in 1902, the club is widely regarded as the best soccer team Europe has to offer. If you are planning to visit Spain over spring break, you are in luck as Real Madrid takes on Mallorca at home on March 17.

Another popular city destination is Barcelona. The city has a variety of tourist attractions such as beaches, bike tours, and the Picasso museum. Lake has been to this destination as well and claims, “Many young people love it. You can do almost anything in Barcelona.”

Sophomore communication major Tori Holmes stopped in Barcelona on a cruise and said one building in particular stood out to her. “I went and visited the Olympic stadium and saw where they held the 1992 Summer Olympics,” Holmes said. The Barcelona Olympic Games hosted “The Dream Team.” Lead by Michael Jordan, “The Dream Team” brought home one of the United States’ most cherished gold medals.

Sophomore health studies major, Caroline Keating, traveled

to Madrid and Barcelona as well as with Granada, Cordoba and Toledo. “I took salsa lessons in Barcelona,” Keating said. “I really loved Cordoba, Toledo, and Granada because of the history. I would definitely recommend Granada because it was beautiful, clean and the shopping was really good. I only got to spend about half a day there but it was definitely my favorite,” she stated.

Granada is a smaller city located by the mountains, three rivers and the coast. This makes Granada a prime destination for both skiers and beach goers. Granada is also home to a historic cathedral and architecture.

In concurrence with Keating, Lake adds, “I love the city of Granada, perhaps one of the most beautiful cities in Spain. You can see a mixture of cul-

tures and architecture from Romanesque to gothic to Arabic influence.”

If it sounds like you may want to visit Spain for more than a week, the University does offer a study abroad summer program in Cádiz, Spain. Taking this option will not limit you to only Spain, but will let you travel anywhere in Europe. It is required in the summer program to stay in a house with a family; you can either see this as a bad side of the study abroad program or you can see it as a chance for you to improve your Spanish immensely as well as being more in tune with the culture.

Since Cádiz is only a summer program, sophomore Ayla Yildiz took it upon herself to coordinate her study abroad experience outside of the University’s borders. Through a third party program which the University affiliates with Yildiz planned her trip with The College Consortium for International Studies (CCIS). Yildiz studied during the 2012 fall semester in Sevilla, Spain and emersed herself into their daily life and culture by living with a host family.

“I learned how to take a siesta, in other words a nap, every day and I tried the craziest, but most delicious food,” she said about her trip. She attended cultural events such as a flamenco show and a bullfight.

Yildiz summed up her experience by saying, “It is simply a beautiful and breathtaking country and is an amazing location to travel to other countries as well, although I don’t know why you would want to leave.”

No matter what city you stay in, if you choose to travel to Spain, the country is sure to please. Whether it be traveling to Cádiz with MU, Seville, Madrid, Barcelona or Granada, tourism in these cities flourish for a reason. Perhaps while planning your spring break trip or even a future vacation, recall how much Spain has to offer and immerse yourself in the Spanish culture.

## Trend Alert: Hair Chalking

JACKLYN KOUEFATI  
MANAGING EDITOR

Let’s face it ladies, it’s that time of the year when you are starting to get sick of your look and begin searching for a change. But the question is, what are you going to do?

The hair trend that is starting to take rise is called “Hair chalking.” It is an easy way to temporarily change your look. “Chalking” is as simple as it sounds: you color your hair by using craft store chalk.

Dyeing your hair permanently can damage your hair. Kristine Simoes, specialist professor, shared her nightmare experience with dyeing her hair.

“Once in college, my roommate and I tried to be blondes and bought hair color in Jamesway (a long closed discount chain). She was much closer to the color than I was and she became light, yellow brown. My then (undyed) black hair became orange and broke off on the ends. I had to cut it to a very short bob.”

According to Kristin Perrotta, *Allure’s* executive editor, rainbow streaked hair was first seen on runways about two or three years ago, featured by designers such as Prabal Gurung, Prada and Jean Paul Gaultier.

However, Perrotta gives credit to reality star and fashionista Lauren Conrad for the trend. She

tweeted a picture with hot pink tips at the bottom of her hair and everyone was buzzing about how she did it. Conrad’s stylist, Kristin Ess, told *InStyle* the secret to Conrad’s hair chalk. Once the word was out, Conrad and Ess posted a full how-to video on their website thebeautydepartment.com.

There are a lot more how-to videos than just the one on the website, but I am going to give you step by step directions on how to do it yourself at home.

You will need: “soft” pastels chalk, spray bottle (optional), gloves, flat iron or curling iron, blow dryer (optional) and an old t-shirt.

- 1.) Go to the craft store and buy chalk. It must be “soft” pastels. Sidewalk chalk will not stick to your hair and oil-based chalk will stain it. You can buy this chalk at any craft store for about \$5 but you can also buy it off of websites like haircolorchalk.com.
- 2.) However, the brands that are labeled specifically for being hair chalk range from \$15.99 for one color to \$99.99 for eight, according to haircolorchalk.com.
- 3.) Dampen the designated strands of hair with the spray bottle or you can just wet your hair in the sink/shower. You don’t have to soak your hair until it drips, but wet it enough so none of the hair you are trying to

color is dry.

Also, you do not have to wet the entire strand of hair, just wet the portion of the strand you would like to have colored. If you are a blonde, skip this step at first because your hair is light and the color should be able to stick even if your hair is dry. But if the color is not as bright as you wanted, go back and wet the strands of hair and color it

again. For brunettes, you must do this step because your hair is too dark and if you do not wet it, the color will not stick.

- 3.) This is where the messy part begins so put on your gloves and your old t-shirt. Start coloring your hair with one of the pastels just like you would be coloring a piece of paper. While you are coloring, twist your hair tightly. This will help your hair hold the color better, making the color more intense. Color as

many strands as you want with whatever colors you like.

- 4.) Wait for your hair to dry. You can either let your hair air-dry or you can use a blow dryer, neither method will mess up the chalk.
- 5.) Once your hair is dry, use a flat iron or curling iron to go over each colored strand. This sets the color in your hair so it will last longer. After you are

done, you can brush your hair and style it however you like.

There are just a few more tips to go over. Since the color is not permanent, it will fall out over time. Be cautious of what you are wearing because it may come off onto your clothes.

Ess advises the best hairstyle to wear when using hair chalk is the bun because your hair won’t be touching any of your clothing. Also, it may come off on your pillowcase at night, so make sure

to change your favorite pillowcase to an older one you don’t mind possibly ruining.

Lisa Sypniewski, a junior health studies major, has never used hair chalk before, but has heard of the phenomena. “I would love to try it,” she said. “I am always looking for something different to do with my hair.”

Simoes said, “Yes, of course I would try chalking if I was ten-years younger. Sadly, at this age, I believe I’d be judged for attempting to tightly hold onto my youth.”

How long the chalk stays will depend on the color of your hair and how often you wash it. The color should stay in for about five days to a week. However, seventeen.com reports a girl who bleached her hair tried to use the pastels and the color only lasted one day.

To remove the chalk from your hair completely, all you have to do is brush your hair thoroughly or shake it so the dust falls out before you shower and then wash your hair. This can get pretty messy so consider wearing gloves.

Hair chalking is a fun way to change your look without it being permanent or damaging your hair. Whether you are looking to spice up your look a little or color your hair the shades of the rainbow, hair chalk is a trend to be tried.

ITEMS NEEDED TO CHALK:

1.) SOFT PASTELS

2.) SPRAY BOTTLE

3.) GLOVES

4.) FLAT IRON OR CURLING IRON

5.) BLOW DRYER

6.) OLD T-SHIRT



## A black and white cartoon illustration. On the left, a man in a suit and hat is running towards the right, carrying a large money bag with a dollar sign on it. He is looking back over his shoulder with a mischievous expression. On the right, a woman with dark hair and glasses is standing behind a podium, looking towards the man. The background is plain white.

Questions? Call Residential Life at 732-571-3465 or email [Reslife@monmouth.edu](mailto:Reslife@monmouth.edu)

# CAFETERIA MAN

**Thur. Feb. 21, 2013**

**7:30 pm**

# Pollak Theatre

This documentary chronicles an ambitious effort to "green" the public school diet serving 83,000 students in Baltimore

# BAD SCHOOL FOOD MEETS ITS MATCH

ON SCREEN  
IN PERSON

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# Hawk Video Project Flies Around The World

ALEX CHASE  
CO-ENTERTAINMENT EDITOR

Dozens of students, parents, faculty, friends and locals gathered in the Wilson Auditorium for a screening of 24 Frames, 24 Hours on Monday, February 15. This project was headed by Dr. Max Schleser, a visiting scholar from the Massey University in New Zealand, and involved students making brief documentaries on the Hurricane Sandy aftermath through the use of cell phone video cameras.

Schleser, whose academic focus is on mobile phone documentary making (or 'mobile-mentaries') guided 58 students to completion of the project through lectures as well as one-on-one sessions over the course of three weeks.

He also worked to develop the Mobile Innovation Network Aotearoa (MINA) app, which can be used to document where a photo is taken, as well as allow others to 'like' or comment on the images.

The event began at 6:00 pm with an introduction from Anne Massoni, specialist professor of art and design. "The Jersey shore is my adopted home, as it is for many of you," she began. "What appears in these videos is a sense of pride, of strength, and that unbreakable bond that makes Jersey so strong."

She also noted that Schleser would be making his own video based off of those created by the students.

After this, Schleser took the stand, saying how proud he was

of the students involved. "I think we've achieved something quite amazing, quite extraordinary," he said.

The idea behind the project was to make a two minute video on a mobile phone, beginning and ending with a demonstration of what time the video was taken. Some people showed a watch or clock while others showed a whistling tea kettle or a beer at last call to illustrate it more creatively.

The videos focused on many shore communities, including Belmar, Ocean Township, Leonardo, Sea Bright, Asbury Park and Ocean Grove, among others.

The montage began with a clip from Belmar, showing a concrete divider superimposed on various scenes of destruction, ending with a construction crew attempting to put the area back together.

The second video featured a monologue voiced over scenes of the Long Branch beach, which is currently separated from the city itself by a chain link fence. The speaker focused on how, despite the devastation, people are able to band together and rise again.

One of the more personal videos featured a construction worker from Union Beach by the name of Glenn. After his house was rendered 'unlivable' by Sandy, he chose to live out of a trailer in his backyard and personally rebuild his home one step at a time.

Glenn mentioned that his home may be torn down despite his efforts, but that he is most frustrated by FEMA's repeated attempts to deny him financial compensation.

Another such story featured a

student who had been living with her grandparents and taking care of her grandfather when the storm hit. She was promptly kicked out, though she was not told why, and lived out of her car until reconnecting with other relatives.

The video displayed was the first time the student had spoken with her grandmother since being evicted.

The final clip featured a woman reading a poem while scenes of destruction were shown in the background. She pointed out how devastated areas were treated like tourist attractions for those who were better off, and that she was bitter toward those who complained of not having power when she was without a home.

All of these videos can be viewed online by going to [mina.pro/24f24h](http://mina.pro/24f24h). On this site, which is currently undergoing renovation, you can see which videos were taken where by viewing an interactive map of the world. You can also click on them, playing them one-by-one or placing them in a series to view as one longer video.

The evening ended with a group photograph of Schleser, the students and their professors.

Marisa Sottos, President of the Photography Club, loved being a part of the project. "I thought it was really well done. Everyone did a fabulous job," Sottos said. "You got a really broad understanding of how [Hurricane Sandy] hit Monmouth County on a personal level rather than the collective, as seen on the news. It was a good opportunity to work with an international artist and to work with vari-



IMAGE TAKEN from is1.4sqi.net

Max Schleser got 58 hawks involved with a global film project.

ous students."

The University does try to get every student involved with experiential education, but few students have the chance to engage in a real-world, global project. The hawks who got to join the 24

Frames, 24 Hours program made a short film that any and every person on Earth can view. More opportunities are sure to come along, so be ready: you never know what opportunities may come your way.

## A GOOD MOVIE FOR DIE HARD FANS

JUSTIN FRANCO  
CONTRIBUTING WRITER

When I was a little kid, my father sat me down and introduced me to the *Die Hard* franchise. He was the one who taught me what I refer to as my "golden rule of action movies" – if the bad guy dies in an extremely violent fashion at the end of the film, it is a good action movie.

This rule is what I use to judge the *Die Hard* films. In the original, the villain, Hans Gruber, falls to his death from a skyscraper. One could judge the rest of the films by this standard.

In the sequel, *Die Hard 2*, the two bad guys are killed on board a jet plane – one is sucked into the turbine, while another dies when Bruce Willis' character, John McClane, lights the jet on fire.

The next two films, *Die Hard with a Vengeance* and *Live Free or Die Hard*, fall short of these high standards with their endings. In *Die Hard with a Vengeance*, bad guy Simon is killed by a power line hitting his helicopter, while in *Live Free or Die Hard*, cyberterrorist Thomas Gabriel is simply shot by McClane (albeit, McClane does this through his own shoulder while being restrained by Gabriel).

After seeing *Live Free or Die Hard* in theaters with my father, I remember being disappointed by the lack of brutality that John McClane killed his nemesis with. Gabriel hardly "dies hard." So when I went to see the fifth installment in the franchise, *A Good Day to Die Hard*, I was praying that excess action would make up for my dissatisfaction with the previous chapter. Without giving too much away, I was more than satisfied.

The plot of the film is easy to follow. McClane, an absentee father for most of his children's lives, reconciled with his daughter, Lucy, at



IMAGE TAKEN from wallpaperswala.com

*A Good Day to Die Hard*, the fifth installment in the series, proved that maybe the *Die Hard* franchise isn't dying after all.

the end of the fourth installment. Now, in the new movie, he is on his way to Russia to find his son, Jack, who has been missing for three years and is on trial for murder.

As it turns out, Jack is actually a CIA agent involved in some heavy-duty national security and blackmail, and John, after initially screwing up his operation, is dragged into an international incident due to his obligation to his son. John and Jack have to travel all over Russia and Ukraine, protecting a long-imprisoned politician named Yuri Kamarov from government assassins in exchange

for incriminating evidence against the Russian Secretary of Defense, Chegarin.

Bruce Willis, having played John McClane four times before, was exceptional, as expected. A well-balanced combination of wise, witty, and brutally badass, *A Good Day to Die Hard* is filled with moments that had me nonsensically shouting "Oh!" in the crowded movie theater. McClane engages in car chases and gun fights, flips multiple cars while running others off the road, and kills dozens of Russian Special Forces soldiers with an assault rifle without so

much as breaking a sweat or getting a scratch.

Jai Courtney, who plays John's son, Jack, did well with his role, but came off more as an angry kid from New Jersey who hates his dad than he did a stone-cold CIA operative trained solely for the purpose of espionage and assassination. Still, Courtney's acting was not what was supposed to be focused on – as in any of the *Die Hard* films, Willis is the star and, basically, the only important character.

Packed with unbelievable action that defies all laws of physics, large explosions, lots of gunfire, the

threat of nuclear war, a few funny one-liners, and one random scene of an attractive Russian woman in her underwear, *A Good Day to Die Hard* exceeded all of my expectations for what seemed to be a slowly dying franchise.

The now 57-year-old Bruce Willis is still as badass as he was in the original *Die Hard* in 1988, brutally killing his enemies without hesitation and destroying public property, all with that trademark Bruce Willis smirk on his face. And when it comes to my "golden rule," *A Good Day to Die Hard* will have you yelling and cheering.



# Robert Pinsky Performs at Pollak Theatre

ALEX CHASE  
CO-ENTERTAINMENT EDITOR

The University was host to Robert Pinsky and his accompanying musicians, Steve Cardenas and Ben Allison, on Friday, February 15 at 7:30 pm. Dozens of people, local and otherwise, gathered to see Pinsky perform his renowned poetry to impromptu jazz. He was available for book signings after the show.

Pinsky, a three-time United States Poet Laureate, had dedicated his life to bringing a dynamic, invigorating focus to the spread of the love of poetry. He has had work published numerous books of poetry, including *An Invitation to Poetry* and *The Figured Wheel: New and Collected Poems 1966-1996*. The latter received the Lenore Marshall Award and the Ambassador Book Award of the English Speaking Union. He has also published a translation of *The Inferno of Dante* that received the *Los Angeles Times* Book Award in poetry and the Howard Morton Landon prize for translation. Pinsky has written one prose book, *The Life of David*, which retells the biblical stories of David.

Pinsky is also the poetry editor for *Slate*, a teacher in the graduate writing program at Boston University, and has appeared on “The Simpsons.”

Having grown up in Long Branch, many wondered as to how many of Pinsky’s poems reflect his life in the local shore town. “All of my poems are about Long Branch,” he laughed.

The bassist for the evening, Ben Allison, is known for his ingenious sounds and unique melodic style. Through the groups The Ben Allison Band, Man Size Safe, Peace Pipe and Medicine Wheel, Allison has traveled the world and performed in many distinct venues. In recent years alone, he has been on stage at Carnegie Hall, Teatro Manzoni, The Capitol Theater, and Queen Elizabeth Hall.

Guitarist Steve Cardenas has performed and recorded with many esteemed musician and groups, including the Paul Motian Electric Bebop Band and Killer Joey. He is a member of the Charlie Haden Liberation Music Orchestra as well as the Ben Allison band. In addition, he is on the faculty at The New School for Jazz and Contemporary Music in New York City and has been a member of various other institutions in the past.

The evening opened with an introduction from Michael Thomas, Assistant Dean of the Department of Humanities and Social Sciences, who began with a reading of one of his own poems. “I wrote that poem attempting to understand the relationship of poems to jazz,” Thomas explained before noting his regard for Pinsky’s take on the subject. “In great art, there is no resolution, no conclusion, only the ever-expanding consciousness of our own imagination,” Thomas said.

This launched the audience into several different recitals, some

of which were light and thoughtful, others of which were dark and gritty.

The first selection was “Antique,” which was set to slow, foreboding instrumentals. Filled with lines such as “we lived together for hours in a house of a thousand rooms” and “the waters of anonymity and the acids of breath,” repeated for emphasis in ways that were not in his original poem, this first ‘song’ set the mood for an interesting show.

Between the first and second selections, Pinsky said, “The cliché of a dream come true is true for me, especially being here.”

The following two poems, “Street Music” and “Creole,” were both heavily inspired by his Long Branch roots, featuring detailed descriptions of the local mom-and-pop stores, the impoverished areas, corruption and death. The tempo began to race through the more tense portions, mimicking the panicked, desperate feeling of his words.

The following “Samurai Song,” “The Hearts,” “Improvisation on Yiddish,” and “Rhyme” were also personal, but about more specific areas of his life. “Samurai Song” was about steeling ones’ self to deal with the pains of life, during which Allison had a brief solo that mimicked traditional Shamisen riffs (the Shamisen is a traditional Japanese three-stringed guitar). “The Hearts” romanticized the existence of a piano, the pumps and strings

of which symbolized those of the epididymis organ. “Improvisation on Yiddish” featured snippets of Yiddish, as the name implies, and how the interaction of the two languages he grew up with both exposed and concealed certain workings of the world. The final piece, “Rhyme,”

was a much lighter poem, bearing a spiritual and contemplative nature, describing the cyclical world of the poet.

Following the show, the audience was able to engage in a brief Q&A session with the performers. When asked about the recent urban developments in Long Branch, Pinsky was sentimental but accepting. “It’s better than nothing, and we went through a period of nothing,” he said. He went on to say that, though he’d miss the wonderful locations he grew up with, such change was a fact of life.

When questioned about how spontaneity of their performance, Allison gave a wry smile. “Musically, of course, we’re completely improvising everything,” he said. “We’re trying to spontaneously make new forms. We just wing it.”

Elizabeth Rimassa, a graduate student pursuing an MBA, enjoyed having Pinsky perform. “It’s really cool that this is a notable figure,” Rimassa said.

Perhaps the best synopsis of the event could be from Pinsky himself, when an audience member asked about his poetic roots. “I never sorta set out to become a poet,” Pinsky grinned. “I had a tic of thinking about the sounds of words- it turns out there’s an art based on it.”

“In great art, there is no resolution, no conclusion, only the ever-expanding consciousness of our own imagination.”

MICHAEL THOMAS,  
Assistant Dean of The Department of  
Humanities and Sciences

# The Outlook’s Oscar Options

## ENTERTAINMENT STAFF

This Sunday is the only time it’s respectable for filmmakers to say they want to go home with a tiny naked golden man: The Academy Awards. It’s Hollywood’s prom night. The Academy decides who their favorites are, and audiences decide what they have to pick up on DVD. As entertainment writers, we all have our own personal favorites. These are our picks for the coveted Best Picture award.

### Violeta Pietronico’s Pick:

The story of *Les Misérables*, one of the longest running musicals in our history, has once again captured the hearts of people around the world. The film opened on Christmas Day to generally positive reviews from critics and audiences

alike—despite the fact that the film clocks in at a whopping 158 minutes, includes virtually no spoken dialogue, and is entirely musical.

To old fans, the tale of ex-convict Jean Valjean (Hugh Jackman) attempting to avoid capture by his former prison guard Javert (Russell Crowe) after avoiding his parole will undoubtedly be familiar. However, to new generations that are seeing *Les Misérables* for the first time, the stories of Valjean, his desperate employee Fantine, her daughter Cosette, young student Marius, and the relationships that bud between each of these beloved characters during the time of the French Revolution will certainly reel in the young audience members.

While the film has received some backlash over the possibility that

director Tom Hooper—who also directed *The King’s Speech*—created this film as simply a means to get awards, *Les Misérables* has mostly been praised for its undeniably incredible musical performances. Hugh Jackman anchors the film with his powerful voice, while Anne Hathaway absolutely nails her big scene in which she sings the famous number “I Dreamed A Dream.”

Despite the movie’s length, *Les Misérables* is an instant classic, and Hooper appears to do justice to the well-known story. In addition to Jackman and Hathaway deserving their own respective Oscars for their acting, this film should definitely overtake the other movies in the Best Picture category at the upcoming Academy Awards.

### Matt Mancuso’s Picks:

Quentin Tarantino, director of films such as *Pulp Fiction* and *Inglourious Basterds*, is no stranger to brutal and gratuitous violence. This is evident once more in his latest film *Django Unchained*.

The movie follows the story of a slave in the year 1858 who calls himself Django (Jamie Foxx). When he is freed from his bonds by a man named Dr. King Schultz, (Christoph Waltz) the two set off on their journey as bounty hunters to track and kill assigned tar-

gets. Along the way, they encounter many opposing men willing to do anything to stop them in their bloody campaign. When they men strike a deal for their own interest with a man named Calvin J. Candie (Leonardo DiCaprio), who is the owner of a slave plantation, the two bounty hunters find themselves in a world of entirely new obstacles.

Despite the dark themes centered on black slavery and bloody shoot-outs, *Django Unchained* provides enough humor to save itself from becoming an overly dark film. The

old western theme plays into the film to great effect, as well as gives a good glimpse of the struggle Django and Dr. Schultz endure.

Later in the film, Tarantino throws a curveball which can either make or break the ending. For me, this surprise came as a great choice. The movie may slightly overstay its welcome, but the lengthy runtime is well worth the price of admission. This is a film that I can recommend to nearly any film-goer (as long as they are at least 17 years old!).

### Peter Quinton’s Picks:

Though many of this year’s Oscar nominees managed to slip by my radar, I did get around to seeing both *Lincoln* and *Zero Dark Thirty*, and while I thought *Lincoln* was a wonderful film, it was *Zero Dark Thirty* that really took me by surprise. Directed by Kathryn Bigelow, who previously won an Academy Award back in 2011 for *The Hurt Locker*, the film is a dramatization of the CIA’s finding and killing of Osama Bin Laden following the terrorist attacks of 9/11.

The film is incredibly compelling in its daring approach to depicting the sometimes unpleasant events surrounding the operation. From gruesome torture scenes to the gritty, night-vision filmed SEAL Team 6 raid, Bigelow presents these events without all of the Hollywood glitz and glamour to pretty them up, opting for a much more visceral presentation that really beefs up the films tension.

What really took me by surprise, however, was the performance of Jessica Chastain, who played lead

CIA operative Maya. As her character progresses from a fresh-faced officer to the obsessed ringleader of the operation, so does Chastain’s performance, with her timid uncertainty early on in the film progressing into the arrogance and passion needed to fit the role. She would certainly have my vote for Best Actress this year.

However, *Lincoln* is not only the absolute most epic and impressive movie about Abraham Lincoln to be released last year (take that, *Abraham Lincoln: Vampire Hunter*), it was also one of the year’s best movies, period.

Directed by the one and only Steven Spielberg, *Lincoln* is a historical drama film that follows the titular president (Daniel Day Lewis) as he faces various struggles, from his efforts in passing the controversial Thirteenth Amendment, which would grant all slaves in America freedom, to his hardships within his personal relationships, including his wife, Mary Todd (Sally Field), and his son, Robert (Joseph Gordon Levitt).

### Nicole Calascibetta’s Picks:

*Argo* is a fantastically compelling film that undoubtedly deserves to be nominated for Best Picture. Directed by Ben Affleck, it’s hard not to be completely immersed into the heart stopping tension that makes the two-hour historic thrill ride seem like twenty minutes. Based on true events in 1979, the plot revolves around six Americans who escaped Iranian revolutionists and hide out in the Canadian embassy. Tony Mendez (Ben Affleck) develops “the best bad idea” to rescue the six Americans from Iran with the help of Hollywood producer Lester Siegel (Alan Arkin) and make-up artist John Chambers (John Goodman).vv

From the script to the music and down to the set design, it’s an excellently crafted movie and proves difficult to find even a glimpse of poor acting. Ben Affleck, Bryan Cranston, Alan Arkin and John Goodman disappear into their characters while

Scoot McNairy’s performance as Joe Stafford, one of the Americans in hiding, confirms he’s an actor to look out for in 2013. One of the many continuing themes in this pulse-pounding film is “no man left behind,” that arguably can connect with almost every hot-blooded American. The best picture should go to a film that hits the mark on seemingly every aspect of movie production. *Argo* is that film.

Those are our picks for Best Picture, but also nominated this year is *Amour*, a French film about an elderly couple. When Anne (Emmanuelle Riva) has a stroke, Georges (Jean-Louis Trintignant) must learn how to be her fulltime caretaker. The film is the only non-English nominee in this category.

*Beasts of the Southern Wild* follows a six year old girl (Quvenzhané Wallis) as she uses her imagination to deal with the harsh realities of the world, which include natural disasters and her dying father. The indie also scored

The weight on Lincoln’s shoulders is immense, and this tension translates spectacularly in many of the films scenes. This is especially felt in the scene where Congress must vote on the amendment, as the space between each vote presented is ripe with heart-stopping suspense.

While these scenes certainly pull their weight in presenting the drama, it’s the films performances that really bring the film to its dramatic heights. Lewis executes a commanding yet completely personable presence in the role of Lincoln. He brings a strong level of wit and charm to the president that really helps audiences understand why he was so loved by so many people during his time.

I also have to give it up to Tommy Lee Jones, whose performance as congressional leader Thaddeus Stevens was both brilliant and hilarious. The characters dry, witty comebacks added a necessary level of comic relief to even the film’s most serious scenes, but Jones still keeps the character as serious and passionate as to not let him feel out of place at any point.

a nomination for Wallis, who is only nine years old.

*Silver Linings Playbook* follows Pat (Bradley Cooper), a man who is trying to get his life back together after being released from a mental institution. Pat meets Tiffany, a girl with plenty of her own issues, and they begin to form an unexpected relationship as Tiffany helps Pat win his wife back. The film just surpassed the \$100 million mark at the box office.

*Life of Pi* is based on the bestselling book. The son of a zookeeper (Suraj Sharma) escapes a shipwreck on a lifeboat with a tiger, orangutan, hyena and zebra. The special effects have been hailed by many to be on the same level as James Cameron’s *Avatar*.

Who will take home an Oscar statue for Best Picture? Find out by tuning in to The 85th Annual Academy Awards on Sunday, February 24 at 7:00 pm on ABC.



# Welcome to Your Quarter-Life Crisis

TAYLOR MANTHEY  
STAFF WRITER

If you're stressed out all the time, feeling like your life consists of work, school, and sleep or you're lost and confused about what's right for your future, then you're not alone. Research from the American Psychosocial Association has shown that 41 percent of 20 to 29-year-olds say they feel significantly pressured or almost more stress than they can bear.

By psychologist Erik Erikson's definition, a quarter-life crisis is the period of time where adolescents experience major changes during the late teens to early thirties. The question of where we shall go enters our minds and we begin to doubt our future lives by the stresses of becoming a true adult.

"It's probably the absolute worst feeling," said senior Tyler McCue, who expressed his uncertainties about job opportunities and financial stability once graduation comes in mid-May.

"It's not that I'm scared of having to work hard, I'm just worried about not finding something good enough for me to live off of. It kind of makes you start to wonder if what you've been learning the past four years and emptying your bank account for is going to actually pay for you to live comfortably," he added.

For others the worries of financial

security and living arrangements seemed to be core of most quarter life crises.

"Student loans, bills, rent, utilities plus other living expenses, and let's not forget the beer money we work hard for," said junior Ryan Mirrone.

According to the American Council of Education, half of all students graduate with college debt of at least \$12,000. With that being said, everyone should be entitled to a night off to relax and do something fun. Students work hard to make sure they can succeed somewhere.

Psychological research and studies have shown that unemployment and the awareness of not being able to find a job is a major cause for young people to undergo immense stress and anxiety.

"Sometimes I feel like I'm too stressed out and I'm aging way too fast. I've already got a decent amount of grey hairs," Mirrone laughed.

Statistical findings from the American Sociological Association state that nearly two-thirds of young adults in their early 20's receive economic support from their parents, while 40 percent still receive assistance in their late 20's.

"You feel like a burden and a bum," commuter Stephen McGuire said. "You don't want to rely on your parents for things anymore but it's like you have no choice."

As the stresses of becoming an adult bombard you, the first, and foremost thing to remember is that you are not alone. There are plenty of students that have no idea what they're doing with their lives. Also, take this time of crisis to really discover yourself. Don't take criticism or failure to heart.

Multiple studies from the American Psychosocial Association have shown that following a path you don't desire will only cause additional distress, lack of motivation and ultimately feelings of depression. So find something in life that makes you truly happy, that way you are able to balance all the madness.

Embrace each door as another learning experience; this way you are able to try new things. It's fulfilling to learn from employers and internships and gain experience.

"Don't go jumping into a different career without thinking about it. Do something you like to do, but don't fantasize the idea," said psychology professor at Brookdale Community College, Michael Gioro. The only person you need to ultimately impress is yourself, but it's quite easy to miss the good old stress free days. Just stay confident and comfortable in your own shoes.

Next time it starts to feel like the world is caving in and the stress feels unbearable, remember to take a deep breath and realize you're not alone. Life challenges us all with



IMAGE TAKEN from creditlendingblog.com

Major changes in the lives of young adults ages 20-29 can result in what psychologists call a quarter-life crisis.

obstacles and decisions, experiences and lessons. Everyone gets a taste of the quarter-life crisis. Just give a listen to "Why Georgia" by John Mayor and let it ease your

mind or pop some popcorn and watch *The Garden State*, *500 Days of Summer*, or *Lost in Translation*. What ever it is you have to do, learn to find comfort in your crisis.

## Pets Over People

EMILY TAYLOR  
STAFF WRITER

When does man's best friend become man's only friend? Are pets so easy to get along with that we value our friendship with our cuddly buddy before that of a teammate or comrade? Owning an animal can be one of the most rewarding parts of life. Feeding, grooming, loving and understanding the needs of someone other than yourself can open your heart and mind to something greater than last Friday night.

If you've been stood up by a boyfriend or better yet, you receive that phone call where your parents nag you about your depleted savings account, pets can be a reprieve. A dog or a cat would never argue with you about finances. One of the many reasons people own pets is for companionship.

Next time you're home with your animal, have him or her sit on your lap. At that moment are you currently distracted by chaotic regiments or are you now appreciating some down time? Pets are an instant de-stressor. They provide warmth, entertainment

and positive feelings. Honestly, what friend do you know who would jump up and down and roll around on the floor for a meal or treat? And no, your friend's behavior for a \$1.00 Big Mac after midnight doesn't count, as most of us have been that friend.

"Pets have positive effects on our emotions," said Dr. Marilyn Denninger, psychology professor and mental health professional. "Pet's playfulness and antics make us laugh and experience delight, their affection and loyalty are a source of unconditional love and meaningfulness."

A pet does not challenge you or make you irritable. They do not ask you to complete outrageous tasks such as taking out the trash or replacing the moldy milk container in the fridge; the only thing a beloved animal will ask of you is for a good scratch behind the ears and a dish full of food and water.

Allison Delaney, a vet-tech at Marlboro Village Vet Hospital said, "The best part of working with animals is getting to care and love them and to help educate pet parents about their pet's needs."

Of course owning a pet requires

modest responsibility, TLC and a little extra cash for pet-food and check-ups at the Vets office. However, the joys to owning an animal can outweigh some negative cons.

"I'm an only child, so I decided I wanted a cat to keep me company when I'm alone in the house," said senior criminal justice major Alyssa Petry. Her love of animals has certainly increased as Petry recently adopted a Maltese puppy named Aria from Middletown American Puppy Club.

As a pet owner one should be, "Caring, compassionate and their pet's voice since [the pet] can't speak for themselves," said Delaney.

Studies have shown that pet therapy or even owning a pet can ultimately decrease stress, lower blood pressure, improve moods and can ease pain and sadness. For instance, many people rely on mostly themselves for daily responsibilities like class and work and rarely depend on others for support.

Communication professor Mary Harris said, "My animals are my family; they are my best friends and my companions and I love them wholeheartedly. They have taught me unconditional love, loyalty, acceptance, trust, and true friendship."

In today's society your complaints are catapulted onto the Internet in which someone will electronically "like" or agree with whatever you're saying. A pet can be a living social support for you even if their version of a mouse is drastically different than what's attached to your keyboard.

As we get older we experience greater symptoms of loneliness due to less socialization with friends and family and more concentration on wages in adult-life. Humanity for one is especially insecure, unassured and down on life, unlike during childhood when times were simple and care-free. But by extending your time and heart to an animal, you may have a best friend and total appreciation for life's finer moments.



IMAGE TAKEN from hdwallpaper.ws

Some humans prefer pets over their own species as companions because of their low demands and therapeutic nature.

## A New Tune For MU

WESLEY BROOKS  
STAFF WRITER

This semester the music department welcomes Professor Iris Perry, an adjunct professor of Music Appreciation (MU 101). While new to the University, she is not new to the area.

"I grew up in Holmdel, not far from Monmouth University and my parents still live in Holmdel," said Perry. "My father taught some business courses at Monmouth University back when it was Monmouth College. I love this campus and if I have time on my way to teach or on my way back home to Northern NJ, I stop and visit my parents." She added that the students at the University are a pleasure to teach as well.

Her experience in only a few weeks here has shown her the friendly atmosphere of the school and that the class has students from all different majors. "Since I am teaching Music Appreciation here, my goal for my students is that they gain a stronger sense of familiarity and greater interest in music than they had before they took my class, particularly with the type of music that is covered in my class," said Perry.

Topics covered include music from the 20th century as well as chants from the Middle Ages to give students an idea of various ways of singing and different tones in the piece.

She said, "It is important to always have a clear lesson plan before going into class but to allow for flexibility. The more interactive the class is,

the better. Humor is also helpful in keeping the students awake, happy and entertained."

Prior to coming to the University, Perry has had the opportunity to travel and perform at piano concerts across the U.S. and Europe.

"I am an accomplished piano performer, music educator and administrator," said Perry.

"I have a DM (Doctor of Music) from Indiana University and MM (Master of Music) from Yale University and a BM (Bachelor of Music) from Peabody Conservatory, which is in Johns Hopkins University. My major was piano performance for all three degrees. I have performed throughout Europe and the U.S.," she added.

This took a significant amount of dedication and commitment, but it is the end results that are the most important to Perry: inspiring a student's interest in the field of music and providing a greater sense of appreciation for the fact that music is indeed a form of art.

In addition to teaching here at the University, Perry also teaches at William Paterson University where she is the director of music admissions. "I have taught at Montclair State, Yale and Indiana Universities and at Bergen Community College," she said.

Perry is welcomed at the University this semester. Students in need of a general education aesthetics class are encouraged to take Music Appreciation to increase their understanding of the subject matter. No prior experience is necessary.



IMAGE TAKEN from iriserry.weebly.com

Dr. Iris Perry, pianist and former Monmouth County resident joins the University's adjunct faculty as a professor of Music Appreciation.



# University Graduate Programs Grow

CASEY WOLFE  
FEATURES EDITOR

Is an undergraduate degree enough? For those whose intended careers require more than a bachelor’s degree, the University has a wide range of graduate programs for students to choose from.

According to Dr. Datta Naik, Vice Provost and Dean of the Graduate School, there were a total of 1781 graduate students, 18 master’s degree programs, one doctoral degree, 13 Graduate Certificates and 10 Post-Master’s Certificates at the University as of Fall 2012.

The University has graduate programs in six academic schools including the Leon Hess Business School, the School of Education, the Wayne D. McMurray School of Humanities and Social Sciences, the Marjorie K. Unterberg School of Nursing and Health Studies, the School of Science, and the School of Social Work according to monmouth.edu. Most classes are held in the evenings and are offered year round.

Five of the graduate programs have accreditations from various organizations such as the Commission on Collegiate Nursing Education and the International Coalition for Addiction Studies Education.

Dr. Stanton Green, Dean of the McMurray School of Humanities and Social Sciences, said that humanities and social science programs account for half of the University’s graduate students and these programs continue to grow. “The program in psychological counseling continues to grow and it is to some extent up to the University to decide how big it wants it to get – it currently stands at around 300,” said Green.

“The Criminal Justice Program

perform your own investigation or design your own software; something that was previously not done. Therefore in addition to better understanding how science in your field is done and what new discoveries have been made recently, you, as a graduate student create some new knowledge,” Duckett said.

Green agreed, explaining that undergraduate programs explore the bases of a field whereas a graduate program will make students experts in those fields by

have a better chance of securing employment than bachelor’s degree holders.” He added that career opportunities are broader to those with graduate degrees.

Different fields also consider different degrees as criteria to move up in position. “A master’s is a professional degree in Anthropology, which with experience such as internships often opens up the possibility for supervisory positions,” said Green.

The graduate programs at the University are flexible as well

jective is the same as other students-- to prepare for a career in the field of their graduate studies,” said Naik.

If graduate school seems like a financial impossibility for some students, becoming a Graduate Assistant at the University may offer some aid. To qualify, graduate students must have a semester or more of graduate school under their belt and have a GPA of at least 3.0. A Graduate Assistant position can offer assistantship for up to nine credits a semester as well as 15 percent to cover Social Security and mandatory tax contributions. The amount awarded is based on how many hours worked as a Graduate Assistant.

The University offers a unique educational experience. “Our classes are small, the faculty and administrators provide personal attention and care to the students, and the faculty are teacher-scholars who are highly qualified in their disciplines,” said Naik.

“In professional programs the classes are taught by faculty with real world professional and clinical experience,” Naik said.

Students interested in applying to one of the University’s graduate programs can find the application and admission information on the University’s website monmouth.edu/admission/graduate.

“Those students who successfully complete their graduate education at Monmouth are able to find employment in a timely manner subject to economic conditions.”

DR. DATTA NAIK  
Dean of the Graduate School

is both growing and changing as this field morphs into the field of homeland security,” Green continued. The homeland security graduate program will be available in Fall 2013.

Graduate work differs greatly from work students do as undergraduates. Dr. Catherine Duckett, Associate Dean of the School of Science explained, “As an undergraduate you often repeat work that others have done.”

“As a graduate student you

teaching them to use their further developed skills as the basis for a career.

The chances of finding a good career after college with a graduate degree are much higher according to Naik. “Those students who successfully complete their graduate education at Monmouth are able to find employment in a timely manner subject to economic conditions,” said Naik.

“Nationally, literature shows that students with their master’s

for students with different goals. Naik explained that some of the adult part-time graduate students already have jobs and are trying to improve their positions or change careers. Some students, however, go full-time to pursue specific career goals.

The work options for International students are different, however. “International graduate students are full time students who cannot work outside Monmouth campus but their ob-

# In Your Dreams: A Look Into the Unconscious Mind

ERIN MCMULLEN  
STAFF WRITER

The ability that human beings have to conjure up different thoughts, feelings, and images while they sleep is perhaps one of the most perplexing concepts of all time. Dreams are incredibly fascinating, mostly because so much about them has yet to be uncovered. Scientists, physicians, and psychologists have all completed studies on the subject in attempts to further their knowledge on the act of dreaming; unfortunately, most experiments have only provided a limited amount of information.

The most commonly asked question when it comes to dreams is: What exactly causes them?

Dr. Jamie Goodwin, psychology professor at the University, explained that when it comes to the answer, there are a handful of various theories, all of which have yet to be disproved. However, there are so many theories that no one is quite sure which one is correct.

“Some people think they [dreams] are the brain’s attempt to make sense of random neural impulses. Others believe they serve as a sorting function, helping to process the day’s events into our memories, while another theory is that dreams are the brain’s way of working on problems that we were unable to solve during the day,” Goodwin explained.

She also discussed the ideas of Sigmund Freud, a renowned psychologist who focused mainly on human actions and dreams.

Goodwin explained that according to Freud, dreams are simply a person’s way of expressing unconscious, unacceptable wishes and impulses. Add this theory to the list of those previously mentioned and that still doesn’t cover half of the ideas presented by other men and women studying this particular subject.

“It may be the case that, at different times, many or all of these are true,” added Goodwin, further exemplifying the uncertainty of the initial cause of dreams.

Not only does that aspect of this phenomenon of the human mind continue to stump almost all those interested in the subject, but it also seems that the confusion doesn’t stop there.

As it turns out, most people have difficulty remembering their dreams after waking up in the morning.

Freshman Alison Goerke explained that on the days in which she remembered her dream from the night before, it was difficult for her to remember it in its entirety. “I always remember little pieces of them, not the full dream. I usually remember something random or something that confused me,” she said.

Goodwin explained that this is because “The chemicals of the brain do not operate the same way when we sleep as when we are awake. There may be something about sleeping-neurochemistry that prevents effective consolidation of memories.” The difficulty associated with recalling dreams is also due to the fact that while we are asleep, we are unable to consciously pay attention to what is happening in our subconscious thoughts.

If a person is, however, looking to remember more of what occurs in his or her dreams, Goodwin suggests keeping a journal or tape recorder by the bed so that every detail that can be recalled is recorded immediately upon waking up in the morning. This will help ensure that as many details as possible are put on record, which may help someone better understand their dream in the future.

Many people may also ask what sort of influence the outside world has on a person’s dreams and vice versa.

In terms of the real world affecting the dream world, Goerke spoke from her own personal experience. “I always have people from real life in my dreams, maybe someone I saw that day for the first time in a while, or a picture of someone,” said Goerke. “A lot of the times they’re inspired by pictures I see.” Many times, objects that someone sees through-

out the day act as triggers later that night in their dreams.

Consequently, although there is no scientific proof that dreams have the ability to affect a person’s real life.

Brittany Hoops, a freshman, would beg to differ. “Most of my dreams will include some aspect of my life or what I did that day. Other times, I’ll have a dream and something from it will happen or remind me of the dream

the next day. It’s a little freaky,” Hoops explained. There are plenty of other people like her; people who claim that they see things in their dreams.

But whether or not dreams really do have the ability to affect a person’s reality mostly depends on their way of looking at things.

Goodwin said, “Some choose to take dreams as guiding messages of how to live their lives while others discount them as

meaningless.”

Even though dreaming is something that we all do, it continues to remain one of life’s biggest mysteries. There are thousands of scientists and psychologists trying to gain more insight on this incredible act of the human brain, but until they are able to provide us with substantial evidence of any of their findings, we’ll have to stick with what we know, even if it isn’t a whole lot.



IMAGE TAKEN from drozfans.org

Many people have trouble remembering their dreams due to the complexities of neurochemistry and the inability to pay attention to subconscious thoughts while sleeping.



# Speed Networking, Three Minutes with a Professional

## International Business Network Hosts First Speed Networking Event

CHRISTINA GROTHUES  
CONTRIBUTING WRITER

The International Business Network (IBN) hosted their first speed networking event this past Tuesday, February 12, from 5:00pm to 7:00 pm on the second floor of the Rebecca Stafford Student Center in Anacon Hall. 20 professionals from various businesses arrived at 4:45 pm prepared to network with students.

Upon arrival each student picked up their information packets and nametags. In these information packets, each student was assigned a position of where to begin the speed networking process. Students were then matched up to a professional for three minutes. The three minute period consisted of introductions and brief interactions.

Professionals were given the opportunity to ask students interview questions, examine resumes and then respond with honest feedback on communication skills, resume building tips and professionalism. At the end of the three minutes a bell rang and students were told to switch to the next seat. Students were encouraged to ask for business cards and ask the professionals for their feedback. The process continued until each student had the opportunity to meet with eight professionals.

"Nineteen of the 38 students that attended this event are on course to graduate in May 2013. Two students that attended this event were graduate level students," said Amber Brown a member of the International Business Network.

Paul Savoth, a business law professor at the University said, "People judge you on many different factors when they meet you and interview with you, some students have the natural ability to walk into an interview and be confident, yet events like this can really help less confident students excel."

Savoth also noted, "First reactions are everything in interviews." He urged students to make an impression and said that he would react honestly. "I am just going to try and show students ways to somehow become more



PHOTO COURTESY of Mariana Bonato

The International Business Network paired students up with professionals of various organizations to fine-tune their networking skills.

aware of what they are doing in interviews. After interviewing and talking to someone about yourself for the eighth or ninth time, students are more likely to be more relaxed and will be more likely to portray who they really are as individuals."

Deborah Mannix, a financial advisor for Morgan Stanley, said, "This was a great opportunity for the students to experience the interviewing process across a wide range of industries."

Joe Rice, Vice President of The Blackhawk Network, said, "Another great benefit from events such as this, are that they give students access to network with professionals in the area."

Companies such as Prudential, American Oil and Supply, Enterprise Holdings, Morgan Stanley, Verizon Wireless, Monmouth University Career Services, JFK Medical Center and The Wildlife Conservation Society attended this event.

Marianna Bonato, senior and President of the International Business Network said, "Providing students with networking opportunities while in school allows them to connect with professionals who could potentially become their future employers. The purpose [of speed networking] is to expose students to a situation they will have to experience when searching for a job or an internship, and hopefully the connections they have made in the process will be useful for their future endeavors."

"This was the first time that the International Business Network hosted this event and we hope that in the future there are more professionals and students involved," said Megan Holt, a senior studying international business.

The International Business Network is a University wide undergraduate organization for students that are planning to pursue a global career.

The organization seeks to promote events for students in order to have networking opportunities with successful professionals and alumni. IBN is fairly new to campus, and introduced speed networking as its main event for the 2012-2013 academic year, according to Bonato.

The lead academic advisor of the International Business Network is Dr. Susan Gupta. Gupta said, "This organization has only been around since the 2011-2012 school year. Even though this is the first time we have done an event like this, we try to have other events, such as networking and professional events."

Prior to the event, Stephen Spinella, a senior studying business said, "I hope to get more networking skills out of this event and that professionals attending the event can help pick out some of my interviewing flaws."

Jennie Albanese is a senior studying business and marketing

and attended the event for a class requirement. She said, "I hope to gain both positive and negative feedback on my interviewing and resume skills."

This event was planned with a collaborative effort of Bonato, Gupta, and Deborah Mannix, a Monmouth University alumna and member of the business council at the University.

Bonato said, "I was extremely pleased with the turnout since all of these professionals were volunteering their time, and most came to the event straight from work. The time they invested in the students did not go unnoticed and I'm tremendously thankful for their participation."

"It was a great experience to learn from professionals who interview people every day in the work force. You can learn a lot from being open to feedback and receptive to criticism," said Ryan Forrest, a senior studying business.

## CLUB AND GREEK ANNOUNCEMENTS

### Pre-Law Club

The Monmouth "Law Hawks" Pre-Law club is seeking officers for the 2013-2014 school year. Please email Professor Bordelon, University pre-law advisor at [bordelon@monmouth.edu](mailto:bordelon@monmouth.edu) for more information.

### Hawk TV

Hello Everyone!

We hope you all had great winter breaks and are excited to be back at Monmouth for the spring semester.

On Friday, February 22, Hawk TV and WMCX will be hosting Rock and Raise, a battle of the bands event to raise money for Relay for Life. The day is always a blast, and is a fantastic way to help in the fight against cancer. Tickets will be on sale soon.

For now, good luck in all your classes, have a great spring semester, and don't forget to keep your televisions tuned to channel 12 for movies and Hawk TV original programming.

### Outdoors Club

Thank you to everyone who attended our game night this week.

Our next general meeting will be on Wednesday, February 27.

We will have some volunteering opportunities coming up, which include a Sandy cleanup in Highlands scheduled for March 2 and Thompson Park in Holmdel on March 9.

### Monmouth Area Vegetarian Society

(MAVS) would like to announce its first event of the spring 2013 semester. The event will feature speaker Marc Rosimillia, co-owner of Bio-Balance Fitness, located in Rumson, NJ. Rosimillia will be speaking about incorporating a plant-based diet with metabolic workout regimes to achieve optimal fitness and healthy lifestyles.

The event is free and open to the public and will be held Sunday, February 24 at 1:00 pm in Magill Commons. If interested in attending, RSVP to [mcharris@monmouth.edu](mailto:mcharris@monmouth.edu).

### Sociology Club

The Sociology Club will be hosting their second annual Stratified Streets Tour on Saturday, April 13.

This visual tour of inequality will include a guided tour of the Tenement Museum in New York City's Lower East Side. Here, students will see the Lower East Side through the eyes of the immigrants who have lived there for 150 years.

After lunch, we will tour the African Burial Ground National Monument where both free and enslaved Africans were buried in Lower Manhattan.

A bus will be leaving for New York City at 7:00 am on Saturday April 13 and will be returning to campus at about 7:00 pm on that day.

Please contact Amanda Divita, president of the Sociology Club at [s0736434@monmouth.edu](mailto:s0736434@monmouth.edu) or come to a meeting if you are interested in attending this event.

### WMCX

WMCX will be hosting their "12 Hour Music Fest" on March 14 from 10:00 am to 11:00 pm (yes, there are actually 13 hours). Each hour, we will have a different band performing a live acoustic set and interviewing with one of the WMCX DJs. Tune in to WMCX 88.9 fm and check it out!

### The Verge

Monmouth's Online Magazine is intently searching for new writers to help expand our base. With close to thirty writers at the moment, any sort of contribution from a Monmouth student will help to exemplify the magazine's growing presence on campus. As feature writing has become our stronghold, your creative works may now have a ample outlet for you to 'communicate.' (It's also a very strong resume' booster). For more information, contact Editor-in-Chief Dan Gunderman at [s0784904@monmouth.edu](mailto:s0784904@monmouth.edu) or Faculty adviser Marina Vujnovic at [atmvujnovi@monmouth.edu](mailto:atmvujnovi@monmouth.edu). Hope to hear from you soon!

### Alpha Xi Delta

Alpha Xi Delta - Iota Nu is hosting Karaoke for a Cure on Wednesday February 20 at 10:00 pm in Anacon. This will be our first ever AmaXing Challenge event here at Monmouth!

This competition style event will have teams of two signing karaoke songs. Judges will pick their top two teams.

They will then go head-to-head for top prize with the winner being chosen by the audience. Even if you do not participate there is still a chance for a prize. During intermission we will have door prizes to give out.

Tickets will be sold in the Student Center at the door prior to the event. The pricing for tickets will be \$5 prior to and \$7 at the door. All proceeds will go to our philanthropy Autism Speaks. Come out for a fun night!

If you are interested in participating with someone or being a judge please email [s0753481@monmouth.edu](mailto:s0753481@monmouth.edu) and or let a sister of Alpha Xi Delta know.



# Blood Drive Not Hosted in Vein

## Tau Kappa Epsilon Hosts Blood Drive

DANIELLE FERRIS  
CONTRIBUTING WRITER

Tau Kappa Epsilon (TKE) hosted a blood drive for Central Jersey Blood on Friday, February 15 from 10:00 am to 2:00 pm in Anacon Hall.

Kevin Gilsenan, sophomore and business major, is the public relations chair for TKE. Gilsenan said, “This was the first blood drive our fraternity organized and we hope to organize more blood drives in the future.”

Gilsenan was very pleased with the turn out, which ended up having 47 volunteers sign up.

Christa Hogan, professor in the school of social work, works through out the school year to raise awareness for other philanthropies of organizations as well. Tau Kappa Epsilon raises money and spreads awareness for St. Jude Children’s Research and Alzheimer’s Association.

All students and faculty were invited to volunteer to donate blood. Gilsenan said, “When volunteers came in, they had to sign in with brothers of the fraternity. Then they had to go through a number of different tests to make sure that they met the requirements to donate blood.”

Gab D’Acunto, communication major and junior, signed up in advance to donate blood. D’Acunto said, “I like that TKE is giving the university the chance to donate blood. It’s not a type of community service I would think to do, but when I saw they were organizing a

blood drive I figured I would get involved. I was a little nervous but I’m glad I participated.”

Another volunteer, Britney Acquaie, junior and president of Delta Phi Epsilon, said, “I like to try to get involved with other organization’s events. I really liked that TKE put together this blood drive and gave the Monmouth community the opportunity to get involved. I would definitely volunteer again if they have blood drives in the future.”

Casey McCabe, junior criminal justice major, and member of the Greek Senate eboard, visited the blood drive. McCabe said, “I felt this was such a great cause.”

McCabe made sure to stop by and check out the event, even though she was not going to donate blood. “I was impressed and happy that so many volunteers came out to support TKE and Central Jersey Blood,” she said.

Gilsenan said, “One of the main goals of our fraternity is to find ways to help our surrounding community. We felt that facilitating a blood drive for Central Jersey Blood would be a great way of doing so.”

Students and faculty looking to donate blood do not have to wait for the next blood drive on campus. Central Jersey Blood headquarters is located in Shrewsbury. They also have offices located in Howell and Toms River. Visiting their website can help guide volunteers to become a blood donor, sponsor a blood drive, make cash donations, volunteer for the organization, meet blood recipients and find upcoming events in the area.



PHOTO COURTESY of Danielle Ferris  
Tau Kappa Epsilon hosted 47 students who came out to donate blood for Central Jersey Blood.

### Hawk TV and WMCX Host Rock n Raise Battle of the Bands Fundraiser

PRESS RELEASE

West Long Branch, NJ—Hawk TV, Monmouth University’s student-run television station presents its third annual Rock n Raise event, a battle of the bands fundraiser, in the Monty Television Studio of the Plangere Center at Monmouth University, 400 Cedar Avenue, West Long Branch, NJ 07764.

Rock n Raise is open to the public. Tickets are three dollars and all proceeds will be donated to The American Cancer Society’s Relay for Life.

There will be four bands performing, along with three acoustic performances. Rock n Raise is co-sponsored by WMCX and The Outlook. The event will be simulcast live on WMCX and on Hawk TV, campus channel 12.

The bands that will be playing at Rock n Raise are Off Shore, Seasons, Battery Electric and B.Funk. There will also be acoustic performances by Colton Kayser, Natalie Zeller and The Dashers.

The band that raises the most money for Relay for Life will be declared the winner of the Grand Prize, Avid ProTools music production software. Prizes for the other participants include, a full day of recording time by EightSixteen Recording Studio, custom design t-shirts by DogWig Printing Company and gift cards for Russo’s Music Shop in Asbury Park, New Jersey.

Acoustic performers will receive gift cards from Scala’s Pizzeria, Bubbakoo’s Burritos, and Top-it!

Vendors will be serving refreshments at the event in the main lobby of the Plangere Center.

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Wilson Hall

Free registration:  
<http://tinyurl.com/commcareer2013>





What is your favorite part of campus?

COMPILED BY: ALEXIS ORLACCHIO



Mike  
senior

"The library, because it's peaceful and I can get my work done and I'm a peaceful person."



Brittany  
freshman

"The courtyard outside of Wilson. When it's sunny outside it's really peaceful."



Kevin  
junior

"Probably Woods Theater. I'm a music industry major and I spend most of my time there."



Valerie  
junior

"I'm a commuter, so I'm not really on campus too much. But I'd have to say the student center. You can relax and it's quiet enough to get your work done."



Matt  
freshman

"The financial markets lab in the business school. I'm a finance major and the lab makes it feel really professional."



Corinne  
graduate student

"Wilson Hall. I do most of my studying in there, it's nice and quiet and it's the prettiest building in New Jersey in my opinion."



Sarah  
freshman

"The student center because it has good food."



Rob  
freshman

"The gym, because you can play basketball, go swimming, and workout."



Prescott  
Professor of English

"The library, it's beautiful and I like the way it's set on the lawn."



Jennifer  
senior

"The sculpture garden because it is really pretty and I like art."

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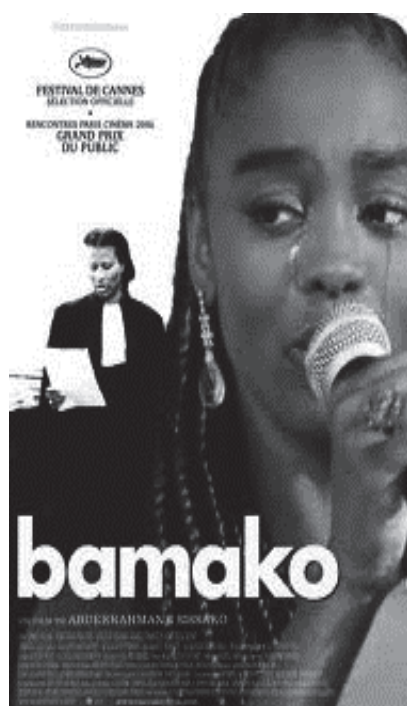
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Host: Provost Thomas S. Pearson

Discussant: Professor Nancy Mezey

## ABDERRAHMANE SISSAKO'S "BAMAKO"

(2006) Not Rated

Tuesday, February 26, 2013, 7:30pm

Pollak Theatre, Monmouth University

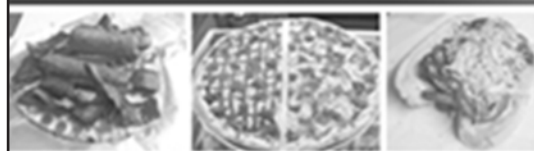
Melé is a bar singer, her husband Chaka is out of work, and the couple is on the verge of breaking up. African civil society spokesmen have taken proceedings against the World Bank and the IMF

whom they blame for Africa's woes. Chaka does not seem to be concerned by this novel Africa's desire to fight for its rights.

Plot summary is based on the IMDb web site

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# Horoscopes

To get the advantage, check the week rating:  
10 is the easiest, 0 the most challenging.

**♈ Aries • (Mar. 21 - April 19) -This week is a 9**  
Your frustration might be growing this week but stay strong there is no time to get sucked in to that. Instead focus on all of the possibilities that lay ahead of you and invest in your growing stability within your career.

**♉ Taurus • (April 20 - May 20) -This week is a 9**  
The time for improvement has never been better! Update your educational strategy, for there is still a lot to learn, and rise up to the occasion. Drive yourself to go the extra mile and you will see that whatever you put out you will get back in return.

**♊ Gemini • (May 21 - June 21) -This week is a 9**  
You might feel as if you are losing grounds on a particular matter but do not fret, it is only temporary. Listen carefully for money-making opportunities in order to give yourself that extra boost to win in the long run. Watch out for surprises though, they always pop up when you least expect it.

**♋ Cancer • (June 22 - July 22) -This week is a 9**  
Recent accomplishments are doing wonders for you confidence this week. You're on a roll, so keep that ball going and finally get some things checked off that "to-do" list you've been adding to. Just remember in the midst of everything to keep your priorities in check.

**♌ Leo • (July 23- Aug. 22) -This week is an 8**  
You're doing well this week but don't think that means that it is time to brag or argue over petty things; there's no time or need for that. You're keeping busy fine tuning your environment, which is very good, but there is still room to be sensitive and compassionate. Listen and you will find the solution you have been seeking.

**♍ Virgo • (Aug 23 - Sept. 22) -This week is a 7**  
Conversing with friends provides just the right amount of insight that you have been looking for and clears away any doubts. Creativity though is required now more than ever, so get to the magic making and you just might find unexpected happiness awaiting you at the end.

**♎ Libra • (Sept. 23 - Oct. 23) -This week is a 7**  
Abandon those old fears that no longer serve a purpose. By discarding the extra mental cargo you will be able to accomplish that growing mountain of tasks ahead of you. Before you spring into action though take a second to think it through, you might find that you are doing things the hard way.

**♏ Scorpio • (Oct. 23 - Nov. 21) -This week is a 9**  
Begin planning for a trip, but don't hop on that plane just yet! Try to experience the wonderful adventures that are available to you at home in your own background first; when you feel that is all done then you should go out and explore the new destinations that just might become your home away from home.

**♐ Sagittarius • (Nov. 22 - Dec. 21) -This week is an 8**  
The coming weeks are good for financial planning and for envisioning the future. Be sure that you remain focused and let the necessary people in on your plan. Accept the encouragement that will follow.

**♑ Capricorn • (Dec. 22 - Jan. 19) -This week is a 9**  
Time has come to start relying on others and dividing up the work load. Review the instructions that are needed to make the whole process work and follow it carefully. Remember to take your time and that sometimes you really need to move slowly; assuming you know everything will not aid you.

**♒ Aquarius • (Jan. 20 - Feb. 18) -This week is a 9**  
The financial situation is unstable, so wait until that check clears before you go spending. Get busy with saving that money and don't get distracted by the shiny things that might tempt you. In the end you will feel better off and proud of your accomplishments.

**♓ Pisces • (Feb. 19 - Mar. 20) -This week is a 9**  
Take a break and plan some needed fun for today and tomorrow; Add music to your work, take a walk, or simply take some time to sit down for a bit and relax. Keep in mind that sometimes a rest stop is needed before you can go full steam ahead.

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## "Misguided Understandings" by Alyssa Gray



a So-You-Say comix #14

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# Waite Scores 1,000th Point in Win Over St. Francis

ED MORLOCK  
SPORTS EDITOR

The men’s basketball team split their games this weekend, losing to Long Island University Brooklyn (LIU) and beating St. Francis Brooklyn. The Hawks (10-17, 5-9) are a game and a half behind Central Connecticut for the eighth and final Northeast Conference (NEC) Tournament spot.

In the two games this weekend, senior forward Ed Waite averaged 23.5 points per game and reached 1,000 points in his career against St. Francis.

MU lost to LIU on Thursday 80-66. Seniors Jamal Olasewere scored 23 points and C.J. Garner tallied 20 points to lead the Blackbirds (15-11, 10-4) to victory.

“I take my hat off to LIU,” Head Coach King Rice said. “Right now they’re a little better than us. I thought we played them well for about 28-30 minutes and then their main guys just kind of took over and were a little bit too much for us. I’m proud of my kids tonight, we just got beat by a better team.”

LIU jumped out to a 9-3 lead

16-4 run that put MU ahead 27-24.

The game went to halftime after Olasewere made a three-pointer at the buzzer and cut the Hawks’ lead to 38-35.

Olasewere left the game with three fouls with 12:53 to play and his Blackbirds trailing 48-46. He came back, a minute and 47 seconds later, trailing 52-51, and LIU would never be behind again. He scored the next five points to put his team ahead 56-51.

The Blackbirds went on a 13-0 run to grab a 63-52 lead.

“When people start going on a run, we just need to stop the bleeding,” Waite said. “And I don’t think we did that tonight.”

A basket by Waite cut the lead to nine with 5:44 to play, but that’s the closest the Hawks would get in this one.

Waite scored a game and career-high 24 points on 11 of 19 shooting. He added a pair of free throws and grabbed eight rebounds.

The Hawks shot 10.5 percent from three-point range on Thursday, making only two of 19 attempts.

and tallied a game-high 10 rebounds.

MU bounced back with a 73-64 win over St. Francis on Saturday. Steele scored 26 and Waite added 23, going 10 of 11 from the field.

“Jesse just controlled the whole game,” Rice said. “Even when they made their runs, even when they got up, it was obvious that they could not guard him. He made great decisions against the zone.”

Waite reached the 1,000-point milestone at one of the most crucial points in the game. Tied at 47 with 10:18 to play, he put up a shot and was fouled. Count the basket, and one. He let out a roar as the crowd gave him a standing ovation. The free throw was good and the Hawks led 50-47.

“To get it on an ‘and one’ was a great feeling inside,” Waite said. “I feel like I really did leave my mark here by reaching 1,000.”

“In the locker room we celebrated with him,” Rice said. “I’m so proud of him.”

The Terriers’ (10-15, 6-8) only lead of the second half was 51-50 with 8:51 to play after P.J. Santavenere made a couple of free throws. Waite made another layup 41 seconds later and MU never trailed again.

The Hawks went on a 6-0 run when the game was tied at 55. A couple free throws from Steele, a jumper by Marcus Ware and two more free throws from Dion Nesmith put them ahead 61-55 with 3:35 on the clock.

St. Francis tried to inch closer, but Steele wouldn’t miss his foul shots. He was six of six from the free throw line in the final 39 seconds (10 of 10 in the game).

“I always practice free throws,” Steele said. “I always make 50 before each game actually, before shoot-around. So I just step up there confident.”



PHOTO COURTESY OF MU Photography

Senior forward Ed Waite scored his 1,000th point this weekend in a win against St. Francis. He averaged 23.5 points and seven rebounds in his last two games.

“I kept looking at the clock and I’m like, ‘We’re going to make our free throws guys and we’re going to win the game,’” Rice said. “Our press offense is set up to get Jesse the ball. He’s too fast for any one guy to keep him from getting it.”

Steele’s 26-point performance was two points shy of his career-high set last week against Fairleigh Dickinson. He was seven of

14 from the field, including two of four from three-point range.

Travis Nichols led the Terriers in scoring. He recorded 20 points on eight of 14 shooting, four of eight from beyond the arc.

The Hawks have two road NEC games this week. On Thursday they travel to Robert Morris (18-9, 10-4) and Saturday they have a game against Saint Francis (PA) (3-22, 3-11).

“To get it on an ‘and one’ was a great feeling inside. I feel like I really did leave my mark here by reaching 1,000.”

ED WAITE  
Senior Forward

and five new Hawks were brought into the game at 17:01 in the first half. The lead grew to 20-11 before MU was able to put something together.

A Jesse Steele basket gave the Hawks their first lead at 6:38 in the first half, and two points from Stephen Spinella completed a

“It’s frustrating,” Steele said. “We should have driven a lot more when they went zone, got in the gaps and got in the middle, but we just kept shooting, and they just weren’t falling.”

Spinella recorded a double-double against the first place Blackbirds. He scored 13 points

## Eller’s Career Comes to a Close

MAGGIE ZELINKA  
LIFESTYLES EDITOR

While many see running as a burden, senior distance runner Amanda Eller finds it nothing but a pure delight. Approaching graduation from the University, Eller has competed in numerous events in not only cross country for the Hawks, but indoor and outdoor track as well.

Over the past four years, Eller has set a multitude of records at MU. Eller set a Multi-purpose Activity Center (MAC) record in 2010 for her 4x1600 relay in the MAC Classic. She also has a second and third place indoor record in the 800 meter run which set in 2012 with times of 2:13.01 and 2:13.32. She is second in the mile for indoor track with a time of 4:58.57 which she also set in 2012. In the indoor 4x800 meter relay, Eller has both first and second place with 9:02.34 and 9:03.88.

Eller’s expertise in the 4x800 meter relay do not yield at the indoor track, but carry over to the outdoor track as she holds first, second, third, fourth, and fifth place in the school record book.

Eller will graduate with school records in the 800, 1000, 1500, mile, 4x800, distance medley relay and others and a number of NEC Championships.

Head coach of track & field as well as cross country, Joe Compagni, commented on Eller’s work ethic.

“Her greatest accomplishment, though, is simply how far she has come since high school, going from 2:27 in the 800 to 2:10; and from 21 minutes to under 18 minutes for a 5K this year,” Compagni said. “She is the perfect example of what someone can do if they focus on it, work at it, take care of themselves away from the track, and don’t put limits on what can be achieved.”

Most recently, Eller helped MU bring home another indoor Northeast Conference title earlier this month.

“She is the perfect example of what someone can do if they focus on it, work at it, take care of themselves away from the track, and don’t put limits on what can be achieved.”

JOE COMPAGNI  
Head Coach

In the Championship meet, she won the mile with a time of 5:07.78 and won the 800 meter with a time of 2:15.56. Eller was also nominated as track athlete of the week on January 29 along with teammate distance runner Ford Palmer. In addition to all of her accomplishments, Eller set a school record in the 1000 meter run as she finished with a time of 2:52.55 this past weekend.

As Compagni realized this will be his last indoor season with Eller, he reflected on her contribution to the team.

“Amanda has been a tremendous asset to the team in cross country,

indoor and outdoor track the last several years,” Compagni said. “Her hard work and discipline have allowed her to improve every year, and she makes those around her better as well.”

Eller became drawn to track her sophomore year of high school when she began to race. “In my sophomore year, I did winter and spring track. I used to play soccer in the fall up until my senior year when I decided to run cross country instead,” said Eller. “I began running because one of my

friends ran distance so it was something we could do together. My first race was sophomore year, indoor 4x200 relay.”

Eller also recalled her most memorable race as a Hawk thus far.

“Last year’s NEC Outdoor Championship 4x800 team,” Eller said. “It was a Saturday-Sunday event. We were in second or third and we ended up winning.

I was the anchor and everyone was coming up to me afterwards saying ‘good job Amanda.’” Eller also came in first for the 1500 meter run with a finish of 4:27.91 and in the 800 meter with a time of 2:13.21 in the meet.

Eller will be achieving her bachelor’s degree in social work but plans to attend grad school this fall. When asked if she will part ways from running upon graduation, Eller said, “I’ve seen people get tired of running before, but I can’t think of it [running] that way. I get upset thinking this is it. I want to do races to keep me going and run on my own. I don’t want to give it up.”

## Hawks to Big South

Big South continued from pg. 1

Callahan sees the Big South as a major upgrade from the NEC. “It’s an opportunity for us to continue to grow our program in terms of scholarship levels and facilities,” he said. “That’s what really attracted me to it. I think this move is such a great one.” Big South schools can have up to 63 scholarships, while the NEC maxes out at 40, according to Callahan.

As a member of the Big South, the Hawks will need to increase their scholarships to 57 by 2014. Last season, their scholarship count was in the low thirties. In the fall, they will be at 40.

As for 2013, MU will be an independent football team, playing without a conference. To qualify for the FCS playoffs, the Hawks would need to earn at at-large bid. This means that they cannot earn an automatic trip to the post-season, they would need to play well enough to be invited.

“The pro is that you can play anybody you want,” Callahan said of being independent. “The con is putting together the schedule. Fortunately, we had a quality and high-powered non-conference schedule already in place, even when we were in the NEC.”

Callahan hinted at what we may see when the schedule is announced sometime this week. Robert Morris and Duquesne are both coming to Kessler Field, while Lehigh and Cornell will be on the schedule as well. “It’s going to be an exciting schedule,” Callahan said. “It may be the most formidable that we have ever played.”

MU can also use this move as a recruiting tool. “It is an opportunity for the University to head south,” Athletic Director Dr. Marilyn McNeil

said. “I think we’ve done a great job of infiltrating the northeast, but this is a chance for Monmouth’s name to get out in the south and to have a little bit of a different profile.”

The Big South is also glad to get their name out in the New York market again. “That is absolutely one of the positives for bringing Monmouth University into the Big South Conference...” Kallander said. “Of course Stony Brook was a member of the Big South for a while and we’ve kind of dipped our toe into it [New York Market] already. We are certainly looking forward to expanding our presence in this market.”

The Big South Conference football played its eleventh season in 2012. “It is a conference that is deeply committed to playing football at the highest possible level in the FCS (Football Championship Subdivision),” Callahan said.

The other schools in the conference are Charleston Southern University, Coastal Carolina University, Gardner-Webb University, Liberty University, Presbyterian College and Virginia Military Institute.

“The Big South is rather new in football...” Gaffney said. “But they’ve been moving very fast in the FCS ranks and winning games in FCS playoff.” Stony Brook and Coastal Carolina made the FCS playoffs in 2012. They both won their first round games and lost in the second.

“We like that challenge,” Gaffney added. “We like that forward look, that velocity that we see in this conference.”

The Hawks have played only Coastal Carolina from their new conference. A home-and-home series in 2008-09 resulted in 26-7 and 24-17 wins for the Chanticleers.



# Women’s Basketball Wins Four Straight

**RYAN CLUTTER**  
STAFF WRITER

The women’s basketball team is riding a four-game winning streak as their record improved to 12-12, 9-4 in the Northeast Conference (NEC). They won both their games this weekend, and are currently third in the NEC with five games to play.

Playing in their annual Play 4Kay game on Saturday, February 16, they beat St. Francis Brooklyn 51-47 behind 14 points from Chevannah Paalvast. The Play 4Kay game is in honor of the late North Carolina State coach Kay Yow who lost her fight to breast cancer in 2009. The players have been raising money for the Kay Yow Cancer Fund and the color pink was seen throughout the

“We knew it would be a battle of wills. To make up for the problem we were having on the inside, we did a great job stepping up on the perimeter, really applying some heat and forcing those turnovers.”

JENNY PALMATEER  
Head Coach

arena on Saturday.

“A game like today is really more about the survivors and the cause than anything else,” said Head Coach Jenny Palmateer who coached

alongside Yow at N.C. State. “I think for us to be able to do our part, to help raise awareness and try to help raise some funds in the fight, we’re more than happy to do it.”

The game was back and forth throughout. St. Francis Brooklyn ended the first half on a 7-0 run to tie the game at 21 and started the second half on a 14-5 run to take a nine point lead. Palmateer took a timeout and the momentum immediately shifted in the Hawks’ favor.

“We talked a lot about getting over the hump,” Palmateer said. “They looked more tired than we did. We were able to limit our mistakes and wear them down.”

MU ended the game on a 25-12 run to steal the win. They had six steals in the game’s final 12 minutes,

and blocked four shots in the win. Thibault added eight points and five rebounds while Danica Dragicevic had five boards and a team-high three assists.

“I thought overall we had some people come in and do a phenomenal job for us and give us the spark that we needed,” Palmateer said. “You’ve got to win some games like this, it’s not always going to feel really good.”

They are now 51-5 all time against St. Francis.

On Monday, February 18, the Hawks took on Long Island University Brooklyn (LIU) at the MAC and pulled out a gritty 69-60 win. Prior to the game Abigail Martin was honored for becoming the 16th player in MU history to score 1,000 points. This occurred in the February 4 game against Central Connecticut State.

Womack led all scorers with 24 points on 11-18 from the field. She scored 15 in the first half. Her mid-range jumper was dropping from the opening tip and she didn’t miss a shot from inside the three-point line in the entire first half.

“I’m just doing whatever my team needs me to do,” Womack said. “Tonight it was scoring.”

Thibault added 17 points of her own, connecting on three shots from beyond the arc and converting all six of her free throws. Martin and Gabby Singer had six rebounds apiece and Singer led the team with three steals. As a team, they shot 45.6 per-



PHOTO COURTESY of MU Photography  
Junior guard Chevannah Paalvast scored 14 points on six of 11 shooting in the Hawks 51-47 win over St. Francis.

cent from the floor and 41.7 percent from beyond the arc.

MU was outsized on the post, surrendering 32 points in the paint, but they were able to force 22 turnovers that led to 26 points. That, coupled with the fact they were 12-15 from the foul line enabled them to come out with the win.

“This one’s big for us,” said Palmateer. “We knew it would be a battle of wills. To make up for the problem we were having on the inside, we did a great job stepping up on the perimeter, really applying some heat and forcing those turnovers.”

The Hawks play a make-up game on Wednesday, February 20 at Quinnipiac. Quinnipiac is first in the NEC and hasn’t lost in conference play yet, but MU is hoping to keep their streak going.

“We’re going to give them a run for their money,” Womack said. “We’ve been looking forward to it since it was scheduled, so we’re ready to go. No doubt about that.”

They’ll travel to Pennsylvania next weekend to take on St. Francis of Pennsylvania on Saturday, February 23 and Robert Morris on Monday, February 25.

## Thibault’s Journey to the Starting Lineup

**RYAN CLUTTER**  
STAFF WRITER

Senior guard Carly Thibault’s life revolves around basketball. At 5’5” she may not be the biggest player on the court, but she has the biggest passion and has emerged as a leader of the women’s basketball team.

No matter her role, whether it’s starting or coming off the bench, she goes all out each and every game. Her long range jumpers are what she’s known for. To date, Thibault has 154 three-point field goals in her college career.

“A three-point shot for us, that’s our dunk,” said Head Coach Jenny Palmateer. “She’s hit some really big (shots) where the game has been touch-and-go or it’s been close and the threes can be such back-breakers.”

Thibault comes from a basketball family. Her father, Mike, is a long time basketball coach, both in the NBA and WNBA. He’s currently the head coach and general manager of the Washington Mystics. However, it would be unfair to assume he’s the reason Carly got into playing basketball.

“He was never the type to force me into playing,” said Thibault. “I did a lot of sports growing up. I actually was a gymnast for a long time, but it turned out that I loved basketball best and he made a rule with me at a young age that if I wanted to work out with him then I had to go to him; he wasn’t going to come to me and push me if I didn’t want to do it.”

Coming from East Lyme, Connecticut, Thibault won a Connecticut State Championship as a junior in high school and was nominated for the McDonald’s All-American team in 2009. Continuing her basketball career, she found her way to MU.

“Once I came here I fell in love with the campus and in love with the passion that the basketball program had for winning and being successful,” said Thibault.

Thibault has played in 30 or more games each year at the University, helping the Hawks to appearances in the NEC Championship game the past two seasons. While playing time hasn’t always come easy, Thibault has solidified herself as a worthy starter this season. Palmateer says it’s getting tough to take her out of the game. Success is everything in Thibault’s eyes and if the team doesn’t make it back to the NEC Championship, the season will be a failure.

Hard work and commitment have gotten Thibault to this point. Each offseason, she dedicates her time to improving an aspect of her game. Whether it’s her shot, her ball handling, her free throws or defense; anything to polish her game and help her become a complete and consistent player. She finds pick-up games with friends from home help her improve.

“Playing against bigger, stronger, faster [players] is always going to make you better,” Thibault said. “I’ve really taken my summer workouts to heart.”

Thibault has started the past 15 games and has shown consistency on both ends of the court.

“Once I came here I fell in love with the campus and in love with the passion that the basketball program had for winning and being successful.”

CARLY THIBAUT  
Senior Guard

She grabbed nine rebounds against St. Francis of Pennsylvania and scored 21 points against Central Connecticut State, both career highs. She’s also made four three-pointers in a game on four separate occasions this year, all coming in games where she started. For Thibault, it’s easier to get in rhythm and have consistency when she’s starting as op-

posed to coming off the bench. Still, she’s ready to embrace any role Palmateer may have for her.

“She really cares a lot about the success of the team,” said Palmateer. “A huge credit to her to be ready when her number’s called. She goes above and beyond; usually the first one in, the last one to leave.”

Basketball isn’t the only thing Thibault has success in. She was recently named to the Capital One Academic All-District 2 Team for the second straight season. Carrying a 4.0 grade point average as a psychology major, she finds time management to be the key to her success on the court and in the classroom.

“A lot of times it’s easy to just want to watch TV or relax,” says Thibault. “Sometimes you have to know what your priorities are and manage your time well in order to get your work done and get extra time in on the basketball court.”

The extra time proves invaluable. Practice, drills, competition, or games, Thibault is always learning and expanding her play. It’s helped her earn the confidence of her coaches.

According to Palmateer,

Thibault’s leadership has been a huge part of getting the team headed in the right direction. Thibault has also become more of a vocal leader with the ability to see things as they’re happening.

“In case I’m missing something, I can always rely on her to be able to pick something up here or there,” Palmateer said.



PHOTO COURTESY of MU Photography  
Senior guard Carly Thibault carries a 4.0 GPA as a psychology major and has made 154 three-pointers in her college career.

“I think she has the unique ability to help get people where they need to be.”

After four years and two different coaching staffs, Thibault feels she has gained valuable experience and knowledge to lead to her future. Ideally, she’d like to be a coach and wants to pursue a master’s degree in sports psychology.

“The psychological aspect of the game is a really big part and I think it’s underestimated a lot,” said Thibault. “I think (basketball) will always be a part of my life and I think that’s where I’ll find the most pleasure in my work in the future.”

It makes sense. Thibault is very close with her father and they both share a love of basketball. He’s helped mold her into the player she’s become and she’s

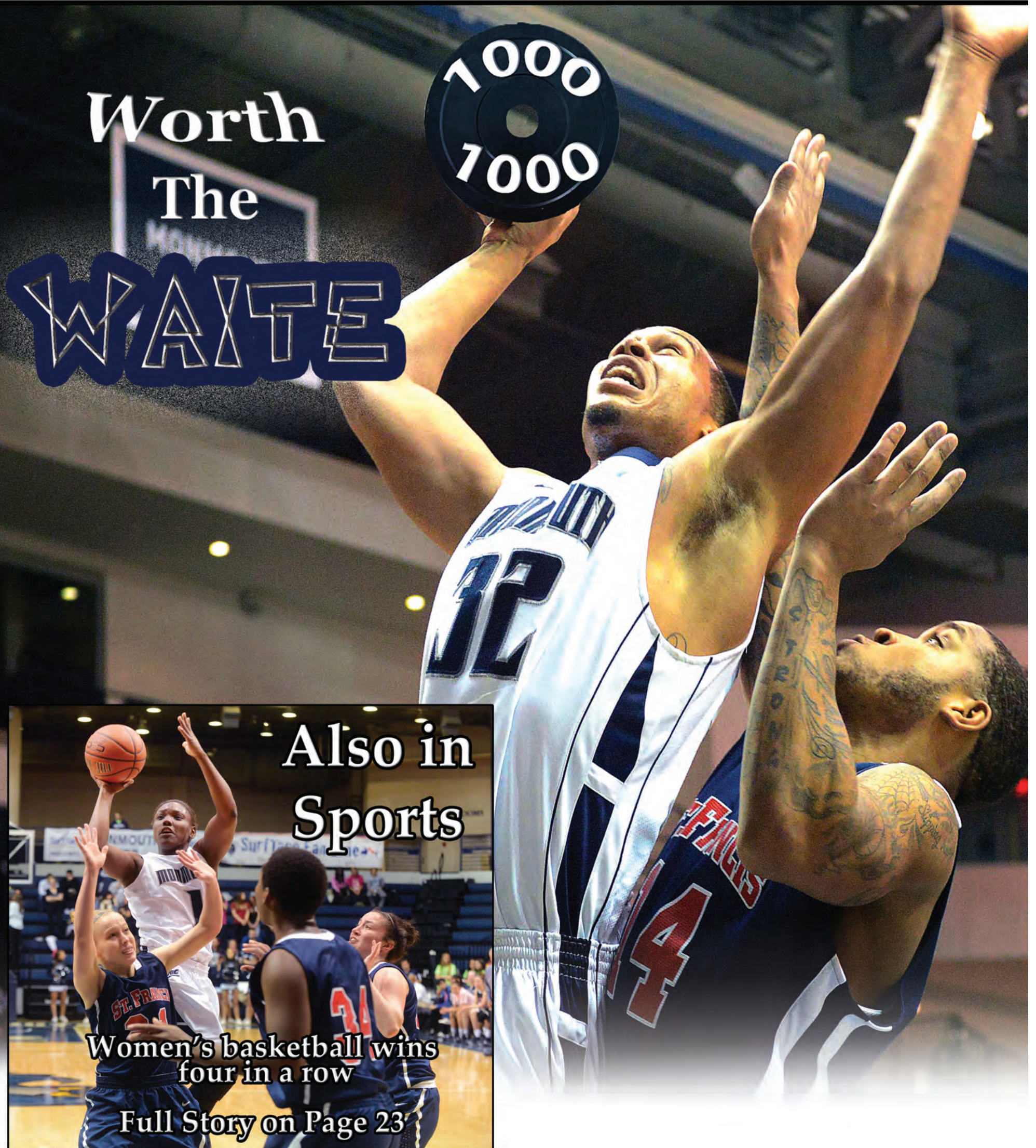
hoping to take that knowledge into a coaching career of her own.

For now, she’s focused on the season. The goal is an NEC Championship. The Hawks are currently third in the conference with six regular season games to play.

“The biggest thing for us is we just need to focus on playing together with a lot of energy and the rest will come, the basketball stuff will come,” Thibault said. “When you play with energy and a lot of heart, it’s easy to feed off of that and we’re a much better team.”

It’s been an uphill battle for Thibault to be on the court in crunch time. Now she is an important piece for the overall success of the Hawks down the stretch.





Senior forward Ed Waite scored the 1,000th point of his career on Saturday to break a 47-47 tie against St. Francis. The Hawks went on to win the game 73-64.

*Full Story on page 22*