



# THE OUTLOOK

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STUDENT-RUN NEWSPAPER SINCE 1933

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## SGA Gives Hawks a Chance to Paint Together

*The Rebecca Stafford Student Center Welcomes a Mural Painted by Students*



PHOTO COURTESY of Michelle A. Callas

Student Government Association came up with the idea of painting a mural in the Student Center. The new addition will feature a sunset on the beach with hawks flying together in the distance.

MICHELLE A. CALLAS  
STAFF WRITER

A new mural painted by University students will soon add a splash of color to the walls of the Rebecca Stafford Student Center dining area.

The Student Government Association (SGA) conceived the mural idea, and with the help of a local artist, the painting evolved into a representation of the University community and the concept of working together.

SGA devised a project where everyone on campus could participate and be a part of its creation, according to Heather Kelly, assistant director of student activities for multicultural and diversity initiatives. "[The mural] could be designed by students and employees at Monmouth University but be painted by the whole of Monmouth University," Kelly

said.

The mural depicts a colorful sunset spread across three canvases with a larger one as the centerpiece. "The mural itself is going to be a depiction of a beach at sunset and hawks flying together off into the distance," Kelly explained.

Students painted in ten minute intervals near the fireplace in the Student Center dining room. Painting was scheduled for February 27 and 28 from 12:00 pm to 4:00 pm and 12:00 pm to 3:00 pm. The sign-up sheet was booked solid. Kelly added that groups of ten to 20 students simply showed up throughout the day and got in on the painting. Usually five students would work at a time on the mural.

Andrew Herzer, a business major who helped render the design, plans to add the hawks

Mural continued on pg.4

## Hassle Free Hunting: Simple Steps for Renting an Off-Campus Apartment

EMILY TAYLOR  
STAFF WRITER

Apartment searching as an upperclassman or a student who has just graduated can be very intimidating if you haven't done so before. If you intend to live off campus your junior and senior year, when should you start looking around the area? Who should you contact? What are your biggest deal breakers in your home away from home?

Junior social work major Savannah Werner explained her process in searching for an off-campus house. She said, "The biggest priority for me and my three roommates was clean bathrooms; preferably newer ones." Werner and her roommates looked at ten different properties before choosing their rental in Oakhurst.

While others may be concerned with details like security, location and amenities, Werner and her roommates understood that the nicer the rental the more expensive the rent and collectively she and her roommates are paying close to \$1,800.00 a month for

their college house, not including utilities.

Other areas of importance include understanding the risks of living on your own and being responsible for things such as trash removal, lawn care and dish duty.

Senior communication major Joseph Demarzio currently lives off campus with three other students. He said, "The best part about living off campus is the overall responsibility you gain by cooking, cleaning and paying bills all on your own."

While some students may find things like this tedious, many like Demarzio prefer the independence of living on your own without the full time support of cleaning crews, maintenance and security staff.

Director of Off-Campus and Commuter Services, Vaughn Clay said, "Living off-campus can teach students skills such self reliance, independence, budgeting, communication, citizenship and cooperation."

Off-Campus continued on pg.14

## Online Gambling Now Legal in New Jersey

KATIE MEYER  
STAFF WRITER

Governor Chris Christie signed a bill that will allow casinos in Atlantic City to set up online gaming and gambling websites on Tuesday February 26. The state legislature has been discussing the possibilities of online gambling for at least two years. Christie vetoed the bill back in 2011 when it was newer and more risky. He signed the bill last week after sending a revised version back with some suggestions and requirements that he felt would make the bill more successful.

So what does this new bill mean for New Jersey? Or more importantly, what does it mean for Atlantic City?

New Jersey, according to an article by *CBC News*, is the third state to legalize online gambling. Only Nevada and Delaware have passed a similar bill.

"I believe that [the gambling law] is an opportunity to bring additional revenue to New Jersey," said Professor Amy Handlin, who teaches Marketing and International Business and also serves as an Assemblywoman for

District 13. "Many people enjoy the Atlantic City gaming experience, the excitement of playing at the tables and the slot machines. Other people prefer not to drive the 90 miles or so, and may prefer to play from the confines of their home," Handlin said.

As of right now, the online gaming sites pertain only to residents in New Jersey, Nevada, and Delaware. Meaning that in order to place a bet online and partake in the game, you have to be in New Jersey.

A lawyer, Joe Goldstein, who represented the online gaming companies in the negotiations, said in an interview that he would be surprised if more states did not pass similar bills in the near future because the more people involved in the game, the better the stakes offered.

Kimberly Kravitz, senior communication major with a minor in information technology, explained how casinos might go about setting up online gambling.

"Online gambling is coming from the source of the casino, so in other words, you would need to log in as a Total Rewards

Member, or whichever name they give to members that stay at the casino, and they would have your information already in their system. No one under 21 would be given a 'Total Rewards Card' because they need identification from you to let you sign out a card. Internet gambling will most likely take the same approach," Kravitz said.

Lawmakers are hoping that the online gaming law will draw attention back to Atlantic City. With other states nearby offering casinos and the recession still fresh in everyone's mind, Atlantic City felt the economic pressure.

Democrat Raymond Lesniak supported the bill because he believed that online gambling gives Atlantic City and New Jersey a competing edge. In the future, participants will be able to gamble online with casinos in Delaware or Nevada, and vice versa. Other states are pursuing online gambling laws and as they are passed, New Jersey has the option of allowing outside bets.

Gambling continued on pg.8

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### News

University staff participated in Read Across America Day last Friday.

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### Opinion

Is travel better by car or by plane? See what what one student thinks.

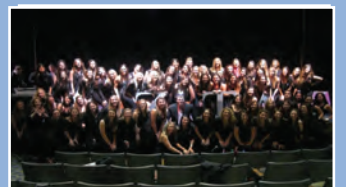
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### Entertainment

After a three year hiatus, Fall Out Boy is back and will be releasing a new album on April 15.

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### Club & Greek

Zeta Tau Alpha hosted "Big Man on Campus" last Wednesday.

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# One Fish, Two Fish, Three Fish, MU Fish

University Bookstore Held “Salute to Seuss Soiree” in Honor of Read Across America Day

AMY GEIS  
STAFF WRITER

In celebration of Read Across America Day, the University bookstore held a “Salute to Seuss Soiree” on Friday, March 1. The bookstore was buzzing with pre-school students and University staff.

Children were given coloring activity packets as well as Thing 1 and Thing 2 shirts for older participants to take pictures in. Aramark baked Dr. Seuss-themed cupcakes for the event, *The Lorax* was played and stacks of Seuss books were available for children to read.

Nikki Hernandez, Assistant Manager of Course Materials at the bookstore, explained that they put the event together to encourage kids to read while having fun. “We all love to read, and not just because we work at the bookstore,” Hernandez said.

There were five guest staff readers including Stanley Blair, English professor, and Claude Taylor, Athletics Professor-in-Residence. The readings ended with a surprise visit from “Cindy Lou Who,” played by Barbara Coleman, bookstore employee.

Theodor Seuss Geisel was an

American writer, poet, and cartoonist most widely known for his children’s books written under the pen name Dr. Seuss. He published 46 children’s books during his lifetime and March 2, his birthday, is now celebrated as Read Across America Day.

While the event was Seuss-themed, any children or reader’s favorite book could be read.

The Seuss books “One Fish Two Fish Red Fish Blue Fish,” “Mr. Brown Cow Can Moo! Can You?” and an excerpt from “Oh, The Places You’ll Go!” were all read.

Michael Thomas, Assistant Dean of the School of Humanities and Social Sciences, read one of his favorite books, “Charlie Parker Played Be Bop” by Chris Raschka. “I wanted to diversify Read Across America readings and wanted something a little different that they haven’t heard before,” Thomas said.

“It gives them experience of reading but also the lyricism and musicality of language; it ties music and poetry and improvisation,” Thomas continued. As a jazz enthusiast and poetry professor, Thomas appreciates that this book gets children aware that language can have music in it.

In the past, Thomas read to chil-

dren for an Arts and Education program. This event was something that he looked forward to because it allowed him the opportunity to read to children again.

Christine Bant, Director of the Goddard School in West Long Branch, was invited by Hernandez to bring a pre-school class to be read to. The students usually participate in Read Across America in their own school, but Bant thought it would be a wonderful idea to collaborate with the University.

Bant said, “The kids just love looking at books and reading books, they read to each other a lot so this is nice to get a different experience for them.”

“I invited the class because of course we wanted to encourage young readers to read,” said Hernandez.

The bookstore received help in creating the Seuss-themed props and activities. “A lot of the art students who are the student helpers and a couple of the staff members who are artistic actually put it together. They did a great job,” Hernandez continued.

The soiree wasn’t just for the kids. The bookstore wanted the University students to participate as well. “We definitely wanted the



PHOTO COURTESY of Amy Geis

Stanley Blair, English professor, was one of the five guest staff readers at the event.

entire community to come and support the event,” Hernandez said.

“I understand it’s a class day too and the people who are still on

campus have classes during this time,” said Hernandez. “We wanted to show we do more than books and can have fun.”

## Third Annual Communication Career Event Held

JASON KANE  
CONTRIBUTING WRITER

The University held its third annual Communication Career Event on Tuesday, February 26 from 2:30 pm to 6:00 pm in Wilson Hall.

The Communication Career Event was split into three parts; Information Panels, Résumé Review and Interview Practice and the Networking Event and Internship Fair.

The Information Panels ran from 2:30 pm to 4:30 pm in various rooms within Wilson Hall. The Résumé Review and Interview Practice took place in the main room of Wilson Hall from 2:30 pm to 6:00 pm. The Networking Event and Internship Fair were also held in the main room from 4:30 pm to 6:00 pm.

Organizations that attended the event included HBO, AMC, ESPN, MLB Network, NHL.com, Shamrock Communications, Townsquare Productions, WWE, Flex Magazine and more companies from television, radio, public relations, journalism and communication studies.

Students from every discipline

within the Communication Department gathered to Wilson Hall to extend their knowledge of their career opportunities. Students were exposed to University alumni who currently have jobs in the communication field. They were also able to explore new career options, network with professionals in their major and speak with companies about internships and jobs opportunities.

Following the event, many professors asked students what their thoughts of the event were. Brad Brown, senior, said, “I went to the Communication Event as a senior to look for opportunities, either an internship or paid position, to get myself out in the field and be successful right out of Monmouth.”

Brown continued, “I think the event went very well. However, one of the weaknesses was a lack of opportunities in the field of on-air radio broadcasting. I know there are a lot of students looking at on-air broadcasting and it would be good to get those opportunities for those people to be in front of the camera or over the radio.”

However, Brown also mentioned, “There was more vari-

ety this year, which is good for returning students. There were also returning companies which is good for those students to build and maintain their previous contacts,” Brown continued.

Andrew Bern, junior, said, “As a transfer student to the University, this was my first Communication Event. I really enjoyed it. There was a great diversity of people from public relations, radio, TV and all other aspects of communication. I was able to meet with a wide diversity of companies from sports from the production side, on-air talent, and a bunch of other jobs.”

However, Bern said, “One of the weaknesses was the size of name cards and organization problems, such as not knowing who you were talking to before going up to introduce yourself. Next year, I would organize the event better with signs for each company and separating the Networking Event from the Internship Fair to hear better and divide the crowd and focuses, as well as get on-air broadcasting companies to attend.”

The event was not hosted exclusively for students and com-

panies looking to hire interns or employees. University professors also used this event as an opportunity to network and gain new contacts within their field. Professors were able to reconnect with past contacts, learn more of the ever-evolving communication industry and help promote students and watch their students succeed in the field.

Eleanor Novek, communication professor, was very impressed with the event. She said, “Some of the strengths of this were seeing former students with careers right out of college.”

Some of the weaknesses of the event that Novek discussed were “alumni not committing until the last minute or last minute drop-outs.” Like many students, Novek felt that the biggest change was in the organization of the Career and Networking event.

As Novek continued, she expressed the need for a separation of the Networking and Internship fair as well as creating a more formal setting. “As a professor, I come to these events to see former students succeed in their focus and spread their knowledge and experiences with current stu-

dents,” said Novek.

Crowds around alumni and company representatives made it hard to navigate and find the companies that students wanted to speak with. The multitude of people also made it difficult to hear and communicate with the representatives.

“Organization and acoustics were two major problems,” Gregg Cambareri, junior said. “Companies could be matched with bigger signs, as well as relocating to a different area, so everyone is not all talking in one big area making it very hard to hear and network with professionals.”

Matthew Lawrence, communication professor, estimated that over 300 students were present at one point. “I felt like the event really stressed the importance of networking and meeting representatives in your field in the future,” Lawrence said.

He continued, “I was very impressed by the number of students, how they all looked and behaved. I was also impressed by the number of alumni that attended because it means that they value their education and opportunity and want to give back to the younger generations.”

CRIME  
BLOTTER

NO CRIME DOCUMENTED

WED.

THURS.

FRI.

SAT.

SUN.

MON.

TUES.

2/27 - 3/5



# The Blue and White Go Green

## What Makes Monmouth a Green University?

CASSANDRA FIGUEROA  
STAFF WRITER

The University is trying to create a more sustainable environment for future generations. Distinguished by *The Princeton Review* in 2012, the University is now one of the most environmentally responsible colleges in North America.

Three hundred and twenty-two institutes were chosen as 2012’s Green Colleges because *The Princeton Review* determined they each had a “strong commitment to sustainability in their academic offerings, campus infrastructure, activities, and career preparation.”

Tony MacDonald, Director of the Urban Coast Institute, said, “While there is a long way to go in making the campus fully sustainable, the campus has made great strides over the past five years.”

The University’s major accomplishments relating to a more sustainable environment have enabled the recognition. MacDonald mentioned that the University has experienced significant energy reduction through the use of solar panels, implementation of single-stream recycling systems, and the cooperative agreement the University has with the Environmental Protection Agency (EPA).

“Monmouth entered into the Voluntary Agreement with the EPA because we believe that the University has an obligation to educate students beyond the classroom so that they can assume leadership positions in their community, regardless of what

they do,” Patricia Swannack, Vice President for Administrative Services, said. “Higher education should not be complicit in the destruction of the environment.” Swannack said the collaboration allows the campus to regularly share their development with the EPA. She explained that a semi-annual report in accordance with the EPA gives the University the opportunity to measure the efforts achieved and assist the campus in setting the right goals.

The installation of solar panels on different campus buildings was also a significant step toward a greener campus. Bey Hall, Boylan Gymnasium, the Rebecca Stafford Student Center and the Facilities Management Building are now equipped with 454 kilowatt solar photovoltaic systems, according to the University website. “The system was the largest installation at an institution of higher education east of the Mississippi River when it began producing electricity in September of 2005,” according to the University’s website.

“I definitely agree with the claim that Monmouth University is environmentally responsible,” Brett Gilmartin, senior and President of the Environmental Club, said. “However, steps can always be taken to secure a greener future,” he added. “Some ideas that would allow the campus to rise on the environmental playing field would be to create a system of reusable to-go boxes, use energy efficient products in dorm rooms, create energy from gym cardio machines, enforce separation of garbage and recycling in dorm



PHOTO COURTESY of Blaze Nowara

Bey Hall (pictured above) is one of the four buildings on campus that features solar panels on its roof.

rooms and academic buildings and reduce the constant landscaping.”

Gilmartin discussed that one of the actions that may have led to a sustainable campus is the use of miser machines in some of the University buildings, such as the Student Center. These machines allow students and faculty to be rewarded for recycling. Gilmartin explained that a card is used for the machine, and each time an individual recycles he or she obtains points on the card towards discounts at local stores.

*The Princeton Review* made the decision to recognize the Uni-

versity as a “Green College” in agreement with the U.S. Green Building Council (USGBC), a national nonprofit organization. In 2010, USGBC created a Center for Green Schools with a focus on creating new, more environmentally proficient ways to develop and operate campuses around the nation.

The Center for Green Schools’ website stated,. “By promoting the design and construction of green schools, and by greening the operations and maintenance of existing schools, we can make a tremendous impact on student health, school operational costs

and the environment.”

“High-performing schools result in high-performing students, and green schools go far beyond bricks and mortar. We see an opportunity to educate a new generation of leaders – sustainability natives – capable of driving global market transformation,” according to The Center for Green Schools’ website.

Various statewide campuses are also recognized on the list of Green Colleges, such as Montclair State University, Rider University, Rowan University, and the Richard Stockton College of New Jersey.

## President Obama Introduces “College Scorecard”

JODI COHEN  
MCT CAMPUS WIRE

President Barack Obama’s administration unveiled a new online tool aimed at giving prospective college students a better idea of what individual colleges will cost and whether the financial burden will be worth it.

The “College Scorecard” comes as student debt is at an all-time high, graduates are entering a tough job market, and families are overwhelmed with confusing and sometimes hard-to-find information about costs.

Obama, during his State of the Union address, said families could use the website to figure out “where you can get the most bang for your educational buck,” though some experts criticized the data the administration chose to use.

The site allows consumers to get bare bones information on two and four year colleges and universities, including tuition costs, graduation rates and graduates’ average loan repayment per month. The goal is to eventually include data on graduates’ employment and earnings, part of a push to make colleges more transparent about, and accountable for, student success.

“We know students and families are often overwhelmed in the college search process — but feel they lack the tools to sort through the information and decide which school is right for them,” U.S. Secretary of Education Arne Duncan said. “The College Scorecard provides a snapshot about an institution’s cost and value to help families make smart decisions about where to enroll.”

Students can search for a specific institution or by factors such as location, size or majors offered. Some of

the information is re-purposed from previous Education Department initiatives, such as the College Navigator website that provides much of the same data.

The latest effort focuses more on helping students decide whether a particular school will be worth their investment by highlighting financial data, including how much the average student borrower has to repay each month after they graduate — and how that compares to other institutions.

For example, the site provides the following information about students at the University of Illinois, Urbana-Champaign: the average net tuition price, after grants and scholarships, is \$15,610 a year. About 82.5 percent of students graduate in six years. For students who relied on federal loans to help pay for college, about 2.5 percent of them defaulted within three years of entering repayment. The average borrower pays back about \$254 a month for 10 years.

Consumers can see how the costs and default rates compare to other colleges and universities. The default rate is a way to judge whether graduates are earning enough to be able to pay off their loans.

Terry Hartle, Senior Vice President of Government and Public Affairs at the American Council on Education, said the website is potentially useful, but not a “game changer” since students make decisions about college for myriad reasons.

“There is certainly nothing wrong with what the administration is trying to do,” he said, “but I don’t think it fundamentally changes the decision-making of very many people.”

The scorecard is at [whitehouse.gov/issues/education/higher-education/college-score-card](http://whitehouse.gov/issues/education/higher-education/college-score-card).

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# SAVAGE INEQUALITIES

FEATURING JONATHAN KOZOL,  
AUTHOR AND EDUCATOR

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# First Interfaith Fair Comes to Campus



IMAGE TAKEN from <http://interfaithscholar.org>

The Interfaith Fair gives members of the University community an opportunity to learn more about different faiths around the world.

ISABELLA PAOLO  
STAFF WRITER

The first Interfaith Fair will come to the University today, Wednesday, March 6 from 12:00 pm to 4:00 pm in Anacon Hall, located on the second floor of the Student Center.

The purpose of the Interfaith Fair is to give members of the University community an opportunity to learn more about different faiths around the world. Attendees are able to visit each table and learn about different faiths and faith experiences. Several groups from the University will be hosting tables including individual students highlighting faith experiences such as World Youth Day, Birthright Israel, and the “Diversity is...” project.

President Barack Obama placed an emphasis on the interfaith co-operation and community service during his inauguration. As a result, the University will be involved with Obama’s Interfaith and Community Service Campus Challenge.

According to Obama, the interfaith service involves people from different backgrounds, religious and non-religious coming together to tackle community challenges.

The community challenges range from homelessness to mentoring to the environment, all while building civility between diverse groups. An example Obama used was Protestants, Catholics, Hindus, Jews, Muslims and non-believers building a Habitat for Humanity house together. To do so, he is calling on all institutions of higher education, from community colleges to private four-year colleges, to solve our nation’s greatest challenges.

There are over 250 institutions in the first year of Obama’s Interfaith and Community Service Campus Challenge. The challenge is to help make the vision of interfaith cooperation a reality on campuses and communities across the country.

Melissa Boege, graduate assistant from the Office of Service Learning and Community Programs, became involved with the challenge as part of her graduate assistantship. Boege, Dr. Saliba Sarsar, director of the Interfaith and Community Service Campus Challenge at the University, Barbara Nitzberg, International Student Assistant Director, and Marilyn Ward, Director of Service Learning, have been coordinating and organizing the Interfaith Fair at the University.

Also helping to bring the challenge to the University are the work study students in Service Learning.

Klaudia Szabat suggested having the fair to highlight different religions, faiths and cultures that make up the University. The office has been working to develop this idea since last semester.

Student organizations such as the Muslim Student Association, Hillel, Circle K, Latin American Student Association, South Asian Student Association and the Study Abroad Club will also be at the fair.

There will also be academic departments and campus offices such as the Catholic Campus Ministry and the Philosophy, Religion and Interdisciplinary Studies Department.

Community members and groups will host tables as well, such as the Monmouth Center for World Religions and Ethical Thought, Manasquan Quakers, Shrewsbury Monthly Meeting, Saint George Greek Orthodox Church and Jersey Shore Ba’ha’is.

“I think that diversity is something that every college and University should make an effort to focus on, and I think that Monmouth does a great job in offering programs and events that give members of the campus community an opportunity to increase their understanding of diversity and experience cultures and communities that may be different than their own,” said Boege.

“The Interfaith Fair, along with the President’s Interfaith and Community Service Campus Challenge at Monmouth as a whole, seeks to further diversity and understanding on campus by offering community members an opportunity to learn more about each other and celebrate our diversity,” Boege continued.

The University is made up of approximately 79 percent Caucasian students, four percent African American students, nine percent Hispanic or Latino students, three percent unknown ethnicity and two percent of students with two or more races, according to CollegeBoard.com.

Many students at the University have mixed feelings of diversity they see on the campus. Kelsey Flatley, freshman education and math major, believes that there is good amount of diversity at the University. “You meet all different kinds of people here and they are all of different backgrounds.”

However, Roksana Rahman, freshman biology major, believes that the University is not diverse in the slightest bit besides a few people here and there. Both girls agree that the University is filled with cliques, which make it difficult to learn about others and their backgrounds.

# Student Artist Helps Hawks Paint Student Center Mural

Mural continued from pg.1

and final touches to the finished product. With colorfully stained sweatpants, Herzer showed a passion for art and directed students in how to apply the paint to the canvas. Dark blues and purples laid a deep contrast against the golden yellow and orange hues. An intricate web of artistic design forms a border around the sunset providing a dark frame for the array of color. SGA brought the idea to Herzer and they worked together to develop the final concept of the mural.

“I think it’s really cool how they’re getting everyone involved,” Herzer said. “I really was impressed with the turnout.” A full-time student and working artist, Herzer added that the painting turned out better than he expected.

With her blonde hair pulled back into a ponytail and a white smock protecting her clothes, Alexa Gentempo, sophomore business major, carefully applied a deep purple to the canvas.

“I like being artistic,” she said. “I like how this is supervised.” A commuter student, Gentempo appreciated that she could get involved with the mural during a break between classes. “I like being a part of something at Monmouth,” she added. Describing the painting as “beautiful,” Gentempo explained that she spends a lot of time in the Student Center. “This is a good location for this. We need something like that in here.”

After carefully working with the paint, Gentempo stepped back with a bright smile, “I’m impressed with myself,” she laughed. “I did a pretty good job.”



PHOTO COURTESY of Michelle A. Callas

SGA plans to schedule an unveiling ceremony to officially reveal the University project.

Once the painting is ready for display, SGA plans to schedule an unveiling ceremony to officially reveal the University project. There will be a plaque placed next to it giving credit to the different clubs and organizations that contributed to the

mural. The west wall in the dining area of the student center will be the permanent home for the painting once the final touches are complete.

“It’s (the mural) just another part of our mantra,” Kelly said. “It’s a symbol of our togetherness.”

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**March 6 • Carissa Phelps**

2:30pm Pollak Theatre

**March 8 • Monmouth Mall Shuttle**

Departs from Birch Hall Cont. Loop 5-9pm

**March 9 • Casino Night**

7pm Anacon

**March 14 • Pie Day Cash Grab**

6pm Dining Hall

**March 30 • Freehold Mall Shuttle**

Departs from Birch Hall Cirlce  
@ 3:30, 5, 6:30, 8 & 9:30pm

**SABEVENTS**

3/3	AOTI Recruitment Begins	
3/6	Sandplay	6:30 - 8:30pm Afflitto Conf. Rm
	Lip Sync	10pm Pollak Theatre
3/7	Late Night Lounge	8 - 10pm Res. Quad
	Air Hockey Tournament	7pm Catholic Center
3/8	Drag Show	7pm Anacon
2/5	HERO of the Year Awards	4 - 5pm MAC
	Meet the Greeks	9:30pm MAC
3/11	Art Now	6pm Hawk TV Studio
3/12	Gambling Awarencss Day	
3/14	St. Patricks Day Party	7pm Catholic Center
2/26	SafeZone1	2:30pm Club Dining Rm
	Spring Awakenings	2:30 - 3:45pm Afflitto Conf. Rm
2/27	Paws for A Cause	2:30 - 4pm Anacon
	the Great Marijuana Debate	4:30 - 5:30pm Wilson Aud.
	Don't Forget the Lyrics	10pm Pollak Theatre
2/28	SafeZone2	2:30 - 4:30pm Club Rm 107
	Mass	7pm Catholic Center
2/29	Sr. Exhibit Graphic Design	7 - 9pm Ice House Gallery

**OAKWOODLOUNGEMOVIES**  
**FREE POPCORN 8 & 11PM**

3/8	Cirque du Soleil: Worlds Away	3/29	Hitchcock
3/9	Les Miserables	3/30	Parental Guidance

**PERFORMINGARTS**

3/6-	12th Night, or What You Will by William Shakespeare
3/14	8pm Woods Theatre
3/16	Metropolitan Opera: Francesca Da Rimini
	12pm Pollak Theatre
3/23	Red Horse John Gorka, Lucy Kaplanski & Eliza Gilkyson
	8pm Pollak Theatre
3/24	Metropolitan Opera: Les Troyens Encore
	1pm Pollak Theatre
3/26	Provost's Film Series: Munyurangabo
	7:30pm Pollak Theatre
3/28	National Theatre of London People
	7pm Pollak Theatre

**MONMOUTH HAWKS**

3/8	Men's Tennis vs St. Peter's	7am Tennis Courts
3/5	Women's Lacross vs Sienna	1pm Kessler Field
3/13	Women's Lacross vs St. Joseph's	3pm Kessler Field
3/22	Women's Lacross vs Long Island	3pm Kessler Field
3/23	Softball vs Fairleigh Dickinson	1pm Softball Field
3/24	Softball vs Bryants	12pm Softball Field
	Women's Lacross vs Wagner	1pm Kessler Field
3/26	Baseball vs St. Peter's	3pm Baseball Field
3/28	Baseball vs Central Connecticut State	1pm Baseball Field
3/30	Baseball vs Central Connecticut State	1pm Baseball Field





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Think Outside Your Major

THE OUTLOOK STAFF OPINION

“Get involved,” next to “you’re late,” those are arguably the two most common words for a student to hear on a college campus. We spend much of our high school career being told to get involved in order to spice up our college applications and then, once in college, we’re further told to get involved to spice up our job résumé.

We believe most students by their second year or so, can finally understand the vast importance of getting involved. But is getting involved in your own department enough? After all, we’re all Monmouth students, regardless of major.

The Communication Department offers seven different platforms for students to get involved with. All of these organizations are student-run and give students an opportunity to get hands on experience in their field before stepping foot into the dreaded ‘real world.’

Of course, the Communication Department isn’t the only department which offers hands on experience. In fact, you’d be hard-pressed to find a major that doesn’t have a coinciding club, organization or extra-curricular aspect to get involved with.

Here at *The Outlook*, we acknowledge all the hard work our fellow students put into their fields and the passion shown for respective clubs and organizations. Bringing the

news to this campus each week has pushed most of us to step outside of this sanctuary we call Plangere and take a look at what other departments are doing.

Unfortunately, it often seems no matter how much work an organization puts into an event, it is rare to see students outside of that organizations respective department attend the event.

For example, last week *Hawk Television*, along with *WMCX*, hosted an event in Plangere called “Rock n Raise.” It took place on a Friday

come from all different types of majors in other departments. Our politics editor is a political science major, both of our entertainment editors are English majors and we even have a feature writer who is a biology major. We would like to see all students dip their experiences into other fields outside of their major.

It is also theorized that many students don’t attend events outside their department because they simply did not hear about them. If students were more aware of what was going on in buildings other than their own they may be more likely to venture across campus and check out the events.

In addition to merely attending events outside your major, it’s also encouraged to actually get involved with interests outside your major. One English major at *The Outlook* mentioned how it’s almost

expected that English majors get involved with the *Monmouth Review*. While that certainly is great, it’d look even better to see variety, perhaps in radio or television. This shows that you are diverse and open to thinking outside the box and may just set you apart from being “just another résumé in the pile.”

Involvement in events is a great way to see some new faces and develop an understanding for a subject without setting foot in the classroom. Most of us are here for four years, maybe five; so why not take advantage of such a diverse community and large pool of knowledge?

“Involvement in events is a great way to see some new faces and develop an understanding for a subject without setting foot in the classroom.”

afternoon and featured food, games and live bands. Over six months of planning went into the event, of which the sole purpose was to raise money for Relay for Life. While the turnout was good, it was rare to see many students outside of the Communication Department stop by and in our opinion, it’s a real shame.

Many of us at *The Outlook* feel that getting more involved outside of your own department is a good thing. Not only will you be supporting fellow Hawks but you’ll be broadening your own horizon and may develop an interest in a subject you never would have given a thought to before.

On our staff, we have editors who



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# Do Certain TV Shows Give Us More Than Entertainment?

## Reality Television Shows Sometimes Teach Viewers More About Themselves Than They Think

VICTORIA JORDAN  
STAFF WRITER

“The Biggest Loser” and “What Not to Wear” are my two favorite shows. I will not miss an episode of “The Biggest Loser.” I literally would not be able to go to sleep on a Monday night if I did not see who was knocked out of the competition and how much weight they have lost since.

Every time I turn on TLC and “What Not to Wear” is on, my day is made. If I do not watch it from the beginning, I make sure to see the hair and makeup makeover.

What is my fascination with these two shows? Is it because I am interested in the health and fitness industry? Absolutely. Is it because my career calls for professional attire and I need to learn how to coordinate clothing and jewelry better? One hundred percent yes. But I can research health issues and fashion on my own time without watching either of these shows. So what is the underlying reason for my infatuation?

I can relate to them. Each and every one of us can. I am not morbidly obese nor am I considered overweight. But I do not always feel comfortable in my body, especially after splurging on half of a pizza pie and chocolate cake. I guarantee that almost everyone reading this feels the same way sometimes.

Same goes for fashion. There

are days that I know Stacey London and Clinton Kelly from “What Not to Wear” would have a heart attack if they saw what I wore to class. Do I really expect myself to get in a pair of jeans on a Monday? No way. But when I go through my closet looking for casual outfits, I usually end up hating all of my clothes. So when I turn on these two shows, I find inspiration and hope. I see an end result and a plan on how to get there. I see other people dealing with similar struggles as myself. That is the beauty of reality television.

Any fan of “The Biggest Loser” understands the concept of the show. Contestants compete in physical activities, learn healthy eating habits and “weigh in” every week. One person goes home after each episode, and there is only one winner.

The competitive aspect of this show is a seller for many people, especially athletes and sports fanatics. However, those who are health conscious may find it even more of an addiction. A person is able to relate to this show in more ways than just caring about weight and nutrition.

You also learn to love the contestants; you cheer them on and cry when they suffer. At least, I do. The show engulfs your attention for the two hours it is on; you become involved in it.

Personally, I watch the show because I learn new ways to exer-



IMAGE TAKEN from directlyfitness.com

Apart from watching reality shows such as “The Biggest Loser” for entertainment purposes, viewers get a chance to relate to the characters and put themselves in the positions of those they see on television.

cise and find motivation to make my workouts more productive. “The Biggest Loser” offers some kind of entertainment for everyone. If you have not watched an episode, tune in on Monday nights at 8:00 pm on NBC.

“What Not to Wear” is not a competition show. Rather, it stars one individual for the entire hour and transforms their life both on the inside and out.

Fashion experts London and Kelly give the person \$5,000 to purchase an entirely new wardrobe after trashing all of the old clothes that they deem unacceptable. Their constructive criticism, though sometimes extremely harsh, is enjoyable to watch from beginning to end because you get the opportunity to observe how the individual reacts.

Highly entertaining and occasionally emotional, the complete transformation of the person craves our attention. Any person, although mostly ladies, can easily relate to this show because of our insecurities about the way our bodies look in clothing, how our attitudes affect what we wear, and how we present ourselves to the world every day. I highly suggest watching an episode during the day or on Thursday nights at 10:00 pm on TLC.

Think about your favorite television shows. Why do you watch them? Is it purely for entertainment or is there a bigger meaning?

# Choosing a Travel Method

## Flying vs. Taking a Road Trip for Spring Break

AMY GEIS  
STAFF WRITER

With Spring Break right around the corner, students must decide whether to take a road trip or fly to their destinations. Both driving and flying have their perks, and they also have their downfalls. When traveling, you have to think about your choices and which is the best option for yourself.

Taking a road trip in a car for multiple hours at a time could be a curse or a blessing depending on how much you like the people you are with.

No road trip is complete without an epic playlist. Before leaving, put together playlists for all possible situations; loud and crazy jam sessions, drives down long deserted roads, keeping everyone awake, and while the passengers are sleeping.

On the other hand, flying gives the opportunity for quicker travel. You can fly across the country in less than six hours. By saving time on travel, it leaves more time for actual activities and fun on your vacation.

In my personal experience, flying has always been more expensive than driving. Each person will pay hundreds of dollars for their plane tickets. However, gas money and tolls split between a car full of people would be much cheaper.

Who is driving and whose car to take is always a decision that has to be made, and sometimes this may or not be an easy decision.

On a plane ride, you are waited on by flight attendants. They are there to help you if you are hungry, thirsty, or cold. The downside of flying is that airplane food can be expensive and is not the

tastiest. Complimentary beverages are always good though.

How annoying is it when you are trying to read in a car and you get motion sickness? Reading is a great way to pass the time while traveling. On a long plane or car ride you can finish a good book, but if you suffer from motion sickness, it is more difficult to complete that task in a car.

Sightseeing and observing the country and all the beauty that it has to offer while driving is something you cannot experience on a plane. Driving down long open roads, or through national parks are something that should be appreciated.

Pack all you want for free. That is something never heard in an airport. A car can be filled to the brim with luggage, food, and people. An airplane gives you the luxury of bringing two small bags, how thoughtful. Other bags have to be checked for a fee.

For long drives over a day, you will have to dish out some extra money for a hotel room for the night. When stopping overnight, the hotel room can be spilt between everyone. If you can find a cheap hotel, you could probably get away with putting in \$20 each.

How annoying is getting stuck in traffic? However, there is no such thing as plane traffic. This makes the plane more enjoyable because most of the time your estimated arrival time will not change.

The old saying, “It’s about the journey not the destination” reigns true in my life. I would rather spend a little more time traveling by car and be able to get a more fun experience and see more of the country.

# Preparing for Life after Monmouth

## Dean of Humanities Shares His Insights

STANTON GREEN  
DEAN OF SCHOOL OF HUMANITIES & SOCIAL SCIENCES

It is quickly becoming an assumption of the times that recent college graduates and current college students are the most stressed out generation in the U.S. This is correlated with the economic times, which seems to have squashed many college students’ aspirations to begin careers (notice I did not say get jobs) in areas of their interest - especially if they are liberal arts majors.

There are certainly elements of truth in these observations. However, I would offer this reality is at least in part self-fulfilling and moreover that Monmouth students can overcome many career barriers by taking advantage of the career mentoring opportunities the university offers.

Let me begin by discussing some things students should be doing during their Monmouth careers in order to prepare for the life-long careers. The first bit of advice is for you all to reflect on why you are studying what you are studying - and the answer cannot be because it is required. All courses, be they general education, major or minor courses, should contribute to your life-long learning goal. If your initial answer to the question “why are you taking this course?” is that it is interesting, I would ask you to dig a bit deeper and ask yourself “why it is interesting?” Is it because you like history and particularly British History? That is absolutely great, but again, why do you like British History? What does the subject matter and the way you learn about it mean to you? What does it allow you to do that you wouldn’t be able to do otherwise? Do you enjoy doing research papers and writing about history? Do you enjoy reading historical fiction? What, in short, do you learn by studying history (and the

answer cannot be facts and dates)?

Next, I want you to reflect on the competencies and knowledge you are acquiring as you take your courses. Reflect on activities such as doing research. The goal of your teachers is to help you learn how to ask questions, collect data (sometimes observations, sometimes numbers) organize it into information, and then analyze and interpret this in ways that answer your questions. In a parallel way, your arts professor is there to help you learn how to ask questions and express your answers visually, in performance, or perhaps as poetry or a short story.

The essential point is that you reflect on what you are learning not what you are memorizing and think about how this fits into your plans for life after Monmouth.

The second aspect of your Monmouth education should be applying your learning to the external world via internships. The most important thing you can do to begin a successful career is to complete one or two internships. Monmouth’s experiential learning requirement offers you the fantastic opportunity to do this as part of your college career. Most employers, be they in the corporate, governmental or non-profit world, expect students to have interned. College graduates who do not intern therefore often find themselves having to do one or two after graduation. Internships are no longer a luxury or even an option for beginning a career – they are required.

Finally, let me talk about those statistics about college graduate unemployment and how you can beat the odds. First, think about how one goes about finding a job. First you need to define what area of work you wish to enter. Are you interested in banking (yes liberal arts students get good jobs in banking), the arts, education, health services? Or perhaps you want to start your own business. Next, in what kind of position are you com-

fortable? Do you want to be a part of a big enterprise, or a small one? Do you like working with people or behind the scenes? Do you like to work by yourself or in teams? Pick up a book like “What Color is your Parachute?” to help you think about this.

Once you have answered these questions, it is time to start looking for a place to start your career. This requires you to describe yourself in the form of a resume that specifies your interests, experiences and especially your skills and competencies. Can you write well, use Microsoft Office, speak French? Have you worked as a team leader on a project, done your own research? Use the resume to tell your story – what you have done, what you can do, what you wish to do.

And finally, make sure to use your social networks to find opportunities. Some people argue that 80% of getting a good job is networking. People you know most likely won’t get you the job, but they may help you locate opportunities and even get you in the door so that you can convince the employer why they should hire you. A first start in networking is to go to Monmouth University’s Career Fairs and networking events. Beyond this you should tell your teachers (even your Dean), people in the career center, people you know socially, who your parents know, who your friends know about your interests and the kind of career you are looking to start. Ask them if they know someone you can contact.

So my final message is that if you play an active role in your learning and take advantage of the career mentoring at Monmouth (all Humanities and Social Sciences departments have a career mentor) you need not become a part of the unemployed college statistics. And if you want more of a pep talk, come talk to me.



# Online Gambling Legal in New Jersey; Some Worried about Gambling Addictions

Gambling continued from pg. 1

The New Jersey Treasury expects online gambling to increase the revenue from casinos by at least \$200 million in the 2014 fiscal year. Security analysts with Wells Fargo went so far as to say that the revenue brought in from online gambling could bring in as much as \$850 million in the coming years and that's taking into account, all the work that needs to be done to rebuild the state from Super Storm Sandy according to *The Star Ledger*.

So, why was Governor Christie so hesitant to sign this bill?

The answer lies in the details. Governor Christie was concerned that the financial benefits would not outweigh any downsides this new law could bring to the state. He vetoed the bill because he was not convinced that lawmakers had thought out every possible outcome. In order for Governor Christie to sign off on the bill, lawmakers had to take his requests under advisement. They added every single one. One of those requests was that programs that help treat gambling addictions receive better funding according to *The Star Ledger*.

Dr. Alan Cavaioia of the Department of Psychological Counseling said, "Pathological gambling is definitely on the rise across the na-



IMAGE TAKEN from inlandpolitics.com

Gambling may not only happen in the casinos of Atlantic City anymore but on your computer and other internet accessible devices.

tion, not just in New Jersey. So this new law stands to have a definite impact on New Jersey residents."

Cavaioia continued, "While I'm against the moral grounds, from a psychological perspective, gambling prevention efforts are better directed towards decreasing desirability rather than increasing access. We see that with drugs and

alcohol; if people want to get it, they will find a way to do so."

"I do think addiction may increase with this new law," said Roshni Patel, a senior psychology student. "Online gambling just allows people to get a quick fix for their addiction. Internet access is literally at everyone's fingertips these days, making it that much

easier for addicts to get a hold of their source of addiction. This new law doesn't directly affect me, since I don't gamble, but taking a psych perspective, I feel it is a bad move on the part of lawmakers. They are only fueling addictions."

The other requirement that Governor Christie asked for was an end to the law. In ten years, the on-

line gambling law will expire and lawmakers will have to vote on it again.

Handlin said, "This is called the 'sunset clause.' If necessary, during this ten year period, lawmakers can take action to correct any unintended consequences the legislation may have or create. After the bill sunsets, it is possible that new legislation will pass that will extend internet gambling."

As of right now, the new online gambling law is in its infancy. Permits and licenses need to be issued to casinos and online companies to create the sites and put safeguards in place that will protect the gambler from fraud and illegal practices. The finer details need to be hammered out and then there will be months of testing and trials. So, when will these sites be up and running? According to *The Star Ledger*, the hope is this fall.

Kravitz said that she thought the fall was a reasonable deadline. "I think that ultimately one team of information technology specialists will create a basic template for various games online and then it will most likely be spread amongst every casino. Once a basic form is created for games, scoring and your imaginary money, then it will be just a matter of each casino's rep to make room for it on their website."

Let the games begin.

# Public Opinion on Same-Sex Marriage May Sway Supreme Court Decision

DAVID G. SAVAGE  
MCT CAMPUS WIRE

California's ban on gay marriage is likely to fall soon, due to a pair of developments in the past week. What remains uncertain is whether same-sex marriage will become lawful in just a score of "blue states," or the norm throughout the nation.

Public opinion on marriage for gay and lesbian couples has shifted with almost unprecedented speed for a major issue. Even without a court ruling, that shift could doom restrictive marriage laws in liberal states such as California. It is also likely to have an effect on the court itself, in particular with Justice Anthony M. Kennedy and possibly Chief Justice John G. Roberts Jr.

Throughout his long career, Kennedy has been willing to make major changes in the law on issues including the death penalty, gun rights and gay rights. Kennedy has been a strong, steady proponent of constitutional principles such as free speech, individual liberty and limits on government power. But before signing on to major changes such as abolishing the death penalty for young murderers, for example he has wanted to feel comfortable that the change was in line with public opinion and the trend in the law.

"Among all the justices, he is most concerned about public opinion," New York University law professor Barry Friedman said of Kennedy. "The more there is a groundswell of support for gay marriage, the more it is likely he will vote to support it."

Kennedy, along with others on the court, probably would also resist going too fast. The current justices, both liberals and conservatives, say the court of the early 1970s made a mistake by striking down all state laws on abortion and capital punishment. Both decisions appeared to trigger a backlash, and the death penalty was soon re-

stored to law.

Better to move in line with or just slightly ahead of shifting opinion, they believe.

In California, public opinion clearly has shifted since Proposition Eight passed in 2008 and banned same-sex marriage. A Field Poll released this week showed that California voters, by a nearly 2-1 margin, now approve of allowing same-sex couples to marry, a finding in line with states that legalized gay marriage in November's election.

With that shift, lawyers supporting same-sex marriage have offered the justices a range of options they could use to rule in favor of gay rights. The Obama administration's legal brief advocates a step-by-step approach.

Commenting Friday on the administration's filing in the case, President Barack Obama told reporters that, "I do think that we're seeing, on a state-by-state basis, progress being made more and more states recognizing same-sex couples and giving them the opportunity to marry and maintain all the benefits of marriage that heterosexual couples do." But, he added, the administration wanted to "answer the specific question" before the court whether "the California law is unconstitutional."

In providing that answer, Solicitor Gen. Donald Verrilli Jr. drew on arguments he had filed with the court just a few days earlier saying the justices should strike down part of the Defense of Marriage Act, which denies federal benefits to legally married gay couples in states such as Massachusetts. He advised the court to say that discrimination based on a person's sexual orientation is highly suspect, akin to gender bias. It can be justified only if a state can show a strong need to treat gays and lesbians differently than other citizens, the administration argued.

Verrilli's brief filed Thursday applied that same approach in the

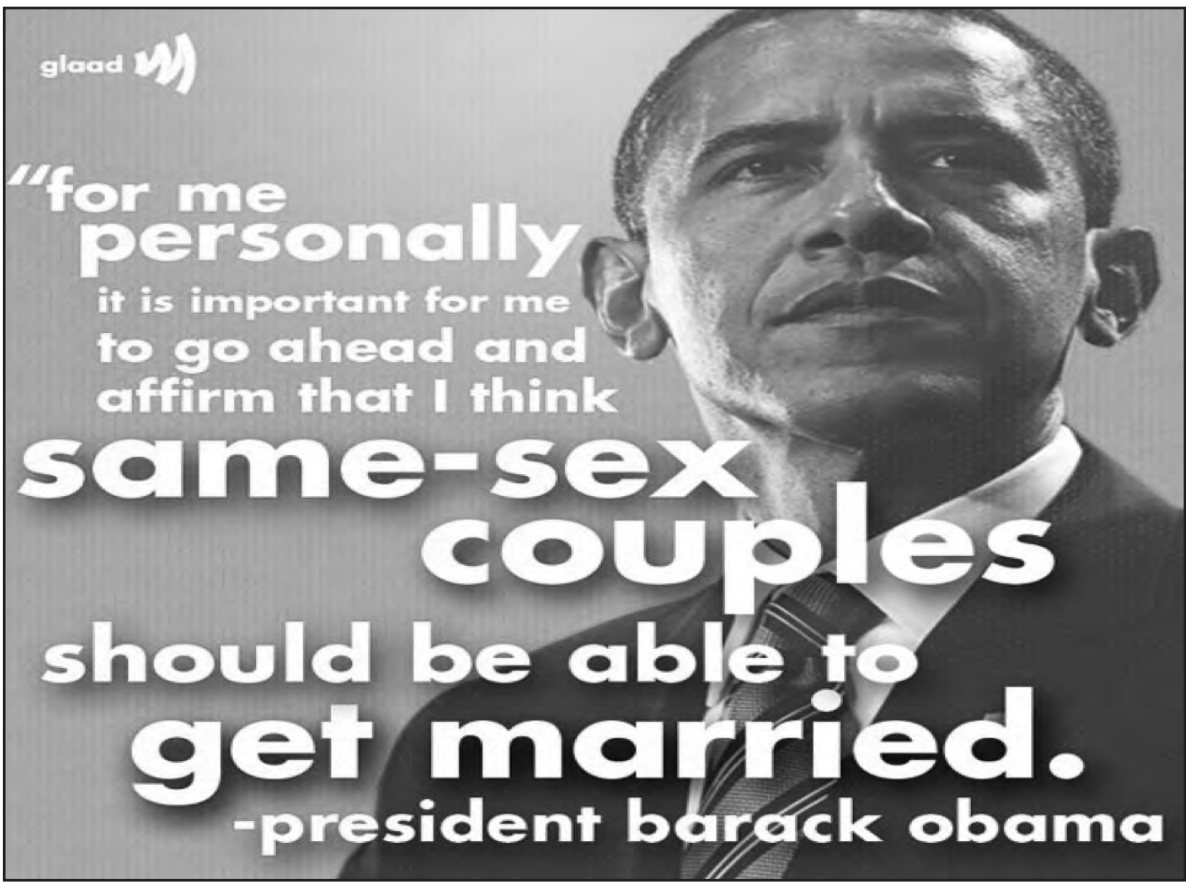


IMAGE TAKEN from www.aglbical.org

President Barack Obama is the first president to publically state that he believes same-sex marriage should be legal in the United States.

Proposition 8 case. It argues that because California and seven other states Delaware, Hawaii, Illinois, Nevada, New Jersey, Oregon and Rhode Island already have given gay couples full legal rights, there is no justification for denying them a right to marry.

This is what some lawyers have dubbed the "eight-state solution."

Already, nine other states and the District of Columbia authorize same-sex marriage. If the Supreme Court were to adopt the administration's view, it could raise the total to 17, mostly in the Northeast and on the West Coast.

While this would be a significant ruling, it would not require Justice Kennedy and his colleagues to mandate gay marriage in the "red"

states where majority opinion continues to oppose it.

The defenders of Proposition Eight also cite the change in public opinion, but argue it is a reason for the court to stand aside. Because there is a great national debate over gay marriage, and some states are changing their laws, the court has no need to intervene, they said.

Andy Pugno, general counsel for the Proposition Eight proponents, said it was "very disappointing" that the Obama administration had urged the court to strike down the voter initiative. "The president has impugned the motives of millions of Californians," he said, "and disregarded the rights of each state to decide for itself whether to redefine marriage."

If the court were to adopt a version of the "eight-state solution," it would allow most states to decide for themselves, as Pugno advocates, at least for now. But it is also true that if the justices decided discrimination against gays violates the Constitution's guarantee of equal protection of the laws, that same argument eventually could be used to invalidate the remaining state laws against same-sex marriage. The justices might be particularly willing to do so if the majority of states already had acted.

In 1967, the Supreme Court ruled that laws barring mixed-race couples from marriage violated the Constitution. By then, only 16 states still had such laws on their books.



# A World-Wide View of Politics: MU International Relations Concentration

BILL SCARANO  
CONTRIBUTING WRITER

The University Political Science Department offers a number of programs to create unique opportunities such as the International Relations concentration which focuses on international problems, in hopes to compete in a globally connected world.

The concentration, which is an additional area of study within the standard political science curriculum, aims to provide students with an understanding of more than just the Western-centric perspective on international concerns. Political science majors who add the nine-credit concentration to their academic repertoire are required to take one class on comparative politics as well as two courses devoted to the study of both international relations theory as well as studies of ethics of international relations or American foreign policy.

Dr. Saliba Sarsar, professor of political science and Associate Vice President for Global Initiatives, believes that it is of utmost importance that students of political science have strong foundations in international relations given the increasingly globalized and interdependent nature of the modern world.

Sarsar states, “Students of international relations become more aware and better immersed in the historical background and basic information of a variety of issues and by whom any how they can be addressed.”

Dr. Charles Cotton, professor of political science, seconds the notion that students with backgrounds in international relations will enjoy a leg up on the competition when beginning their career search within today’s competitive job market, par-



IMAGE TAKEN from [www.theadvocatesforhumanrights.org](http://www.theadvocatesforhumanrights.org)

The United Nations Headquarters in New York City is one of many places that students with international relations degrees could find work following their education.

ticularly when students couple their knowledge of international affairs with the study of foreign languages and cultures.

Cotton argues, “By learning another language, one not only learns to speak and comprehend the vernacular, one also learn to understand and

embrace the intricacies of a given culture or society.

Cotton also spoke about the implications that learning another language has with respect to breaking

down barriers of cultural misunderstanding and personal egoism, stating, “It is amazing to see how humble

people become and how much more willing they are to accept others once they learn a new language; this is paramount in the 21st Century.”

Laura Migliore, a junior political science minor, said, “I feel that many students today lose sight of just how large and diverse this world really is.

To be good citizens, we must learn as much as we possibly can about the happenings in our world and how we function within our global society.”

Migliore also added that her studies of the Spanish language have also served to broaden her outlook on other aspects of international affairs such as cultural differences, “I’ve really learned that there are no black and white aspects of our world; every place on Earth has a story and heritage all its own and that truly needs to be respected.”

Students can learn about other countries, governments and economies and relate it back to the connected world we now live in. The combination of international relations and a language can help students see more than what meets the eye.

Another option of classes is comparative politics. These courses take countries from a region and compare them to each other. This course compares areas such as the Middle East and South America.

In a highly-complex and deeply interconnected world where vast oceans, formerly barriers, are now highways, and cultures, once isolated, are now proactively interfacing with one another on a daily basis. The international relations concentration promises to give students the tools necessary to spread their wings and to set out beyond the horizon to become able and informed leaders.

According to the University Political Science Department webpage, students who study international relations can find themselves a variety of career options. Some of the options include working at the United States State Department; deal with international business deals among others options.



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# Student Spotlight: Dead Precedents

NICOLE CALASCIBETTA  
STAFF WRITER

University students Nick Ruroede, Dylan Maynard, Sam Maynard and Thomas Blaney brought the punk to the airwaves of WMCX 88.9 F.M. February 26 on the specialty show Alternative Riot. With Sam and Nick on guitar, Dylan driving the bass and Thomas on the drums, the four students formed the gritty hardcore punk band called Dead Precedents.

Although Dead Precedents might be a fairly new group to the New Jersey music scene, the members of the band certainly are not. Ruroede is also the current bassist for Lost In Society, a punk group based out of Asbury Park that has experienced the chaos of life on the road during Warped Tour 2012. Sam and Dylan Maynard shared the experience of performing in local venues and sweaty college basements in their previous band The Black Top Kids, while Blaney used to be a member of the progressive rock group Give Me Light.

The need for change came when Dylan and Sam started writing new music and wanted to find band members who could help drive their latest focus. Ruroede explained, "My other band, Lost in Society, and Black Top Kids played together for a lot of shows and then Dylan asked me about doing new music and then I was like, yeah alright I'll find us a drummer."

"We met Tom over the summer

at a random barbeque at Nick's house, and we just started hanging out over the summer and making music," said Dylan. Typically a guitarist, Tom agreed to join the band and play the drums even though he had no previous drumming experience.

Dead Precedents officially started this past summer when they performed their first show together on August 4 at Bands on a Budget in Asbury Park, New

Jersey. Influenced by groups like The Bouncing Souls, Alkaline Trio, Title Fight and Paint It Black, Ruroede described their latest EP, "Dust," as more traditional punk.

"We have five new songs coming out very soon, we plan on releasing them in early April, late May," said Dylan. Dead Precedents emphasized that their newer material has a slightly slower tempo with more hard-

core and melodic influences. They even came up with the term "Sludgcore" to further describe their new music.

"That's how we've been writing as of late. It's gotten harder and just a little bit weirder that what we started with," said Sam. A Paint It Black song inspired the name Dead Precedents, and Dylan and Sam, who are influenced by the hardcore punk scene, write a majority of the

material for the group.

Although Blaney loves hardcore punk, he explained, "I come from a little bit of a different background than they do." Growing up he was influenced by the blues and didn't get into punk until later on. He stated that part of the reason why he was artistically driven throughout his life was because his parents were always supportive of music. Blaney is also currently working towards his Masters degree at Monmouth University.

When asked if twin brothers Sam and Dylan came from a musical household growing up, Dylan replied, "Our dad and our sister, everyone, they all play music and stuff, but nobody was really into punk. That was more me and Sam. At a very young age we got into it. We owned like Rancid records when we were in third grade. So, yes, we come from a musical household."

After completing his freshman and sophomore year at the University, Ruroede took some time off to focus on his passion for music. Ruroede is still enrolled as a student at the University while Sam and Dylan are completing their junior year.

The boys went on to play the following Sunday at The Saint in Asbury Park with a band from Ontario called Single Mothers. For now, Dead Precedents are planning a CD release show for sometime in April and listeners can download their EP "Dust" for free at [deadprecedents.bandcamp.com](http://deadprecedents.bandcamp.com) or check them out at [facebook.com/DeadPrecedents](http://facebook.com/DeadPrecedents).



PHOTO COURTESY of Dylan Maynard

Dead Precedents will play the Canadian music festival PouzzaFest 2013 in Montreal on May 17 and brush shoulders with headliners like New Found Glory and The Ataris.

# Welcome Back Fall Out Boy

ALYSSA GRAY  
COMICS EDITOR

They're finally back. After a hiatus lasting a little over three years, which commenced promptly at the end of 2009, American pop-punk band Fall Out Boy has completely come out of the dark.

Consisting of 33-year-old bassist Pete Wentz, 28-year-old vocalist Patrick Stump, 32-year-old guitarist Joe Trohman, and 32-year-old drummer Andy Hurley, the members of Fall Out Boy have come and spoken out about

their disappearance in the music scene; all which happened after their last musical showings with fellow musicians Blink 182 and Panic! At the Disco at their August 2009 show in Chicago.

The group started off by addressing the various rumors circulating about a very quiet break-up between the band members, stating on February 4 in a Tumblr post: "This isn't a reunion because we never broke up. We need to plug back in and make some music that matters to us."

Although the speculations about

the relationships of the members were justifiably up in the air, primarily because of the individual works going on after the 2009 concert; including the side projects of Wentz's band, The Black Cards; Stump's solo album, *Soul Punk*; and at one point Trohman and Hurley's collaboration with members of the band Anthrax to create The Damn Things.

Despite the assumptions though, Fall Out Boy has come together to eliminate the uncertainty cast by the rumor mill and bring with them many surprises for their devout fan

base, putting it as "The future of Fall Out Boy starts now. Save rock and roll," their Tumblr stated.

Once their adoring public was able to shake off the stunned effect they underwent after news of the band's re-arrival, it was announced on February 4 that a tour for the band's fifth studio album, *Save Rock and Roll*, would be in action immediately in order to celebrate the regrouping. Three exclusive one-night-only club shows were announced to kick off the tour, and took place at club Subterranean in Chicago on February 4, Webster Hall Studio in New York City on February 5, and finally at the Roxy in Los Angeles on February 7.

Their audience quickly conveyed their reaction in both viral responses towards the band and ticket sales. Almost instantaneously, admissions to all shows across the nation sold out, and with the demands going up so did the prices; at times even reaching prices of \$425 for a single general admissions ticket.

Almost as if there wasn't enough craze and pandemonium encompassing Fall Out Boy, things were kicked up to another level of insanity with the release of the first single off *Save Rock and Roll* titled "My Songs Know What You Did in the Dark (Light 'Em Up)". Keeping in line with the pop-punk, emo sound that the band had worked on developing over the past decade, the single holds ties to the rhythms that originally captured their audience's attention.

However "Light 'Em Up" isn't wholly the same animal as Fall Out Boy's four preceding albums. As the song progresses past the open-

ing cords a more pop tune makes itself known while being accompanied by small dosages of auto-tune, all serving as a emphasis on Stump's vocals.

What the song provides in musical transitions though it does not lyrically, which is sad seeing how fantastic the lyrics were in past works such as "Sugar, We're Goin Down" and "The Take Over the Breaks Over."

In the very beginning the word choices and phrases seem promising, but after the first chorus things start to fall apart. Take for instance the lyric "A constellation of tears on your lashes, burn, everything you love, then burn the ashes," which doesn't really convey anything of importance or depth, but instead just comes off as cliché and distant. After the lackluster lyrics only an overtly repeated chorus comes about to wrap up the song.

Overall, it can be said that the song itself is not bad. It is catchy and the music components are in fact there, but it is clearly displayed where the focus of the band was when making the single.

If this single is any indication of their new album it is very possible that there will be the classic Fall Out Boy appeal to draw in the old fans, and maybe even enough pop punk bases to gain a few newcomers. Though there seems to be a slight shift in the musical palette, the pure excitement of the band's reappearance could be enough to spark that similar burst of middle school nostalgia in all listeners to make the album a success.



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

Fall Out Boy was formed in Illinois in 2001 and went on a hiatus in 2009. Their name is a reference to Radioactive Man's sidekick on the long-running Fox cartoon, "The Simpsons."



# SONGS FOR THE SEASON

Peter Quinton Chooses Which Albums are the Best Soundtracks for Spring

PETER QUINTON  
STAFF WRITER

We’ve had three long months of winter, and it seems like it will never end. And suddenly, like the leaves on an oak tree, things begin to change. Cue the beautiful songbirds and bushy-tailed critters that got to sleep through that freezing mess. Spring has arrived, and it couldn’t have come sooner.

Now how do you approximate this feeling to an album’s worth of music?

It seems completely arbitrary to assign a piece of music to a particular season, but it’s not hard to see characteristics often identified with a season like spring emulated in an artist’s music. Excluding pieces by composers (sorry, Vivaldi), these six albums, ranging from a number of decades, are all very distinct from one another, yet all six manage to conjure up, through sound alone, the feelings, images and sensations associated with the pristine beauty of springtime. Those with strong seasonal allergies can rejoice, as there’s no pollen to water your eyes here, just blissful, unique music.

1) **Van Morrison – Astral Weeks** (1968) – How did Van Morrison choose to follow up his sunny hit single “Brown Eyed Girl?” He created the cosmic, groundbreaking wonderland known as *Astral Weeks*. Though it failed to make the commercial splash that his debut and subsequent albums would make, *Astral Weeks* is Morrison’s finest moment, an adventurous and challenging experience that blends blues, jazz, folk and pop into Morrison’s own unique swirling concoction.

Each expansive track feels like a fresh awakening, painted in



IMAGE TAKEN from wetcementwalls.blogspot.com

Panda Bear is the solo work of Animal Collective member Noah Lennox. His *Person Pitch* album (pictured above) received much acclaim in the indie world.

soft, delicate hues that feel truly reminiscent of a calm April morning. “To be born again,” Morrison repeats in the album’s title track, reiterating the feeling of rejuvenation synonymous with springtime.

2) **Nick Drake – Bryter Layter** (1970) – Nick Drake might be one of the most beloved tragic figures in music history. A brilliant singer/songwriter and guitarist throughout his life, Drake’s three mesmerizing folk albums failed to garner any outside attention until after his tragic death in 1974, with his legacy largely after death.

*Bryter Layter*, Drake’s second album, is the brightest and downright prettiest of his often forlorn efforts, featuring an array of varied instrumentation to bring a fresh bouquet to Drake’s folksy and jazzy numbers. From the whimsical cellos of “Fly” to the piano-driven shuffle of “One of These Things First,” Drake’s

second album is a varied, multi-colored affair that’s as beautiful as a sunflower.

3) **Talk Talk – Laughing Stock** (1991) – Much like Van Morrison before them, Talk Talk weren’t satisfied making the same generic synth pop they’ve made through the 80’s. To solve this, the band drastically overhauled their sound and twisted it into something much more unique and engaging, starting with 1989’s *Spirit of Eden* and culminating on their revolutionary masterpiece, *Laughing Stock*.

Featuring lush yet subtle arrangements which blend rock and free-form jazz, the six tracks on *Laughing Stock* bloom like the dawn of a beautiful spring morning, like the sound of a robin that’s barely able to belt out its first whistle of the season. *Laughing Stock* is a garden of radiant, distinctive life forms all coming together to create one beautiful,

dramatic scene; and impressionist painting for the ears.

4) **Panda Bear – Person Pitch** (2007) – Known more for his work in the freak-pop oddity group Animal Collective, Noah Lennox’s 2007 solo outing under the Panda Bear guise might be stranger than anything he has created with his band, but that’s simply because there’s nothing else quite like *Person Pitch*.

Built largely from mutilated samples of 60’s and 70’s pop and Lennox’s Beach Boys-reminiscent vocals, the album creates a living and breathing life form despite its electronic roots. Flowers grow, bloom and wiggle through the trippy bounce of “Take Pills” and the ambient rush of “I’m Not,” and the glowing epic “Bros,” which builds and repeats to near nausea at first, evolves into a transcendent celebration of sunny days and warm hearts.

5) **Fleet Foxes – Fleet Foxes**

(2008) – I don’t think any other artist on this list would feel more at home wandering lush woodlands on a crisp spring day than the bearded folkies of Fleet Foxes, as their self-titled debut is a collection of ornate-yet-concise folk-pop songs as fresh as a field of lilacs.

From the wide-eyed build of “Sun It Rises,” to the robust howl of “Ragged Wood,” to the dramatic, treacherous canyons of “Blue Ridge Mountains,” Fleet Foxes’ debut works specifically in detailed landscapes of mountain vistas and dense, green forests, with an array of flowery accents and woodland critters spotted throughout. However, the band knows a thing or two about writing great pop songs, and the group is able to apply their nature-bred aesthetic to make infectious songs like “White Winter Hymnal” stick to the listener like fresh tree sap.

6) **Kurt Vile – Smoke Ring for My Halo** (2011) – The guy may be something of a newcomer to the folk scene, but I doubt that there’s a guitar player around today that can make an acoustic guitar feel as fresh and organic as Kurt Vile does. “Smoke Ring” was largely considered Vile’s breakthrough effort in that it’s indescribably pristine while sounding completely effortless, like a light spring shower.

The gorgeous production and intricate fingerpicking found on tracks like “Baby’s Arms” and “Peeping Tomboy” could only come from an objectively skilled craftsman, but their laid-back pacing, combined with Vile’s drowsy, gravelly vocals, make each song feel more like a comfortable stroll through the park on a vibrant May afternoon.

## “TWO TRAINS RUNNING” IS A RUNAWAY HIT

### TWO RIVER THEATER COMPANY’S HIT COVERS RACISM IN A SUBDUED FASHION

NICOLE MASSABROOK  
CO-ENTERTAINMENT EDITOR

“Two Trains Running” came to its final stop this week after a successful month-long run at Two River Theater Company.

The play takes place in 1960s Pittsburgh and is part of playwright August Wilson’s 10-play cycle. The cycle depicts the lives of African Americans in each decade of the 1900s.

Taking place in the 1960s means dealing with the civil rights movement in a big way, but that does not mean the play is full of tears and angst. Wilson expertly demonstrates how characters find hope in an era of oppression.

Chuck Cooper shines in his sarcastic moments as diner-owner Memphis. Memphis is trying to prevent the city from buying his diner. Pittsburgh authorities hasn’t offered him nearly enough money for the building and he isn’t giving up what is his without a fight. He would probably keep to himself if it weren’t for the regular customers who keep him on his toes.

Wolf (John Earl Jelks) is a slick bookie who runs numbers in the diner while Holloway (James A. Williams) sits back and plays the numbers with his social security. West (Harvy Blanks), despite being the richest man in town, drops by often for a cup of coffee

served by Risa (Roslyn Ruff), a quiet, depressed waitress.

The male cast members shine in their delivery of certain lines. The play does not seem like a comedy when it is read, but the actors give the text a lot of humor. Risa, though, is the only character who managed to become more dull.

Risa had intentionally cut her legs to make herself less attractive and winds up staying in a mental institution. In what seems like a move to convey her mental state, she moves around the stage in a slow, dazed state. She has some biting, sarcastic lines, but for the most part she speaks in a monotonous tone while being ordered around.

This choice really made the play drag. She could have been an incredibly interesting character, but instead she was reduced to a zombie. It makes it seem as though people living with depression cannot function, which is kind of offensive.

However, Risa’s love interest, convict Sterling (Owiso Odera) makes up for what Risa lacks in vibrancy. Odera put all of his energy into the lovable Sterling. He bounced around the stage with his fast dialogue and probably garnered the more laughs than any other individual character. His sneaky ways often get him into trouble, but he proves him-



IMAGE TAKEN from trtc.org

Roslyn Ruff plays Risa, a woman who mutilated her legs to make herself less attractive to men. Her storyline sounds interesting, but certain acting choices make this character fall flat.

self to be honorable in some unconventional ways.

Sterling also has his fair share of funny lines, and the enunciation and delivery make certain lines humorous. However, the words themselves are not laughing matters. They discuss police

officers shooting black men and social injustices that don’t seem like laughing matters. The comedic take helps convey how normal these awful aspects of life were in this time period in a way that avoids being heavy-handed or preachy.

Overall, “Two Trains Running” was very enjoyable. Two River Theater’s next play will be Stefanie Zdravec’s “The Electric Baby,” which opens April 6. For tickets, call 732-345-1400 or visit tickets.trtc.org. University students get a discount with ID.



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# Spring Break Travel Guide: Exploring Florida

KELLY HUGHES  
STAFF WRITER

If you are looking to plan a last minute Spring Break trip, with no passport or out of the country requirements, your desired destination may very well be Florida. The state is a short two hour flight and less than 20 hours driving distance if you want to take a road trip. Besides the moderately easy travel, the southern climate generates sunshine year round making for a pleasant stay.

One of Florida’s most attractive tourism spot is Fort Lauderdale. Located in Southern Florida on the Atlantic Ocean, Ft. Lauderdale has 23 miles of clean beaches. The city holds many attractions such as visiting Everglades National Park and a vast night life from night clubs, to comedy clubs to western saloons.

For most spring breakers looking to party, Florida’s city of Miami is where college students nationwide swarm for their Spring Breaks. A half hour drive south of Ft. Lauderdale, the city famous for its gorgeous beaches and luxurious lifestyle.

Although Miami might be known for its upscale atmosphere, it does offer reasonable hotel prices with rooms starting as low as \$105 per night according to [sprinkbreak.studentads.com](#).

The infamous South Beach is a popular location, serving as the place to be during the day for the beach and at night for clubs like Liv and Set Miami. Downtown Miami also offers an assortment of clubs like Club Space, where the cast of Jersey Shore often appeared during filming.

Also on Florida’s Atlantic coast is Daytona, a city famed mainly for its affiliation with NASCAR. Offering beaches, forest trails, and historical monuments, Daytona is commonly mistaken for just a speedway heaven.

Off the bottom of Florida’s



Sophomore Kelly Hughes (pictured above left) is snorkeling in the Gulf of Englewood, Florida, which is known for its clear waters and various marine wildlife.

east coast begins the islands of the Florida Keys. Driving through the keys might be the most amazing part as you are surrounded by turquoise waters. Perhaps the most famous of all the Florida Keys is the island of Key West which regarded as a spectacular place for art enthusiasts. In fact, at Maloey Square, tourists can watch the sunset and observe artists’ work.

Home to literary genius Ernest Hemingway, The Keys are praised for their reefs and wrecks where snorkelers and divers can swim around. The Keys are also known for their plethora of bars with live music, such as Smokey Joe’s, a personal favorite of Hemingway’s.

On the other side of Florida, you will find the city of Tampa Bay. Tampa is located minutes from gulf coast beaches and its outlet malls offer plenty of shopping. Busch Gardens, an amuse-

ment park similar to Six Flags, is also located in the city. Junior public relations major Tara Ackaway has a vacation home in Tampa and thinks the city is one of Florida’s best treasures. “Tampa is so beautiful, I love all the palm trees, plus my dad has a boat we always go on,” Ackaway said.

Sophomore business marketing and management major, Steve Romano has already booked Tampa as his spring break choice. He will be visiting his uncle, who is friends with the general manager of the NHL Tampa Bay Lightning team and they will be attending a game in the GM suite.

“I’m most excited to get away from school and relax for a week,” Romano said. Other popular destinations near Tampa are Clearwater and St. Petersburg. Sophomore Public Relations major Becca Zidik went to Clearwa-

ter in August of 2008.

“I loved watching the sunset and I stayed at the Marriott hotel,” Zidik said. “It had a great restaurant Cocomo, which I recommend.”

Clearwater also houses spring training for MLB’s Philadelphia Phillies. One of the most famed days in Phillies spring training is St. Patrick’s Day when the players dawn Irish inspired jerseys.

St. Petersburg is nicknamed “The Sunshine City” with an average of 360 days of sunshine a year, but is known for the rejuvenating breeze it gets from Tampa Bay. An hour below the Tampa area, you will find the county of Sarasota. Downtown Sarasota has various shopping along with the Mote Marine Aquarium which is home to local aquatic life.

If you are looking for pure relaxation, Sarasota County contains Manasota Key, a barrier

island of beaches off the town of Englewood, notorious for great shells and shark teeth. From my personal home in Englewood, I have learned throughout the years that the community is quite tropical and makes for a unique getaway.

The beach offers barbecue pits, picnic tables and the area is ideal for fishing as well as boating. North of Englewood, you will find the prime snorkeling beach, Siesta Key, where tropical gulf coast fish can be seen at The Point of Rocks coral reef. If you are more into fishing, south of Englewood is Boca Grande beach, famous for tarpon fishing.

The most obvious and not yet mentioned Florida attraction is none other than Walt Disney World. First opened in 1971, Walt Disney World has been turned into a timeless classic appreciated by all generations. Senior business major Samantha Hopkins traveled to Walt Disney World for her spring break vacation last year with her friends.

“I love Disney,” Hopkins said. “None of us were 21-years-old and it was cheaper then going to another country. The best part was being with my best friends and when I’m anywhere with them I have fun.”

Since The Walt Disney Company owns *ESPN*, you can take a short five minute bus trip from any of the Disney resorts to the Atlanta Braves spring training facility, *ESPN*’s Champion Stadium. Being so close to Orlando also holds an advantage for those who want to relive their childhood and yet have a night life over break as well since the city offers both night clubs and comedy clubs.

No matter what part of Florida you choose as your destination, the opportunities for a fulfilling vacation are endless. It is impossible to go wrong with the sunshine state. So travel to Florida for Spring Break, the choice is clearer than the ocean.

## The Secret Behind Weight Loss Explained

TAYLOR KELLY  
STAFF WRITER

With work piling up and midterms nearing, it may seem like summer is still far away, but time flies and before you know it, May will be here. If you want to get in shape before you hit the beach, but feel like you do not have the time, there are some things that can help you achieve the body you are looking for.

Exercise is always a factor to keep in mind, not only for physical appearance, but for your health. Maintaining an active lifestyle is essential for staying fit and energetic. Although that may not seem like a problem, students must worry about it now, everyone will experience aging eventually.

With that said, everyone is different, so the right exercise regimen has to be tailored to the individual. Whether you enjoy heavy lifting and building muscle, or extreme cardio and yoga, there is a workout out there for you.

Cardio is a must if you want to get your weight down, and also keep your heart healthy and reduce stress.

Many exercises like running, power walking, biking, using an elliptical, jumping rope, and so on can be used to burn calories and increase heart rate. Home fitness videos such as P90x/Insan-

ity, and MU’s own COREiculum are perfect if you would rather workout at home than go to the gym. These videos allow you to work on your abs, strength training, and more in the comfort of your home or dorm room.

Chair of Health and Physical Education, Dr. James Konopack, adds that in order to lose weight and be happy about it, you must find a workout that is fun for you.

“Seek out modes of physical activity that are enjoyable and sustainable rather than plodding through uninspired workouts in order to reap some superficial reward,” Konopack said. “The end result could be a form activity that you’ll love to do for years to come that just so happens to also improve your overall health and well-being.”

Konopack notes that biking, running, dancing, playing basketball, practicing yoga, Cross-Fit, tennis, martial arts and swimming are all workouts but also are rather enjoyable.

Once you find the workout that best suits you, work on sticking to it. It may seem difficult at times to keep up with a set schedule, but it will all be worth

it when summer rolls around.

Freshman business major Brian Bartone believes it is crucial to make a routine system in order to find the desired results. “The hardest part of diet and exercise is to get started,” Barton said. “The only motivation you really need is to look in the mirror and see if you’re satisfied. It’s not going to be easy at first, but it’s worth it in the end.”

While exercise is crucial to live a healthy life, the most important thing to keep in mind is a

“You can work out as much as you want, but if you don’t stick to a healthy plan, you won’t see any transformation.”

JENNIFER GOLDBERG  
Junior

healthy diet. As the saying goes, you are what you eat and if you want to look good, you must eat well. It may seem like a struggle to make healthy choices, but it is possible.

Breakfast is an important start to your day. Egg white omelets are a low-carb, high-protein choice. Granola accompanied by yogurt is another tasty, yet healthy option. To add some protein, cut up an apple or banana

and eat it with peanut butter.

At lunch and dinner, avoid oily, fatty foods like fried chicken and french fries. Instead, sautéed carrots, spinach, or broccoli with a drop of olive oil and some seasonings can be a perfect substitute. Grill your chicken instead of frying it, and pair it with a salad and light dressing. Swap out sweets like ice-cream or cupcakes for a piece of fruit.

Cutting down on carbs can also be used to your advantage. Try to limit your intake of bread and pasta or choose whole wheat and multi-grain options instead. Drinking your calories is also a waste, so avoid soda temptations and thick drinks such as smoothies for options like water or green tea.

If you still desire a fruit like taste, you can add Crystal Light flavor packets to your water in order to get the flavor without all the extra calories.

One tactic to strongly enforce when dieting is the avoidance of any late night snack. Resisting the urge to eat after 8:00 at night may seem hard at times, but it prevents you from sleeping on an overly full stomach.

Junior health studies major

Jennifer Goldberg thinks eating right is essential. “You can work out as much as you want, but if you don’t stick to a healthy plan, you won’t see any transformation. After a while, all the healthy food tastes good,” she said.

Many believe in cutting out seemingly unhealthy foods all together but rewarding yourself is not out of the question, and it can actually help your diet. Having a ‘cheat meal’ once a week has been said to boost metabolism and allow the body to reset its hormone levels. It will also give you something to look forward to after a week of hard work.

Being fit for the summer season is something many people want to achieve, and although college can seem challenging, fitting diet and exercise into your schedule is feasible. By trading junk food for healthier options, you will not only look better, but feel better too. You can never go wrong with fruits and vegetables, and cutting carbs can give you the results you are looking for.

Exercise routines can be made to fit your schedule as well as your interests, and the possibilities for being active are endless.

Through effort and dedication, you can achieve the summer beach look you have been dreaming of.



# The Skinny Standard

ERIN MCMULLEN  
STAFF WRITER

It is not uncommon for a person to feel self-conscious about his or her body, especially in today’s society. There is constant pressure for people to fit the mold of what a “perfect” woman or man is supposed to look like, and it can be extremely easy to feel inadequate when compared to those deemed as “skinny” or “fit.” Because of our culture’s current obsession with beach ready bodies and tiny waists, a majority of people don’t feel comfortable in their own skin. Confidence is a really important aspect of an individual’s persona, but unfortunately it appears to be pretty hard to come by in recent times.

It seems as though the media is the main reason behind a majority of the insecurities that people have about their bodies. According to Bojana Berić, a health studies professor, “Different standards have always been used regarding appreciation of a male and a female body, mostly directed by popular culture.” She added, “Very often, celebrities of their time impose the trend of a good looking, but not necessarily healthy, body.” The men and women who are most frequently photographed in the media are the ones who inadvertently set the standards for body image.

Magazines and entertainment news shows create a fairly clear picture of what they believe a person’s body should look like. “Beautiful” women have tiny waists, a flat stomach, full breasts, long legs, and nice curves,

while “attractive” men are tall, have a muscular build, a prominent set of abs and that super sexy V-line that so many women seem to love. With these ridiculous standards set for the general public, no wonder so many people lack the confidence necessary to feel good about their body.

Our generation seems to have gotten the worst of it, too. Young people are so concerned with how they look and what they weigh that excessive dieting and eating disorders have become an incredibly prevalent part of our society. According to dosomething.org, five to 10 million people suffer from an eating disorder, and about 90 percent of those people are between the ages of 12 and 25.

For the purpose of this article, student names have been changed to maintain anonymity. Brandon, a freshman, is very familiar with going to extremes in order to lose weight. “I wrestled in high school, and my eating habits suffered because of it,” he explained. “I had to skip meals and cut down the amount of water that I drank too.” Brandon had to participate in a variety of strange dieting efforts throughout his wrestling career, such as spitting into an empty water bottle as a way to quickly lose weight the day of a match.

But Brandon also felt the pressure to have a nice body outside of the wrestling realm. “I think guys get overlooked a lot when it comes to self-consciousness and body image. People mostly focus on how girls feel about the issue, but guys get

self-conscious too,” he said. “We’re supposed to have big muscles and really nice abs, and it’s intimidating, especially in the summer when you see guys who are bigger than you.”

Rebecca, another freshman, also knows what it’s like to feel self-conscious about her body. “I was born with a medium build; with broad shoulders and thicker bones so my body simply was not built to fit into a size two, let alone a size zero,” she said. Rebecca said she hated shopping when she was younger because it was difficult for her to find clothes that fit her properly. “Now, I finally realize it is not that my shoulders are manly or that I’m overweight; it is simply that the clothing stores I was shopping in were catering to girls and women who have a smaller body type than I did,” Rebecca explained.

Unfortunately, the views of today’s society have the ability to affect so many people in such a powerful way that many men and women are going to extremes in order to achieve the perfect body. The truth is that eating disorders have become a lifestyle for a lot of young men and women, and it is getting harder and harder to find people who are dieting or exercising simply to prolong their health.

There is definitely a difference between doing whatever it takes to look good and working hard in order to become healthier. If the media and our society continue to humiliate those who do not meet their standards, health concerns are only going to get worse.



IMAGE TAKEN from gambooge.net

Self-consciousness of body weight can cause eating disorders in both men and women, particularly between the ages of 12-25.

# That One Class

WESLEY BROOKS  
STAFF WRITER

Many students have had classes that were a struggle to get through or even pass with a ‘C’. Prior to the consideration of dropping a class, there are a number of things that can be done in order to turn things around.

Alexis Manzo, a sophomore education major did however have a very difficult Intro to Psychology class last year. She said, “I would have done a lot better had I gotten a peer tutor or visited the writing center now that I look back. At the time, I was happy with a ‘C’ because I thought I worked hard.”

J’Lyn Martin, a former orientation leader said that math was his most difficult class. “I took advantage of both the math center and help from my friend who excels in the subject,” he explained. “I also get help in writing, a subject which I excel at, through the writing center’s peer tutoring services. I encouraged all of my new students to do the same at orientation.”

Another barrier that can make a class difficult is being placed in language classes based on the number of years of a foreign language a student has taken in high school.

Sophomore Amanda Barnum was placed into two semesters of intermediate Spanish, but did not expect a significant amount of writing and the class to be conducted entirely in Spanish.

“I went to the teacher and even the Tutoring Center for help,” she said. “But I still received a ‘C’ because I had difficulty understanding what the teacher was saying because of the strong combination of accents.”

Expectations are very different from high school and students are expected to seek out resources that may be helpful including going to the professor for extra help. While this may seem uncomfortable, it is often the best way to get advice.

It is important to realize that college is also about being exposed to different things and that challenges should be welcomed. They help students to grow and think critically.

The writing center can help with writing for any subject, not

just English. They also help with any stage of the paper including drafts and revisions. The peer tutoring option is great for one-on-one tutoring in a course and is provided by a student who has taken and excelled in it.

Classes in study abroad sites for the University are structured very differently because exams are more applicable in nature (essay based) instead of a combination of multiple choice and essay. Rebecca Leitt, who completed a semester abroad in Australia notes that this change can be very difficult.

“They do not have resources like the writing center and have many more students than MU. While the classes were for my degree (Marine Biology), all of the tests were application based which was difficult.”

Freshmen take first year seminars and/or Education 101 (if registered with Disabilities Services) to assist with these situations.

Erin Kenney, education professor tells her students, “Professors see that students use these resources and most take that into account when determining the final grade, especially if it is teetering between two marks such as C+ or B-. They will go with the higher of the two.”

There are also many first year workshops students can attend including successful strategies for note taking, how to write research papers and even how to prepare for midterms and finals. It should also be considered that exams often count for more of a student’s grade and are more applicable in nature instead of having to memorize the facts.

Kenney added that final exam time is gapped with a reading day prior to the start of tests. “This is a day where no classes meet and students study. It is a good idea to meet with a peer tutor one last time.”

The University also offers workshops for courses that are particularly difficult during the term. These are known as “At risk courses” and are generally in the science department.

There are many resources on campus to help when students have a difficult class including workshops, peer tutoring and even going to the teacher for additional help.

# Off-Campus House Hunting

Off-Campus continued from pg. 1

If the idea of greater independence and responsibility is appealing to you, then searching for a rental would be the next step.

Clay said, “Before students begin calling realtors, landlords or apartment companies they need to get organized. Determine how many people plan to share the rental. Figure out where (the town) you or the group would like to live and determine how much each roommate can really afford to pay each month.”

When doing research it is helpful to scope the rental market on tools such as the University’s Off-Campus Housing website, [www.monmouth.och101.com](http://www.monmouth.och101.com).

The site features apartments and homes in surrounding areas like West Long Branch, Ocean Township and Eatontown. Many students in the past have also contacted Beba Realty and G&G Realty, both located on Norwood Avenue in Deal to find a winter rental.

A rental in Monmouth County ranges from \$900-\$3,600 a month depending on how many people

will occupy the residence. Respectively, students are typically paying anywhere between \$400-700 per month in a share. Understanding the finances it takes to rent a property is one of the most important parts to this search.

Some students prefer location to be their deciding factor. Whether students need to be within walking distance to the West End bars, their jobs or to stay away from Ocean Township district which is notorious for its strict intolerance to underage drinking and noise violations, the location of the rental varies per person or group.

When searching for a rental online or in person, be sure to keep a pro and con list and take pictures in order to help you compare and ultimately decide which housing arrangement best fits your needs.

“All of the houses started to blend together after going on so many tours with our realtor,” said Werner.

It’s easy to forget which house had what features, so keep track with notes and visuals in order to prevent a blurry recollection of toured rentals.

“When you visit the rental, really inspect it to make sure that it is going to be the right fit for you or the group,” says Clay.

It’s easy to overlook small details such as minor holes in the ceiling, limited parking or faulty locks, but these could be very important if you do decide to move into that particular place.

Because Monmouth County is best known for its summer tourism, it is a lot more attainable to rent during the winter months of September-May, but it’s always best to start your search earlier rather than later. Most students even start the process seven months before they intend to move in.

After you have done the field research and made a decision on a rental, be sure to always review your lease with parents or advisors. The rental may be contingent on surprise Saturday morning showings by your realtor or the neighborhood may be against late night commotion.

Communication is key in this arrangement. Clay said, “When communication is limited, then it is not uncommon for my office to receive roommate complaints, problems in

dealing with landlords/realtors, as well as concerns from neighbors about a specific student rental.”

Always be sure to ask your realtor/landlord as many questions you can think of before signing and

committing to a lease agreement.

With a little luck and some exploring, obtaining a rental property will be another stepping stone into adulthood and an official sayonara to dorm life.



PHOTO TAKEN by Melanie Ratajczak

Location, condition and affordability go into searching for houses and apartments in local areas such as West Long Branch pictured above.



# Oh You're a Big Man?

## Zeta Tau Alpha Hosts Annual Big Man on Campus

DANIELLE FERRIS  
STAFF WRITER

Zeta Tau Alpha hosted their annual Big Man on Campus event on Wednesday, February 27 at 10:00 pm in Pollak Theater. The event's main goal was to raise awareness and money for breast cancer. All proceeds were donated to the Susan G. Koman Foundation.

Big Man on Campus is a male pageant in which guys from various organizations on campus showcase different attire and talents competing for first through third place.

There were four categories of clothing styles including casual, swimsuit, talent and formal wear. The music for the night was provided by Tau Kappa Epsilon's Phil Nappen.

Running for the title of Big Man on Campus was Bryan Duarte of Sigma Pi, Mike Migliaro of Phi Kappa Psi, Ron Serman of Tau Kappa Epsilon, Mike Tilton of Sigma Tau Gamma, Zach Martin of Tau Kappa Epsilon, Bernie Ianucci of Phi Kappa Psi, Kevin Davis of the soccer team, Ryan Dubelbeiss of Theta Xi, Kyle Haslinger of the ice hockey team, and Michael Qualiano of Alpha Kappa Psi.

The 10 contestants came out on stage in their different attire for



PHOTO TAKEN by Kaitlyn Mastrofilippo

Zeta Tau Alpha donated all proceeds from Big Man on Campus to the Susan G. Koman Foundation.

each round. They were given questions and were asked to also provide a talent for the audience.

Participants were competing to win over the four judges. The judges included Casey McCabe of Delta Phi Epsilon, Jess Bragen of Phi Sigma Sigma, Kristi Hunt of Alpha Xi Delta and reigning Big Man on Campus from 2011 Andy Stern. The judges were asked to give insight throughout the event and to score to each contestant, which ultimately decided the winner.

This year's talent portion provided a variety of acts. The con-

testants performed a number of talents including a live Harlem shake, a violin performance, a monologue from "Romeo and Juliet," stand up comedy, and various dance and song numbers.

Tau Kappa Epsilon's Matt Avellino and Zeta Tau Alpha's Megan Van Tine hosted the event. Avellino said, "I loved the experience. It was nice to not be the center of attention and just comment on other people's performance. I tried my best to hype everyone up, both the crowd and contestants. I think one of the most important things is just

kind of facilitating the actions of the guys on stage."

Sister of Zeta Tau Alpha, Carly Swanson was responsible for putting the whole event together. Swanson said, "I thought this year's Big Man was incredibly successful! The theatre was completely packed. I couldn't be happier with the turnout. We all had a great time, as well as the guys, and it seemed like the audience did too."

There was a short intermission between the talent and formal sections of the event. Audience

members were given a chance to take home prizes with a door raffle. The three prizes included gift cards to Giuseppe's, Jersey Mike's and Carvel Cake.

At this point, Avellino and fellow brother of Tau Kappa Epsilon, Christian Anderson, joined together on stage to perform an acoustic rendition of Frank Ocean's "Thinkin' About You".

By the end of the event the judges had to pick a winner. Mike Migliaro from Tau Kappa Epsilon took third place and Bryan Duarte from Sigma Pi took second place. Kevin Davis from the soccer team was named this year's Big Man on Campus. All three winners walked away with a combination of prizes including gift cards to Scalas, Surf Taco, Bagel Guys Deli, JR's, Jersey Mike's, Windmill, Draft House, and Jack's.

Davis said, "The event thrown by ZTA was a lot of fun. I'm glad that I was a part of it. I just wanted to go out and make people laugh, but winning was a nice touch."

Zeta Tau Alpha hosts multiple events throughout the year to raise money and awareness for breast cancer. Swanson said, "Other events we do in support of breast cancer are Think Pink Week in October and our annual Think Pink Volleyball Game in the fall semester."

## Colleges for Cancer and Relay For Life Hold Annual Basket Auction

PRESS RELEASE

WHAT: Colleges Against Cancer and the American Cancer Society's Relay For Life of Monmouth University will be holding their annual silent basket auction Wednesday, March 6 and Thursday, March 7 from 12:00 pm to 4:00 pm in the Student Center near the fireplace.

Colleges Against Cancer has held the silent basket annually for several years, and has succeed in raising thousands of dollars each year to be donated to the American Cancer Society. It is one of the biggest fundraising events held to support the American Cancer Society at Monmouth University. This year's silent basket auction will feature numerous themed gift baskets. Gift baskets at the event will include gift cards from various restaurants and eateries in the West Long Branch area. Other baskets will feature tickets to upcoming performances, clothing, and other merchandise. All proceeds from the event will be donated to the American Cancer Society.

People interested in creating a team for this year's Relay For Life Event, taking place April 26, 2013, should visit [relayforlife.org/monmouthuniversitynj](http://relayforlife.org/monmouthuniversitynj) to make a team. For more information like us on Facebook at Relay For Life of Monmouth University or follow us on Twitter, @relaymonmouthu. If you have any questions or concerns email us at [relaymonmouthu@gmail.com](mailto:relaymonmouthu@gmail.com).

WHEN: Wednesday, March 6, 2013 & Thursday, March 7, 2013 12:00 pm to 4:00 pm  
WHERE: In the Rebecca Stafford Student Center near the fireplace  
CONTACT: To join the American Cancer Society's Relay For Life of Monmouth University visit [www.relayforlife.org/monmouthuniversitynj](http://www.relayforlife.org/monmouthuniversitynj)

## CLUB AND GREEK ANNOUNCEMENTS

### The Verge

Monmouth's Online Magazine is intently searching for new writers to help expand our base. With close to thirty writers at the moment, any sort of contribution from a Monmouth student will help to exemplify the magazine's growing presence on campus.

As feature writing has become

our stronghold, your creative works may now have a ample outlet for you to 'communicate.' (It's also a very strong resume' booster). For more information, contact Editor-in-Chief Dan Gunderman at [s0784904@monmouth.edu](mailto:s0784904@monmouth.edu) or Faculty adviser Marina Vujnovic [atmvujnovi@monmouth.edu](mailto:atmvujnovi@monmouth.edu). Hope to hear from you soon!

### Pre-Law Club

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

### Sociology Club

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

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

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

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

### WMCX

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

# Someday Melissa comes Someday to Monmouth

Screening & Discussion with  
Kristin O'Gara, LCSW  
Tuesday  
March 12<sup>th</sup>, 2013  
7:00PM - 8:30PM  
Wilson Auditorium

Things that she hoped to accomplish SOMEDAY

Places she wanted to visit SOMEDAY


SOMEDAY if she was healthy again

For special accommodations or questions, please contact Counseling and Psychological Services at 732.571.7517

IF YOU are a senior graduating in May 2012 and have been accepted to Law School please contact Dr. Enoch Nappen in the Department of Political Science and Sociology. You may be eligible to apply for The Judge Elvin R. Simmill Memorial Award. You must contact Dr. Nappen by Friday, March 22. Dr. Nappen is located in Bey Hall 245, and his office hours are Monday through Friday 1-2:15. You may also call him at (732)571-4475.



# Monmouth Area Vegetarian Society



**Presents a Free Discussion & Meet and Greet with:**  
**Jenny Brown**

Director of:  
**Woodstock Farm Animal Sanctuary**  
Award Winning Author of:  
**"The Lucky Ones"**


**When:**  
Sunday, March 10  
at 1:00 pm

**Where:**  
Monmouth University  
Magill Commons  
Club Dining Room

This event will also include an optional vegan potluck.


RSVP: [mcharris@monmouth.edu](mailto:mcharris@monmouth.edu)

**SPREAD THE MOVEMENT  
SPREAD THE WORD.**



**Coe\*ist**

**MONMOUTH UNIVERSITY  
INTERFAITH FAIR  
WEDNESDAY, MARCH 6<sup>th</sup>  
12pm – 4pm  
Anacon Hall**

 Sponsored by the Monmouth University Committee for the President's Interfaith & Community Service Campus Challenge, the Office of Service Learning & Community Programs, and the Office of Global Initiatives

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Spring 2013 Beauty Report

white nails ♥♥  
bronze eyes  
defined brows  
bright lips - love!  
SPF tinted moisturizer  
cobalt blue eye liner ♥  
crimped hair? try it!

♥ check out the AVEYOU blog for more ideas on what's hot this season!





# Horoscopes

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

**Aries • (Mar. 21 - April 19) -This week is a 9**  
Prepare yourself because you are about to take on some more responsibility this week. Provide ample amount of motivation, not just for yourself but for your team as well. Don't sweat if you encounter any bumps in the road that you can't solve right away, a partner might hold insight to the answer.

**Taurus • (April 20 - May 20) -This week is an 8**  
Your luck is taking a move towards good fortune these next few days. Move this along by keeping your word to others and avoiding any offsetting distractions; if you stay true to this and utilize what you have learned in the past, you will have some great opportunities unveiling them.

**Gemini • (May 21 - June 21) -This week is a 7**  
You're surprisingly confident. Use that to discuss shared finances, along with any other topics you've had a hard time discussing in the past. Also now would be a good time to gently encourage a change in your significant other; tread carefully though, just because you are sharing your thoughts doesn't mean you should be insensitive.

**Cancer • (June 22 - July 22) -This week is an 8**  
Ask a question if you have any doubts and learn what is necessary to solve the puzzle. Be sure to balance your studies with your socializing or you might be causing even more problems for yourself. Remember that all chaos can be managed with a little time and planning.

**Leo • (July 23- Aug. 22) -This week is a 7**  
The next two days hold a heavy workload for you, but don't be afraid to ask, and accept, help when needed; remember others are there for you and want to contribute too. Also be sure to share the appreciation generously among those in the team.

**Virgo • (Aug 23 - Sept. 22) -This week is an 8**  
Things are really falling together for you! Take advantage of this good fortune and take on an extra challenge, resurrect an old pas-time, or get immersed in a fun project. If you use the proper tools and remain calm then it should be a very beneficial experience.

**Libra • (Sept. 23 - Oct. 23) -This week is a 7**  
That difficult choice you have been musing over lately now becomes clear. Allow yourself to trust a hunch though and go with your gut. In order to avoid any distracting decision changers avoid bringing work home with you, especially the emotional kind.

**Scorpio • (Oct. 23 - Nov. 21) -This week is an 8**  
You're entering a voracious learning phrase, so dive into those studies and postpone romance for now. You have more opportunities than expected, so grab them without hesitation. Go strictly by the book to avoid any course changing plans, and don't forget to enjoy yourself along the way.

**Sagittarius • (Nov. 22 - Dec. 21) -This week is a 9**  
Adopt a new perspective and start computing expenses; measure carefully to avoid any obvious mistakes and you will surely reap the benefits. If you find yourself needing assistance in this task don't be afraid to look for outside help, it just might help you achieve the goal and gain a new relationship along the way.

**Capricorn • (Dec. 22 - Jan. 19) -This week is a 9**  
Redirect that excess personal energy of yours to replenish your reserves. Follow someone with a good amount of experience to ensure that you aren't wasting anything valuable, and don't be hesitant to question any assumptions; you will find that it will serve as a proactive tool in the long run.

**Aquarius • (Jan. 20 - Feb. 18) -This week is a 7**  
You're starting to drift off the path this week, so review your priorities to get back on track. Conclude arrangements to help pinpoint your next best move. Success is your new reward, so establish the proper territory to make that goal an actuality.

**Pisces • (Feb. 19 - Mar. 20) -This week is an 8**  
Things are starting to lighten up for you over the next few days. A brilliant idea comes about from nowhere, but be sure you clear up any confusion before proceeding. Expand you perception of what you can do and you will go far.

HOROSCOPES ARE STRICTLY FOR ENTERTAINMENT PURPOSES

## "Misguided Understandings" by Alyssa Gray



a So-You-Say comix #16

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## "The Commando Chronicles" by Alyssa Gray



a That Loud comix #9

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# Women’s Basketball Closes Regular Season on a High Note

## Hawks Clinch Third Seed in NEC and Will Host First Tournament Game

**RYAN CLUTTER**  
STAFF WRITER

The women’s basketball team won both their games this weekend on their way to securing the No. 3 seed in the Northeast Conference (NEC) tournament, and more importantly, a home game in the conference tournament. Their record improved to 15-14, 12-6 in the NEC.

Senior Day ceremonies gave the team extra energy on Saturday, March 2, as they provided the crowd of 1,031 with plenty to cheer about. MU led by as many as 41 points en route to an 85-57 victory over Wagner.

The six seniors for the Hawks each contributed to a true team win. Alysha Womack paced the team with 19 points, adding seven assists. Carly Thibault, Abby Martin and sophomore Sara English chipped in 14 points apiece as MU shot 54.7 percent from the field. Seniors Adriana Allen totaled seven points and Betsy Gadziala scored four.

“It’s been a great ride,” said Martin. “It’s been incredible. We went through a lot; it’s been a great four years to play with these girls.”

Thibault grabbed a team high eight boards, had a career high six assists and led the team with four steals.

Four seniors, Womack, Thibault, Allen and Gabby Singer, converted from beyond the arc as MU shot 53.8 percent (7-13) from long range.

“One of the best senior nights that I’ve been able to be a part of,” said Head Coach Jenny Palmateer. “I’m really proud of these guys and happy that we were able to put it together like that today. It’s been a lot of hard work, a lot and ups and downs, a lot of adversity; just really happy that they were able to step up today.”

The Hawks jumped out to a 12-4 lead and established a presence in the paint. They scored 44 points in the paint for the game. The ball was being shared the entire contest as the team had 23 assists.

Taking a 35-21 lead into the half, the Blue and White didn’t let up. Womack opened the half with a three pointer to start a 32-5 run. The run saw a streak of four straight three-point plays, three from beyond the arc and a foul on a Thibault lay-up in which she made the free throw.

“On the offensive end, it was a goal of ours today to push the ball,” said Palmateer. “I thought we ran transition better today than we have in a long time. I really just think that when we play like that it gives us energy. It forces us to play with energy.”

MU outscored Wagner 31-10 in points off turnovers. After Wagner took a 4-2 lead in the early minutes, the Hawks never trailed again in their most convincing win of the season.

On Monday night, MU hosted Mount St. Mary’s to decide seeding in the conference tournament. It was a tight game throughout, but the Hawks prevailed with a 71-63 victory.

Womack led the team with 17 points and five assists. Three other Hawks reached double figures as Thibault, Martin and Chevanah Paalvast scored 11 points each.

MU got off to a slow start in a fast paced game. The Mount controlled the paint, scoring 14 of their 34 first half points inside the paint. The Blue and White battled and kept it close, taking advantage of 10 Mountaineer turnovers.

Kasey Chambers hit a three pointer on her only shot of the game,



Senior guard Alysha Womack led the team in scoring in both wins this weekend, with 19 points against Wagner and 17 against Mount St. Mary’s.

and pulled MU within one, at 20-19 with just under six minutes left in the half. A minute and a half later, Thibault connected on a baseline three of her own to give the Hawks their first lead, 24-22, with 4:30 left in the first half.

“We got off to a little bit of a slow start,” Palmateer said. “A little sluggish energy wise, but second half we came out with a little more fire.”

Womack struggled to find her stroke for most of the game, and went to the bench with 17:41 remaining in the game. When she returned, there was determina-

tion written all over her face. She connected on her last five shots with 15 points in the final 12 minutes.

“I started getting my teammates more involved rather than trying to create too much,” Womack said. “I think just feeding off the energy that my teammates were creating helped me a lot.”

MU stepped up the pressure on defense in the second half and were able to find their groove offensively. Down nine with 10 minutes remaining, MU went on a 30-13 run to end the game and seal a home game in

the NEC tournament.

“It felt like a playoff game atmosphere,” said Martin. “Both teams were battling, we were being very physical in the paint so we knew we just had to deliver, pull it out and be strong.”

“We’re just really, really thrilled that we were able to win this game and get a home game in the playoffs,” Palmateer said. “We all know how important that is.”

They return to the court on Sunday, March 10 at 3 pm when they face Mount St. Mary’s in postseason action in the MAC.

# Softball Wins Four of Five Behind Strong Pitching

**THADDEUS RICHARDS**  
CONTRIBUTING WRITER

The softball team started off the season by picking up wins in four out of five games on the road behind shut-down pitching and a powerful lineup.

The Hawks started their road trip at the Norfolk State University Tournament and won all three of their matchups. The margin of victory in each game for MU was no less than four runs. The opening game saw the Hawks take a 10-0 victory over host Norfolk State. Senior Lauren Sulick pitched a five-inning no-hitter, tallying six strikeouts and two walks.

“It set the tone for the season for me and the other pitchers,” Sulick said. “We know what we can do after putting all the work in with Coach. It’s just about putting it into action.”

The Hawks got off to a fast start offensively, bringing in two in the

Barnett allowed only four hits on the day. MU took an early 2-0 lead, but a fourth inning homerun from DSU’s Kelsey Doherty brought the Hornets within one run. It took a sixth-inning three run homerun from sophomore Vanessa Cardoza to put the Hawks securely in the lead.

In the final game of the tournament and third game of the day, MU beat Norfolk State for the second time 11-0. Kuzma hit a grand slam in the first-inning of the rematch as the Hawks posted six to start the game and they never looked back. Freshman Cerissa Rivera rounded out the remarkable weekend for the pitching staff with a complete game shutout. Rivera only allowed one hit in her first collegiate start.

Head Coach Louie Berndt said, “The first outing you start with a no-hitter, followed by a four-hitter, and then a one-hitter by the freshman. That’s pretty outstanding for not being outside much in the off-



Senior pitcher Lauren Sulick pitched a five-inning no-hitter in a 10-0 win against Norfolk State. She tallied six strikeouts and two walks.

“Being on the road early definitely builds your team chemistry. When you put people in a bus for as long as we have, there is a lot of team bonding.”

LOUIE BERNDT  
Head Coach

first inning. The bats then were relatively quiet as they managed only one more run until a seven run fifth-inning, which included a three-run homerun by senior Kate Kuzma.

Senior Jordan Barnett pitched a gem in the second game of the day, a 5-1 victory over Delaware State.

season.”

The Hawks then traveled to Rock Hill, South Carolina for the Winthrop University Tournament. On the first day of action they split a double header, beating Furman University 4-2 and losing to host Winthrop 8-7 in extra innings.

Against Furman, Barnett pitched a complete game holding the Paladins scoreless through six innings and totaling four strikeouts. The Paladins scored two runs off wild pitches in the seventh inning. Kuzma led the way offensively, driving in all four of the runs.

Berndt said, “Being on the road early definitely builds your team chemistry. When you put people in a bus for as long as we have, there is a lot of team bonding.”

In the second game, reigning NEC player of the year, junior Kaitie Schumacher, hit a solo shot in the first inning to give MU an early lead. The Hawks added three more in the

second extending the lead to 4-0. Sulick started the game for Hawks, but after a three run third inning by the Eagles, MU brought in Rivera for relief. The Hawks then added six more before the fifth inning, including a solo homerun from sophomore Kayleena Flores, pushing the lead to 7-3. Rivera pitched 4.2 innings in relief before being forced out of the game after giving up four solo homeruns in the seventh.

Sulick then reentered the game in relief to close out the inning, forcing extras. The Hawks failed to score in the top half of the eighth. In the bottom half of the inning, Eagles’ McKenzie Corn hit a walk-

off single, ending the four game win streak.

Despite the extra-inning loss, the Hawks have outscored opponents 37-11 on the season.

“Each weekend you want to go out there and do your best and then evaluate yourself after the weekend. Figure out what you need to work on whether it’s defense, offense, pitching, or runs,” said Berndt. “At the end of the season our ultimate goal is to win the NEC championship and these weekends strengthen us to reach our goal.”

The team travels to Virginia this week for the George Mason University Tournament.



# Men’s Basketball Drops Final Two Games

KYLE WALTER  
CONTRIBUTING WRITER

The men’s basketball team lost their final two games of the season this weekend after falling to Mount St. Mary’s and Wagner. The Hawks ended their season with a 10-21 record while going 5-13 in Northeast Conference (NEC) play.

Mount St. Mary’s (16-13, 11-7) (MSM) defeated the Hawks 77-63 Thursday night as Shivaughn Wiggins scored a game-high 16 points for the Mountaineers.

“I take my hat off to Jamion (Christian) and the Mount team,” said Head Coach King Rice. “We were able to play with them for twenty minutes and then they just totally manhandled us, wore us down, and did everything they wanted to do in the second half.”

The Mountaineers took the lead early in the game with a quick 8-0 run in the first few minutes, and eventually led 25-16 midway through the first half. MU then went on a 7-0 run to cut the lead 25-23 with a three-point basket from Christian White followed by back-to-back buckets from Tyron O’Garro. The Hawks were able to tie the game at 26 when senior guard Stephen Spinella converted a three-point play with 8:45 remaining in the half.

Four quick points from Raven Barber and Wiggins allowed Mount St. Mary’s to retake the lead, but a three-pointer from Jesse Steele and a driving score from Dion Nesmith gave the Hawks their first lead of the game 31-30 with just over five minutes remaining. The two teams eventually headed into the half knotted up at 35 a piece.

The Hawks were able to gain an early advantage 38-37 in the second half with a layup from Ed Waite, but the Mountaineers answered with an 8-0 run in less than two minutes of

play to take a 45-38 lead.

MU fought back to within one point after a fast-break score from Max DiLeo made the score 46-45. The game remained close until midway through the second half when the Mountaineers pulled away due to a 20-7 run, behind timely three-point shooting from Rashad Whack and Kelvin Parker, to expand their lead to 76-57 with just under five minutes remaining.

MU wasn’t able to mount a serious threat for the rest of the game as MSM slowed the ball down and controlled the clock to seal the 14-point victory.

“They got a long bench, and in the second half they just kept coming and kept coming,” said Rice. “They keep coming, we stopped coming, and it’s unfortunate.”

Along with Wiggins’ 16 points, Julian Northfleet and Parker lead the Mountaineers with 14 and 13 points each, respectively, while Northfleet dealt out five assists and Parker grabbed seven rebounds.

Waite led the Hawks with 15 points with DiLeo right behind him with a career-high of 12. O’Garro also recorded a career-high 11 rebounds while DiLeo, who was a sparkplug all game, managed another career-high with 5 steals.

As a team, MU shot 22-59 from the field while going 16-22 from the free throw line.

The Hawks then fell to Wagner in their final game of the season on Saturday by a score of 67-57. Senior Jonathon Williams recorded a double-double and led the Seahawks with 21 points and 10 rebounds while shooting 8-11 from the field.

“I take my hat off to Wagner. Kenny Ortiz just controlled the whole tempo of the game,” Rice said. “We were turning it over more than they

were, and I give them a lot of credit.”

Steele got off to a quick start, as he knocked down a mid-range jumper and a three-pointer less than three minutes into the game. Gary Cox also converted 2 free throws and Dion Nesmith tipped-in a missed shot to give the Hawks a 9-5 lead.

Williams then lead Wagner back with six quick points while Dwaun Anderson hit a 10-foot floater to give the Seahawks a 14-9 lead with 9:08 remaining in the first half.

The Hawks fought back to within one with three-point plays from Marcus Ware and Spinella. Jalen Palm then took over as he scored nine of ten MU points to give his team a 27-26 lead with 2:30 remaining in the half.

Wagner fought back with a 9-2 run capped off by a last second three from Ortiz to take a 35-28 lead heading into the half.

The Hawks were able to cut the lead to five with baskets by O’Garro, Steele and Waite with 12:39 left in the second, but scores from Mario Moody, Anderson, Williams and Josh Thompson increased the Seahawks lead to 12.

Waite tried to get the Hawks back in it with six straight points that made the score 56-50 with 2:22 remaining, but Williams converted a three-point play to kill all momentum. Wagner then hit six-of-six from the free throw line to seal the game and come away with the victory.

Palm had a big game for the Hawks as he scored 12 points in only six minutes of playing time.

“I really owed it to my teammates and coaches,” Palm stated. “I wanted to go out there and do it for my seniors.”

Steele was right behind Palm scoring 11 points and Waite recorded a double-double as he dropped in ten



PHOTO COURTESY of MU Photography  
Seniors Gary Cox, Jesse Steele and Ed Waite played their final collegiate games this weekend as the Hawks lost to Mount St. Mary’s and Wagner.

points while grabbing ten rebounds.

The loss came on Senior Night and marked the end of Gary Cox, Jesse Steele, and Ed Waite’s MU careers.

“My seniors worked extremely hard for the time that they’ve been here,” Rice stated. “It really feels bad when you lose on Senior Day. Those young men gave everything that they could today, and we just didn’t have enough to get the W.”

Steele has scored 970 career points, 31 coming in his time at Army, and

also dished out 191 assists. Waite ends his career tied for third in games played, 124. Waite also scored 1,045 points and grabbed 658 rebounds during his tenure with the Hawks.

The game also marks the end of MU’s run in the NEC. The Hawks won 261 games and had an overall winning percentage of 53.4% during their tenure in the conference.

MU will compete in the Metro Atlantic Athletic Conference (MAAC) starting next season.

# Baseball Opens the Season 2-4

MAGGIE ZELINKA  
LIFESTYLES EDITOR

The baseball team started their 2013 season participating in the Ron Fraser Classic in Cary, North Carolina the second week of February.

Their first opponent of the season and the tournament was Villanova, a team who finished 28-27 in the 2012 season. The beginning of baseball was accompanied by the beginning of a new ace for Head Coach Dean Ehehalt. Looking to replace last year’s go-to guy, Pat Light, Ehehalt awarded senior southpaw Dan Smith this year’s opening day start.

“He [Smith] is going to have to learn to take over for Pat. He will have to figure out a way to be in that role, something he didn’t have to do in the past,” Ehehalt said. “Dan is kind of the go-to guy. If he pitches like he has in the past, we will be fine.”

Light finished his junior year before he was drafted by the Boston Red Sox as the thirty-seventh overall pick in Major League Baseball.

Led by Smith, the Hawks edged Nova 7-6 in their first tournament match up. Smith lasted four innings allowing three runs, two earned, and fanning three batters. Relieving Smith in the fifth was sophomore righty TJ Hunt who provided the team with three innings of work and also picked up the win.

“TJ has really made a lot of progress this year. In the fall he threw well and he has been throwing well in the pre-season. TJ has taken advantage of the opportunities he got,” Ehehalt said. Hunt has recently been named as NEC Pitcher of the week for his early season efforts.

Senior righty Neil Harm pitched 1.1 innings against Nova while junior lefty Stephen Frey closed the game.

Sophomore outfielder Steve Wilgus and sophomore catcher Kyle Perry commanded the team’s offense with three hits a piece. Wilgus delivered two runs and an RBI for the Hawks while Perry gave the team three RBIs. Junior shortstop Jon Guida and senior right fielder Craig Sweeney accounted for two RBIs each.

MU was scheduled to play four more games in the Fraser Classic aside from the Nova game, but all were cancelled due to inclement weather.

Having little to no practice, the Hawks travelled to Nashville, Tennessee where they were hosted by the No. 2 nationally ranked Vanderbilt Commodores. This three game series began the regular season for MU.

The Hawks took the field with junior southpaw Andrew McGee taking the mound. Despite, McGee’s 5.1 innings work, and MU’s initial 1-0 lead in the second, the Hawks quickly fell to the Commodores with the final score showing 5-1. McGee was credited four runs, all earned, off of four hits. Succeeding McGee was Hunt, who pitched one inning and accounted for one earned run. Frey pitched the remaining 1.2 innings allowing only one hit.

The lone run by MU was scored off senior utility man Owen Stewart’s bat bringing Sweeney home. Sweeney ran the offense as he hit 2-4 with two singles.

Looking for redemption, Ehehalt sent his newly found ace to the mound. Smith pitched three innings and allowed six runs, all earned, with eight hits and three

walks. Sophomore right handed pitcher Adam Yunginger followed Smith as he threw three innings striking out three and allowing three runs, three walks, and two wild pitches in the process. Sophomore righty Chris McKenna and freshman lefty Frank Trimarco each hurled one inning.

Junior second baseman Jake Gronsky reached base after being hit by a pitch and scored MU’s only run as senior third baseman Danny Avella plated Gronsky with a single in the fourth.

The Hawks could not prevail in the last game of the Vanderbilt series. Senior right hander Jon Shippee acquired his first loss of the season as he allowed two earned runs in 2.2 innings. Sophomore righty Jeff Paglione had three runs cross the plate, only one of which was earned, in his three inning appearance. Frey then took to the mound as he performed in 1.1 innings and gained three earned runs. Freshman lefty Anthony Ciavarella closed the game, pitching the final inning, which furthered the Commodores advantage by five, all credited to Ciavarello. With the last pitch thrown, the scoreboard read 13-1, Vanderbilt’s favor. Gronsky, Perry, Guida, and Stewart all had one hit for the day.

While MU did lose all three games, Ehehalt firmly believes this was largely due to Vanderbilt being scheduled early on in the season. “To play a team of that caliber, they just take advantage of every mistake you make. Down the road it will be beneficial; right now it exposed some of our weaknesses.”

Vanderbilt has a stock consisting of names such as Mike



PHOTO COURTESY of MU Photography  
Junior second baseman Jake Gronsky scored the Hawks’ only run and recorded a hit in a 13-1 loss against Vanderbilt.

Yastrzemski, who is legendary Baseball Hall-of-Famer Carl Yastrzemski’s grandson and Kevin Ziomek, who is nationally ranked as no. 28 in MLB’s first-year player draft.

With a four-day rest after Vanderbilt, the Hawks looked to enhance their record as they travelled to Delaware University.

McGee opened the series on March 1. Throwing the Hawks’ first complete game of the season, McGee led the team to a 7-3 win as he struck out five. The top of the order proved vital in the victory as lead-off hitter Wilgus went 2-5 and Perry, batting second, went 2-4. Both men had two runs and two RBIs in the game.

The good luck unfortunately did not last long. Despite MU’s seven hits, only two hits short of the previous day, the Hawks fell short in a 5-4 loss. Smith tossed five innings for the day with three earned runs. Reliever Hunt threw 3.1 innings gaining two earned runs as well as his first loss of the season. Hunt now has

a 1-1 record.

MU lost the final game against the Blue Hens, 11-4. Shippee was once again the starter, but it was Ciavarella who acquired the loss. Avella lead the offense as a designated hitter going 2-4 with two RBIs and one run. Right field freshman Dan Shea went 3-4 with one RBI.

The team currently has a 2-4 record on the season. Losing outfielders Josh Boyd, Ed Martin, and Jamie Rosenkranz to graduation last year, Ehehalt was forced to rely on the incoming freshmen class to stock the outfield.

“I think our freshmen are talented,” Ehehalt said, “They’re [freshmen] like fish. You go fishing and some days you catch them and some days you don’t. From an outfield stand point, we will be ok. It will take time to settle and we’ve got some young guys in the mix. Time will tell.”

The team next looks to improve their record in North Carolina as they face East Carolina University this Friday.





# SUPER SENIORS 6



The seniors on the women's basketball team all scored and combined for 61 points in an 85-57 win over Wagner on Senior Day.

*Full Story on page 18*