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STUDY FINDS FRESHMEN REPORT FEELING DEPRESSED

KERRY BREEN

According to the study "The American Freshman 2014: College Norms," published in The New York Times on Thursday, Feb. 5, college freshmen are reporting a 3.4 percent increase in depression rates compared to the past five years.

The survey, conducted by the University of California, canvassed 150,000 students. Five years ago, only 6.1 percent of these students reported feeling frequently depressed. In the past year, that number has risen to 9.5 percent. Additionally, the number of students who feel overwhelmed and stressed due to school work and other commitments has also spiked, rising from 27.1 percent to 34.6 percent.

The Diagnostic and Statistical Manual of Mental Disorders (DSM) lists several signs and symptoms of depression. These symptoms include insomnia or hypersomnia (having too much sleep), a change in appetite, a loss of interest, and an increase in sadness or crying, among many others. However, according to specialist professor of psychological counseling Gary Handler, this is not always a problem that can be diagnosed. For a diagnosis to be made, the person must be showing at least

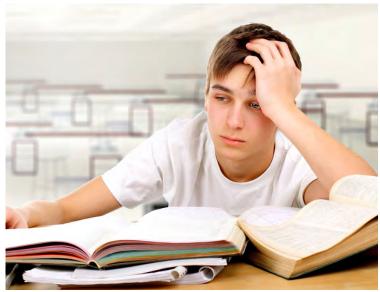
They must also show a change from the previous level of functioning.

There are a number of reasons accounting for this increase. According to George Kapalka, Chair of the Department of Psychological Counseling, the increase may have been caused by economic factors. He said, "More may be worried about paying for college, getting a job after graduation, and they may also feel more pressure from parents to do well, as parents may feel more of a financial squeeze when thy pay for their kids' college education and living expenses." He also believes that students may become more stressed because they are often working while attending school.

According to Kapalka, this stress on college students is not "new" - for years, students have been paying more for degrees with no guarantee that they will find a job after graduation. In an attempt to have a better resume, students often find themselves becoming more involved in activities, enrolling in more difficult classes, and applying for more internships.

Freshmen students are doing all this while also transitioning to a new phase of their lives, especially those that live on campus. According to associate psychology professor David Payne, "A sizable percentage of freshmen have always had difficulty adjusting to the freedom of college compared to high these issues back to the forefront

five of these symptoms within are no parents to keep track of event and you transition from the same two-week period. homework and studying, and stu- one environment to another,



In a survey of more than 150,000 college students nationwide, "The American Freshman: National Norms Fall 2014," 9.5 percent of students reported having frequently "felt depressed," which is a rise over the 6.1 percent reported five years ago.

new friends while staying in touch with their friends from

Franca Mancini, Director of the Department of Counseling and Psychological Services, believes that these issues could have been in existence before the transition to college, and thinks that the change in environment and lifestyle could either bring or make them worse. "We know Payne also mentioned that there that when you have a major life

dents are often trying to make there's a high probability that any underlying issues that were present, even if they had been resolved in that four year period in high school, are going to manifest again because of the transition itself," said Mancini.

> This could also be accountable for the spike in reported depression rates. According to Mancini, changes in habits as a potential cause for this; many students are getting less sleep than usual, and are in charge of handling their own schedules for

Depression continued on p. 2

Monmouth **Mistakenly Named One** of the "Most **Dangerous** Colleges in the U.S."

BRIANNA MCCABE

FABIANA BUONTEMPO NEWS EDITOR

Monmouth University was erroneously ranked as the 'eighth most dangerous college in the United States" in an original report by Start-Class published on Tuesday, Feb. 3 and shared by various news outlets including Fox43. An error was then identified in the original survey on Tuesday, Feb. 17 and Monmouth has since been removed from the list exactly two weeks after the report was released.

StartClass is a website which is a search engine style website geared toward college students to search and find college related articles that are relevant to them. The website originally listed the following schools as being the top 10 most dangerous: Winston-Salem State University (#10), Plymouth State University, Monmouth University,

Ranking continued on p. 2

No More Rotten Apples: Genetically Modified Organisms Spark Debate

CARLY LONG STAFF WRITER

The United States Department of Agriculture's (USDA) Animal and Plant Health Inspection Service approved two varieties of genetically modified (GM) apples, known as Arctic apples, on Feb. 13. As reported by the *Rodale Report*, the approval of the apples by the USDA and the fact that the government will not require special labeling has garnered further debate about the use of genetically modified organisms (GMOs).

in British Columbia, has genetically modified two varieties of apples, Granny Smith and Golden Delicious, to prevent browning after the apples have been sliced, according to the York New

Patricia Sciscione, a specialist professor of nursing, said, "I really do not understand why we need to have apples that do not turn brown after a certain amount of time. That's just the normal enzymes in extra copy of a particular gene the fruit at work. How will people know that the apple is rotten if it never bruises and turns brown?"

GMOs are produced by inserting ly you would need to put lemon DNA from one species into a difproduce a pesticide to destroy insects and other harmful organisms or to help the crops outlive chemicals used to kill weeds, according

professor of biology, said, "The gene that was inserted into the GM apples is actually an apple gene. They simply inserted an and the two copies prevent the apple tissue from turning brown after it has been sliced. Normalbeneficial to places like McDonald's that sell sliced apples in happy meals and other food

juice or a similar chemical on pis said that the nutritional value ferent species, typically either to the apple to prevent this. This is of fruits and vegetables decreases over time, so this technology will allow for an apple to

Katherine Lepis, an adjunct off about this particular GM crop is the ability to extend the shelf life of sliced apples. That may sound like a good thing, but I would prefer to know I am eating a freshly sliced apple opposed to one that was sliced a few weeks ago and may look good, but probably doesn't taste as good as a fresh slice." Additionally, Le-

look fresh that actually isn't.

The Arctic apples will not be readily available, as the apple trees must first be planted, according to the New York Times. Neal Carter, President of Okanagan, told the New York Times that approximately 20,000 trees will be planted this spring, which he hopes will yield 5,000 to 10,000 pounds of apples by the fall of 2016. Yet, these apples will only be samples for food service

GMO continued on

companies and other buy-



Alpha Phi Sigma 4th Annual 'Paws for a Cause' Event

The Criminal Justice Honor Society, Alpha Phi Sigma (APS), held its 4th annual Paws for a Cause Fundraiser to aid the Monmouth County K-9 Unit in purchasing bullet proof vests for their dogs in Anacon Hall on Feb. 18.

'Paws for a Cause' has raised over \$2,000 for the protection of the dogs of the Monmouth County K-9 unit. This year broke records by raising over \$1,000, thanks to a generous donation from Dr. Kathryn Fleming of the School of Nursing, who donated over \$600. Each vest costs around \$850.

The fundraiser opened with a video that gave a brief overview of K-9 units in Monmouth County.

After opening remarks by Lt. Collins, Sheriff's Officer (S/O), Fay and his partner bomb K-9 Falco held a brief question and answer section about the dogs, their lives, and their training. Following this, several dogs gave demonstrations of their work.

Edge, a patrol K-9 also in training for Narcotics, and his partner S/O Lasko, opened the demonstrations by showing off the obedience training that most K-9 units go through.

S/O Jelks and Cida demonstrated the work of bomb K-9s by finding a sample of explosives.

A similar demonstration was given for Narcotics by S/O Mindo and Tango. Tango found a narcotics sample hidden in a trash can.

Finally, S/O Aretino and Ari gave a patrol demonstration. Ari showed off a recall, where he started to pursue a suspect, but on command, returned to Officer Aretino's side. He demonstrated a pursuit by biting and holding onto a special glove worn by Officer Lasko for the demonstration.

Though they did not offer a demonstration, S/O Kroper and his K-9s Iowa, in training for Narcotics, and Skye, a bloodhound used for mantrailing, gave a brief discussion of the kind of work they do.

Concluding the event was a second question and answer session the audience was invited to meet and pet the dogs and converse with the officers. A small display of photos of members of the K-9 unit was also available for viewing.

Reactions to the event were positive among officers, students, and APS members. Jennifer Broman, a senior English major, commented on how the event made the dangers that the dogs face everyday real to her. "I was impressed by the severity of what the dogs do. Especially when the bloodhound came right from a burglary, that was a reality check," said Broman.

Sheriff Shaun Golden also commented on the success of the event. "The 4th Annual Paws for a Cause Event proved to be a success and we are grateful to the members of Alpha Phi Sigma for their dedication to this cause. Our K-9 teams deal in suspect apprehension and can be placed in harm's way. That's why it's crucial they are protected while maintaining public safety," he said.

Paws for a Cause brought to light what goes into the life and training of a K-9 dog. The dogs and their handlers go through a 14 week course where the dogs are given a white towel as a toy that they are trained to associate with their work.

For bombs and narcotics dogs, towels are used to teach them the scents they need to know for their work. When a dog successfully completes a task in training or in their careers, their handler will

bring out their towel and play tug of war with them, letting the dog win.

Paws for a Cause began four years ago, when then-President of Alpha Phi Sigma, Catherine Jones, a current graduate student, wanted to do something important to generate awareness for APS.

"I wanted to make sure that what we did was something that mattered, and not just another bake sale. I had seen my town do fundraisers for vests for cops, and it occurred to me that I hadn't seen one for K-9s."

It has since grown from just two dogs to almost the entire Monmouth County K-9 unit.

The central mission is about protecting the dogs, as Dr. Michelle Grillo, assistant criminal justice professor, described. "The biggest issue in general is bringing awareness to the community that the dogs are sworn officers, facing the line of fire like officers, so we want to make sure the dogs have what they need to their jobs and be safe," she

Donations can still be made at MH-1 in the lower level of McAllan Hall, or checks can be made out to Monmouth County Department of Treasury, 2500 Kozloski Rd., Freehold, N.J. 07728.



PHOTO COURTESY of Richard Felicetti

The Criminal Justice Honor Society, Alpha Phi Sigma, raised over \$2,000 for the protection of the dogs of the Monmouth

Depression Rates Rise 3.4%

Depression continued from p. 1

iety - two of the issues that are most commonly seen by Mancini and her colleagues.

Julie Schaaff, a first-year advisor and health and physical education lecturer, believes this transition is what raises stress levels in students. As a professional who primarily oversees health study and biology majors, she often notices first-year students taking 16 or 17 credits per semester. Schaaff believes the difficulty of these classes, in addition to the transition to college, can account for the spike in students who report feeling overwhelmed.

These feelings of being overwhelmed can sometimes lead to depression, which could account for the rise in those numbers as well. A biology major who overwhelmed and avoiding powished to remain anonymous listed her course schedule as one of student Joe Schuld recommends the things that made her transition that students "don't take too many

ments and the readings," the stuwhat may be the first time. This dent said. "The exams were dif-cusing on the important things." can raise stress levels in students, ficult at first too, and I had trouble

> "A lot of people tend to over-commit themselves and then have difficulty focusing on the important things."

> > JOE SCHULD

To avoid this feeling of being tential depression, junior biology to college difficult. "It was hard at things at once." He said, "A lot of fidential.

first, keeping up with the assign- people tend to over-commit themselves and then have difficulty fo-

Freshman student Elizabeth which in turn can lead to the de-velopment of depression and anx-was working all the time." Roderick avoided this by getting organized right from the beginning of the year. "I made an effort to go out and join clubs and get involved on campus," she said, addressing how she made friends. To stay on top of her classes, she put a white-board calendar on her wall. "It's where I put all my important meetings and deadlines, so nothing slips through the cracks," she said.

The spike in depression rates in freshman students can be attributed to several things, ranging from having too much work to having or from the idea of transitioning being too taxing.

Depression, while often hard to deal with, is treatable. Students with depression and other issues are more than welcome to visit the Department of Counseling and Psychological Services. found on the third floor of the student center. All counseling is free to students and strictly con-

MU Removed from "Most Dangerous" List

Ranking continued from p. 1

Christopher Newport University, Butler University, Clarion University of Pennsylvania, Bradley University, Drake University, Alabama A & M University, SUNY College at Plattsburgh (#1). Monmouth was stated to have 174 number of incidents per student.

Upon circulation of the article on the internet, numerous individuals shared their doubtful reactions on social media to the University's ranking on this list. Among the buzz on social media included: "Not gonna lie, I witnessed a murder on campus, a hawk viciously attacked a squirrel and killed it. And they didn't even cancel classes," jokingly posted Kelly Brockett, a 2014 public relations/journalism alumnus; "This is a joke right?" commented Zoe Bulitt, a senior theatre arts student; and "I didn't realize that my time at MU was actually great training on how to live in dangerous environments like New Haven," mocked Ryan Murphy, a 2014 alumnus.

University President Brown upon alert of the Start-Class ranking by several administrators knew there had to be a mistake in the findings. "Monmouth University is a very safe campus protected by its own police force with proven safety protocols in place, and an excellent track record," he said.

Hilary Foss, Director of Public Relations for StartClass, explained that StartClass collected all alleged criminal crimes (murders, forcible and non-forcible sex offenses, robbery, aggravated assault, burglary, motor vehicle theft, and arson) reported on Office of Postsecondary Education (OPE), added up the number of incidences of each year from 2011 - 2013, and then calculated the average of those three years.

OPE's methodology is conducted by the Campus Safety and Security Data Analysis Cutting Tool by the US Department of Education. As stated on OPE's official website, "This designed to provide rapid customized reports for public inquiries relating to campus crime and fire data."

"The data are drawn from the OPE Campus Safety and Security Statistics website database to which crime statistics and fire statistics are submitted annually, via a web-based data collection, by all postsecondary institutions that receive Title IV funding," according to OPE's website.

When questioned if certain crimes are factored as being more significant, such as murder in comparison to underage drinking, Foss replied the crimes are not weighted when crafting the list of "most dangerous" colleges.

Captain Dean Volpe of the Monmouth University Police Department (MUPD) said this methodology is both invalid and inaccurate as it relates to Monmouth. "I think it's fair to assume that most people would make a distinction between crimes such as murder or sexual assault and underage drinking. That distinction was not made here, so the results are misleading," he said.

Karen Whitney, President of Clarion University in Pennsylvania, said, "We believed the story was inaccurate and misleading and had attempted to contact the reporter to discuss her research."

After publishing the initial report, various publications picked up the report and disputed the erything you see on the internet."

information. StartClass heard from many schools that were on the list, including Clarion University, which then caused them to review the initial analysis. "[That] is when we realized that a mistake had been made," said Foss.

Foss said the initial report was faulty due to an act of human error. "We included all reported crimes from 2005-2012, not just 2012. [Additionally] we counted the total number of unique types of crime at unique locations, rather than the raw number of incidences," said Foss.

"This means that schools where crimes were committed at a wide variety of locations (ex: off-campus, on-campus, private property, etc.) and had a large number of crime types (ex: burglary, assault, etc.) were listed as the most dangerous, regardless of the total number of incidences," Foss con-

StartClass then took down the initial story on their site, published a correction, and reached out to reporters and publications that had used the report in a story. A new analysis published on Feb. 17 on the data included a " much clearer" methodology of what constituted a "dangerous" college, according to Foss.

As stated by Volpe, "Frankly, there are too many variables such as campus size, population numbers, setting (urban versus suburban), and size and type of police force, to make an accurate or informative comparison."

The most updated list ranks Reed College (#10), St. Augustine's University, Swarthmore College, Shaw University, Cheyney University, Gallaudet University, The Art Institute of Pittsburgh, Central State University, Inter-American University of Puerto Rico-Barranquitas, and Benedict College as the top 10 most dangerous schools, with Benedict College being named the most dangerous totaling an average of 152 incidents a year.

Patrick Murray, Director of the Polling Institute, skeptically said, "I couldn't verify their results for any of the schools they listed, let alone Monmouth." Although the list has now been "corrected," Murray still has qualms about using the Clery database to create this type of list because the data are self-reported by the schools. He said, "Some schools are more likely to be aware of incidents on campus and report them, while others may not be as conscientious."

William Reynolds, an adjunct professor of computer science, said, "Statistics do not lie, but liars do use statistics... As a senior citizen, I am very comfortable on campus, even after teaching evening classes or attending evening meetings."

To ensure safety on Monmouth's campus, Volpe said the following precautions are taken by MUPD: a fully commissioned police department; more than 90 emergency phones across a 156acre campus; educational programs revolving around alcohol consumption, sexual assault, and more; a 24-hour safe escort service; regular collaboration with local law enforcement; and the use of Blackboard Connect, a communications system that connects students to the University instantly should there be an emergency.

Murray said, "This is a pointed lesson that you cannot trust ev-

Rock N' Raise Event Exceeds Donation Goal

DANIELLE SCHIPANI

The Rock N' Raise annual charity event raised \$4,200 in the TV studio of the Jules L. Plangere Center for Communication building on Friday Feb. 20. All proceeds went to Hawk TV's Relay for Life fund which benefits the American Cancer Society.

Rock N' Raise is a competition between four bands who raise money and perform for a chance to win a grand prize. In the end, the band who raises the most money wins. The event was broadcasted live on Hawk TV and was also streamed live on WMCX.

The original goal was \$1,800, which was the amount that was raised last year. "It feels incredible to exceed our original goal," said Alexis Morrison, a junior communication student and executive producer of Hawk TV. "Last vear \$1,800 was the most the event ever raised. So raising the bar to \$3,900 is insane," she continued.

The four competing bands were Flammable Animals, Mood Days, Hurricane Season, and Goodbye Tiger. Each band individually raised money and had to sell at least 30 tickets. Goodbye Tiger was the winner.

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

"Lexi [Morrison] was a huge help in getting us involved with the show," said Guy Battaglia, junior music industry student and lead singer of Flammable Animals. "It was also a good cause and a great event so we were happy to be a part of it," he continued.

"The main goal of this event was to have fun while raising money

for Relay for Life and The American Cancer Society," said Courtney Carr, a senior communication student and associate producer of Hawk TV. "I really hope the students and faculty that attended the event learned more about Relay for Life and the amazing things that they do."

In addition to raising money for the American Cancer Society, the event also brought a sense of community to campus. "Rock N' Raise brings together not just faculty and students from the communication department but we have had alumni come out to help support the cause as well," said Aaron Furgason, communication professor and advisor of WMCX.

"This event bonds current students, former students, and musicians both on and off campus," said Michael Thomas, Associate Dean of the School of Humanities and Social Sciences. "Bringing people together and creating a sense of community is the definition of success. I also love to see Plangere so alive," he continued.

"You could feel the sense of community, energy and excitement in the Plangere lobby and TV studio. There was a tremendous vibe that's difficult to explain to those not in attendance," said advisor of Hawk TV and specialist professor of communication Robert Scott. "Everyone, from the student crew and the bands to the sponsors, attendees, and visiting alums and family members, was having a great time and serving an important cause," Scott continued

Hawk TV began to put together the event this past December and has been hosting Rock N' Raise for the last five years.

"Hawk TV has always been actively involved in Relay for Life here on campus because it's such a great cause and as an organization, we wanted to plan an event



PHOTO COURTESY of Robert Scott

Members of Hawk TV each played a significant role at Rock N' Raise to make it a success, according to club advisor Donna Dolphin. As some students worked the cameras, others helped decorate the set or sell

that would help raise money for ning. I just could not look away," our team," Carr explained. "Rock N Raise was the answer, and each year it's been more and more successful in raising an incredible amount of money for relay."

Members of Hawk TV worked hard to make certain their set was impressive and of high quality for the event.

"I was most excited for the sets that we built. We placed nails along rectangular wooden frames and weaved colored yarn into various patterns over top which served as the background for our main set. We lit each individual frame with a different color LED light bar," said Olivia Caruso, a senior communication student and associate producer of Hawk TV. "I don't think I've ever been so happy about something that I've created, but this

Caruso explained.

Rock N' Raise also displayed local musical talent. "The main goal was to raise as much money for charity as possible, but I also really wanted to celebrate the local music scene," said Morrison.

"There's such great talent. I really tried to stress finding local talent and having local music industry businesses be our sponsors," she

The charity event was beneficial to the bands that played. "One of the highlights was being on TV and being able to talk about our new EP, What Lies Beneath the Parkway North, that comes out this March,' said Patrick Napurano, a junior music industry student and bass player for Flammable Animals.

When we arrived at the camturned out to be absolutely stun- pus we were impressed. We didn't sic studio.

realize we would be playing in a real TV studio," said John Mosley, lead singer of Moon Days.

In addition to the four main bands, there were also acoustic acts that played in between sets. These acts included Jimmy Law & Steen Schmidt, Jamie Coppa, Carter Henry, and June Cannon.

"The event was a tremendous success. Not only did the students put together a spectacular event with great musical acts, but they raised an impressive amount of money for the American Cancer Society and reminded the community of Relay For Life's ongoing efforts," explained Scott.

Sponsors for the event included The Saint, Speak Into My Goodeye, Russo music, Noble Media, Lakehouse Recording Studio, Avid Pro Tools, and Eight + Sixteen mu-

Congress Re-Introduces a GMO Labeling Bill

GMO continued from p. 1

Apples will be available for consumer purchase in stores sometime

Furthermore, the 20,000 Arctic apples will only cover about 20 acres; however, approximately 165 million acres currently contain GMO crops in America, according to Rodale.

Charles Balzer, a nutrition science professor, said, "Many people are surprised to hear that commercial sale of GM foods began as far back as 1994. Also surprising is the high percentage of foods that are affected by this practice. As of 2013, roughly 85 percent of corn, 91 percent of soybeans, and 88 percent of cotton produced in the United States are genetically modified. Estimates are that GMOs are in as much as 80 percent of conventional processed foods."

Jaime Myers, a health and physical education professor, said, "The debate among scientists about the environmental impact of GM crops is a little more ambiguous than the food safety of the products. That is where the USDA's decision about GM apples comes into play, after evaluating the risks to other plants and animals, they have decided that the environmental risks of this new crop are acceptable.'

A CNN article explained that many companies, such as Okanagan, voluntarily seek review of their GM foods from the Food and Drug Administration (FDA). However, after receiving USDA approval, GM foods are not required to receive FDA approval for

consumption before they are made available to consumers. On Jan. 29, a collaborative report from Pew Research Center and the American Association for the Advancement of Science (AAAS) found that 88 percent of scientists believe genetically modified food is safe to eat, yet only 37 percent of the general public believes it is safe.

Ervin said, "I do not think the general public has a good understanding of GMOs, and they are very skeptical of a science they do not understand. It is healthy to be skeptical, but I hope they will soon see the benefits of the technology and be more accepting of it.'

Balzer said, "There is wide scientific support from reputable bodies that GM crops pose no greater risk to human health than conventional food. Groups on this side of the issue include the FDA, the AAAS, and the American Medical Association. Opponents of GMOs include groups such as the Organic Consumers Association, the Union of Concerned Scientists, and Greenpeace. Some of the key issues that these opponents raise include the uncertainty of effects of GM crops on health and the environment, the effect of pesticide resistance, and the impact of genetically modified crops for farmers."

Myers said, "Unfortunately, the words 'genetically modified' just don't sound positive and there have been a lot of scare tactics built around this alone. The media has not done well at explaining GMOs either. This has led to a lot of misinformation and fear of the term even when people are commonly consuming foods that fall under this category.'

The only way to ensure GMOs are not consumed is to buy organic foods, as organic standards ban the use of GMOs, according to Rodale.

Mary Harris, a specialist communications professor, said, "I recommend that people consider planting their own organic gardens and supporting local organic farmers as well. My stance on GMOs is that it is not worth the risk to consume them. It is impossible to know if they are safe for everyone over a long-term time span. Despite what many pro-GMO scientists say, no one knows for certain what GMOs will do to people and the environment over the long term. I am not suggesting that GMOs are necessarily dangerous to human health either - that's the thing; it's inconclusive."

Rodale is an opponent of GMOs, arguing that organic foods are better for human health and the environment. Rodale supported the argument with a study conducted by the British Journal of Nutrition, which found that organic foods contain 20 to 40 percent more antioxidants and have up to 70 percent higher levels of healthy plant compounds and fewer chemicals inside

Lepis said, "The biggest problem I see with GM crops is how they are produced. 80 percent of the GM crops grown in this country are designed to be resistant to herbicides, like Roundup. Herbicides are chemicals used to kill weeds and prior to GMO crop development a farmer would have had to carefully

spray between the rows of crops to kill the weeds without spraying the crops because then they would perish as well."

Lepis explains that as a result of GMOs designed to be herbicideresistant, the rate of herbicide use is now 15 times greater than it was in the 1990s.

Harris elaborated on the case against GMOs, stating, "GMOs encourage an increased use of pesticides, which is another major issue. Conventional farming practices employ monoculture, a growing system where a single type of crop is grown in a large area of land. This leads to soil erosion and depletes the nutrition of the Earth and kills the microorganisms in the soil, which therefore harms beneficial insects that pollinate plants.'

Lepis explained the use of pesticides even further and the harm that it has on humans, stating, "This is how it works: You use a chemical to kill a pest, it could be bacteria (antibiotics), insects (insecticides), rodents (rodenticides), or weeds (herbicides). Now because every individual in a population is a little different, there may be a few individuals that naturally have a resistance to the antibiotic or pesticide and are not killed by the application. Since most of the other individuals in the population were eliminated, that leaves only the resistant individuals left to reproduce and pass on their resistant traits to the next generation."

The AAAS and Pew Research Center survey also considered also considered the pesticide use involved with GMOs and observed

that 68 percent of scientists think foods grown with pesticides are safe to eat, while only 28 percent of the public believes they are safe.

Another argument opposing GMOs is that the studies used to determine approval of GMO crops are conducted by large corporations, such as Monsanto, Dupont and Syngenta, which control over half of the seed market and create the chemicals used on the seeds. Rebecca Zidik, a senior communication major, said, "As of now so many people potentially eat them [GMOs], so I don't see too much harm, but you can never tell into the future. Big companies like Monsanto share propaganda because it's their job, not because they want to protect people."

According to Rodale, over 90 percent of Americans want GMO labeling to be required so they can know what is in their food, just like the 64 other countries around the world that already require GMO labeling.

Sciscione said, "I think overall organic foods are healthier alternatives, but I believe that even when they are labeled 'organic' you cannot be entirely sure they are truly organic. Labeling foods 'organic' means they have been grown in soil that has not been exposed to pesticides within the past three years, but pesticides have been so widely used over decades in the U.S. that expecting soil to be totally pesticide-free may be unrealistic."

Though it will be a while before Arctic apples are available for purchase, the debate over GMOs will likely persist until more conclusive, long-term research has been con-

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The Outlook is currently seeking help in the following departments:

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Feel free to visit the office on Mondays and Tuesdays and/or contact the Acting Editor-in-Chief, Brianna McCabe at s0828430@monmouth.edu.

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Did you apply for graduation?

A ATTENTION STUDENTS A

In order to be on target to complete your degree requirements and graduate, the Office of the Registrar (OR) urges you to apply for graduation no later than 1 year prior to your anticipated graduation date. By applying at least 1 year in advance, this affords you the opportunity to receive notification from the OR indicating if you are not 'anticipated complete' with your registered courses. Having this early warning and additional time allows you the opportunity to register for any additional required courses or requirements.

Good luck with your coursework this semester!

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- April 15th, 2015: Deadline to submit any additional e-FORM's requests (i.e. Substitutions, Waivers, Declare/Remove Minor, etc.)
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Step 3: Return your pig

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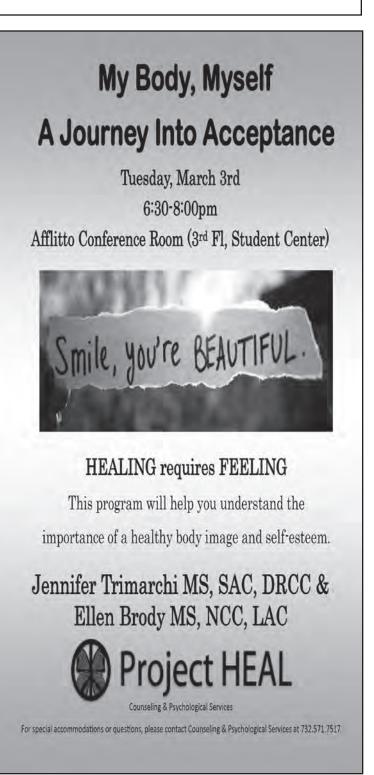
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What *Really* Matters: GPA or Activities?

As spring graduation approaches and summer comes around, Monmouth University students will begin to apply for careers and internships. They will stock their resume with every job and leadership position they have ever held, but is this what companies truly look at? While a high school GPA helped colleges decide whether they were going to accept a student or give them a scholarship, the same cannot be said in the real world.

"GPA and extra-curricular activities are just two factors, in addition to other things, that employers consider when reviewing candidates for employment," said Assistant Dean for Career Services William Hill.

He also noted that while a GPA is important, extra-curricular activities may increase the chances of getting hired. "A student who was president of a club related to their major or career might get greater consideration over another candidate with a slightly higher GPA, all things being equal. In general, which one is given more weight may very well depend on the job for which the candidate is being considered."

Many Outlook editors agree with Hill's statement as most believe internships and experience outweigh a GPA.

Furthermore, The Outlook editors who have held previous internships recalled that most of these companies did not even ask for their GPA's. These companies received an employee's GPA through the transcript, if it was asked for; however, most

interview, their employer had their resume in front of them, not their transcript. Although the staff's previous employers did not ask for their GPA's, this does not necessarily mean that others will follow suit.

It is likely that a high profile company will ask a potential employee for both their GPA and extra-curricular to see how well-balanced an applicant is. If someone is highly involved in extra-curricular activities, maybe even on an executive board. and is able to maintain a high GPA, their appeal to the company will significantly increase.

"I think that employers look at both, extra-curricular activities and a high GPA. If they see that you were able to maintain a solid GPA while also balancing extracurricular activities or an internship, I think that they will be impressed with your work ethic and your determination to succeed in more than one area of your life," one editor said.

There are a few editors who believe a GPA holds little to no power while applying for internships and/or jobs.

"I think for the purposes of scholarships and graduate school applications, GPA is definitely weighed more than perhaps just applying for a job. But for a job, internships are huge. They show that you have accomplished certain tasks, you've done it for a prolonged period of time, and you managed to willingly volunteer your time because you have that much of a passion for it," one editor said.

Out of eleven *Outlook* editors

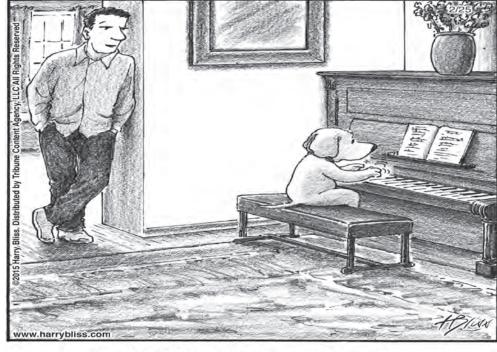
editors noted that during their who were asked, nine said they would take a great internship over of a 4.0 GPA. While a 4.0 would be an impressive feat, especially in college, a future employer will want to see if you are equipped to take on a task, not take a test.

Even though The Outlook is rather one-sided when it comes to internships over GPA's, they are rather torn when it comes to gaining experience via internships or via University courses.

"I've learned more in journalism, to be honest, in The Outlook than anything," one editor said. "I've practically received handson learning on the ins-and-outs of journalism, learned how to edit, beat deadlines, break news, etc. That's not something I would learn in a classroom, nor would I learn fetching coffee for someone and transcribing interviews.'

On the other hand, another editor disagreed, "I'd say I've learned an equal amount from both. My courses taught me a lot of the basic skills needed for a job in PR, and then my internship helped me learn how to use these skills most effectively."

The Outlook concluded with this notion: internships and clubs on campus provide a student with hands on experience, while in a classroom, a student understands the theory behind the actual work. Thus, we learn what to do in the classroom, but prove we know what to do in our internships and extra-curricular activities. Once we prove we know how to handle certain situations, our GPA becomes just a number.



"I didn't know you could play."

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) by 12 pm Sundays to *The Outlook* office, 2nd floor, room 260, Plangere Center.

All copy must include the author's full name and contact information. *The Outlook* accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in *The Outlook* do not necessarily reflect the views of Monmouth University or *The Outlook*.

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Declining Dollar\$ Lose Value by Restricting Solely to On-Campus Use

Monmouth University currently has "declining dollars" available for students in their meal plans. Declining dollars can be used at a few areas on campus including Java City, the Student Center, Convenience Store, Jersey Mike's, and Shadow's. Different meal plans give different amounts of declining dollars.

According to the University's website, the Carte Blanche meal plan includes \$50 worth of declining dollars, the 225-meal plan includes \$90 worth of declining dollars, the 195-meal plan includes \$95 worth of declining dollars, and the 105 meal plan includes \$170 worth of declining dollars.

sity developed a plan where declining dollars could be used at participating local businesses in West Long Branch such as Scala's, Surf Taco, and Top It Frozen Yogurt?

Many of these specific businesses already do offer a student discount, for example, Surf Taco gives students a 10 percent discount on their food purchase with a Monmouth ID. This is quite a deal for college kids looking to switch it up and eat off-campus on a budget. However, collaborating even furthermore by incorporating the University's declining dollars within these local businesses could be even more beneficial to many students.

Steven's Institute of Technology is a university located in

What if Monmouth Univer- Hoboken, NJ, that has imple- the meal plan because of the to serve off-campus eats is an mented a plan similar to this amount of options it provides where students can use "duckbills" at participating local businesses.

According to Steven's Institute of Technology's website, "Duckbills are a prepaid, dollar for dollar, declining balance account housed on your Stevens ID Card that may be used to pay for purchases at participating on and off campus locations. They are convenient, safe and fun to use. Students, staff and faculty are all encouraged to use Duckbills for their purchases.'

Melissa Murphy, a graduate from Steven's Institute of Technical Institute, was asked to provide a comment on how she felt about the school providing Duckbills to the students. "Duckbills are the best part of

for the students! It provides the option to eat off campus, which is great because there were time where I didn't want to eat what was provided that night, or the dining hall was closed but a few local businesses were still open. It provides a social aspect because you and your friends have the option to eat at a favorite place. Lastly, I could call my parents plead my case for needing a little extra cash and they could transfer duckbills onto to my student ID card instantly!"

Monmouth could look at this other nearby NJ educational institute as an inspiration and consider providing a similar opportunity to students here who purchase meal plans.

Changing declining dollars can see the benefit of.

easy modification that everyone can benefit from. Depending on which meal plan you purchase, a certain amount of "hawk dollars" could be provided and from there could be easily added to a student's ID card in three different ways: online card office, cash deposit station, and campus card office.

Assuring a solid college experience by pairing with local restaurants would be a beneficial change of the declining dollars in the current meal plan.

By allowing students the option to purchase off campus meals within the student meal plan, it will broaden their dinning options while also supporting the local restaurants. This is a plan that all parties

Live Like Peter Pan

MAGGIE ZELINKA SPORTS EDITOR

This month marks the 62nd anniversary of Disney's release of *Peter Pan*. I believe we all need to be like Peter Pan. No, not exactly Walt Disney's Peter Pan. I am talking about the cocky little bastard Peter Pan that J.M. Barrie created in ing man at the bar whom my 1904. Peter embodies enough friends want to approach, yet confidence to inspire thousands they do not feel worthy or up to and does whatever he wants, no matter who is watching.

As we grow up, we tend to lose our confidence and our untroubled way of life. We no and ask if they would like to be friends. While at my age, the park setting may be altered to a bar or party setting, the case remains the same. We no longer have the self-assurance nor the carefree sense of nature to apbecome far too concerned with the thought of being judged to

One of my favorite quotes dy begins to discuss the topic of love with Peter, and he responds, "Why do you spoil ev-

Why can't we just have fun? I am not suggesting that the idea ing single is something to cherof love is appalling; for every- ish. One of the oddest phrases one wants to be in love and be we hear around this campus loved in return. I also am not has to be, "I just want to have suggesting that we abandon our a bae." How can you desire to responsibilities just so we can have someone who you know have fun; after all, Peter is in nothing about? If you find charge of protecting the lost someone you sincerely care boys who reside in Neverland for, then you start dating; you from Captain Hook, an act he do not search frantically for successfully carries out. How- someone just to avoid being ever, why can we no longer alone. Anytime you tie yourhave fun in the process?

As stated before, people my age are far too concerned with the thought of being judged which restricts their confidence and in turn, their ability to be for the absolute first time, I carefree. I often hear my peers refer to alcohol as "liquid confidence" because it awakens because I am now a senior in something within them which college or simply that I have they so terribly fear to show.

release this inner side, but our er the cause, I have more fun state of our mind will be so and feel I am more fun to be blurred, we will not remember around. our actions and thus, we will not feel judged for these ac- young to allow the fear of be-

Why must so many people my age resort to alcohol as a gateway to say what they want or do and essentially not care about what they want? Why have we what others may think.

lost the confidence to merely approach someone we desire to talk to or do what we would like to?

A circumstance such as this happens with my friends nearly every weekend. It goes as followed: there is a good lookpar with that person's looks or personality. This is because we are our own greatest critique. What you may see as a causality in appearance, another may longer can approach a random see as a staple of perfection. person in the middle of a park It is sad to say, but this is the

One personal case of this misfortune happened during last summer. If you know me, then you must know I am honest to a fault so there is no sense in lying in this matter. During proach a complete stranger. It is my freshman year summer of my observation that we have class, there was one student who I had absolutely no courage to talk to. He was a senior release our carefree, confident on the soccer team and I felt I had a better chance of hitting a bullseye in the dark than strikcomes from PJ Hogan's 2003 ing a conversation with him. At adaptation of Peter Pan. Wen- the end of last spring semester, I would often see him out at the bars but still could not find the courage to speak to him. Now erything? We have fun, don't that I finally have the courage, feel no need to approach him.

> People must realize that beself to someone else, you simply are restricting your actions as you have another person to take into consideration.

Now I am 21-years-old and feel somewhat confident. Key word: somewhat. Maybe it is grown slightly more comfort-We decide to get drunk and able in my own skin. Whatev-

> I believe we are all too ing judged to suppress our care free confident side. We all need to let out our inner Peter Pan



HARMONY BAILEY CONTRIBUTING WRITER

This year the fashion industry has made significant moves for representation equality during the Mercedes-Benz Fashion Week in NYC. To begin, mega-retailer Macy's premiered last week with their "Go Red for Women" campaign on the catwalk, showcasing a line of clothing (all stunning red dresses) in the first-ever collaboration to fight against heart disease in women, backed by The American Heart Association. "Macy's has brought awareness [of heart disease] to consumers across America and has raised \$46 million for the cause," goredforwomen.org stated.

It is only appropriate that the American Heart Association had a part in kicking off this year's show, because shortly after fashion week began things started to look a bit...different.

On Feb. 12, 2015, a new campaign was launched on the runway. Role Models Not Runway Models by designer Carrie Hammer set the stage by showcasing her line modeled by people with disabilities. This included American Horror Story actress Jamie Brewer, who is now, remarkably, the first model with Down syndrome to strut down the runway during Fashion Week.

On Feb. 17, Brewer's debut was followed by FTL MODA which incorporated models in wheelchairs to raise awareness on spinal cord injuries by teaming with Fondazione Vertical. "One cat-walker, who was missing part of her arm, strutted in a black cutout outfit and her muscular body was spraypainted silver," US Magazine commented of the show.

During the FTL MODA show at The Salon at Lincoln Center on Feb. 18, amputee male model Jack Eyers strutted down the runway. The model and personal trainer later stated that he wanted to "show that having a disability doesn't hold you back."

Courtney Carr, a senior communication student, commented on how happy she was to see the fashion world opening up. "It's very important to, not only educate everyone, but physically show them all that there are people in this world with a variety of disabilities. It's just as important for a person with a disability to feel loved and Male model, Jack Eyers, walks down the runway sporting his accepted in this world just like prosthetic leg.

everyone else," Carr said.

"This idea of people with disabilities being out and about in society is still a very new thing for some people, so I think exposure is a very great stepping stone to building awareness, which leads us to another stepping stone to building acceptance," Carr continued.

Mercedes-Benz Fashion Week has definitely opened those doors and exposed true beauty this year. Hopefully this trend continues to grow in following years, and the fashion industry will open up to more diverse groups of models and agencies.

This is such a new phenomenon in the industry which proves that, finally, fashion low as well.

can be more than just thin, tall, trained, blank-faced models. This show demonstrated that there is beauty in everyone (no matter if you have a disability).

It was a bold move for the designers and companies that chose to take that route, and it has certainly opened the doors for more diversity and acceptance now.

Hopefully, the trend continues in the upcoming years, and society's expectation on what 'beauty" and "fashion" is can be swayed.

The groundwork has now been laid, and I suspect that these models and designers will continue what they have started, and more agencies will fol-

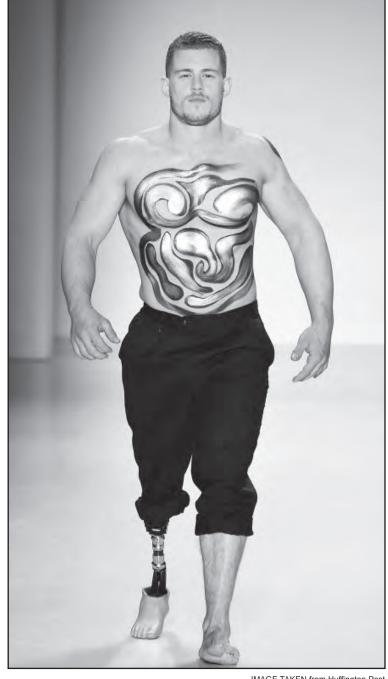


IMAGE TAKEN from Huffington Post

American Sniper Film Controversy Turns Heads

BRENDAN GREVE STAFF WRITER

The controversy over America's most popular film, American Sniper, is still lingering after the Oscars on Sunday night and the murder trial of Eddie Ray Routh—the alleged killer of Chris Kyle, the movie's main character played by Bradley Cooper—all happening at the same

The film contended for six Academy Awards and crushed box office records by earning a total of \$428 million, according to Yahoo.com. Birdman, the film that beat out American Sniper for best picture, only earned about \$76 million.

According to the Daily Caller, the film is being considered the most successful war film of all time, however, it only won for sound editing. Some are accusing the Oscar snub as a result of the awards becoming political.

The controversy over the film started early in January with a Twitter war started by two celebrities, Seth Rogen and Michael Moore. Rogen tweeted, "American Sniper kind of reminds me of the movie that's showing in the third act of Inglorious Bastards." Moore tweeted, "My uncle killed by sniper in WW2. We were taught that snipers are cowards. Will shoot u in the back. Snipers aren't heroes. And invaders r worse."

These comments started a major uproar amongst the American people. Arguments about the film to the face soon." Other celebrierupted around the country. Multiple politicians reacted, includ-



Christopher Scott Kyle, a United States Navy SEAL, served four tours during the Iraq War. The "American Sniper" is the most lethal in US military history, totaling 160 confirmed kills.

and Newt Gingrich. Gingrich, for Bill Maher took their side. example, said, "Michael Moore should spend a few weeks with ISIS and Boko Haram. Then he might appreciate @AmericanSniper. I am proud of our defend-

Multiple celebrities reacted as well, with Kid Rock going as far as to say he hopes Seth Rogen and Michael Moore "catch a fist ties like Blake Shelton and Rob

Bill Maher referred to Chris Kyle as a "psychopath patriot" on his show Real Time. The panel of his show clashed about the topic, while the former Governor of Vermont, Howard Dean, said, "There's a lot of anger in this country and the people that go to see this movie are very angry." These are just examples of how the country is now divided as to whether or not Chris Kyle Lowe slammed the American was a real hero. Bill Maher add-

ing Sarah Palin, John McCain Sniper critics while others like ed, "There is a Twitter war and now we have to take sides." Social media has fueled this controversy, and in a way, has taken a huge part of political debate and controversy in our country.

Junior political science major Samah Khalifa, said, "It plays a huge role because it is direct access to what we are thinking and you can see what is popular by what is trending.'

Dr. Michael Phillips-Anderson, assistant professor of communication, said, "Social media

serves as a way for media sources to measure audience interest. It is critical to understand that a trending topic on Twitter means that some percentage of Twitter users are interested, but they may not represent the large public.' Now, how is this going to play a role on the murder trial of Eddie Ray Routh, the alleged murderer of Chris Kyle? There have been multiple times where the media has played a role in court cases. Some popular examples would be the O.J. Simpson and Aaron Hernandez trials.

Nicholas Sewitch, an instructor of criminal justice, and former prosecutor in Middlesex County for 29 years said, "Jury selection plays a huge role in cases like these." He said the problem with this case is that the movie "gives sympathy towards the victim" when the jury is not supposed to be affected by "passion, prejudice, or sympathy." A jury was selected on Feb. 9 and was told that they must not let the movie affect their judgement, according to ABC News. Professor Sewitch said, "It surprises me that the jury was allowed to watch the movie."

Regarding another ongoing murder trial, the Aaron Hernandez case. Sewitch said, "The jury for that case was allowed to watch the Super Bowl but was instructed to turn it off if the commenters made any reference to Hernandez."

Despite all of this controversy, the closing arguments of the case are set to start on Tuesday Feb. 24—less than 48 hours after the Oscar's. According to NBC News, "the real life sequel to American *Sniper* is about to begin."

What's Currently Trending in Politics?



PHOTO TAKEN from mpoliticalreport.com

NJ is pushing for the legalization of marijuana. The American Civil Liberties Union and the National Association for the Advancement of Colored People are among supporters.



Governor Chris Christie's pension reform law was brought before a New Jersey Superior Court Judge who ruled that the governor must make payments promised to the system in the law.



PHOTO TAKEN from blogs

An Egyptian soccer fan stands before a burining vehicle in a riot that erupted during an Egyptian Premier League soccer match, killing

MU Debate Team Coaches APHS Debate Team to 2nd Place School Award in South Bronx



PHOTO COURTESY of Joseph Patten

Members of the Asbury Park High School Debate Team pose after receiving a second place team award.

PRESS RELEASE WEST LONG BRANCH, NJ

The Monmouth University Debate Team coached the Asbury Park High School Debate Team to a second place team award at a debate tournament held at the Bronx Collaborative High School on Saturday, Feb. 21.

Members of the MU Debate Team conduct debate workshops every Monday after school throughout the year in preparation for debate tournaments sponsored by the Urban Debate League. Eight Asbury teams of two students competed at the tournament this weekend. Three of the eight teams received an award for posting a winning record at the tournament and three trained by members of Mon-Asbury debaters received individual speaking awards.

The Asbury Park High School Debate Team was launched five years ago, made possible by an annual grant from the TD Bank Foundation and another grant from Santander Bank that were secured by the MU Debate Team and the Institute for Global Understanding respectively.

The students debated from both the affirmative and negative perspectives on the following resolution: Resolved: The United States federal government should substantially increase its nonmilitary exploration and/or development of the Earth's oceans.

The Asbury students were joining the debate team.

mouth's Debate Team to participate in New Jersey's Urban Debate League. The National Urban Debate League has a rich tradition and is credited with helping to catapult many urban students into successful careers, none more inspiring than Supreme Court Justice Sonia Sotomayor. When she was nominated to the nation's highest bench, she credited her mother and her high school involvement with New York's Urban Debate League as the two most important reasons for her success. Please contact Prof. Joe Patten at 732 263-5742 if you are interested in

MONMOUTH UNIVERSITY **SAVE THE DATE**

Thursday, March 5, 2015 4:30 pm - 6:00 pm Wilson Hall Auditorium

Paul Greenberg
Award Winning Author
"America's Catch: the Fight for our Local
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Visitor Parking: Lot 11 & 12



Paul Greenberg is the James Beard award-winning author of the *New York Times* bestseller and Notable Book *Four Fish: The Future of the Last Wild Food* and *American Catch: The Fight for our Local Seafood.* A regular contributor to the *New York Times*' Opinion Page, Magazine, Dining section, and Book Review, Greenberg lectures widely on seafood and ocean sustainability.

A guest and commentator on public radio programs including Fresh Air, All Things Considered, and The Leonard Lopate Show, Greenberg is also a fic-

tion writer.

For more information on this speaker, please visit www.prhspeakers.com

MONMOUTH MONMOUTH UNIVERSITY

SCHOOL OF SCIENCE

Urban Coast Institute

ADVANCED SUMMER REGISTRATION BEGINNING MARCH 9, 2015

Continuing students in good academic standing are invited to register EARLY for all the Summer 2015 sessions.

The WEBadvisor online listing of SUMMER COURSES are currently available.

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

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

WEBstudent Screens for Registration:

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

Questions . . . contact registrar@monmouth.edu askanadvisor@monmouth.edu

ARE YOU AT YOUR BREAKING POINT?



Take a few minutes to participate in our online Anxiety Quiz between **Feb 25th and March 4th.** You will have the opportunity to have your name entered in a drawing to win a **\$50 Gift Card** to help take the edge off!

READY TO TAKE THE QUIZ?

https://www.surveymonkey.com/s/FHFZYBT

Want to learn more, take a **free screening** for anxiety and other mood disorders, and speak with a counselor? You can come to the **Afflitto Conf Room on the 3rd floor of the Student Center on March 4th between 11am-3pm**, for a confidential screening. Participants will be included in a drawing for a **\$25 MU Bookstore Gift Card**.

Sponsored by Counseling and Psychological Services
For questions, please Contact Dr. Mancini at mancini@monmouth.edu
or 732-571-7517

National Eating Disorders Awareness Week

February 22nd – February 28th



Stop at our tables on the following days:

2/24 Dining Hall, 11am-1pm 2/25 Dining Hall, 11am-1pm

2/26 Near Info Booth in the Student Center, 11am-2pm

Counseling & Psychological Services, 3rd Floor Rebecca Stafford Student Center

Tel. 732-571-7517 Email: mucounseling@monmouth.edu

EMILY SHAPIRO

On Sunday, Feb. 22, the 87th annual Oscars wrapped up award season live on ABC at the Dolby Theatre in Hollywood. With Neil Patrick Harris hosting, it was hard to predict just what was going to happen.

actors and actresses from movies, documentaries, and short films. The always-flawless Meryl Streep was seen in a sharp blazer paired with a blouse and a high-waisted skirt. This year was Streep's 19th Oscar nomination. She holds the title for most Academy Award nominations any actor or actress has ever received in history.

Another best dressed was Jennifer Hudson. Wearing yellow to any event is a gamble, but she paired a long, tight yellow gown with emerald earrings, which made her shine unlike many others who walked the carpet. Other actresses that stole the spotlight for their dresses were the fabu- ter or pizza being delivered like lous Jennifer Aniston, Gwyneth during Ellen DeGeneres' stint Paltrow, Reese Witherspoon, and Anna Kendrick.

There always has to be contenders for the worst dressed however, Harris introduced us on the red carpet. This year So- to a black briefcase in a spelange Knowles, Lady Gaga, Di-cial box that apparently held his ane Warren and Nicole Kidman Oscar winner predictions that all fell short on style. Newly- he had made a few days prior. ing towards the stage.

engaged Lady Gaga showed up with red gloves on, which looked more like oven mitts. They did not go with her dress whatsoever, and actually ruined her whole outfit. Hopefully she has better luck with love than her style choices.

The show opened with Harris telling a few jokes, and, to The red carpet was filled with no one's surprise, an extravagant musical number. The special effects are what made the song; on the screen behind Harris were little bits of movies and pictures of actors and actresses over the years. Half way through the dance number, Harris actually put himself into the scenes, which was the best part of the whole thing. Kendrick and Jack Black both made special appearances in the opening monologue.

Throughout the show, Harris had audience members laughing. Whether it was a punchy one-liner or coming out in his underwear, he did an overall good job hosting. Though there was no selfie that broke Twitlast year, it was still not a total train wreck.

A little ways into the show,

This just seemed like a drawnout joke that people got tired of pretty quickly.

Best Actor in a Supporting Role was the first award of the night, going to J.K. Simmons for his role in Whiplash.

This year, many winners were using their acceptance speech time to speak out about issues that some have been ignoring. Dana Perry and Ellen Goosenberg Kent, who received the award for Best Documentary Short Subject, mentioned that people should talk about suicide more openly. Perry's son took his own life at the age of fifteen, and she believes that it needs to be discussed instead of ignored.

Patricia Arquette won Best Actress in a Supporting Role for her performance in Boyhood. She used her speech to call for equal pay for women. She stated, "To every woman who gave birth, to every taxpayer and citizen of this nation, we have fought for everybody else's equal rights. It's time to have wage equality once and for all, and equal rights for women in the United States of America." The crowd went wild with cheers, and many women in the front row were supportive of Arquette's words. Streep and Jennifer Lopez were particularly enthusiastic, jumping and point-

took home the Best Actress trophy for her role in Still Alice. Moore's portrayal of a woman struggling with early onset Alzheimer's was emotional and heartbreaking, and earned the seasoned actress her first-ever Oscar.

Also a first-time winner was The Theory of Everything's Eddie Redmayne, who delivered a transformative performance as Stephen Hawking. Redmayne took home the prize in a category full of big names, including Birdman's Michael Keaton and American Sniper's Bradley Cooper. Redmayne's acceptance speech was full of joy and gratitude, and was one of the night's biggest highlights.

Performances by Lady Gaga, Common and John Legend, Adam Levine, and Rita Ora graced the Oscar stage. Common and John Legend had everyone in tears with their performance of "Glory" from the soundtrack of the movie Selma. Levine's performance of "Lost Stars" from his movie Begin Again, on the other hand, felt a little irrelevant; though it was a nominated song, it didn't seem all that popular with the audience. There was also a live performance of the song "Everything Is Awesome'

from The Lego Movie. Perform-

As predicted, Julianne Moore out some Oscars made of Legos. Oprah even received one!

At almost every award show, there is a slideshow that remembers those actors and actresses that have passed during the year. Mickey Rooney, Maya Angelou, and Robin Williams were just a few remembered at this years Oscars, but there was one face that was missing from the list: Joan Rivers! Rivers passed away this past September at the age of 81 due to a complication during surgery. Her omission was an enormous snub, especially considering the fact that she literally came up with the phrase, "Who are you wearing?" which is used at almost every single red carpet event. Fans were outraged when they saw Rivers was left out of the tribute.

Nominations for Best Picture, the biggest award of the night, were American Sniper, Birdman, Boyhood, The Grand Budapest Hotel, The Imitation Game, Selma, The Theory of Everything, and Whiplash. Normally there is a clear cut winner even before the envelope is opened, but this year was different. With the Oscar possibly going to any of the nominees, it was hard to tell who was going to take it home. In the end, Birdman beat out all the others.

A list of all the nominees and winners can be found at oscar. ers ran into the crowd and handed go.com.



{ FALL IN LOVE WITH "THE LAST FIVE YEARS" }

KERRY BREEN

Robert Brown's award-winning musical, The Last Five Years, was released in limited theaters the songs are solos with the ocon Feb. 13, just in time for Valentine's Day.

sides of the relationship of pro-

dan). These two are the only A movie adaptation of Jason principal cast members in the entire film. They are also the only ones who sing; many of casional duet.

The two characters are also The movie is a love story, travelling along separate timedard, happy tale—instead, it Cathy in a New York apartis about a couple falling apart. ment, alone, after having been The story is told through both just left by Jamie, beginning her timeline with the end of

tagonists Cathy (Anna Kend- their relationship. The next only three songs recorded. The only other obvious difference is rick) and Jamie (Jeremy Jor-scene shows Jamie's timeline, where he is just beginning to fall in love with Cathy; his story moves from beginning to end, while hers goes from end to beginning. The two timelines only overlap for one brief moment, when the couple marries.

The movie is told almost enthough it is by no means a stan-lines—the movie opens with tirely in songs—only a few lines are spoken and there is continuous music playing in the background. Much of the singing was performed live, with

singing is certainly one of the strong points of the movie— Broadway shows, and Kendrick starred in another musical adaptation, Into the Woods, earlier this year. Much of the directing choices are simple, giving the actors room to exercise their voices and really shine.

The acting is extremely good as well, especially in the scenes where the characters are together, whether happy or sad. One of the highest points of the film, acting-wise, is the final scene, when Jamie is at the end of their love story and Cathy is starting right at the beginning. Both actors give a wonderfully emotional performance, saying goodbye to each other for the first and the last time.

Another plus of the movie is its utilization of the settings. It was shot in 21 days and was filmed entirely in New York City, mainly in Brooklyn and Brown, the writer of the original musical, has referred to the city itself as 'a third character.' are Cathy's small New Jersey hometown and the theatre company in Ohio that she visits evtakes place entirely in New

close to the stage production of the show. One of the only noticeable differences is the timing—the movie is set in modern lect theaters, it is available for day, while the stage production purchase online, on iTunes, and was set in the early 2000s. The on demand.

the changed style of the songs; in the original production, only both actors have performed in the song where the two meet at the wedding is a duet, while the movie has combined several songs to juxtapose the characters.

Many stars who have experience with The Last Five Years make appearances in the show. The original off-Broadway Cathy, Sherie Rene Scott (famous for other musicals such as Aida and The Little Mermaid) appears in a cameo role, as does Betsy Wolfe, the actress who played Cathy in the off-Broadway revival in 2013. Brown himself also had a small cameo

The movie is not the typical love story that is usually released on Valentine's Day—it does not end happily, and, according to Brown, the trouble with the couple is not "that they broke up... the tragedy is that they were ever together in the Staten Island. Jason Robert first place." Jamie is an ambitious writer who seems to succeed in everything he does; Cathy is an actress who just The only other settings seen can't seem to catch a break. Jamie is also selfish, while Cathy is fiercely loyal—these traits and the differences in their levery summer: aside from those el of success ultimately account few shorts scenes, the movie for the couple's failure to stay together.

Despite the melancholy na-The movie is also extremely ture of the movie, it manages to be funny and lighthearted while still being filled with emotion. While it is only available in se-



Jeremy Jordan and Anna Kendrick star in the film adaptation of Broadway's "The Last Five Years." The duo sang 11 out of 14 musical numbers live during production, which lasted 21 days and took place in New York City.

"SELMA" MARCHES INTO GREATNESS

KASSANDRA HAGEN CONTRIBUTING WRITER

Selma was one of the best civil rights movies I've seen in a long Luther King as he gathers a rally of people of all races to march brought upon his family.

The film opens with Dr. King (David Oyelowo) tying his tie in a mirror and practicing for his 1964 Nobel Peace Prize Speech. He starts to get frustrated not being able to make a perfect knot, and calls on his wife, Coretta (Carmen Ejogo), to help him. being honored and awarded with the Noble Peace Prize. "I accept this honor for our lost ones whose death paves a path," he says as the camera cuts to four little African American girls innocently chatting while walking down a long spiral staircase in

Suddenly debris is flying around with chunks of wood, dust and fiery red everywhere. The camera pans out and on the floor we see the four girls' lifeless bodies with debris on top of them from an explosion. ing with the rally.

This particular scene made me jump from my seat, giving me Dr. King, and there is a strikgoose bumps to think that this is where the movie begins.

Where Selma picks up, segtime. It allowed the audience to regation has just ended and Afget a closer look at Dr. Martin rican Americans want the right to vote, especially in the South where life is especially chalfrom Selma to Montgomery, lenging. We watch Annie Lee Alabama for the right to vote for Cooper (Oprah) try to apply to African Americans in 1965. The vote, only to be disrespected film shows not only the strug-gles that Dr. King had as a civil movement picks up as we see rights protester and preacher, Dr. King asking President Lynbut also the dysfunctions that it don B. Johnson to pass a bill granting all African Americans the right to vote, but Johnson is too afraid that it might start an uproar in the south. This gives King no choice but to take matters into his own hands, and he goes to Selma to start his pro-

As the film progresses, vio-The scene changes to Dr. King lence occurs and the rally is stopped by vicious beatings with rods, guns and barbed wire from local policemen and people that oppose the African American movement for voting. A brutal scene takes place on Edmund Pettus Bridge; as the protestors peacefully march over the bridge to get to Montgomery, men and women are harshly beaten. Two Caucasian priests also lose their lives in the chaos after just taking a stroll at night discussing their liking of Dr. King and march-

Oyelowo plays a convincing ing resemblance between the two. He plays Dr. King with courage, respect and fearlessness, and succeeds in duplicating King's deep, powerful voice which gave me chills every time he made a speech on Oyelowo with her talented, bril- umphed in their small but influ- us light for equality.

liant performance as Coretta. ential roles. We can't help but have empahis life for the rights of others. Watching Ejogo perform, I almost reached for the tissues as I watched her give a heartfelt

John Legend's "Glory" was thy for Coretta as she watches so beautifully fitting for the her husband go off and risk end of the film that I can see why he won a Golden Globe for the masterpiece.

Dr. King said in the film, "As long as there's light headed speech to her husband. Oprah for them, it's worth it to me." a podium. Ejogo complimented and Cuba Gooding Jr. also tri- That's exactly what he did: gave



Director Ava DuVernay, David Oyelowo, and Oprah Winfrey marched in Selma, Alabama to celebrate the life and achievements of Dr. Martin Luther King Jr.

ב״ה

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Hello, Goodbye: The Demise of Handwritten Notes

ALYSSA TRITSCHLER STAFF WRITER

Recently, a story aired on CBS New York about an elderly couple who saved thousands of handwritten notes for Valentine's Day. The couple had their love notes organized by date and year in containers, making it easy for the two to look back on their love, year after year.

Everyday, since 1974, when Bill and Kris Bresnan met, the two have written each other handwritten letters, accumulating 10,000 letters over time, a lasting documentation of their 40-year love story.

Seeing this story had third parties thinking, at what point in time did handwritten notes cease to exist? Is it a generational gap?

Maybe these notes still exist ,but are rare in the digital age of e-mail, texts and even typed letters. Think back to the last time you received a handwritten note or card from someone that wasn't your mom, dad, or grandparents. It was probably in elementary

By the time we became middle school students, the question "What's your screen name?" was taking the hallways by storm, and AOL Instant Messenger (AIM) took over our after school lives. After the instant messaging phenomenon wore out, we all had cell phones and began texting. Somewhere between texting slang and disdain for face-tonotes got lost in translation.

past 10 years any letter I've re- social media is available with diceived, if that, has been typed," said Alli Ganim, a freshman social work student.

One of the major downfalls to handwritten notes is the amount of time it takes to get to the rerect messaging capabilities.

Think about it. Using social media limits users to a 140-character message. That's all well and good for a conversation about where to meet up for lunch, if

Forrest Taylor, a junior communication student, said, "I personally feel that receiving something handwritten rather than in a text message or email shows the receiver that the person writing the message is putting more ceiver. It would take at least two there was any homework for time and effort into it, ultimately



Handwritten notes are disappearing due to technology like texts and e-mails.

technology, we can contact anyfourth grade. At least within the ing. Even without these 3 options, their friendship.

face conversation, the long time days with standard postal ser- class, or if your friend watched making the message more meantradition of sending handwritten vices, whereas with advanced his or her favorite show last ingful." night. It's not so good for mes-"I don't think I've gotten a body within a matter of seconds sages telling someone how you handwritten note since I was in through email, texting, and call- really feel, or that you appreciate come a keepsake and a way that, try picking up the phone to

Writing something handwritten to someone could even beto look back on the memories say hello rather than type it.

shared with friends, just like the elderly couple does every year for Valentines Day. When we were younger, having mail with our name on it to open was the most exciting thing in the world. Even now, when students receive a care package from Mom and Dad, at least a little bit of excitement sinks in because we have a package to open with unknown contents. It's a thought from the heart and it's something we trea-

Dr. Lisa Dinella, an assistant professor of psychology, gave some insight on why handwritten notes might appear more meaningful. She mentioned, however, that these are all theories, and not empirical facts that she has known anyone to study or test.

"There is a theory in psychology called the investment model, which says that relationship satisfaction is tied to one's evaluation of costs versus benefits. Receiving love letters increases the benefits. But it also says that commitment to a relationship is related to how invested someone is in the relationship. So writing a handwritten letter (which takes longer) would be a sign that a partner is more invested (which would make the letter writer feel more committed)," Dinella explained.

So why not bring back handwritten notes? It gives you the chance to make someone's day and possibly have yours made in return. If Bill and his wife Kris can write each other every day for 40 years, you can write one letter every once in a while. If you can't bring yourself to do

Try These: Alternatives to Drinking Coffee and Staying Awake in Class

KELLY COFFEY STAFF WRITER

We have each had to pull all-nighters, cramming for that exam the next day, or writing a paper that was due in the morning, but then we suffer by trying to stay awake in class. Many of us resort to coffee. Americans' through the morning has be-

come almost a joke. Instagram all agree on the fact that Ameriand Facebook blow up with constant photos of people holding their Starbucks cup, and Twitter's trending hashtags almost always consist of "#coffeeaddict," but we all know coffee isn't the greatest thing to consume, so what do we do?

Coffee addiction is a serious dependence on caffeine to get thing and although it can be a very controversial topic, we can

IMAGE TAKEN from @Dariavalles on Instagram

Coffee is a usual fix for students to stay awake during class.

cans rely way too much on caffeine. There are several different ways to stay awake without caffeine.

#1. Stay hydrated. Keep a bottle of water next to you at all times. Hydration is very important and is the key to staying awake. Julie Chenoweth, a junior health studies major, said, "Maybe not drink coffee, but drink tea instead since it's healthier for you. Or drink ice cold water and even Gatorade." Drinking plenty of water is sure to help keep your eyes open during class after that all-nighter

you just pulled. #2. **Munch.** If you keep your mouth moving, it'll keep Thanksgiving dinner) so instead, eat small amounts of food throughout the day. Munch on some almonds or a banana during class to keep you from falling asleep. Healthy snacks give you the vitamins and the nutrients you need to stay awake and also keep your hands and mouth occupied. Snacking keeps you from lounging back in your chair and keeps your mind focused on the professor rather than wondering off about what time it is and what you want to do when class ends.

#3. Chew gum. Chewing a piece of gum can help keep your eyes open during class. According to Emily Coylc, an author for "The Cheat Sheet," this helps because there is constant motion of your facial muscles, which increases the blood flow to the

head. Also, chewing is not an classes, just to try and refresh involuntary muscle movement, and relax for a little." According like blinking or breathing; it slightly stimulates the brain, helping you keep your eyes open and your focus steady.

#4. **Take notes.** Not only will taking notes help you process the information or be a source if you need to go back to them later, but taking notes will keep you from daydreaming. I know it might be hard if you are really that tired, but taking notes can go a long way. It will help you stay awake and influence you to focus more on the class material and less on how tired you are.

#5. Sit in the front of the class. Change up the scenery and take a seat right in the front. your eyes open. Large meals I know sitting in the front is caffeine, so you avoid the ups make you very drowsy (we all kind of intimidating, I hate the and downs. Make sure you are know how we feel after the big front of the class too, but it is drinking enough water throughvery helpful if you want to stay awake. It will help you focus on the professor and keep your er unique tip. "Peppermint. It brain awake. Besides, if you sit in the front and you start to doze off, we all know who is going to get caught and yelled at in front of the entire class.

> #6. Make sure you get enough sleep. Chenoweth said, "The number one thing to stay awake in class is to get the right amount of sleep the night before. But we all know that rarely happens for any college student." Chenoweth is right. Although it is very hard to get enough sleep while being at college, it is very important. Linda Bruno, a senior communication, marketing, and information technology major, said, "I take 21 credits ute to one hour nap in between

to the Division of Sleep Medicine at Harvard Medical School, sleep is extremely important in order for your brain to function correctly.

Psychology instructor Cynthia O'Connell feels that a combination of things will help you stay awake during class.

"It's really a question of making a few lifestyle changes. A regular program of healthy eating, exercise and enough rest is always the best way to avoid falling asleep in class. If you are hungry, you can't focus either, so be sure to eat before going to class, eat a well-balanced meal, not one heavy in sugar and out the day," O'Connell said.

O'Connell also gave anothopens your brain. If you do not want to eat the candy, try putting a little peppermint oil on a cotton ball or on your wrist and smell it when you start to feel drowsy.'

The college life consists of term papers, big exams, and allnighters, but there are ways to get good grades without having to stress and guzzle caffeine to make up for it. Don't wait until last minute to study for a test or to start writing a paper.

If you get your assignments done immediately, you won't have to pull all-nighters and your wallet might be a little heavier due to cutting back on and I try to take a twenty min- those Dunkin or Starbucks ex-

The Lowdown on the Local Monmouth Bar Scene

VICTORIA KEENAN FEATURES EDITOR

Once a student enters college an important countdown begins. It's not how long until they graduate; no one wants to think about that. It's not even how long until the closest break, though that's always a nice countdown to have in the back of your mind. It's how long until they turn 21, a birththinking about since high school.

Being 21 opens a lot of doors for people, and by doors I mean I could now scope out the lobar doors. Sure, you've technically been an adult since 18, but a bank account could empty in you're not really an adult until you turn 21. Twenty-one means you can do a lot of what you want, mostly meaning that you can legally drink. Many people have been waiting for years, and let's be honest here, many people have been doing this for years.

In reality, how many of us can really consider ourselves adults right now? When not at school, I live with my parents, they pay for time to cross the border and find my bills, and they feed me. I know I could do all of these things myself, but...why? And more importantly, I don't have enough money to support myself, not too many people I know do. But whatever money I do scrounge up for the week goes to two places: food and the weekend outings to local bars. Sorry Mom and Dad.

Having a birthday five days before the end of August, I am pretty young for my grade. This only affected me twice: once at 16, when bar, you get a ticket that gets you all my friends were turning 17 and driving and one at 20, when the night. Is there anything betall my friends were 21 and going out to places I couldn't get into.

ties all of my junior year of college while my friends were going to bars and posting Instagram pictures to prove it. I was very over it by then, (I'm sorry freshman, but you'll know what I mean in a year or two) and I would usually just stand in a corner and judge the youngsters around me.

But finally, my time came this past August and I could shine. I was now allowed into the elite day that many people have been club. I now had a horizontal license that I could slap down on a bar and order whatever I wanted. cal bars and realize how quickly one night. Though we may live in different small towns around Monmouth and Ocean counties, we aren't lacking on the local bar scene around Monmouth. There are plenty of places to go within blocks of campus, as well as if you want to venture out to Asbury Park, which is so worth it.

Living just a few blocks from Asbury Park, it took me little to no out what all the hype was about. There were small bars, dive-like bars, club-like bars, something for everyone. If you like the hipster scene, with cool '90s music playing and skee-ball being played, I would suggest heading over to Johnny Mac's House of Spirits, which is a personal favorite (come find me in the outside bar tent, its just as fun as outside and they have a DJ!) Also, for every drink you buy on the inside a free personal pizza at the end of ter in this world than free pizza? I know you can't think of anything, Alas, I was stuck at basement parbecause there is nothing better.



IMAGE TAKEN from thedrinknation

Johnny Mac's House of Spirits is just one of the many local bars around Monmouth University.

health studies student, also likes the Johnny Mac's scene. "Johnny Mac's is my favorite bar around school because it's so chill, and you get free pizza with every beer, what's better than that?'

If you like the Johnny Mac's vibe, you can also check out Brickwall Tavern, which is a few blocks up. It's full of fewer college students and more real adults, but they also play good music and it's another casual setting. I hear they also have good food, but I've never eaten there, so someone let me know! If you're more into the dancing, club-like scene, go to Porta, which has different rooms depending on your music taste.

If you like EDM you can spend your night at the bar in the room with just EDM. If you like oldschool rap, you can dance in the

Stephanie Hamilton, a senior have very good pizza and ev- local bar scene. "I like how they eryone should try it. If you like to dance, you can also check out Bank on Mattison, which literally looks like a bank, and plays more old school dance music. These are just a few picks for Asbury Park, there is a bar every couple of blocks, and a ton of cool places to check out.

> If you live closer to school and don't want to pay for a cab that far, there are many options in Long Branch as well. Jack's Goal Line Stand is a Tuesday hot spot for many University students. Stinger's Burger Bar is the Thursday night go to for students, where they have a resident DJ every week. Mix Lounge and Food Bar is another spot where people can go to get cool cocktail specials on Monday's.

room blasting that. They also ing student, also appreciates the won't hurt the cause either.

all have an upbeat and young atmosphere, and that they all have their own nights, like Jack's on Tuesday, Thursday for Stingers, Friday Porta, Saturday Johnny

"My personal favorite would be Jack's because they have a great happy hour and their bartenders are very social," Mullin adds.

No matter what kind of bar scene you are into, you can find it near or around Monmouth, which is surprising for a smaller Univer-

I'm just naming a few places that I've been to personally, and I suggest all you 21-year-olds check out these places, as well as find some new places of your own! Honestly, you can make any place fun if you have a good group of Keri Mullin, a senior account- friends to go with. A few drinks

Her Song: The Girl Behind The Ukulele

ROBERT ZADOTTI STAFF WRITER

ularly strong imagination, you might be able to recall warm compliments are good, being weather. While walking around told how nice she is doesn't let campus, you might have seen anyone truly know what she's a girl casually strumming her ukulele as she herself walked to her destination. Though enigmatic and a delight to see, it's natural to wonder about this student that everyone knows, yet no one "really" knows.

"One day I was just walking past the quad and this girl was just kinda walking along, playing a ukulele! I was taken a little off guard, but I thought it follow my dream and do what was pretty cool. Like, go her," said Liz Roderick, a freshman Larrosa. psychology major. Many stumysterious musician's true identity, but very few actually knew her personally. Well, I decided to track them down to see the person behind the music, as it will.

Her name is Cassandra Larrosa, a freshman at the University. A music education major who plays 11 instruments, Cassandra is clearly cut out for her actions. First impressions showed her to be bright, happy, and cheerful, like the strum of her infamous instrument.

"I actually walked around with a ukulele in high school all the time, nobody thought it was that weird," said Larrossa. "When I did it here people started to stare and be really impressed or something." Cassandra is friendly and creative, ing and made big contributions and it shows in her social circles. While interviewing her over lunch, a friend of hers, Alice Soubasis, decided to inter-

ject and shared her thoughts on rosa is just another member of Cassandra.

"She's smart, funny, and For those of you with a partic-larly strong imagination, you pathetic, you know?" While like. With all this praise flying around for her character, it would do well to actually learn about Larrosa's aspirations for herself. As it turns out, she's working her hardest to pursue her passions.

"I was really good at math in high school, so naturally everyone expected me to be a business major, but I decided to made me happy instead," stated

dents were curious as to this a career in musical education. to spread that talent she herself possesses. It's noble to look at your options and choose the path that gives a meaningful reward later on in life, rather than the one that simply looks sound at the start. Not many people are willing to truly do what they believe in, as opposed to doing what other have suggested you do in the first place.

"I don't really think about my future," Cassandra added. She says it's more about finding where you are going and doing what you'll enjoy most rather than stressing about the next three or four steps in your journey. Cassandra still goes home every weekend, to spend time with her friends and family.

"Cassandra was very outgoto class discussions," said Jennifer Mantle, an instructor of English.

In the end, Cassandra Lar-

the University student body. Despite her impressive talents and remarkable character, there's not a lot that's different from other students here. We all have our own stories, quirks, dreams, and journeys.

The only difference is how we go about these decisions and experiences. But what's most important here isn't just reading about one student, but what one student can set an example as to the rest. For those that don't know yet, your only true goal in life is to make sure that you are happy.

People can stress themselves out when in college, and that's completely understandable. It's a new environment, and every Cassandra wanted to pursue semester brings new challenges that never go down easily. It's incredibly easy to get psyched out and want to quit before you even get started anywhere.

That's why the image of someone just casually strumming along while doing their own thing is so appealing to us. To have that bit of peaceful fulfillment helps for anyone to see. Perhaps that's why Cassandra had never thought of it as "weird" previously, as it's just another amusing facet of a happy lifestyle.

Life is long, and with it comes many hurdles but it's important to relax and take a hint from Cassandra and learn to be happy with your life and your choices. Laugh. Take up an instrument. Sing a happy tune. All these and more are extremely beneficial to absolutely anyone, in college or not, to add to their lifestyle for the better.

"As long as you're happy,



PHOTO TAKEN by Robert Za

The ukulele is a Hawaiian inspired string instrument. University student Cassandra Larossa plays this along with 11 other instruments.

An American Horror Story: Waitress Addition

BRIANNA MCCABE

the Pepsi and extra bleu cheese!" aggravatingly stated, scratch that, demanded, the hippopotomausesque creature sitting over at table 103 with hot sauce smeared all over her primitive face, after the fifth time of interrupting me as I of actual civilized customers.

That's right, the animal over in the corner has returned to her watering hole of Buffalo Wild Wings. She was reclaiming her territory. Unlike the humans over at 102 and 104, this monstrosity sprawling out along the booth against the wall with her threeyear-old calf have been harassing me for the past half-hour.

been chucking crayons all over the restaurant and ripping up napkins as if he was the direct spawn of not only his beast of a mother (who has been savagely whipping her tongue around her mouth in an effort to conquer every last drop of bleu cheese hidden under her tusks), but a paper shredder and a confetti gun, too. What terrible genetics. I guess the whole idea of evolution just sort of skipped their entire family line.

cheese, right?" roared the womkitchen, debating whether or not I should dive headfirst into a fryer to momentarily escape this hell.

If Dante Alighieri were to write Dante's Inferno today, his depiction of Satan would most certainly include Judas, Cassius, Brutus, and this brute over at table 103 just chewing away at the souls of every innocent server.

"Yes, you foul excuse for a hu-

man, I hear you," I mocked in my their case animally) possible. This head.

After practically having to tape "Uhhh, Miss! Yeah, refill on my lips up on my face to force a smile, I came back with the stipulated bleu cheese and some Pepsi. I also came prepared with extra napkins just because I had premonitions of these vile beings irking me for more paper for the baby to shred up and spritz all over my was attentively taking the orders floor section. The red and yellow striped carpet was now swallowed by these blue specs of torn paper. Their booth was practically submerged in what appeared to look like the Congo River. The mammals were clearly comfortable in their home habitat.

I just wanted to spare myself 5 milliseconds of their nuisance. Having to attend to the ridiculous needs that kept bombarding Baby beast, for the record, has me from this table was enough to practically suffocate me. It's as if these 103-dwellers were pinning me against the wall with their broad, corpulent bodies by hitting me at high speed and stamping me down – only verbally. They were in full reign of the situation, and they loved it.

I begged my manager to transfer the table over to the 'newbie.' Let me elaborate: I got on my knees, I offered to work double open-close shifts every night for You heard me say extra bleu the next week, and I even promised to stop swindling the line an, as I was pacing back to the cooks into frying me up some free wings to munch on in between table greetings. When that didn't work, I spitefully shoved some stolen fries into my mouth and frantically started searching for numbers of local zoos in the hopes of renting a pride of lions failed, too.

> I needed them to vacate the area, as soon as humanly (well, in

destructive duo made me reconsider every life choice I have ever committed to leading me down this slippery slope of becoming a failure in life – as a server. For a mere \$2.13 an hour, I just wanted to sacrifice my *maybe* guaranteed 15 percent total tips of the day to the rain gods in exchange for a flood big enough to engulf the entire restaurant – that way, these hippos could swim away freely and leave me and my little secluded section alone.

But then I thought to myself, "This is my territory. This is my swamp. This is my grassland. This is my Buffalo Wild Wings. And oh, are we about to get wild! The animal is out of the cage now, baby!" I channeled my inner predator, and was ready to pounce.

After devouring 224 traditional wings as an appetizer, I knew this pudgy plump wasn't playing games. But I was, this was my very own episode of Jumanji, and I was ready to win. I placed an order for "one of everything" spun in the hottest, ghost pepper-y, jalapeño-est sauce the cooks could concoct. Then I stalked my prey from the kitchen, waiting for the perfect time to close in.

Upon delivery of the food (with extra bleu cheese, of course!) the relentless beasts scarfed down everything in almost a gulp. Then it hit them. The infamous "itis." It's like a food coma, except worse. With baby calf drifting into what seemed like hibernation and the female panting from food annihilation, it was the perfect time to

I placed the bill of \$378.93 on to take out these creatures. That the table. I returned to my hideout, and continued stalking. I saw the beast groggily reach into her fat pouch and pull out crumbled mon-



ey. I nonchalantly walked over.

After dodging flying chunks of bleu cheese as the beast tiredly slurred her words, I took her payment and watched her waddle out. A bite was taken out of the receipt, I guess for dessert. Written around the chomper marks written in smeared hot sauce was: 'Keep the change."

"How gracious of you, you incompetent, grotesque, ferocious be-...!" I sarcastically groaned in my head. But then I interrupted myself. My lips started to curl inwards. My muscles were dancing and overcoming my all of my exerted force. A smile was being birthed. I came to the realization that the hungry, hungry hippo might've won a few rounds, but I ultimately won the entire match.

The beast and her spawn made their way back into their wild, and away from mine. I couldn't believe it! I conquered the beast! I braced my hands into the tightest fists imaginable, with my thumbs

hugging my knuckles, shoved my chest out, and started pounding on my chest like a drum. I was playing my very own African tribal tune, and thanking the reign gods for releasing their grip on me. My manager came over, with one eyebrow cocked, told me to stop acting like a buffoon and pounding my chest in front of customers, and to go back to work.

I walked on over to my newest seated table, feeling accomplished. I happily said, "Welcome to Buf-..

"I'd like a Pepsi, three ice cubes, one lemon, and a splash of Grenadine, and make it choppy because I'm parched," snapped the customer.

I smirked. I casually walked back into the kitchen, snuck by the head cook and said, "I need you to exactly duplicate everything I just rang in for 103, extra wild!" I snuck in a couple bites of some onion rings and walked pompously back into my kingdom.

Rocky Start for Rock N' Raise

OLIVIA CARUSO

My nose dripped snot as I pounded nails into a wooden frame. My spine ached from hunching and my fingers felt splintered. I was tired, cold, and hadn't eaten a thing in hours, except for my words. "Just hand me heard about the set design idea.

Everybody expressed severe doubt when I explained what we were trying to build: wooden standing at the register with no frames to resemble the shape of a doorway. I somehow needed to important. His name was Jon. construct six of them. Even the questioned us. It was as if women's brains fell out of their heads as soon as they step foot into a home improvement store.

It was not that we didn't need help. We just didn't want any help. We wanted these sets to be amazing. Amazing and built by us. My producers and I headed toward the lumber section unaccompanied. We strutted past scattered men in bright orange vests and tool belts who looked at us with perplexed faces. The men were like lions ready to pounce at the sight of us, as if we were a feeble group of antelope. We snubbed their offer to assist and quickly found ourselves in aisle ten.

We stared at the wall lined with two-by-fours pretending like we knew exactly what we were looking for. There was a man down the same aisle standing a few feet away from us. We resisted the urge to ask him if he knew what

So we picked the cheapest one frames, hammer nails around and grabbed nine of them.

Then we maneuvered our way to tools and hardware. We were faced with an entire aisle of metal. We needed to find nails that were large enough to withstand layers of strung yarn, but small enough not to split the wood. Unfortunately, we didn't know a a hammer and nails and I'll make single thing about what we had it happen," I assured those who already bought. So we caved and asked one of the men with an orange vest.

We waved over one of the guys line. He wasn't doing anything

Jon walked over with a goofy male employees at Home Depot smile and over one dozen customer service pins on his beit.

"So we're trying to build decided to make a run for it.

each frame, and string yarn back and forth to each end," I explained. He placed his hands on his hips. "What is this for anyway?" he said looking confused. Here we go with the questions, I thought. "We're building a set. A studio set."

"Well alright. Why don't you try these?" he said as he picked up a small box of linch steel sinker nails for \$2.74. I grabbed the box from his hands and examined the nails inside. But before I could say anything, he was already handing me three other small boxes, each with different size nails inside. I began to feel overwhelmed. So I waited until he turned his back once more and

We turned heads the rest of the afternoon collecting the necessary supplies for our project. By the time we checked out at the register, we felt a sense of relief, especially when Jon called across the store to wish us good luck and to offer his services for the hundredth time. This explains those customer service pins.

After all was said and done, our fingers were bruised and bloody but we had nailed frames. It didn't matter what materials were used, it just mattered that the pieces were assembled. It was time to string varn.

string of varn to the corner of endangering other drivers on the the frame and triple knotting it. road but we didn't stop. When The last thing I wanted was the we reached campus, we hauled

the corner, I passed the ball of yarn to my fellow producer who sat directly opposite of me on the other end of the frame. The point was to string the yarn around two nails and pass it back and forth, creating an optical illusion effect. Staring at the pattern made me feel light-headed and like I had just lost my mind in a fun house or something. Each frame took just about an eternity to complete. But we couldn't wait to see the end result.

The next day we strapped the frames to the roof of my car and drove to campus. I think the po-I began by tying one end of a lice might have been after us for yarn to unravel. After securing the set pieces into the television studio and rigged them up to stirrups on the end of 15 foot poles. We clamped the frames to the aluminum contraption that hung from the ceiling and ran to the storage closet.

> Rummaging through the cables, speakers, and other electrical junk, I finally found the LED light strips. I stopped for a moment and held them up in the air like Rafiki held Simba in The Lion King. I plugged the strips into the nearest outlet and pointed magenta light up towards the wooden yarn structure. I nearly cried of happiness.

> The lit piece looked like something you'd see on set at the Grammy's. While I stared in awe at the amazing set piece we built, I heard something hit the ground. It sounded like a small screw. Before I could figure out what it was, my entire creation collapsed.



PHOTO TAKEN by Olivia Caruso

premium standard lumber meant. The Rock N' Raise set took great effort to create and was built entirely by members of HawkTV.

Delta Queen "Seals the Deal" to Raise Money for JDRF

EMILY TOWNSEND CONTRIBUTING WRITER

HEATHER MUH CLUB & GREEK EDITOR

Delta Tau Delta (DTD) hosted its first ever philanthropy event, "Delta Queen" on Tuesday, Feb. 17 in Pollak Theater.

Delta Queen consisted of a pageant competition among five sorority girls, as well as several fundraising events that took place during the fall semester.

Stuart Rosenberg, DTD's advisor, felt the event was successful. "I spoke with some of the Delts before and after the event and I can you that they were very pleased with the results, as I am," Rosenberg said. "The event was the culmination of a two month long competition that Delta Tau Delta started during the fall semester that was centered around sororities competing to raise money for Juvenile Diabetes, our national philanthropy."

The event raised over \$9,000 for the newly chartered fraternity's philanthropy, Juvenile Diabetes Research Foundation (JDRF). Anthony Serrantonio, a senior communication major and DTD's philanthropy chair, was in charge of planning the event.

"I created the event not knowing what to expect," said Serrantonio. "My goal going into it was to reach at least \$2,000 for JDRF. I was blown away by the amount of support we received from Greek life here at Monmouth. We were able to sell so many tickets to the event and raise \$9,300 for our philanthropy."

DTD began to advertise the event last semester when the five contestants were chosen. The five contestants were Kelsey Mieczkowski from Delta Phi Epsilon, Willoe Gallagher from Alpha Sigma Tau, Amy Rosenzweig from Phi Sigma Sigma, Emily Rodrigues from Alpha Xi Delta, and Amanda Caruso contestants and their DTD "coaches" did a photo shoot. The photos of the girls were posted on social media, and for each "like" the photos got on social media earned a point for that contestant for the Delta Queen competition.

This semester DTD did more advertising for the event. Two weeks before the event the Delts did fundraising online, and the individual sororities also donated. There was also a scavenger hunt and a banner contest, which gained the girl points toward Delta Queen. All of the money from the tickets sold for the event went directly towards JDRF.

At the Delta Queen event itself there were three rounds. The first round was the personality walk. Each girl walked out in what they felt represented them. They chose their own song, wore what they felt comfortable in, and even walked the way they wanted to. Each girl showed off her own personality.

Gallagher came out in a gold dress, Rosenzweig wore a onesie and shirt that read "swag." Caruso was carried by her coaches, Mieczkowski wore sweatpants, and Rodrigues came out in a crown and kissed each judge on the cheek.

The next round was two "minute -to-win-it" challenges. The first challenge was called Tilt-A-Cup. The girls had to bounce a ping pong ball into a cup and then place another cup on top of the ping pong ball. This was repeated until the contestant had six cups stacked. The second challenge required the girls to tape a tissue box to their behind and then bounce eight balls out of it. The winner of both of these challenges was Gallagher.

The third and final round was the talent round. The first girl up was Caruso. She sang "Beautiful Girls" by Sean Kingston with the help of Lexi Swatt and her coaches. After her was Mieczkowski, who enlightened the audience by announcing

from Zeta Tau Alpha. Each of the that she was a CKO member and then, with the help of her coaches, demonstrated how to fight off an attacker. Gallagher came out next a sang a mash-up of "Wagon Wheel," "Time of Your Life," "45 Seconds," and "Don't Stop Believing," also with the help of her coaches. Rodrigues came out and rapped "Bedrock," however, she changed the words so everything related back to Delta Queen. For example, the chorus of the song was "Emmy's gonna seal the deal." Rosenzweig rapped with her as well about Delta Queen and JDRF. Both Rosenzweig and Rodrigues had backup dancers.

The winner of Delta Queen was Rodrigues, a junior English and elementary education major from AXiD. She explained that it "was one of the best moments of my life," as she had wanted to be Delta Queen since homecoming.

It was a great event and I had so much fun raising money and being with the other girls," said Rodrigues. "Without AJ [Serrantonia] it would not have happened. He put his whole heart and soul in to it; he was always there for all the contestants." As winner, Rodrigues received the title of "Delta Queen," a t-shirt with DTD Delta Queen letters on it, and a \$100 gift card to Massage Envy. All of the contestants received flowers.

All \$9,000-plus raised by Delta Queen went to JDRF, the leading global organization for type one diabetes. The organization is looking to eliminate type one diabetes in not just juveniles but for anyone who suffers from the disease. All of the money raised goes to the foundation to fund research to find a cure. The organizations slogan is, "Make Type One Type None."

Serrantonio said that being able to contribute so much to their philanthropy was incredible. "We are so thankful for everyone who helped out to make it the success it was," he said.





(Top) Delta Queen Winner Emily Rodrigues and DTD's Philanthropy Chair Anthony Serrantonia pose together after the crowning. (Bottom) Brothers of Delta Tau Delta gather around their newly-announced Delta Queen.

CLUB AND GREEK ANNOUNCEMENTS

MONMOUTH PEP BAND

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

MONMOUTH AREA VEGETARIAN SOCIETY

On Sunday, March 1 at 1 pm, the Monmouth Area Vegetarian Society presents, "Nourishing Ourselves, Nourishing Our Families with Living Foods," by awardwinning author and Holistic Health vegan potluck. The event is free.

THE OUTLOOK

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

DELTA PHI EPSILON

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

ALPHA PSI OMEGA

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

COMMUNITY SERVICE CLUB

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

MU SURF CLUB

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

MOCC

Fight the fear with the help of the Monmouth Oral Communication Center. Contact lschmidt@monmouth.edu to make an appointment.

BOOM ROASTED PRODUCTIONS

Boom Roasted Productions presents *Rent* in Woods Theater at 8 pm on May 2, and 3 pm on May 3. Visit Facebook.com/BoomRoastedMU.

HUMAN **RESOURCES CLUB**

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

TRACK & FIELD AND **CROSS COUNTRY**

The Running Club is now meeting several times a week, both for recreational runners and for those interested in competing in cross country, road races, or track & field. Contact Coach Joe or Mitchell Parker for more information and for various practice times. Look for more information soon about the Color Me Rose Run, which is tentatively scheduled for April 19.

ZETA TAU ALPHA

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





TOP LEFT:

MIKE BURKE, BRITTANY CANNAROZZI, SAMANTHA BASTONE, AND NICK TIMO-NIERE REPRESENT BLUE HAWK RECORDS AT "ROCK N' RAISE." (PHOTO COURTESY OF SAMANTHA BASTONE)



A DEMONSTRATION PRESENTED
BY AN OFFICER AND HIS K9 AT THE
ANNUAL VEST A K9 EVENT HOSTED
BY ALPHA PHI SIGMA CRIMINAL
JUSTICE HONOR SOCIETY, WHICH
RAISES MONEY FOR BULLET PROOF
VESTS FOR THE POLICE DOGS.
(PHOTO COURTESY OF CYNTHIA
SCOTT) SCOTT)





CENTER LEFT

THE FLAMMABLE ANIMALS
PERFORM IN THE TV STUDIO
FOR "ROCK 'N' RAISE."
(PHOTO COURTESY OF SAMANTHA BASTONE)





QUOTE OF THE WEEK

"OUR GREATEST WEAKNESS LIES IN GIVING UP. THE MOST CERTAIN WAY TO SUCCEED IS ALWAYS TO TRY JUST ONE MORE TIME." THOMAS A. EDISON





What is one of your proudest moments?

COMPILED BY: KIERA LANNI



Stephanie Junior

"Getting accepted to college."



Nick Senior

"Being the musical coordinator of the Beatles Symposium last year."



Jess Freshman

"Getting accepted to all five colleges I applied to."



Yaqoub Junior

"Getting good grades last semester."



Vincent DiMattio Professor- Art & Design

"The birth of my 3 children."

Track and Field Reign as MAAC Champions

men's and women's indoor track and field teams won the 2015 Metro Atlantic Athletic Conference (MAAC) Indoor Track and Field Championships on Saturday at The Armory, repeating as conference champions.

The men posted 220 points to claim victory, while the women totaled 166.50 points to win. Sophomore Dylan Capwell was named MAAC Most Outstanding Track Performer, while Head Coach Joe Compagni was named both men's and women's MAAC Coach of the Year.

'I know it's a cliché to say this was a total team effort, but this was absolutely a total team effort," Compagni said. "Our men and women scored in virtually every event. We had 30 men and 32 women score for us, and our team brought some great energy that was crucial to our success.

broke a MAAC record, and to be a great team moving forran the fourth fastest time in the nation in the 800, running 1:46.82 to win the event with 60 hurdles, including a second ease. Senior Andrew Langille place finish from junior Geortook fourth in the 800 running

the 400 in 47.91 seconds break-tively. ing the MAAC Championships record set in 2007, and was en won the 5k with a time of joined by sophomore Malcolm 14:37.96. Sophomore Matt Nel-Chavis who took fifth with a son finished fourth in the 5k.

onds.

Junior Eric Kahana took sec-The Monmouth University ond at 22.10 seconds, and junior Ahmier Dupree placed fifth at 22.42 seconds. Dupree won the 60 meter dash, running 6.84, a new meet record. He was trailed by freshman Bryan Sosoo, who took third at 6.92. Kahana scored in both the 60 meter dash and hurdles.

the 200, finishing in 21.81 sec- with a time of 10:31.51, while place. the men's 4x400 group of Capwell, Boyd, Chavis, and junior John Malespina won the event at 3:16.74.

> In men's field events, junior Liam Vogt took second in the long jump with a mark of 23'2", and senior Joey Marini finished fourth at 22'4.5". Marini won the triple jump with a personal best jump of 50', and was fol-

Senior Erik Anderson finished third in the high jump at 6'8.25", and Marini just behind him in fourth.

For the women, MU had four competitors finish in the top eight in the 400. Senior captain Kate Frye came in second running 55.51, and sophomore Tionna Garner in third running 56.79. Sophomore Nia Driv-"We've felt all season that we lowed by Sosoo who took third er and sophomore McKenna

"We've felt all season that we were going to be a great team. This weekend, we took a massive step towards accomplishing the goals we set at the beginning of the season, showing that we are and will continue to be a great team moving forward."

Senior Captain

were going to be a great team. This weekend, we took a massive step towards accomplishing the goals we set at the beginning of the season, showing On the men's side, Capwell that we are and will continue ward." Boyd said.

MU had three scores in the dan Ferguson and third place from senior Jalen Walker, who Senior captain Ben Boyd won ran in 8.00 and 8.01 respec-

Senior captain Khari Bowtime of 49.43. Boyd also won The men's DMR took second with Fisher at 14'9" for fifth in the 60 dash, running 7.75 and pagni and his staff.

in the event and Vogt, who was Coakley also scored. Finishing eighth.

MU took third through fifth in the weight throw, as senior captain Wulf Sutcliffe, junior Spencer Dimock and senior captain Taylor Bernstein took the three spots. Four of the top eight spots in the shot put belonged to MU, led by freshman Corey Murphy finishing second with a throw of 54' 10.25". Bernstein joined junior Tevin Kirby-Stewart and Dimock in scoring in the shot.

Sophomore Bobby Fisher, junior Tyler Poland and junior Colton Lambert all were able to score for MU in the pole vault, Donald finished four and five

eighth, sophomore Andrea Olsen was the only Hawk to score in the 200.

"I am really impressed with how everyone came together and supported each other when it mattered most," Frye said. "Everyone really gave it their all it showed how tough and deep our team really is.'

Senior Mel Lewis took second in the 60 hurdles at 8.81 seconds, and was followed by Olsen in sixth, and sophomore Stephanie Sparacino in eighth. Freshman Domoah Kutu-Akoi and senior Captain Lauren Mc7.82 seconds respectively.

Four more women claimed top eight spots in the 800, including freshman Allie Wilson, who took second in 2:11.86. Sophomore Jenna Cupp finished fourth, and junior Kendal Hand was fifth. Sophomore Abby Baker took third in the mile, completing it in 5:22.92. The women's DMR (distance medley relay) group of Wilson, Cupp, sophomore Ashley Grenger and Hand claimed second in 11:58.99.

In the women's field events senior captain Taylor Johnson won the shot put, with a throw of 43'6". Senior Amber Brown took fourth in the event. Junior Aziza Ahmed came in second place in the weight throw with a throw of 52' 1.25", and Johnson claimed fourth.

Freshman Casey Harewood took third in the high jump, clearing 5'5". Kutu-Akoi was first in the long jump, jumping 18'10" in the event.

Sophomore Casey Sturts took second in the pole vault with a mark of 11'3.75", while three other Hawks scored. Senior Kim Price and junior Victoria Miskel came in three and five in the women's triple jump, with Price jumping 36'5"

A total of 40 Hawks were named to the MAAC All-Academic teams. Saturday's championships mark the 40th and 41st conference titles for the program since 1998, and the 37th and 38th total Coach of the Year honors for Coach Com-

Men's Lacrosse Lose Home Opener to UMBC

TOM MORFORD STAFF WRITER

Despite senior goalkeeper, Garrett Conaway's, exemplary performance in the cage with 10 saves, the Hawks could not catch the UMBC Retrievers on Saturday, Feb. 21. The final score of the game was 4-2 in the Retrievers favor.

The loss aside, the confidence Conaway has in his team is unmatched. "The defense played a phenomenal game, they gave me shots I could really save. To hold a team like UMBC, who has been consistently good over the years, to only four goals is an achievement in itself.'

The Hawks began their 2013-2014 inaugural season in similar fashion as they suffered a 10-8 loss against UMBC. Unlike last season, the Hawks have a much more experienced squad and a very talented freshmen class

In an interview earlier this month, senior co-captain Ryan Horsch said, "We have a lot of young guys that are maturing and getting older. On top of that, we have a good group of freshmen that came in and I think a bunch of them will actually see time and give us some depth we didn't have last year."

Horsch had three groundballs and caused a turnover during the

In untypical lacrosse fashion, the contest provided hardly any scoring. In such a low scoring game, possession often determines the winner. Unfortunately for MU, their 13 first half turnovers gave UMBC too many opportunities.

"As a team, when you hold a team to four goals you should be running it. A couple less mistakes on offense and it could have very easily gone the other way," Head Coach Brian Fisher



Sophomore Reed Zak had two groundballs and caused two turnovers in the Hawks' home opener.

| Game Statistics | | | | | | | | | |
|----------------------|---|---|-----|----|-----|----|------|--|--|
| | G | Α | Pts | Sh | SOG | GB | Face | | |
| Wasserman | 1 | - | 1 | 3 | 3 | - | - | | |
| Daly Schulte | - | - | - | 4 | 1 | - | - | | |
| Schulte | - | - | - | 3 | 1 | 1 | - | | |
| Atkinson | - | - | - | - | - | 1 | - | | |
| Schwartz | - | - | - | 2 | 1 | - | - | | |
| Mosleh | - | - | - | - | - | 3 | 4-10 | | |
| Zak | - | - | - | - | - | 2 | - | | |
| Horsch | - | - | - | - | - | 3 | - | | |
| Berger Schleicher | 1 | - | 1 | 5 | 1 | - | - | | |
| Schleicher | - | 1 | 1 | 1 | 1 | - | - | | |
| Keen | - | - | - | 2 | 1 | 1 | - | | |
| Johannes | _ | - | - | 3 | - | - | - | | |
| Murphy | - | - | - | 1 | 1 | - | - | | |

In a pretty equal matchup, it was no surprise that the first period ended with the teams knotted at zero. However, UMBC's Nate Lewnes was able to capitalize on a pass from Kevin Mc-Donough to put the Retrievers up 1-0 heading into half.

The second half was showcased by the younger members of MU's roster.

During the third quarter, freshman attackman Bryce Wasserman registered his first career goal which brought the game to a tie. Unfortunately for the Hawks, Lewnes was able to find the goal once again and gave UMBC their second lead. Sophomore midfielder Eric Berger answered Lewnes' goal during the fourth quarter with the assist coming from sophomore midfielder Zack Schleicher.

With the game tied at two a iece the Retrievers broke out of their cage. UMBC went on a scoring run towards the end of the fourth quarter as they added two more goals to seal the vic-

MU matched UMBC's 24 shots on cage during the game, but a lot of the Hawks' chances seemed to just miss the net or ricocheted off the pipe.

"We didn't keep our composure on the offensive side of the field and we had some soft turnovers, but it's nothing we can't fix. We will improve from the mistakes and work to get ready for our game next week," Fisher

The team will take on the Rutgers Scarlet Knights Saturday in their first away game for the 2015 season.

The last time these two teams faced off, MU lost a staggering 20-4. Rutgers is currently on a two game losing streak with an overall record of 1-2.

Men's Basketball Clinches First-Round Bye

KYLE WALTER ASSISTANT SPORTS EDITOR

clinched a first-round bye in the upcoming MAAC tournament when they took down the Peacocks of St. Peter's University 63-58 this past Thursday, Feb. 19 in Jersey City.

One year removed from being eliminated by Rider in the firstround of the tournament as the ninth seed, the Hawks have now secured a top five seed in their second season left in the game. as members of the MAAC.

head coach King Rice. "These kids have been believing all along and good things happened for us tonight."

Junior guard Deon Jones shot an efficient 7-12 from the field on his way to a game high 23 points, including a perfect 9-9 performance from the free throw line. "I was just being aggressive," said Jones on his performance. "My teammates were finding me and I was able to hit open

Sophomore point guard Justin Robinson and senior guard and captain Max DiLeo also broke doubledigits for the contest. Robinson notched 11 points on the night, while DiLeo was right behind him with 10 of his own including two makes from behind the arc.

Jones was firing on all cylinders out of the gate, as the redshirt junior hit four of his first five shots to help give MU a 13-2 lead through eight minutes of play.

St. Peter's managed to trim the lead down to six at the five and a half minute mark of the first period, but Robinson quickly made it a three possession game with a jumper in the paint that pushed the Hawks' lead to eight.

The Peacocks were finally able to slow down the Hawks over the last five minutes of the first, and eventually used a 12-4 run to come all the way back and tie the game at 23 with only thirty seconds to go before the

However, MU would not be denied a halftime lead. It was Jones who again came up big for his team when, in the final seconds, he round bye. grabbed an offensive rebound off a DiLeo missed three and put it in to give the blue and white a slim 25-23 lead heading into the half. The second chance opportunity was a theme for MU throughout the game, and just over 60% from the foul line, as they turned nine offensive rebounds into 15 points.

Things stayed close when the second half began, but the Hawks were able to extend their advantage first-round bye, MU went on the

point of the second period.

Just over two minutes later the The men's basketball team Hawks opened their lead up to ten behind a DiLeo three ball and an old fashioned three point play from

> St. Peter's refused to go away quietly, however, and began to claw their way back. A pair of free throws from Peacock Trevis Wyche closed out an 8-3 run that brought St. Peter's to within four with five minutes

The Hawks again turned to the "I'm so excited for our kids," said hot hand of Jones, and managed to increase their lead to nine at 57-48

slightly, and led 35-30 at the halfway road and nearly beat top-seeded Iona for the second time this season. Unfortunately, for the Hawks, they ultimately fell 69-68 in a thrilling matchup between two of the MAAC's best teams.

The loss pushed MU's overall record to 16-13 on the season, including a 12-6 mark in conference, while the Gaels improved to 23-6 overall with a 16-2 record in MAAC play.

"I am very proud of my kids even though we came up a little bit short," said Rice. "I feel bad because we outplayed them for most of the game, but they showed they are a championship team so they kept

The men's basketball team earned a top-five seed and first-round bye in this year's MAAC Tournament with their win over St. Peter's.

contest. During the four and a half minute stretch Jones scored eight of 12 Hawk points with six of the eight coming from the free throw stripe.

Although the lead appeared to be safe with very little time remaining, the Peacocks made things interesting by scoring five points in 14 seconds to cut their deficit to four, but that is as close as they would get. MU didn't panic and hit six straight free throws in the final thirty seconds to seal the victory and first-

On the night MU shot a respectable 21 of 47 (44.7%) from the floor, and was an impressive 17-19 (85.7%) from the free throw line. St. Peter's shot just under 40% from the field but did hold a significant advantage over the Hawks with a 7-13 (53.8%) mark from three point range.

Three days after clinching the

with only 42 seconds to go in the fighting and were able to come back. Give Iona all the credit in the world. Hopefully we get a chance to play them again."

> Robinson led the Hawks and tied Iona's David Laury with a game high 24 points. The sophomore was one of four MU players to hit double-digits on the night. Jones was second on the team with 13, while senior forward Brice Kofane and sophomore center Chris Brady each chipped in with 10.

> The early portion of the contest was tightly contested as neither team was able to gain an upper hand. Through the first ten minutes of play the largest lead held by either team was an early 7-2 Hawk advantage just two minutes into the action.

With eight and half minutes left in the first period the score was even at 22, and it appeared that it would be a back and forth contest all night. Robinson had something else in mind, however, and the point guard on Thursday, March 5.

scored nine points to lead an 18-4 Hawk outburst to close out the half with MU leading 40-26.

As the second half began it was obvious the first place Gaels were not about to lay-down and fall to MU for the second time this season. Just five minutes into the period Iona had already cut the deficit to five, and was in the midst of a 22-8 run that was capped off by a Schadrac Casimir three that gave the Gaels a 49-48 lead with exactly 13 minutes remaining in the game.

MU finally stopped the bleeding, and kept the game close over the next six minutes. Five straight MU points put the blue and white back in front at the seven minute mark, and the Hawks went ahead by four following a pair of Robinson free throws with fewer than three minutes left to play.

With the clock reading exactly one minute, Jones hit one of two free throws to give the Hawks a slim 68-66 advantage. The missed free throw would prove to loom large as Iona's A.J. English converted a three point play after being fouled by DiLeo to give the Gaels a 69-68 lead with thirty seconds left in regu-

Despite having two opportunities to score in the game's final seconds the Hawks were unable to hit the game winning shot, and the buzzer sounded with Iona escaping with the one point victory.

Both contests between these two teams this season were decided by a total of four points as MU came away with a three point win at home over Iona in December. While the loss was obviously disappointing for the Hawks, they have shown they can matchup with any team in the MAAC and are a force to be reckoned with in the tournament.

With two games remaining in the regular season the Hawks currently sit alone in third place in MAAC standings, but both Manhattan and Canisius are right on their heels.

As the regular season comes to a close Rice appears happy with his teams play, but he realizes there is still work to be done. "We were picked sixth, and you know I didn't like that," said Rice following the win over St. Peter's. "So for us to be in the top five that means we did better than people thought we were going to do, but there's still a lot of basketball to be played to see if we can do even better."

MU closes out the season with two home games against Rider and Siena before they head to Albany for the start of the MAAC tournament

SIDE LINES

WLAX Senior goalkeep Katie Donohoe was named MAAC Defensive Player of the Week after last Wednesday's 5-2 win over the Drexel Dragons. Donohoe made five saves in the game, three of which came in the second half.

This is MU's second MAAC Defensive Player of the Week this season; junior Kristina Vangeli was bestowed the honor after the 10-3 win over Lafayette.

WLAX The women's lacrosse team captured their second win of the 2015 season as they defeated Drexel, 5-2, on Feb. 18.

Olivia Higson led the Hawks in scoring with two goals during the game. Emily Barbieri, Allison Stathius and Marial Pierce each contributed a goal of their own.

This is the Hawks' first win over a Colonial Athletic Association team since 2008.

BOWL The University's bowling team finished second behind Franklin Pierce at the Hawk Flight Invite this past weekend.

Junior Kaitlyn Reth led the Hawks with an average pincount of 206.2, and her high of 226 led all bowlers. She was also the only player to reach a 1,000 pin count for the tourna-

UPCOMING GAMES

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

Thursday, February 26 WBB vs Manhattan* W. Long Branch, NJ 5:00 pm The MAC

MBB vs Rider* W. Long Branch, NJ 8:00 pm The MAC

Friday, February 27 Softball at George Mason Farifax, VA 3:30 pm

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

Saturday, February 28 Softball at George Mason Farifax, VA 10:00 am

MLAX at Rutgers Piscataway, NJ 12:00 pm High Point Solutions Stadium

Sunday, March 1 Softball at Lehigh Fairfax, VA 10:00 am

WLax vs Towson W. Long Branch, NJ 1:00 pm

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

WBB vs Quinnipiac* W. Long Branch, NJ 2:00 pm The MAC

MTEN at Princeton Princeton, NJ 3:00 pm

MBB vs Siena* W. Long Branch, NJ 4:30 pm

Tuesday, March 3 MLAX vs Wagner W. Long Branch, NJ 3:00 pm

*Conference Games

Women's Basketball Splits NY Road Trip off two big threes. Junior guard Jas- game behind 19 points from Tay- extra burst", said Head Coach Jenny

JOE RUGGIERO

The Hawks cold Western, NY road trip started with a passionate double overtime win against the Purple Eagles of Niagara. An overall team effort boosted the Hawks to a 81-69 victory at the 'Taps' Gallagher Center. MU had five players post double figures. Sophomore guard Helena Kurt lead the charge with 21 points, five rebounds, and four assists, while sophomore forward Christina Mitchell posted her team leading fifth double-double of the season by knocking down 13 points, and posting 10 boards. The game's five players in double figures marked the first time MU has reached that feat all year.

double digits was sophomore center Sophie Beaudry who shot 6-7 from the field resulting in 12 points. She also added five rebounds and four blocks. Off the bench, sophomore guard Jamiyah Bethune scored a dozen points, six of them coming

nine Walker was the last to reach double digits late in the second overtime compiling a total of 10 points.

The Hawks jumped out to an early lead; by the 10:28 mark the Hawks led by one and did not relinquish the lead until the last minute of regulation. The Hawks played great interior defense late in the game as the combination of Beaudry and Mitchell combined for eight blocks and six offensive rebounds to give MU 13 second chance points.

MU loves the three ball, and no Hawk was more effective than Kurt. "All credit goes to my teammates who got me open looks, and I was able to knock them down," Kurt

MU dished out 21 assists, which Joining Kurt and Mitchell in is a season high for the team. The team chemistry was at an all time high and it showed in the stat sheet as the Hawks shot 40.5 percent as a team and shot an impressive 53.8 percent in two overtimes where MU shined.

Niagara clawed back late in the

lor McKay The enough; during overtime number two, Niagara put up low-percentage shots causing MU to take advantage and convert on back-to-back three balls by Mitchell and Walker. Courtesy of the Purple Eagles, the Hawks picked up their second win in a row.

After Friday night's emotional double-OT victory, the Hawks tried to make a clean sweep at Canisius College on Sunday afternoon. MU was cold early as their counterparts were on fire.

The Golden Griffins shot an overall 53.8 percent from the field and never looked back, they continued to shoot lights out and caused problems for the Hawks who had a hard time defending. Canisius picked up the win 62-49, moving to 9-18 overall and 7-11 in the MAAC. MU falls to 11-16 and 7-11 in conference play

"I feel that double overtime win the other night took a lot out of us, I felt in the first half we gave it everything we got, we just didn't have that Her Hawks tried to fight back

but were shut down, by good defense and even better shooting by Canisius. Crystal Porter who played well against the Hawks last time these two teams played, continued her performance up by leading the Golden Griffins with 13 points, and nine rebounds. Two other Griffins were in double figures as Tiahana Mills scored 12, and senior captain Kayla Hoohuli knocked down 10.

Walker led all Hawks with 10 points and 3 rebounds while junior Sarah Olson had an impressive seven rebounds including six on the offensive glass. The Hawks struggled from three as they went 3-22 from beyond the arc and were not able to catch up to the Golden Griffins, who hit 5-16 from three-point land.

The Hawks remain in eighth in the MAAC and look to move up in the rankings when they return back home for their final two games of the season. They will next face Manhattan on Thursday night.





REIGNING GELATIPS



The men and women's indoor track and field teams won their second consecutive MAAC Championship title. This is only the second year the Hawks are part of the MAAC.

Full story on page 18

Photo courtesy of MU Athletics