



OUTLOOK.MONMOUTH.EDU March 11, 2015 VOL. 86 No. 18

CBS, ABC, CNN, Fox 5 and others Visit Monmouth

ALYSSA TRITSCHLER STAFF WRITER

DANIELLE SCHIPANI

One hundred and twenty-five students registered to meet with 85 professionals, along with other students who made their way to Wilson Hall to take part in the Communication Department's 5th Annual Career Event on Monday, March 2nd.

"The Communication Career Event has become a signature program for our students and alumni. We hold the Career Event in the spring semester so students can compete for summer and fall internships, and jobs after graduation," Chad Dell, Associate Professor and Chair of the Department of Communication.

Students in attendance had the opportunity to choose the events they wanted to attend throughout the day. The Career Event had panels for each cluster of the communication degree, including television/radio, public relations/journalism, and communication studies

There were also opportunities for individuals with a sports communication minor to hear from professionals in the sports industry.

After each panel discussion concluded, participants had the opportunity to network with representatives from over 85 organizations in attendance, including companies such as CNN, CBS Radio, ABC Radio, Fox5 News, The Asbury Park Press, Synergy Events, Townsquare Media, Two River Times, and many more.

Dell explained that the goal of the event is to help students with their professional aspirations. "The goal of the Communication Career Event is to prepare our majors for life after Monmouth. Students do this

by attending panels concentrating on careers in their area of interest, meeting with professionals for oneon-one networking opportunities, working with Career Services to polish their resume and interview skills, and speaking with companies and nonprofits seeking internship and job candidates," he said.

Informational panels ranged from what opportunities there are in the communication field, to how to adjust after graduation. Each panel had a "moderator," which was a wellknown professor in the communication department. The moderator guided the conversation between the panel and the participants, ensuring participants were acquiring information that could help them with their future careers.

Alyssa Gray, a Designer and Page Editor at Gannett and recent alumna of the University, spoke at the "Your First Year Out of School" panel. She discussed how surreal it was to be back at Monmouth, with a degree and full time job after being a student just a few months prior. "It was a great honor being asked just after graduating and I hope that any advice I offered can help students, especially since I was in their shoes not too long ago.'

Gray provided tips for students regarding interviews and potential employment opportunities. "Mainly we spoke about interviewing and tips on job hunting and meeting with potential employers. We also talked about what skills to practice when trying to get a job, how to properly prepare for a career or an internship, and even how the transition is from college to the work force.

The panels were interactive, and gave participants the chance to ask questions and receive answers from professionals. Some participants chose to start one-on-one conversations with the professionals, asking them to listen to their broadcast clips or read their latest article or blog post.

Before offering resumes to the Careers continued on p. 3

NJ DEPT. OF ED PLANS FOR STRICTER TEACHING REQUIREMENTS

NJDE. In June, they

need

the

increased the GPA

requirements for

education pro-

grams from 2.75

to make sure

the next gen-

next 150,000

teachers in

New Jersey

to 3.00.

"We

eration,

JAMILAH MCMILLAN

The New Jersey Department of Education (NJDE) has proposed additional training and requirements for student teachers and higher standards for substitutes through revisions to in-state policies that were disclosed last month.

According to an article in the Asbury Park Press published on Feb. 16, the proposal would double the student teaching requirements for students in an education program at a college or university. Students would be obligated to extend the current one semester student teaching requirement to an entire

year. In addition, they would need to teach in two different school settings and spend some of that time with special education students. Students in alternative-route programs that are available in New Jersey would be required to remain in that same program from start to finish. Currently, students are allowed transfer. These are

not the first

changes

in recent

months

estab-

lished

b y

t h e

are prepared," said Assistant Education Commissioner Peter Shulman Teaching continued on p. 2

PHOTO TAKEN from milikeneducatorawards.org

David Hespe, Commissioner of the Department of Education, leads officials in the planning to require more extensive clinical experience, require a full year of clinical practice, and bring aspiring teachers into classrooms and schools before they start student teaching

PHOTO TAKEN from aapa-ports.org Are dredges like these a necessary evil, a helpful solution, or something in-between?

Effects of Shore Dredging on Coastal Environment

RYAN GALLAGHER STAFF WRITER

Monmouth University prides itself on its ties to the ocean, but do we truly analyze exactly what is happening to this vast space?

Dredging. It is a topic few know about, yet it affects all University stu-

For some it is a simple eyesore that is forgotten about after the fact; however, for surfers at the University, it can be a draining nuisance when a certain area forgoes the dredging pro-

To get a perspective that is not fueled by surf daydreams, John Tiedemann, Assistant Dean and Director of the Marine and Environmental Biology and Policy Program at the University, offered his take on the procedure.

Tiedemann, who has been an Ocean County local for more than 40 years, recognizes that dredging is necessary and used to help rather than harm the ocean.

He defines dredging as, "the removal of sediment that has accumulated in channels."

Professor Tiedemann explained, 'In harbors dredging is required to maintain shipping channels, in smaller ports dredging is required to maintain navigation channels for commercial and recreational vessels."

Whether it is a small private dock, a public marina, a commercial waterway or our own beaches, dredging may be affecting you or someone you know in monumental ways.

"The biggest issue with dredg-

ing is finding an appropriate loca- in animals and cause negative tion for disposal of the dredged material. If the material is clean (uncontaminated) it should be considered for beneficial use; if it is contaminated, it must be handled as a waste material and disposed of in an environmentally acceptable manner," said Tiedemann.

Unfortunately for the University community, an appropriate location for disposal cannot always be guaranteed.

"Many times [dredging] is used to maintain the depth of navigable waterways. The sediment often contains toxic heavy metals which settle in the soil," Amanda Billotti, a senior marine and environmental biology and policy student said. "These contaminates such as mercury can bioaccumulate

health effects on humans who consume them."

As the University is home to a large surf community, dredging is a serious topic of interest. After talking to a Long Branch resident, Matt Pereira, I gained a local surfer's perspective on the matter.

"Last winter while dredge pipes spewed sand on Asbury Park beaches, many including myself enjoyed fun waves on the north end while thousands birds to our south feasted on shellfish and other goodies near the shore and on newly deposited sand. We surfed for more than two hours while the pipes spit dark

Dredging continued on p. 14

Study Finds Extra Sleep May Increase Risk of Stroke

RICHARD FELICETTI

A study conducted by the American Academy of Neurology last month has revealed that individuals who sleep more than eight hours a day are at an increased risk of having a stroke.

A stroke, also known as a cerebrovascular accident, is a decrease in blood flow to the brain that results in cell death. Strokes may be caused by an obstruction of blood flow or the rupture of an artery.

It is no secret that college students are always seeking sleep; therefore, this study is particularly prevalent to students.

Having to deal with a plethora of responsibilities, students often sleep only a few hours a day and struggle to stay awake in class.

Sharon Stark, Coordinator of Monmouth University's Forensic Nursing Program, said that college students do not sleep enough and it can have serious consequences."It is obvious college students lack sleep as I have often seen students try to take naps during the day, sometimes during classes, to catch up on sleep," said Stark.

A study titled "Significant sleep deprivation and stress among college students, USA," published in MedicalNews-Today.com stated that a consistent lack of sleep in college can result in missed classes, poor classroom performance, difficulty concentrating, hallucinations, mental health issues, declines in blood glucose metabolism, blood pressure control, and a myriad of other health concerns.

Many times weekends are exceeded, it could lead to serious health effects.

used to catch up on sleep," said Janet Mahoney, Dean and pro-fessor of nursing. "One has to wonder what is the recommended amount of sleep needed to live a healthy life," said Mahoney. "Further studies are needed. Until we know more, moderation is the answer, not too little sleep, not too much sleep," she said.

In a New York Times article published in March 2015, titled "Extra Sleep Linked With Stroke Risk," researchers surveyed people and recorded their sleeping habits over a period of ten years.

Yue Leng, a doctoral candidate at the University of Cambridge, headed the operation. Leng and associates pooled people, aged 42-81 who had never experienced a stroke before.

The study monitored the amount of hours that the subjects slept at the beginning of the study and how much nightly sleep they were getting four changed her opinion on the benyears later. Over the decadelong study, 346 of the subjects suffered strokes as the number of hours they slept decreased over the years.

After controlling a number of health and behavioral variables that could skew the data, the researchers concluded that people who slept more than eight hours a day were 46 percent more likely to experience a stroke than those who slept for six to eight hours.

Additionally, the study concluded that the risk of a stroke was higher in individuals that reported their need for sleep had increased over the decade. Leng inferred that this could be an indication that there is a brain condition that leads to strokes of which an excessive need for sleep is an early symptom.

Caroline Shanahan, a freshman nursing student, said that the study was eye-opening and efits of sleeping excessively.

"When I get less sleep, I tend to be more energized and awake, but when I oversleep, I feel more tired and sluggish," said Shanahan. "I learned in anatomy that blood supply to the brain is crucial and learning that oversleeping can decrease the amount of blood in the brain makes me think twice about sleeping in,"

Since most of the data was self reported, meaning that the test subjects recorded their personal data and conveyed it to the researchers, some aspects may be unreliable. Also, the researchers noted that excessive sleep is not a direct cause of a stroke, but rather an early sign. Thus, it may indicate a brain condition that can lead to a stroke, but is not the direct cause of a stroke.

Stark said that one should not make hasty conclusions from the article without first viewing the full report."The data on sleep duration were self-reports, which can be unreliable," said

"The association was made between sleep and stroke risk, instead of cause and effect; the reported increased sleeping time as the cause of a stroke, could instead, be an early symptom of a disease that led to a stroke," she said.

In studies in which the subjects report their own data, they may tamper with the results to make them more desirable. For example, one of the subjects could have lessened the hours of sleep received each night to make themselves appear health-

Mahoney said that the distinction between excessive sleep preceding strokes as opposed to causing strokes is important to

"The important thing to take away from this study is that this is only one study and further targeted research using experimental designs in clinical areas are needed in the future," she

"This study suggests that sleeping more may be an early symptom of disease that may lead to stroke," said Mahoney.

"Keep in mind that this prospective meta-analysis research study showed an 'association' of more sleep and stroke risk. It did not say that too much sleep 'causes' strokes. Short sleep was defined as less than six hours and long sleep was defined greater than eight hours." "The lead author of the research project suggests that there may be something happening in the brain that precedes stroke risk of which excessive sleep may be an early indicator," said Mahoney.



Sleep is treasured among college students, but if the recommended seven to eight hours a night is

NJDE Proposes Changes

Teaching continued from p. 1

after presenting the proposed changes. "By simply thinking about preparing them in a similar manner that we have prepared them before, I don't think we are advancing the conversation."

Requirements would also span to out-of-state-teachers. Such teachers are accepted into the state under "porous rules." To receive a permanent license teacher would need to show proof of effective teaching in their state for two out of three years to receive a permanent license in New Jersey.

Maham Ayub, a senior double major in English and Elementary Education, sees where Shulman is coming from. "I do agree with what the Department of Higher Education proposes about student teaching requirements as well as doing fieldwork in different school environments and working with special education children. Even though it is going to require more time, it is better to be prepared and learn now," she said.

According to the NJDE, these revisions would be taking a holistic approach; it would "...develop and retain effective teachers," wrote Shulman in a recent memo. This particular approach considers the entire lifecycle of an educator. The revisions are meant to attract, develop, and retain exceptional teach-

The state consulted with the New Jersey Education Association (NJEA), the state's largest teachers union, as it developed the proposal. NJEA President Wendell Stein-

completely agree on everything in the proposal, specifically in regards to substitution.

Northjersey.com stated that the NJEA does not approve of subjecting substitute teachers with stricter requirements. Currently, substitutes must have 60 college credits or an associate's degree to work in a classroom. However, the new policies

"A good teacher is someone with a willing soul, a prepared mind, a firm goal, open heart, and an understanding of what it means to be human."

DAVID TIETGE Associate Professor of English

would require substitutes to have a bachelor's degree. Also, the number of consecutive days a substitute can ages, standardized tests, and curbe in a classroom would be lowered.

This new approach wouldn't affect current substitutes but might be required of new candidates. The NJEA is concerned that there might be a potential shortage in substitute teachers from these revisions and said it was something that has to be further deliberated.

Ayub said, "I find it unfair for the sor of English.

hauer said that the two sides do not Department of Higher Education to enforce that substitutes must have a bachelor's degree. This is because not all substitutes are going to be future teachers. Being a substitute could simply be a way to make extra money. Substitute teaching is not only limited to education majors."

> According to Educationnews. org, Education officials are interested in starting a database that will track the performance of students, the placement of teachers, and how students do in the workforce. These measures would help state officials successfully evaluate the strengths and weaknesses of teacher education programs provided at institutions of higher education.

"As we implement better and more rigorous standards, assessments, and educator evaluations across New Jersey, we must ensure that we prepare novice teachers to meet these demands and effectively serve students from day one. We can leverage preparation and certification requirements to ensure strong candidates enter preparation programs, receive quality instruction, and demonstrate appropriate performance as novice teachers," wrote Shulman in the memo.

Nonetheless, grade point averriculums are not the only aspects that must be considered when finding qualified individuals to teach future generations. "A good teacher is someone with a willing soul, a prepared mind, a firm goal, open heart, and an understanding of what it means to be human," said David Tietge, an associate profes-



Communication Career Event Held at Wilson Hall

Career Event continued from p. 1

companies in attendance, students and alumni were able to partake in a resume-building workshop, instructed by Career Services. This gave students the chance to perfect their resume before handing it over to the profes-

Courtney Carr, a senior communication major has attended the event for the last three years, recommended the event to all communication students, "They should resumes, and business cards, so that they learn and gain more experience year after year." By attending this year's Career Event, Carr was able to achieve her goal of speaking with Jim Hickey of

Carr also offered her personal opinion on the event, contrasting this year's experience to years prior, "...this is my third time attending the communication career event and honestly, I did have a great experience, but I think the event has been better in the past. My sophomore year, there was more," Dell explained. a lot more variety in the companies that attended the networking event. There was a great balance of MU alum, and Non-MU alum, and a great balance of local companies, and big name companies. This year, I felt it was mainly lounderstand the purpose of utilizing alum for the event, but I was hoping to gain more networking experience with people I didn't know as opposed to just networking with all my old friends."

Both the informational panels and the networking portion are crucial to the career fair, according to Dell. "Each of the elements of this event is valuable in their own students hear how the alumni who came before them positioned themselves for success," he said. "And the networking event is a real highlight. Studies show that 80 percent of jobs are attained through networking, so the ability of students to meet with professionals at this event provides them a crucial ad-

vantage," Dell continued.

This year's event was a success, according to Associate Dean of the School of Humanities and Social Sciences, Michael Thomas, "For Career Networking Events like this successful one organized by the Department of Communication, the way to judge success is by the quality of the conversations, both during the panel sessions and the Networking hours. From what I saw, this year's event was terrifically successful."

Dell also offered insight on the be attending every year with their outcome on this year's event in comparison with previous years, 'When we first held the event in The Club in 2001 it was so popular that we overran the space. The next year we moved to Wilson Hall, and we filled those rooms, and we've had as many as 225 students in attendance," he said.

The weather may have been a factor in regards to this year's turnout, "While the student turnout was lower this year, I saw many of our best and brightest talking with professionals from the New York Daily News, CBS Radio, ESPN and many

Dell offered an opinion he received via email from university alumna Cara Viscardo '12, who currently works at Fox5, "I credit my entire career to your Communication Career Event. I believe it was the first year you held the event, and cal companies and all MU alum. I I left with new contacts, questions answered, and most importantly, a scheduled interview for an internship. That led to an internship, then freelance position, which turned into a staff position soon after. I met my future News Director that day (Jim Driscoll), and it would have been much more difficult to have face-to-face contact with him, if it weren't for this event."

The event is expected to remain way. The information panels let a factor of the spring semester for years to come, as long as attendance and participation continues to grow. "The Communication Career Event has become a critical tool for preparing students for their future careers. I believe this will continue to be an annual event, as long as students see value in it and participate," explained Dell.



TOP PHOTO COURTESY of Monmouth University BOTTOM PHOTO COURTESY of Michael Maiden

(Top) Current communication majors were able to attend a career panel hosted by MU alumni. (Bottom) Later, students got a chance to speak one-on-one with some of the recent graduates.

Students Help University Employee in Time of Need

PHILIP BLIZZARD

University students have taken it upon themselves to help University dining hall employee, Corey Littles, when his apartment caught fire rendering it uninhabitable

Austin Skelton, a freshman political science student, started the GoFundMe for Corey named, "Corey's Fresh Start Fund." Skelton shared the project with his compatriots on SGA who helped spread awareness across social media and campus.

"Corey's Fresh Start Fund" has currently raised a total of \$1,080 out of a goal of \$2,000.

Skelton also described some of his experiences with Corey, "We were colleagues for a semester, several messages of encourageand he really showed me how to be effective at my job. Corey is an overall kind, funny, down to earth guy," said Skelton. "Nine out of 10 times when you see Corey in the dining hall, he'll have a smile on his face despite working long strenuous hours. That's the kind of person he is," said Skelton.

People from all parts of the Monmouth community, including parents and students, have donated to the GoFundMe, and have left



IMAGE TAKEN from gofundme.com/CoreyMU

Corey Littles is a beloved employee of the Monmouth community by both faculty and staff.

ment for Corey during this difficult time, reflecting his value and positive attitude he brings to the community.

Cassandra Figureoa, a public policy graduate student, expressed her sentiments towards Corey. "One of Monmouth's deepest and strongest values is the ability for each member to give and receive support from their fellow Hawks. Because I believe Corey has given so much support to me and the

University overall, donating to him wasn't a second thought in my

The fire in Corey's apartment took place on February 5th at 2 am when he was awakened by smoke in his bedroom. He proceeded to the kitchen where he saw a grease fire on the stove. He tried smothering the fire with a blanket but it had no effect. According to Corey, there were no fire extinguishers in the building.

Corey told his sister and girl-

friend about the fire, and they went he has obviously not had to go to safety. Corey then carried his through it alone. Another effort twin four-year-old nieces out of the was headed by Kevin Summonte apartment. After calling the po- of the Men's Track Team. Sumlice, he went back inside to inform monte and some of his teammates other residents about the fire. His pooled their resources together, next-door neighbors were the first and were able to give Corey some ones notified and they belied him food clothes and a \$100 Visa gift to inform the rest of his building.

Everyone was safely outside the building before the fire alarms went off. The damage was mostly done to Corey's apartment and the apartment below him. In Corey's apartment, only the two bedrooms were left undamaged, with some ceiling damage in the apartment directly below.

Corey lost everything in the fire, even things in the rooms that were not damaged. He mentioned that the heat from the fire was so great, it melted his clothes.

Since the fire occurred, Corey has been trying to maintain a positive attitude. "I've been working. I haven't had time to figure out a plan. I've just been taking it day by

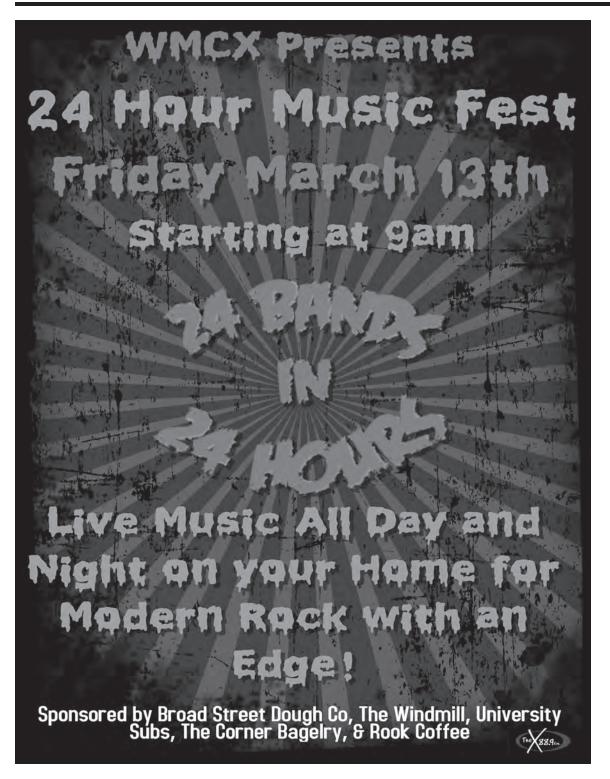
Corey said his positive outlook has definitely helped him get through these tough past few weeks. "Because I'm alive, I'm grateful to be here," he said.

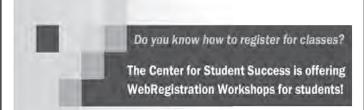
Though he's remained strong,

card to help with expenses.

Summonte, a sophomore health and physical education student, explained his motivation, "Corey, despite his struggle with his apartment issue and the fire, has continued to keep a positive attitude, keep the students happy and smiling. Corey has been a great guy in the dining hall. He supports the track team and we support him, and are very grateful for all he does," said Summonte. He also related a story about how Corey went out of his way to warm up chocolate-chip cookies and serve them to the track team.

Other students have given also donated clothes to Corey. Littles expressed his gratitude for all the students have done for him. "I want to say thank you from the bottom of my heart, I appreciate it. I'm really grateful. Grateful for working for the students, and the environment I'm working in," said





Prepare to register for Summer classes!

Thursday, March 5 11:30AM-12:30PM Howard Hall, Room 306

WebAdvisor

Prepare to register for Fall and Spring classes!

Tuesday, March 24 2:30-3:30PM Howard Hall, Room 212

Please reserve your computer spot no later than 1 day before the workshop! 11:30AM-12:30PM Howard Hall, Room 306

Thursday, March 26

RSVP to Jean-Marie Delao at jmdelao@monmouth.edu.

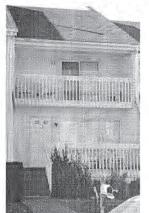
Monday, March 30 2:30-3:30PM Howard Hall, Room 306











9 MONTH LEASES
-2-6 BEDROOM
APARTMENTS/HOUSES
-ALL CLOSE

•ALL CLOSE PROXIMITY TO UNIVERSITY

ALL OR TEXT I









ROSARIO REALTY INC. | CAROL ZOCCO 732 921 3917 | CARZOC@AOL.COM





OPEN AND DELIVERING 11AM - 4AM

FULL MENU AND ORDERING ONLINE @ WWW.JRSDELIVERS.COM

732-229-9600

75 D Brighton Avenue Long Branch, NJ 07740

732-345-0100

17 West Front Street Red Bank, NJ 07701



MONMOUTH UNIVERSITY 10% OFF

discount is now available for in house and pick-up only. From 11am-10pm must provide Monmouth ID purchase an JR or WRAP

2 purchase any side or dessert

3 receive a FREE fountain soda or a bottled water

EVERYDAY

from 11 am - 10 pm

Close to Campus - Apply in person

WWW.JRSDELIVERS.COM

ADVANCED
SUMMER
REGISTRATION
BEGINNING
MARCH 9, 2015

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

The WEBadvisor online listing of SUMMER COURSES are currently available.

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

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

WEBstudent Screens for Registration:

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

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

Join

The Outlook

The Outlook is currently seeking help in the following departments:

- Staff Writers*
- Copy Editors*
- Photography
- Layout (Using Adobe InDesign CS6)

Students from *any* major are welcome to join, experience is *not* necessary.

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



Stop by the Plangere Communication Center and visit us! The Outlook is located on the 2nd floor, Rm 260

phone: 732-571-8481 fax: 732-263-5151 e-mail: outlook@monmouth.edu outlookads@monmouth.edu

THE OUTLOOK

Brianna McCabe Editor-In-Chief

Amanda Glatz Managing/Entertainment Editor

Maggie Zelinka SENIOR/SPORTS EDITOR

Professor John Morano Advisor

Sandy Brown Office Coordinator

Christopher Orlando GRADUATE ASSISTANT

Fabiana Buontempo News Editor Brandon Johnson Politics Editor

Victoria Keenan FEATURES EDITOR

Kelly Hughes Opinion/Lifestyles Editor

Kyle Walter Assistant Sports Editor

Heather Muh Club & Greek Editor

Erin McMullen Assistant News Editor

Danielle Schipani Associate News Editor Kiera Lanni Photography/Leisure Editor

Evan Mydlowski Technology Manager

Matthew Toto Technology Manager

Jessica Leahy Advertising Manager Dyamond Rodriguez GRAPHIC DESIGN EDITOR

Casey Wolfe Senior Editorial Consultant

Kevin Holton Copy Editor

Ramon Ferrer Delivery Assistant

Cara Ciavarella Delivery Assistant

Wesley Brooks William Romba **Kavla Horvath Charles Battis Jasmine Ramos** Michelle Gonzalez Olivia Caruso **Kerry Breen Emily Shapiro** Carly Long **Katherine Jaffe** Kassandra Hagen

Christina Fisher Natali Greco Ryan Gallagher Kyle O'Grady Alison Goerke Michael Bateman Nicolette Accardi **Kelly Coffey** John Morano Jamilah McMillan Dan Agin Erik Klenofsky

Mike Morse Rachel Gramuglia **Nicole Napholz Brendan Greve Clare Maurer** Robert Zadotti **Tara Cirincione Connor White** Alyssa Tritschler **Richard Felicetti Bridget Nocera**

Monmouth University's Student-Run Newspaper Since 1933 Plangere Center 2nd floor, room 260

Phone: (732) 571-3481

Fax: (732) 263-5151

Mailing Address:

The Outlook Monmouth University

400 Cedar Ave West Long Branch, NJ 07764

WEB: http://outlook.monmouth.edu outlook@monmouth.edu E-MAIL:

ADS E-MAIL: outlookads@monmouth.edu Outlook masthead designed by Kimberly Lynn Maller Back page sports logo designed by Nick Hernandez



FOLLOW US AT @MUOUTLOOK



FOLLOW US AT @MUOUTLOOK



BECOME A FAN

Su	BSCRIPTION FORM										
Name											
Address											
City											
State	Zip										
Day Phone	Evening Phone										
Mail thi	Subscriber \$15 Monmouth University Alumniss subscription and payment to: TLOOK • Monmouth University renue • West Long Branch, NJ 07764										

• or call 732-571-3481 for credit card payment •

Raising the Bar

THE OUTLOOK STAFF

While today the University strictly regulates on-campus consumption, Monalcohol mouth's policies used to be quite different; the Rebecca Stafford Student Center (RSSC) was once home to Blue Hawk Pub, an on-campus bar that was eventually turned into a cafe and has since been removed altogether.

According to Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, the bar was active over ten years ago when the drinking age was still 18. "As the laws changed both from a drink age and liability perspective, it became increasingly difficult to provide financial support for a facility that 70-plus percent of our students could not have access to," she said.

Ultimately, the University decided to close the facility. "The pub could not sustain its operation on revenue derived from sales alone. The increased liability we assumed for operating a pub was also factored into the decision to close," Nagy said.

Does this decision still make sense today, or should the University consider reopening the pub? The Outlook weighs in.

Firstly, the editors acknowledge that alcohol consumption can have serious consequences for college students. It is understood that the University's "dry campus" policies are in place to ensure the safety of all students, as well as to cement Monmouth's position as a respectable institution within the West

policies, some editors feel that ences.' bringing a bar back to campus would yield positive results.

current options like the student center and library have an academic vibe to them, and people can never really relax," one editor said. Many staff members agreed, and felt that a bar would increase school spirit and potentially encourage students to live on campus as upperclassmen. Some editors also believe that having a bar on campus would help to minimize drunk driving by providing a place that students could walk to and from.

Others editors felt that the administration made the right decision by pulling the bar from campus years ago, and that having a restaurant that served alcohol would be out of place in an academic environment.

"A bar would be very distracting and could have a negative influence on grades," one editor commented. "I think it would be awkward to have a bar in the same place that I see professors and deans." The Outlook also acknowledged that having a bar on campus could potentially facilitate underage drinking and have an overall negative effect on the University community.

When commentating on the original pub's closing, Nagy said, "Given the fact that so many of our students are under the legal age to consume, any financial support that was being spent to operate the pub was reallocated to our student activi-

The Outlook does not deny these social programs and experi-

If the University were to redirect its funds back into a bar, "A bar would be great for *The Outlook* discussed ways socializing, because all of the that it might help or hurt campus. Up for debate was whether or not regulated alcohol distribution on campus would decrease the amount of binge drinking that occurs in dorms each year. Some editors felt that a pub would result in social drinking as opposed to overconsumption, and that being in a public place would make students less likely to risk their limitations. Others noted that such easy access to alcohol on campus would only make matters worse.

> Editors also discussed Monmouth's large commuter population, and whether or not having a bar on campus would be enough incentive for students to participate in the dorming process.

"A lot of commuters live no more than two hours away," one editor pointed out, "so I doubt they'd add to their living expenses by staying on campus [just for access to] a bar.'

Another editor said that "if it was a restaurant that [also] served liquor[...] both underage and 21-year-old-students could enjoy it." This could potentially keep more students around campus on the weekends and change Monmouth's reputation as a "suitcase school."

While The Outlook couldn't fully agree on this issue, many staffers were certain that a bar would be a welcome addition to Long Branch community. While ties area to sponsor additional the campus' social scene.

by Phil Juliano

Best In Show







HOW TO SUBMIT ARTICLES OR LETTERS

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

Contributions must be submitted (email outlook@monmouth.edu) by 12 pm Sundays to *The Outlook* office, 2nd floor, room 260, Plangere Center.

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

DISCLAIMER: All articles appearing in the Op/Ed section of The Outlook are solely the opinions of the authors and do not reflect the views of The Outlook's editors (unless otherwise noted) or any and all advertisers. Opinion articles are run unedited and the content is the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. The Outlook reserves the right to withhold any articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, The Outlook will no longer print anonymous articles.

Why We Need to Travel to Find our "Happy Place"

KELLY HUGHES OPINION/LIFESTYLES EDITOR

"Travel far enough, you meet yourself," the British author, David Mitchell, once advised this to the world. To be honest, this quote couldn't sum up my latest travel experience anymore perfectly than I could. I met my better, happier self.

Because of this, I now know that had an urge to see the unfamiliar. traveling has the power to change you as a human being.

I have always had wanderlust. Unfortunately, I have never studied abroad. I've traveled a decent amount for vacations, mostly on the east coast. As a kid, I experienced going out of the country in Canada, Aruba and Mexico. I have always



PHOTO TAKEN by Kelly Hughes

Rodeo Drive is a scenic route for travelers in Los Angeles.

Maybe it's the fact that I've lived in the same town my whole life.

Since I chose my college major, I've thought that whatever I end up doing, I want to be able to travel for my career. As I reach a terribly confusing time in my life, the urge to see the world is the greatest it's ever been. I attribute this to my recent trip to Los Angeles with *The Outlook* for the Associated Collegiate Press National College Journalism Conven-

The people I met, the scenery I experienced and the overwhelming positive energy I felt during my stay in Los Angeles still has me in awe of the happiness which I am capable of. At this stage in life, I thought I've experienced a decent amount. As it turns out, there is so much more out there for me to reach.

Many of us tend to forget the bubble we live in is not necessarily the world's bubble. We follow the same schedule; we see the usual people and go to the regular places. And that might not seem so bad, until you go to a new place.

The people I met on the west coast were noticeably more positive, friendly, and easy-going than people here. I'll admit even a few gentlemen from Wisconsin gave me hope that maybe I should let go of my pessimistic view of relationships. My eyes have been opened to the reality that a location (and quite likely, weather) can have a serious impact on one's level of positivity in life.

On Rodeo Drive, we ran into a young man who was born and raised in Los Angeles but traveled a lot for the military. Of all of the places he has lived and seen, he said he is the biggest advocate for LA. His girlfriend just moved there with him from Connecticut and we were all joking about the differences between the two coasts' paces. She was adjusting to his easy-going way of life, to describe in his words from an Arabic saying, "what will be, will be." Another young man said "this was the place he was meant to be," assuring us that his recent move to the west coast was the right one. It seemed like fate for me to talk to these strangers.

Of course, vacation is *meant* to be fun and leisurely. But that is supposed to end when you get home. And you're supposed to go back to your regular life. And the memories are just supposed to be in photos. Yet, something about this time felt really meaningful and I cannot shake it; as if now, I belong somewhere unfamiliar and unchartered.

I literally felt on top of the world staring across the Hollywood Hills as if my happiness at that moment could not be fulfilled at home. Perhaps this immense desire to start over elsewhere is in fact because I'm coming upon graduation and distraught about where I'm meant to end up.

I've always had the idea that I wanted to pack my bags and live in different cities while I'm young. But I now know the possibilities of achieving bliss in these distant places. And, I think this recent traveling experience finally assured me that I possess the courage to actually go. In the words of my father, now maybe I should stop talking about it and do it.

If You Could Live in a Different Decade, Would You?

hopelessly romantic, (and did I

mention rich), Jay Gatsby, (played

LAUREN NIESZ

I've always been the first one to say that I would LOVE to go back and be a 1950s housewife with the white picket fence, golden retriever, and perfect cooking skills in the suburbs. But I never really gave any thought about the reathe era in which I live. So many of us complain and wish we could live in the 1920s, 1950s, etc., but I don't think that any of us have actually thought about what that entailed.

It wasn't until I heard someone say, "If I could go back in time, I would just go back to yesterday. We have it so good in the world thinking. So many of the things that we would list as "necessities' in our lives, we wouldn't even show all of the shortcomings of have access to in the 20s, 50s, etc. those eras in which the beautiful

by Leo Dicaprio, of course)? And to live a life full of luxury and frivolous spending? Sign me up for that! The 1920s seem simply fabulous through the eyes of Daisy Buchanan. Now, Grease is quite a different sons why. I should learn to love era: the 1950s. Danny and Sandy

have that love that everyone pines for. The poodle skirts, diner dates, drive-in movies, and teenage boys with impeccable manners are just a few things that young women fan-girl over. Danny Zuko's slick, greased up 'do and iconic leather T-Bird jacket are the stuff dreams are made of. Unfortunately, these films only show the desirable stowe live in today." This got me ries that would be popular for film and media.

What these films fail to do is

Great Gatsby? She is loved by the as myself, would love to go back and be that stay at home mom in the suburbs, but what we don't realize are the difficulties that women had to endure. Women started to enter the workforce but because of their inferiority to men at the time, many women were sexually abused, objectified, and absurdly underpaid in the workplace.

This did not mean that the picture at home was any different. In this era, birth control was still considered illegal and marital rape was legal. There was no such thing as rape between husband and wife; therefore, making it impossible for women not to bear children if it was the will of her

So, if you had the chance to go back and live in a different era, would you? My answer now: no. Even though we still have a gender/race wage gap and racism is still so prevalent in today's soci-For example, admit it: you can't Jay Gatsby and Danny Zuko live. ety, we really have come a long

"I am fortunate to be living in a time period with such advanced technology, innovative thinking, political and social advancements, and ultimately a brighter future for my children."

TARA EGENTON

live without your phone. But it isn't just the phone we can't live without. It's the social media platforms, texting, Internet, and email that we wouldn't be able to part with. Wi-Fi is king nowadays, but in prior eras, phones were landlines and Internet was only in its earliest stages of development, if that! It's not just our technological advances that make the world we live in today so much more convenient than that of the earlier eras, it is our social advancement

So, why would I want to live in the 50s? Or even the 20s? Especially when we are so lucky and blessed to be living in the era we live in today.

Part of the reason we are all so intrigued by these eras is because of popular decade depictions such as The Great Gatsby and Grease. Books and films such as these make those eras look only desirable and glamorous. Who wouldn't want to be Daisy in The

a time of racial segregation; the KKK was at its prime. The Johnson-Reed Act, which was in effect during the 20s, limited the amount of immigrants into America.

Not only was America still legally segregated under the Jim Crow Laws at this time, immigrants were shunned too! And, let's not forget, this was the era of prohibition.

Sure, the parties seem wild, and the fashion was impeccable, but would you really want to live when America was so racially and ethnically unequal?

The 1950s are another time of massive inequality. Still, the country was segregated, even more so it seemed. Because of the Brown V. Board of Education decision, African Americans were attacked by white people for being able to use the same facilities. The safety of African Americans was completely compromised.

I know that many women, such

For example, the 1920s were way. Even besides the social advancement, technology has come a *very* long way.

> Tara Egenton, a sophomore English and elementary education student, said, "I am happy to be living in this era. I am fortunate to be living in a time period with such advanced technology, innovative thinking, political and social advancements, and ultimately a brighter future for my children. However, as an English major, I love escaping to different time periods through literature, yet, I could not give up the era I currently live in."

> We should heed Tara's advice and stick to escaping to the stories we read and movies we watch that are based in these eras. Because, honestly, we are much better off today then we were 90+ years ago.

Nick Carraway from The Great Gatsby said it best, "You can't repeat the past." And, to be honest, I don't think we want to, "old

The Classroom Matters

DR. NANCY MEZEY
ASSOCIATE DEAN OF FACULTY AND ACADEMIC AFFAIRS, SCHOOL OF HUMANITIES
AND SOCIAL SCIENCE

DR.CATHERINE N. DUCKETT ASSOCIATE DEAN, SCHOOL OF SCIENCE

We greatly appreciate the thoughts that *The Outlook* staff writer, Katherine Jaffe, shared in her opinion piece titled, "What Really Matters: GPA or Activities?" Three main points framed Ms. Jaffe's opinion: 1) grades should not define students; 2) grades are unimportant because of grade inflation; and 3) hands-on and work experiences are more valuable than classroom learning. As educators and administrators from two different content areas, we felt compelled to respond and offer some of our unified thoughts. There are no easy answers to questions regarding the relationship among grades, classroom learning, and out-of-class experiences. To be worthwhile, experiences both within and outside the classroom have to be transformative for students. We have seen students transformed through course readings, lectures, class activities, written assignments, and educational experiences outside the classroom. There is no one best method of learning for all students, which means that professors must provide a diversity of opportunities within their classes for students to learn in a variety of ways. There are many ways to encourage students to think in new ways about issues with which they are familiar (what sociologists call "making the familiar strange"), and to think about issues that they have never considered.

Regardless of the subject, a strong classroom experience should help students expand their abilities to answer serious questions in innovative and creative ways based on evidence that can help improve upon the worlds in which we all live – not just for themselves, but for others as well. To present classroom learning and experiential learning as separate and unrelated entities creates a false and harmful dichotomy. The two need to be connected – and indeed are often connected – in most university missions and realities. Furthermore, one of the concerns we share about project-based learning is that professors who do not have experience with such modes of education may require professional development to be able to execute and assessment methods.

such endeavors with a high level of competency and confidence. But we also recognize that given the current technologies, there are so many innovative ways to bring project-based and group learning into our classrooms. Unfortunately, many students are uncomfortable with the grading of group work.

Grades – whether for individuals or groups - are simply a way for professors to assess how well students have learned the required materials, are able to apply what they have learned to different situations, and to build upon what they have learned to create new knowledge. Sometimes grades do not reflect the transformative experience of a college class. Some students may learn a lot in a class, but only receive a C. Other students may receive a higher grade, but not get as much out of the class as the C student. That said, students today have many competing commitments. Grades provide students with an added incentive to focus on the learning process rather than on the many other aspects of their lives that may pull them away from the serious business of learning.

On the other hand, we agree with the author that grading can indeed get in the way of learning. We certainly advocate the use of less reductionist methods of grading than the letter grade method, such as a grid method where the major learning goals of the course are scored, rather than simply listing a single letter grade. Unfortunately, such grading methods should translate into measures of assessment of which future employers or graduate program directors can make sense; otherwise, our students may be trapped by such grading methods rather than liberated.

The bottom line is that if college does not teach students to think in innovative, creative, and critical ways, then we are failing our students. But to say that classroom learning is less able than hands-on experiences to create a transformative education for students is extremely short-sighted and perpetuates a narrow and harmful "either/ or" point of view rather than a wide "both/and" reality. The assumption that grades are a meaningless assessment tool is equally shortsighted. But if the assessment tool is invalid, or the tool is abused by those wielding it, then as scientists (from both natural and social science disciplines), we agree with the need to re-evaluate our teaching

Boris Nemtsov's Assassination Draws Criticism

the wake of Boris Nemtsov's assassination on Feb. 27, Russian authorities have charged two Chechen individuals with his murder, according to the New York Times. A number of others were suspected of the killing, one of whom notably blew himself up.

Assassinations and untimely deaths of political opponents were events that commonly took place in the Cold War age Soviet Union. In most cases, those who opposed the Soviet Premier and their government were taken care off through a myriad of means—often at the hands of the secret police, the KGB. Stalin's Great Purge was a perfect example of how a former dictator of the then dubbed "evil empire" could easily do away with all of their political enemies.

Russia has been under strict scrutiny lately, mainly because of the annexation of the Crimea and the continued conflict in Ukraine. The circumstances of Nemtsov's death are causing even more tension in the region, and have lead to a lot of unanswered questions for both Russia and the West.

Nemtsov was a political opponent of current Russian President Vladimir Putin, and was very outspoken against him. In the recent past, Nemtsov has been fighting against the current economic crisis in Russia, and speaking out against what is going on in Ukraine. Nemtsov was not new to the political scene he served as Deputy Prime Minister under Boris Yeltsin be killed, who can be safe?" As following the collapse of the Soviet Union. Despite numerous arrests for his candidness, Nemtsov continued to speak out again Putin.

Nemtsov was regarded as one him from this event.

of the most vocal, prominent politicians in Russia to speak out against Putin and his regime—he did not hold anything back. He was very direct in how he talked about oppose Putin. Many in Russia have regarded this as to why he may have become a target for pro-Putin radi-

Prior to his death, Nemtsov was in Moscow organizing rallies against what is going on in Ukraine. It was no secret that even he knew that there would be possible threats on his life, which was not new for a member of the political opposition in Russia. Nemtsov was shot in the back four times around 100 meters from the Kremlin itself, raising many questions.

A majority of the supporters and constituents of Nemtsov are holding the Kremlin and its authorities responsible for this event, although there is continued denial from Putin so it remains unseen what party is to blame. However even if it wasn't Putin's authorities directly involved, there is speculation that a rogue party holding allegiance to the Kremlin may be involved.

Dr. Thomas Pearson, professor of the history and anthropology and Russian specialist. added that although he does not feel Putin himself was responsible, this event does not harm Putin—although it does bring embarrassment to Russia. He noted that this assassination could stir up fears amongst Russian people.

Pearson said, "If Nemtsov can Pearson noted, Nemtsov was a prominent political figure and felt that because of that, he held some sort of "shield" to an extent—one that did not protect



PHOTO TAKEN from huffingtonpost.co

Russian citizens set up memorials for Nemtsov just outside of the Kremlin.

count that Western leaders are pushing for the Kremlin to allow independent investigation, but the Kremlin is insisting on handling the investigation itself, giving rise to more speculation. Putin issued statements saying that these events are a disgrace to Russia and that him and his authorities shall be handling the investigation.

Dr. Christopher DeRosa, an associate professor of history and anthropology, said, "I don't think this latest murder of one of Putin's opponents, as chilling as it is, will result in greater pressure on Russia from the west; none of the previous ones have, and these murders have been going on for about a decade."

DeRosa stated that what is go-

pressure from the West. He said that despite the United States no longer being able to regulate the global economy and Russia not reaching far into central Europe, we must be wary of re-playing the scenarios of the Cold War.

Nemtsov's death—coupled with what is happening in Ukraine—is leading Russia further down a path of Western distrust. Although that path may be similar to how relations were during the Cold War, it remains unseen as to how tense they will become.

Marc Sweet, a sophomore history and education major, added, "A message that I think Putin makes clear in his policies and rhetoric, both domestic and foreign, is the idea of "us" against "them." This idea is something ing on in Ukraine will most like- of prominence in Russia; Putin one who speaks out.

Numerous news sources ac- ly continue to lead to the most and his government are subtlety pushing anti-Western propaganda to the people of Russia.

> Regardless of who is responsible for this event, as it stands, Russia is in a place very familiar to the beginning of the Cold War. Many Russians feel that they are living simply for the present and that there is no future, the xenophobic feelings towards western outsiders has been something carried on in Russia for centuries, even before the days of Lenin, Trotsky, and Stalin.

> With Nemtsov's death, the pro-democracy movement in Russia will slow down considerably and it will be interesting to see who rises as one of the new opposition leaders against Putin after seeing what may happen to

FCC Rules in Favor of "Net Neutrality" for Internet

BRENDAN GREVE

The Federal Communications Commission (FCC) controversial decision to pass new "net neutrality" regulations on Feb. 26 is being argued and legal battles and legislative disputes are about to begin over this emerging phenomenon that has been brewing since 2010. The FCC's original attempt at broader internet regulation was struck down by Federal courts but they are now revamping their argument under Title II of the Communications Act of 1934, which they claim makes the Internet a "Public" their consumers. On the opposing companies, argue that they do not

Utility." But first off, what is "Net side, giant Internet Corporations Neutrality" and why is it impor-

Net neutrality is the internet open and without regulation. The FCC is trying to regulate it to prevent speed traps to certain websites. According to CNN, this could speed up access to certain websites, slow down access to others, and block others entirely. Companies that deliver Internet access like Verizon, Comcast, and AT&T have spent millions of dollars on lobbying against these rules because they claim that micromanagement by the government would hurt their business and like Google, Facebook, and Netflix are in favor of this legislation argue that the Internet is a public entity and should be regulated as such.

Assistant professor of criminal justice, John Comiskey, said, "This legislation seems to be concerned more about businesses trying to establish and maintain monopoly." He also added that the Internet is an "information highway" and "getting information before others is an advantage."

The pro-FCC regulation side, which includes AOL, Netflix, Facebook, Twitter and other big internet the big internet providers. For example, a big network provider like Comcast, Verizon, and AT&T can slow down internet apps on smart phones that come from these proregulation companies. Dr. Patrick O'Halloran, associate professor of economics, finance and real estate, said, "They would support Net Neutrality since they are not in the business of bandwidth provider, so the more people accessing their sites the better.'

The anti- regulation companies which include Verizon, Comcast, Time Warner Cable, and AT&T argue that the act in which the FCC is presenting their case under, Title of the Communications Act of 1934, does not apply to the ser- in which the rules can be struck vices that they provide. They also do not trust that the FCC will only enforce a fraction of the rules that they are presenting that include 332 pages of regulations, according to CNN. O'Hallaran said, "Net neutrality limits their ability to price discriminate. Price discrimination increases revenue generation, hence improving profits at the consumers' expense. Therefore, if Net Neutrality were to be revoked, it would allow service providers such as Comcast to create pay-to-play fast lanes." They also think that these rules would interfere with the free market of the Internet and hurt competition.

Comcast and AT&T are threatening that there will be a bitter legal battle. This is very similar to the FCC's last attempt at Internet regulation where they were sued by Verizon and lost in Federal court. Republicans are also seeking to call

want to face discrimination from to review these regulations in front of Congress, which they hold the majority. However, the real challenge to these proposed rules will be in the courts as it was last time.

Gregory Bordelon, lecturer of political science, said, "As to the FCC chairman going before Congress that would depend on the reason for the request for his presence. If Congress is simply trying to determine why this rule got passed in the normal rulemaking process of the FCC, nothing will likely develop. The more likely challenge, as many analyze, will be a court challenge." Bordelon also stated that the opposition can find ways in which the FCC has overstepped its boundaries and that could be another way down. He said, "The fear, of course, is that by regulating that aspect of it, the FCC may be affecting other components of the Internet, including expression and discourse. This is where the free speech argument comes in. The FCC would simply argue that the rules allow it to classify the Internet as a public utility under existing law; the opponents would say no - that the intent of the statute was not to regulate a communication device like the Internet and that its functional difference from the telephone takes it outside the scope of Section II."

The fight over the FCC's new regulations are far from over. Outside of the United States own legislative system, the idea of Internet regulation would take a broad international alliance. Comiskey said, "The U.S. does not own the Internet and cannot regulate it by itself. This is still an emerging, evolving the FCC chairman, Tom Wheeler, phenomenon and is not definitive.'

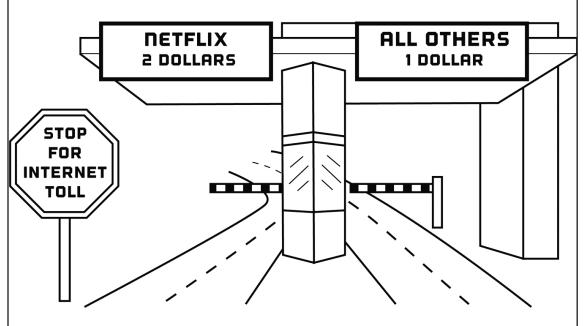
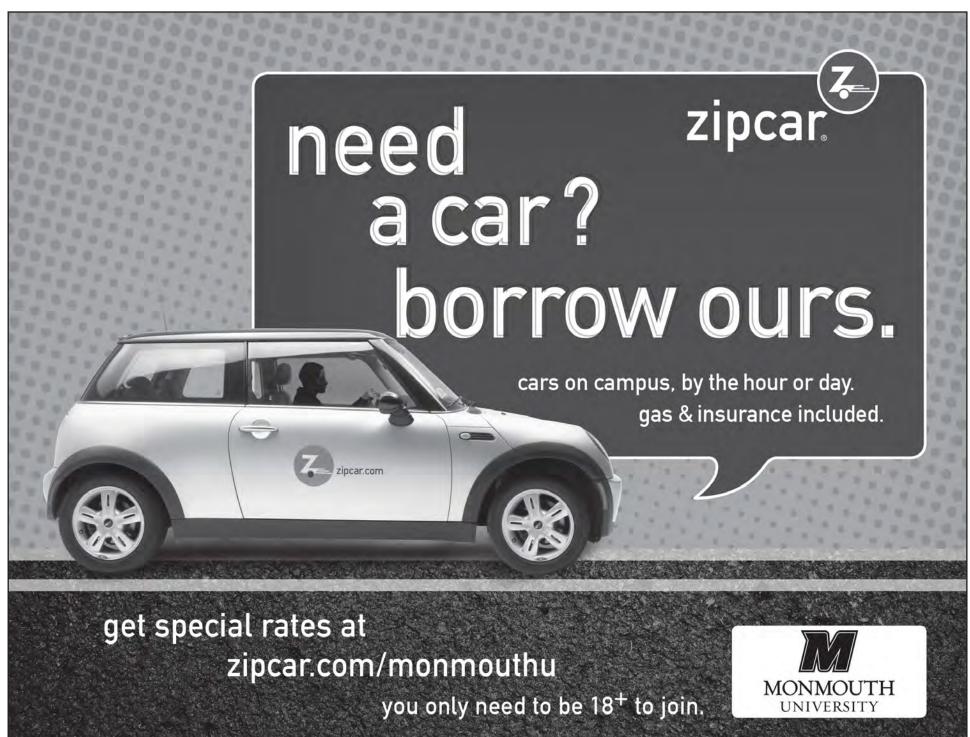


IMAGE TAKEN from amazonaws.com

Net neutrality has polarized the internet, with private companies like Netflix opposing internet service





32 37 16 X 16

CINDY COFFEY CONTRIBUTING WRITER

As *NBC*'s answer to the successful American Idol, The Voice is promoted as "the Emmy Award-winning, number one series on NBC, featuring the country's best unknown artists," according to *nbcthevoice.com*. But are the artists that audition for The Voice really "unknown"?

On Feb. 23, 2015, Meghan Linsey auditioned in the Season 8 opener and caught the attention of three out of the four judges who turned their chairs and offered Linsey a spot on their respective teams. Linsey, however, is far from an "unknown" talent, especially in the world of country music.

Linsey was a part of the duo Steel Magnolia, who, in 2010, 2011, and 2012, was nominated for various Academy of Country Music and Country Music Association Awards including "Vocal Duo of the Year." The duo toured with Reba McEntire, Brad Paisley, Blake Shelton (who was, ironically, the only judge who did not turn his chair), and Bob Seger. Steel Magnolia topped at #4 with their hit "Keep on Loving You." The duo officially broke up in 2013, and both Linsey and her former partner Joshua Scott Jones have since gone solo. Linsey released an album as recently as 2014 featuring a cover of OneRepublic's "Counting Stars" and her own "Try Harder Than That," which have both had airplay on CMT and country radio.

Linsey is not the only one who has already had opportunities in the music business before auditioning for The Voice. Season 4 contestant Luke ready been a successful country art-



"The Voice" airs on Monday and Tuesday nights at 8 pm on NBC. The reality competition show features a panel of four judges that spin their chairs around when they hear an artist that they like.

Edgemon was a member of the cast ist with a Top Twenty single, "Break of Glee as a Dalton Academy Warbler and has been listed as a vocal contributor on two of Glee's Christmas albums, as well as the Music Celebrating 100 Episodes album. He was also credited as a back-up singer on Idina Menzel's recent Holiday Wishes album. Although Edgemon's success is limited to back-up vocals, he was also a contestant on American Idol and made it to the Hollywood rounds. Arguably, then, Edgemon has had significant opportunities before The Voice and is not really an "unknown."

Julie Roberts also auditioned on Season 4, but did not impress any of the judges. She, however, had al-

Down Here." She had been signed by Mercury Nashville in 2004 and her debut album went gold. Roberts was also not an "unknown" when she auditioned for The Voice, but was instead trying to reignite her

Season 2 brought a familiar face to the blind auditions with Tony Lucca, a former Mouseketeer that performed with Christina Aguilera, Justin Timberlake, and Britney Spears on *The Mickey Mouse Club*. Lucca pursued a solo career after his Mouseketeer days, and has toured with Maroon 5, Kelly Clarkson, *NSYNC, Marc Anthony, and Sara two albums that he produced independently, followed by another four commercially-produced albums through Lightyear and Rock Ridge Music between 2004 and 2011.

Disney fans may also remember Jordan Pruitt, a relatively successful Disney Channel recording artist before her Voice audition in Season 3. Pruitt recorded songs for the soundtracks to a number of successful Disney Channel movies including Read It and Weep, Jump In!, Air Buddies, and Tinker Bell and The Lost Treasure. Pruitt also released two solo studio albums: No Ordinary Girl in 2007 and Permission to Fly in 2008.

Season 5 winner Tessanne Chin Bareilles. Lucca has also released also admitted to having signed a record deal before auditioning for

The Voice. She stated in the Jamaica Observer, "You have to understand that we signed a record deal before everything got started. Even before the blind [auditions]."

And Season 7 winner Craig Wavne Boyd released albums in 2008 and 2013 and had opened for Randy Houser and Brantley Gilbert before auditioning.

So, how does this happen? How are artists with previous record deals (some with relative success) auditioning for a show that touts itself as discovering "unknown" talent? Perhaps the story of Jason Isbell can shed some light.

Isbell was recently named "American Music Association's Artist of the Year." He typically sells out his concert appearances and he has sold over 132,000 copies of his latest album, Southeastern. Rolling Stone recently reported that Isbell was approached by the producers of *The* Voice to audition for the show. Roberts and Linsey also confirmed in interviews that they were "invited" to audition.

It would appear that the producers are padding the competition to ensure that The Voice will produce a successful music artist. But if these artists have already had opportunities and successes, is The Voice really discovering that talent? And do you really want to vote for someone who has already had doors opened to them, or do you want to give someone a chance that has never had one? When you cast your vote this season, give some thought to these contenders' past and decide who really should be given a chance by winning The Voice.

Wind in Sails Shines With "Morning Light"

MICHAEL BATEMAN

Songwriter Evan Pharmakis released his debut solo album, Morning Light, under the moniker Wind in Sails on Feb. 24 via Equal Vision Records.

Many people familiar with the post-hardcore scene may best remember Pharmakis as the former guitarist and founding member of the band Vanna. Following his exit ly acoustic guitar, modest percusbegan writing and performing primarily acoustic music under the the new version featured on the al-Wind in Sails name. After releasing a few EP's, Pharmakis gained exposure in the scene once again, and proved to listeners he is a masterful songwriter capable of creating instant classics that extend far beyond his post-hardcore roots. Rather than sounding like he is cashing in on his previous reputation as an ex-Vanna member, Pharmakis instead reintroduces himself to a new audience with a captivating, eclectic mix of tracks that depart completely from his former band's sound.

Morning Light presents audiences with a stripped-down yet driving listening experience that includes elements of alternative rock, indie, and acoustic music. The songs frequently shift dynamic between solo acoustic and full-band in a matter of seconds and always keep listeners guessing what will hit their ears next.

Pharmakis starts the album with

song begins with a familiar, strict guitar-and-vocals dynamic before an upbeat drum track enters the mix halfway through. Here, Pharmakis slowly introduces the album's greater full-band presence that only appeared sparsely in previous Wind in Sails releases.

The third track, "Level Head," first appeared in much simpler form on Wind in Sails' 2013 EP Darker Nights. The original featured mostover the somber chords. However, bum includes many new elements that present the song in a deeper, more fully realized form. The new incarnation of "Level Head" adds soft keyboards gently humming over the quieter acoustic parts for a more somber atmosphere, while a full-band section coupled with new vocal harmonies replace the song's sections that previously featured the simpler percussion. Pharmakis's new additions to this older piece allow the track to shine as one of the album's most outstanding songs.

"Lucid State," the album's fourth track, is the most consistently full-band track on Morning *Light.* Here, the electric guitar and drums take the forefront with the acoustic guitar lying subtly underneath. The lyrics also offer unique subject matter; Pharmakis sings of a woman haunting his mind during periods of lucid dreaming, who still continues to linger in his the track "Push and Shove." The mind when he sleeps on his side to

avoid the dreams. The fast-paced music joins with Pharmakis's dark vocals to present listeners with an interesting and unique track on the

After "Lucid State," the album's musical style reverts back to a mostly-acoustic style in the vein of earlier Wind in Sails releases. The tracks "Murder Backwards," "Side by Side," "Hanging over You," and "Set Adrift" present a simple but engaging combination of acousfrom the band, he shifted gears and sion, and Pharmakis's lone voice tic guitar with Pharmakis singing gently overtop, reminiscent of other artists such as City & Colour. "Hanging over You" also features a female vocalist joining Pharmakis for the song's second half and creates an interesting and intimate

> The full-band aspect returns to the album's ninth track, "The Mess We're In." Here, the electric guitar and vocals complement each other seamlessly in the lead, hanging over an upbeat rhythm section consisting of drums and acoustic guitar. This track provides a suitable indie-folk pick-me-up atmosphere following the handful of darker acoustic songs before it.

> The upbeat style of "The Mess We're In' continues into track ten, "Heart to Focus," another song taken and reimagined from an earlier release. The original "Heart to Focus" appeared on the Darker Nights EP and consisted of tambourine, acoustic guitar, vocals, and some background electric guitar work. Pharmakis takes these

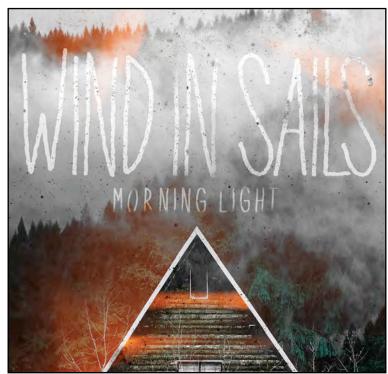


IMAGE TAKEN from altoress con

"Morning Light" is available for download on iTunes and Amazon.

elements from the first version, tightens them, and adds drums to round out the composition. This track's reimagining results in a catchy, folky indie-rock piece with plenty of hooks.

Pharmakis concludes his album with "Wild Child," a track that starts with a quick-paced acoustic riff. Before the song passes its first minute, the acoustic guitar fades from the song's forefront to join a driving drum beat, twangy electric

guitar, and a crooning string sec-

Morning Light, as a whole, makes a strong debut album for Wind in Sails. Pharmakis displays innate understanding of dynamic songwriting that both intrigues listeners and creates memorable tracks that will become instant classics the minute they enter one's music library. On a five-point scale, Morning Light earns a welldeserved perfect score.

Pollak Has a girls Night

KASSANDRA HAGEN STAFF WRITER

"Ladies, get ready to shake it!" This is exactly what went down in the audience on Saturday, March 7, in Pollak Theatre; the mostly-female audience clapped and sang along to popular 70s and 80s hits with the cast of "Girls Night: The Musical." The play was fun, energetic and interacted with the audience like no other show. The crowd roared with laughter as the five leading ladies took the spotlight in this hilarious comedy that hooked viewers right from the opening act.

"Girls Night" opens up with a young lady (Jillian Soares) dressed in white bedazzled pants and a named Candy Rose whom she never jean jacket and has a pair of angel's wings. We find out that she is an married and Sharon's four friends angel named Sharon who directly speaks to the audience as a narrator her. for the musical. Sharon died from a moped accident when she was a different personality that unravyoung adult; at 16, she had a baby els throughout the play with flash- a very appropriate woman that turns



met. Now, Candy Rose is getting are holding a bachelorette party for

Each of Sharon's friends has a

backs of the past and conversations throughout the night. Anita (Kelly Higgins) is on constant medication for her anxiety and has weird ramblings that sometimes distance her from her friends. Kate (Alex Tripp) is the conservative one, and into the life of the party after a few applause. McShane was also comcocktails. Tripp succeeded in making Kate the comic relief of the play. Carol (Sarah McShane) is Sharon's best friend and a woman who continually wants to let go of her youth, but her regretful past seems to haunt her. Liza (Erin Baltsar) is the preppy blonde with a high-pitched laugh that giggles at her own sexual innu-

The ladies had such great chemistry and harmonized so well during amazing pop cultural hits like "I'm Every Woman," "I Will Survive," "It's Raining Men," "Lady Marmalade" and "We Are Family." Their acting was so superb that it seemed as if they were actually friends reuniting for the first time in a long time. I felt like every female character was someone we all know: a friend, sister, acquaintance or just the crazy drunk girl on the dance floor that we film to put on YouTube.

Higgins' solo of "The Love of My Man" resulted in a theatre full of mended for her solo "Don't Cry Out Loud," which was the only real emotional part of the musical. Tripp provided one of the highlights of the night when she danced on a male audience member while singing "Cry Me a River." Baltsar captivated the crowd with her comedic demeanor. Soares made a good tour guide through her friends' lives, interacting with the audience members and dancing in the aisles beside them.

Caroline Hesse, a freshman, said that she "thought [the musical] was awesome and upbeat."

Audience member Eliza Parillo said, "At first I didn't know what to expect but I left the evening pleased. Those girls got talent."

"Girls Night" made the audience want to sing and laugh as we learned about each woman's past and the hope for the future of their friendship. In the end, it shows that girls just want to have fun—but with awesome friends.

"The Real Housewives of Beverly Hills" GETREAL

EMILY SHAPIRO STAFF WRITER

No amount of money, fancy cars, or high-end handbags can stop a group of women from having their differences at times. On Season 5 of The Real Housewives of Beverly Hills, the housewives get real when issues like alcoholism, drug addiction, and even illness come into the women's lives from all different angles.

Returning housewives Kyle Richards, Kim Richards, Lisa had her own sobriety issues in the Vanderpump, Brandi Glanville, and Yolanda Foster seemed to be very welcoming to newcomers Eileen Davidson and Lisa Rinna things got heated when Lisa conthis season. Eileen is famous for her roles in soap operas like *The* Young and the Restless and The Bold and the Beautiful. Lisa is best known for her role on Melrose Place and host of SoapNet's Soap Talk. With both of these new women having had their fair share both of her brothers dying from of soap operas in which drama is the root of every episode, it was just a waiting game to see who alcohol a few years back. Though would throw the first punch (or this may be the case, bringing

have seen the dysfunctional re- Lisa jumped out of her chair after lationship between sisters Kyle Kim's comment, and proceeded and Kim. Back in Season 3, Kyle to scream in her face. She then was the one that spilled the big secret that Kim was an alcoholic. choke her castmate before taking taken away from them in a mere Shortly after, Kim checked her- her wine glass and breaking it on self into rehab to get her addiction under control. In Season 4, Kim was portrayed as sober, living life to the fullest, and finally getting back to being her real self.

November of 2014, viewers and cast members began questioning if Kim was still sober. The season progressed to show her admitting to Kyle that she took some pills to relax after all the stress she had been under; her ex-husband, Monty Brinson, was recently diagnosed with cancer again. Almost all of the other cast members blamed her weird behavior on her newfound friendship with housewife Brandi Glanville, who has

On a recent episode of The Real Housewives of Beverly Hills, tinued to bring up Kim's problems in front of the cameras. Kim retaliated by telling Lisa to watch what she says, or else she will have to tell the world about Lisa's issues with husband Harry Hamlin.

Lisa has previously admitted to alcohol related issues, and her husband having a problem with personal family issues into any In previous seasons, viewers fight never has positive results. acted as though she was going to the table. All of the women were shaken up by the events, and Kyle was even seen fleeing from the restaurant.

In the end, it seems that Kim

When Season 5 kicked off in never had any dirt on Lisa's husband and she was just trying to make the cruel comments stop. The next day, both women got together and attempted to smooth things over. Is the air really cleared between these two? I guess viewers will have to wait for the reunion, which will be airing sometime later this month.

Another issue that has been brought to light this season is Lyme Disease. Yolanda Foster, wife to famous music producer David Foster and mother to supermodels Gigi Hadid and Bella Hadid, had a Lyme Disease relapse earlier this year. She was first diagnosed back in 2012, but was cured after having a port implanted in her arm to help treatment. In her blog on *BravoTV*. com, Foster wrote, "I have lost the ability to read, write, or even watch TV, because I can't process information or any stimulation for that matter. It feels like someone came in, confiscated my brain and tied my hands behind my back to just watch and see life go by without me participating in it.'

The fight between Kim and Lisa happened in Amsterdam, which is where Yolanda took the women to show where she was from. It seems like Yolanda is just trying to show the women to appreciate what they second. Though the women are having a hard time with realizing just how fortunate they are, cast members have been very supportive of Yolanda in her fight with Lyme Disease.



KELLY COFFEY STAFF WRITER

If you can't take the heat, stay out of the kitchen! Chef Gordon Ramsey and his attitude are back for an all-new season of Hell's Kitchen. The season premiered on Tuesday, March 3, and as the new contestants grabbed their aprons, the fire immediately heated up.

The show kicked off with a surprise: as the new contestants approached the Hell's Kitchen building, they discovered that the door was locked. Chef Ramsey then greeted contestants on the roof, informing them that if they wanted to set foot in the kitchen, they must first jump off. He asked for volunteers, and the first to raise their hands were Enrique and Ruth. After they jumped, it was revealed that they were stunt doubles and that none of the contestants actually had to participate in the jump. This season is already off to a crazy start.

After this fiasco, the contestants ere immediately thrown into the kitchen for their first challenge, in which they had only an hour to complete their signature dishes, which would be judged on a scale of one to five by Chef Ramsey. It was the women versus the men, with the men winning the challenge, 31-28.

The men were then rewarded with a trip to meet William Shatner, a Hollywood legend known for his role of Captain Kirk in Star Trek, while the women were assigned to resetting the dining room and mailing out all of the reservation letters.

Back in the kitchen, the ladies began to brush up on recipes. Many gained some confidence, especially Chrissa Schmerler, owner of a food truck from Bellmore, NY, who made a complete fool of herself when she announced that she had to go to the bathroom before the dining room opened.

Once the dining room officially opened and guests started pouring into the restaurant, the new chefs immediately got to cooking. It wasn't a

surprise when Chrissa started slowing the red team down, and (before she even got a chance to correct herself) was thrown out of the kitchen.

On the men's side, Michael Dussault, a senior center chef from Hartford, CT, was the one holding back the blue team. Because of Michael, the men's team still hadn't delivered their first ticket 40 minutes into the restaurant's opening.

When the blue team finally delivered their first appetizer ticket, the red team had already moved onto entrees—but it wasn't long before the men caught up and started delivering their entrees to their tables.

The women fell behind when they realized their lamb was not cooking properly—it turns out that the oven was never on. Chef Ramsey was fed up; not only did he yell at the entire team, but they were all thrown out and the red team's kitchen was shut

Before the dining room even closed, Chef Ramsey delivered the news to the red team that they lost tonight's challenge. The ladies wer instructed to choose two women who do not belong on the team.

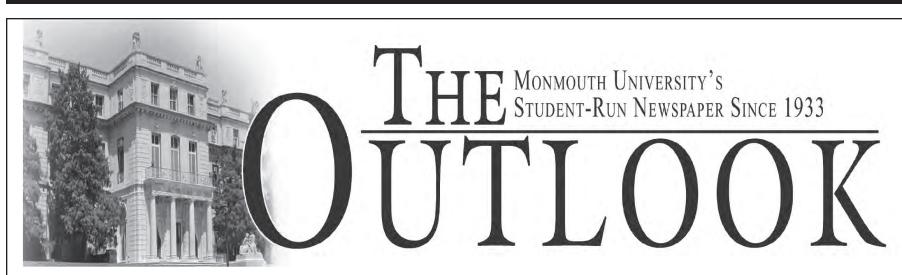
During eliminations, Alison Rivera, a sous chef from New York, NY, was instructed to name the two nominees. Monique Booker, line cook from Lynn, MA, was the first on the chopping block; the second was Chrissa. Chef Ramsey also wanted to hear from Christine Hazel, a banquet chef from Philadelphia, PA. The three ladies had to step forward and explain their behavior in the kitchen as well as why they deserved to stay. After listening to their reasoning, Chef Ramsey decided to keep Monique and Christine and send Chrissa home.

This season is going to be filled with flames, fights, drama, love, jealousy, and a lot of screaming. Celebrities like Jaleel White, Tatum O'Neal, Fred Williard, Taylor Hicks, Tiffani-Amber Thiessen, Lisa Loeb, and chef Wolfgang Puck are all going to be stopping by. Catch new episodes on *FOX*, Tuesdays at 8 pm.



IMAGE TAKEN from cinemablend.com

"The Real Housewives of Beverly Hills" airs Tuesday nights at 9 pm on Bravo.













Newspapers come out every Wednesday! Email: outlook@monmouth.edu (732) 571 - 3481

Roadtripping the USA

KYLE O'GRADY STAFF WRITER

Great American song writer and singer, Willie Nelson, once sang, "On the road again, goin' places that I've never been, seein' things that I may never see again." He glorified what may be one of the greatest experiences you could ever have in your life, the great American road trip. There is no need to travel too far, five or 10 hours gets you pretty far outside this wintery wonderland we've gotten used to. If you have no plans yet for Spring Break you are not too late. Putting together a last minute road trip is easy and very budget friendly especially with the recent particularly your thing, instead try drop in gas prices. So what are you waiting for? Grab your best friends and a map and get going.

Mike Kulik, a senior political science student, recalls his spring break road trip two years ago. He said, "Road trips are hands down the most fun way to travel. The trip becomes more about the adventure and less about the destination. It's all about the moment and the people you are with. It's about everything and nothing all at the same time.

Taking a plane or train you zoom past all the middle, not stopping at local land marks, never once stopping and meeting a person from small town USA. Road trips let you live in the moment, you are not sitting on a plane waiting to get to a a lot cheaper and since you have a destination, you are living through car you can drive into your destievery mile.

Brianna Freno, a senior psychology student, said, "I'm most excited for actually seeing a new part of the country, places I wouldn't necessarily make my ending destination.'

To start this epic adventure you are going to have to pick a destination. Open up a map and start thinking. So many cities sit closer than you think. Decide how long you want to travel and don't be scared to take a longer trip and stop over night somewhere. It's all part of the glory that is a road trip. Nashville, TN; Daytona Beach, FL; or Atlanta, GA, all sit a mere 14 hours away. Washington DC holds history and a great nightlife scene only four hours away. Both Carolinas are no more than 10 hours away and filled with unique quaint one awake but also makes the trip little cities. And if you want to go a more fun. little further, Pensacola, FL or New Orleans, LA are 20 hours away.

Maybe you want to stay in a dif- "The road is life."

ferent city every night, maybe your destination involves camping. A road trip is yours to plan or let unfold in front of you. As long as you have good company you'll have a great time.

For a little help finding cool places to stop at along the way check out websites like roadtrippers.com or the mobile app, On The Way. Both let you put in your route and look at different places all around them. You can see what would be worth stopping at or what you want to pass by. But remember the best part of a road trip is not confining yourself to a schedule. Make sure to go with the flow too.

If roadside attractions aren't mapping out a restaurant you want to stop at along the way. Headed through the south? Find a restaurant that serves the best southern cuisine and make that a stopping point. Headed up North? Look for the best New England chowder place. America is filled with dives and restaurants waiting to please your taste buds with food always worth the drive.

Hotels are where most of the expense of a road trip winds up coming from. Look for hotels without Road trips are unique in that all the thrills. For instance, do you they allow you to see so much. really need a pool, mini bar or super speed Wi-Fi? You won't be spending much time there so there is no need to pay extra for amenities you do not need. Also look for hotels that might sit a little outside of your destinations, they will be

you have everything mapped out or your route is somewhat set, those long hours in between can seem daunting. William Scott Reynolds, adjunct professor of computer science and software engineering, said, "You can only sing 99 bottles of beer on the wall for so long." Professor Reynolds suggested playing games like cards against humanity, apples to apples or any trivia game to make the time go by faster.

A game to play on the road is the license plate game. Print out a list of all the states. Keep track of who spots each license plate first. When you get to your first destination, whoever spotted the least amount of license plates has to pay for dinner. It not only keeps every-

As the great American author and traveler, Jack Kerouac, put it,

California Here You Come: Los Angeles

FABIANA BUONTEMPO **NEWS EDITOR**

Los Angeles: the city of angels. For those who live in a bubble, LA is a major city located in the southern California region. Being considered one of the two fashion capitals of the US, aside from New York City, LA is home to countless celebrities, movie sets, and is a major tourist destination that attracts people from all over the world. LA has a little bit of everything for everyone.

For those who are visiting LA and want to take advantage of the beautiful weather, check out Santa Monica beach and pier. Robert Scott, a specialist professor of communication who lived part of his life in Beachwood Canyon in LA, raved about how great LA's weather is. "The weather is so consistently comfortable there that many of the social activities take place outdoors.'

According to US News and Travel, the Santa Monica pier is just west of downtown LA and is a very walkable part of town. Santa Monica contains one of the most legendary beach scenes in the US and boasts an abundance of great restaurants and excellent nightlife spots. For those traveling with young children or want to bring out their inner child, one of the most popular aspects of this beach is its famous pier, which is not only free entry but it features the coastal thrill rides of Pacific Park and lively street performances.

"If people are visiting LA and will only be there for a short while, I usually recommend visiting the Santa Monica Pier followed by some shopping and dining on the Third Street Promenade since the two are only a few blocks from each other," said Scott.

Hiking to the Hollywood sign is also a tourist destination as well as a solid form of exercise. Head to Hollyridge trail for about a three mile hike to view the sign without cost.

Now for all those shopaholics, listen up. After getting some sun in Santa Monica, take a brisk walk and visit Third Street Promenade. According to US News and Travel, Third Street Promenade has an eclectic vibe similar to its Santa Monica locale. Major chain stores such as Banana Republic and Abercrombie and Fitch fill this open-air shopping mall. Aside from popular clothing stores, small unique shops such as the Thunderbolt Spiritual Books shop can also be found here.

Scott suggests Third Street Promenade for friends who are visiting LA for the first time. Here, visitors can find outdoor dining options, many of which use local ingredients.

let cries at the thought of spending an afternoon on glamorous Rodeo Drive, tell those wallets not to fear. Many visitors often window shop feeling like Julia Roberts in Pretty Woman, while eating at cafes and taking in the scenery walking along this famous street. For reality television junkies, Kyle Richards from the Real Housewives of Beverly Hills has her boutique, Kyle by Alena Too, on the strip.

time to hit Rodeo Drive. If your wal-film or TV show production underway, there are also active live music and club scenes," said Scott.

"When I lived there, most of the younger crowd hung out in Los Feliz, Silverlake and Hollywood, but now there are more options in the Valley and even downtown LA, which has experienced a dramatic turnaround," he said. Scott said when he lived in LA, he and his friends typically avoided downtown but now it features a vibrant night



PHOTO COURTESY of Erin McMuller

The Hollywood sign is a popular tourist destination in LA.

Next up on the list of things visitors must experience in LA is the Hollywood Walk of Fame and the TCL Chinese Theatre. Gabriella Leuzzi, a junior biology student highlighted the Hollywood Walk of Fame as one of her favorite destination spots when visiting LA last year. "I took some awesome pictures holding my hands up to Marilyn Monroe's handprints when I visited Hollywood Boulevard," she said. "I knew if I was visiting LA, I had to make it a point to check out this historic spot," said Leuzzi.

This fun, tourist-filled spot is one of Hollywood's most iconic and memorable sites. According to *Time*out.com, the TCL Chinese Theatre, originally Grauman's Chinese Theatre opened in 1927 and represents Hollywood's Golden Age when lavishly designed theaters were the movie-going standard. Pose next to your favorite Hollywood stars' handprints or tour the theater for \$13.50, seven days a week.

After a day of shopping, and maybe some celebrity stalking, grab a drink and see the nightlife. Of course, only if of age. Scott said night life here is varied. "While there is typically an array of entertainment industry events taking place, and you'll often stumble upon Continuing with the shopping, it's a red carpet movie premiere or a experience at least once in their lives.

life with bars, clubs and restaurants. For those who want to feel apart of the LA elite, be sure to check out Sur Lounge, owned by another star of "Real Housewives of Beverly Hills," Lisa Vanderpump. For cocktails like the flirtini, beautiful southbeach style décor, and bumping music from the live DJ, Sur is the place to be on a Friday night. "I'm such a Bravo fanatic that when I visited California recently, I had to make it a point to visit Sur," said Brittany Lamb, a junior business student. "Sur exceeded my expectations, it was an awesome place to chill and grab a drink," said Lamb.

If a swanky lounge with Drake bumping through the speakers isn't your scene, there are plenty of bars with live music. Scott said he and his friends would often go to places that featured live music "The resurgence of swing and big band music was big when I lived there so we spent a lot of time at places such as The Derby (now closed) and the El Rey Theatre where bands like Royal Crown Revue and Big Bad Voodoo Daddy were regulars," said Scott.

Whether one's trip to LA is spent surfing at the beach, shopping til' they drop or partying it up like the locals do, LA is an awesome vacation destination that everyone should

In"green"dients to Incorporate into St. Patrick's Day Dishes

STAFF WRITER

Even if you are not Irish, you most likely celebrate St. Patrick's Day as an excuse to either drink a lot of beer or munch on a ton of different green foods. Holidays don't always have to be unhealthy though. There are a ton of foods out there that can be festive as well as healthy. This year, celebrate St. Patty's Day by impressing your friends and family by whipping up some dishes that contain healthy green ingredients. According to Self Nutrition Data, the following green foods contain vitamins and nutrients that you can make use of this Irish holiday.

#1. Avocados. You can do a lot with avocados. They make for a great add to salads, salsas, dressings, sauces, and of course, guacamole! Avocados provide close to 20 essential nutrients and although they contain a lot of fat, it is monounsaturated fat, also know as "the good fat." Cindy Coffey, a his-

to use avocadoes in salads and to make homemade guacamole. It also makes a great topping for burgers." Avocadoes make for a great green and healthy snack for your St. Patty's

#2. Kale. If you have not already tried kale, you need to. Tossing kale into salads, pastas, soups, and stews is a great way to add a little green into your dishes. Kale is a nutritional powerhouse considering it is packed with vitamins, calcium, fiber, magnesium, and Omega-3 fatty acids. Coffey said, "I also love to use kale in my recipes. I eat it raw in salads and put it in homemade soups. I also love to sauté it with garlic as a side vegetable." You can also make a healthier version of potato chips by subbing them with kale chips. Sprinkle some salt, garlic and olive oil on top and bake in the oven for ten minutes until crisp.

#3. Kiwi. Kiwi is a great, tropical fruit that people love to munch on. This fruit is a bright source of potasand can also assist with eye healthy and support a healthy cardiovascular system. You can throw kiwis into smoothies, on salads, in cold soups, in desserts, or just eat them on their

#4. Green peppers. These vegetables can be used in a variety of things and can be used for any meal. They make for a great add to omelets in the morning, salads for lunch, and toss them into a stir-fry to make a delicious dinner! Lauren DeSantis, a senior business management student, said "I love to use green peppers in my vegetarian recipes. I recently made a dish for my up and coming vegetarian food truck, Vegicrayz. It was a breakfast skillet with potatoes, red and green peppers, onions, liquid egg whites, vegetarian bacon, topped with shredded cheese and habanero sauce." You can really do anything with green peppers.

#5. Broccoli. There are so many different ways you can incorporate broccoli into your dishes. Add broc-

tory graduate student, said, "I love sium, Vitamin E, folate, and fiber coli into your salads, pastas, soups, an excellent source of vitamins A stir-fries, soups, much on them raw with or without dip, or even have them as a side dish. Broccoli is packed with vitamins A, K, and C, calcium, folate, iron, fiber, and potassium. Adding broccoli to your dishes on St. Patty's Day allow you to incorporate the green festivities while also being very healthy.

#6. Limes. These citrus fruits can be added to so many things without people even realizing it. Adding fresh lime juice or grated lime zest to any dressings, sauces, soups, marinades, and desserts is so simple and so satisfying. You can simply squeeze a fresh lime into your water or unsweetened tea for a refreshing taste Limes contain vitamin C and help the immune system, build collagen, and keep your cells healthy.

#7. Spinach. Andrea Hope, assistant professor of health and physical education, said, "My favorite green food, without a doubt, is spinach. It is extremely good for you, and I think it tastes better than kale. It is time. Go green this St. Patrick's Day.

E, K, folate and iron. Depending on how you cook it – it is also low in calories and fat and high in dietary fiber". There is a lot of different ways to cook with spinach. Hope enjoys using baby spinach in her salads and homemade soups. "I also smuggle it into my daughters whole wheat quesadillas and smoothies (don't tell). One of my favorites on cold days – Sautéed spinach with garlic and hot peppers," Hope said.

#8. Cabbage. What is St. Patrick's Day without cabbage? It can be eaten raw, tossed in salads, stirred into soups and stews, or, of course, with corn beef. Rich in vitamins A, K, and C, calcium, fiber, and B vitamins, it won't be hard to incorporate this green veggie into your holiday.

Eating healthy is not as hard as people think. When one thinks holiday: unhealthy, splurge day and alcohol come to mind. This does not always have to be the case. You can be festive and healthy at the same

Excess Harvesting of Oceanic Wildlife

MAGGIE ZELINKA SPORTS EDITOR

"We are in the situation where 40 years down the line, we effectively are out of fish," Pavan Sukhdev of the United Nations Environment Programme said. In recent years, scientists and conservationists much like Sukhdev have been witnessing what they call "overexploitation."

According to the National Wildlife Federation, overexploitation is the "over use of wildlife and plant species by people for food, clothing, pets, medicine, sport and many other purposes." Of all the animals in existence, the most overexploited belong to the ocean.

Whales are the earliest example of overexploitation in our history. During the early 1800's, humans began to eagerly hunt whales for their blubber. Depending on the species, a whale's blubber can be anywhere between one and eleven inches.

During that time period, whale blubber was considered of high value because of the oil it contains. More often than not, the oil used in oil lamps could be traced back to a whale's blubber, however, the blubber also served as ingredients for soap, paint, and even margarine.

Once whalers were faced with a high demand, the sadistic trend of slaughter only continued to grow. In 1970, an estimated 39,000 whales were being killed per year. According to a report published in 2011 by the International Whaling Commission (IWC), over hunting has caused some whale breeds to wane to five percent of their original population number.

In an article published by the tion is certainly diminishing.

New York Times, the IWC estimates that 300,000 whales, dolphins, and porpoises die each year due to entanglement in fishing gear alone. Although the IWC was created with the intention to protect whales from extinction, they have made little gain towards this mission. This is largely in part due to certain loopholes created in 1966.

Once founded, the IWC allowed Japan, Norway, and Iceland to continue whaling only for scientific reasons. Unfortunately, Iceland continues to be the only country who abides by this rule. Advisor to Japanese whaling association, Shigeko Misaki, justifies his countries continuous

taken note of this and have since decreased their hunting of the humpback whale, however, they have set their sights on a new whale. Only in recent decades have minke whales been hunted by whalers as before they were deemed too small to be a worthwhile catch. But as the larger whale species became depleted, the whalers began to hunt the minke as a replacement.

This overexploitation is also seen in the shark industry. According to the Ocean Conservancy, "millions of sharks are brutally killed through the practice of shark finning every year. This practice involves chopping hunting of whales by saying if it off the shark's fins and throwing

"We are in the situation where 40 years down the line, we effectively are out of fish."

PAVAN SUKHDEV Member of the UN Environment Promgramme

were not for the Japanese whalers, many species of whales would become overpopulated.

Furthermore, Misaki defended his position by stating that there were "no whale stocks that had been driven to extinction in the 20th century.

I hate to discredit any human, but Misaki's utterance reflects only lies. In the 18th century, there were 1.5 million humpback whales. At the end of the 19th century, the number of whales in the ocean had declined to an astonishing 100,000 humpback whales. By the end of the 20th century, the number was 20,000. While humpback whales are not technically extinct, their populathe shark back into the sea, left

Fishermen have found the fins of sharks to be much more valuable than the entire shark and often dump the shark back into the ocean in order to save space on their boat. Once back in the ocean, the sharks die a painful death as they are unable to swim and bleed profusely.

One of these sharks is the oceanic whitetip. An article written by Nick Collins of the Telegraph wrote that shark finning has caused a 70 percent decline in the whitetip population between 1969 and 2003. According to the International Union for Conservation of Nature (IUCN), all 14 overexploitation. Feel empowshark species that are hunted for ered and stop the demand.

Fortunately, the whalers have their fins are considered endangered.

Overexploitation is not limited to big marine wildlife such as whales and sharks; this grim trend exists among smaller populations of fish as well. According to Save Our Seas, three-fourths of the world's fish are being harvested faster than they can reproduce, thus placing many on the endangered species and even extinction.

In fact, the World Wildlife Federation (WWF) predicts the Atlantic bluefin tuna, one of the most popular fish used in sushi, will be extinct within the next three years. Many of these smaller wildlife caught tend to be discarded and cast overboard, but not until they are dying. Save Our Seas estimates that 27 million tons of fish are dismissed annually.

The most common industry to discard their catch is the shrimping industry. Most shrimp are caught using a bottom-trawl system. This is when the fishermen scrape the sea level floor with a net. Not only do these shrimping companies throw back most of their catches, but their bottom trawl tactic destroys the marine ecosystem. The United Nations say the damage can even be seen from space.

The question now posed is what can be done to stop overexploitation. The simplest way to save these marine species from extinction is to stop buying the products. Overfishing is a supply and demand industry; with less demand, there will be less supply. Do not think one person executing one action will neglect to make an impact. If everyone thought this way, there would be no gains in fighting

Dredging

Dredging continued from p. 1

sand. Within two days, many of us who surfed that session were pretty ill with the nastiest stomach bug I've ever experienced," said Periera.

Dredging undoubtedly can make it harder for surfers to find a spot, especially in this state. NJ waves have always been an enticement for surfers; in fact, Ron Jon Surf Shop traces its roots to LBI, NJ. However, if poorly planned dredging continues, surfers will not be the only ones to notice the shifting shorelines.

Beaches are fickle, and sand is constantly moving, so it is no surprise that dredging has added yet another variable to throw off surfers in their endless search for waves. However, as Periera explained, a certain splendor lies in each spot, no matter how it has transformed over

"I can recall surfing 'mysto' breaks only working for a day or hours perhaps, breaking due to dredge pipes setting up the beach at angles just right for greeting south swells. As the pipes dumped sand the temporary cove-like setups changed by the hour. Surfers in this area have realized they must adapt to the changing coast, checking that next beach to see if their favorite wave has returned or a completely new one has taken shape," said Periera. "The only thing permanent is impermanence.

Everything changes, and not all change is bad. Tragedy can be found in change, yet so can beauty.

Dredging isn't the problem; it is simply an issue of change. Finding a sense of security is nice, but it is not forever. It is human to long for security, but being human is not always being secure. Step out of your comfort zone, take a different path, you may find something totally new, something that you may totally love, maybe something that even dredging couldn't touch.

The Low Down on the Local Food Scene

VICTORIA KEENAN FEATURES EDITOR

No matter where you go to college, you can guarantee there will be places near you that you can eat. Of course, there's always the local McDonald's or Dominos, but I'm talking about food that you can feel good about eating (sometimes, for really good prices). A few weeks ago I discussed how we aren't lacking lodefinitely aren't lacking food either.

I like to think of myself as a breakfast and sandwich connoisseur, so it didn't take me long to scope out every sandwich place within the 732 area code. Along with that came breakfast places, and I'm not just talking about TAYLOR HAM (North Jersey people, preach with me) egg and cheese, which there are plenty of. I'm talking about whatever kind of sandwich vou want, vou can get it around here.

Let me start off local. If you don't know what Brennan's is, please get in your car and drive off campus, the dining hall is not going anywhere. Brennan's Delicatessen in Oakhurst has a large variety of deli sandwiches, which come with almost everything you could imagine. They also have breakfast sandwiches, different types of salads, options you could have for dinner like chicken parm or fish, and a bunch of desserts from cookies to cannoli's. If you enjoy a good deli sandwich arranged pretty much any way you can think of, go to Brennan's.

While we're on the topic of local sandwich places, you can try Neil's Kitchen in Long Branch too. They have a large variety of both hot and cold sandwiches, sides like french fries and chicken fingers and multiple Italian entrees like baked ravioli. They also have soups and I would recommend the Spicy Cream of Artichoke. Don't knock it till you try it, it's awesome.

There is also the Hungry Hobo, cal bars around Monmouth, and we which is a small, diner-kind of place in West Long Branch. They have a from soup and sandwiches to pancakes and French toast. They have several options on how you can order a college favorite, TAYLOR HAM (otherwise wrongly known as pork roll). You can get it on a regular roll or bagel, but you can also mix it up and get it on a quesadilla. They serve this with salsa and sour cream, which may sound strange, but it's a great combination.

Another local breakfast place (that has a bunch of options for lunch and dinner as well) is Amy's Omelette House. As the name states, the menu boasts a huge page of every different omelet imaginable. Their menu is extension, and offered a huge variety of pancakes, french toast, and breakfast sandwiches. As you continue on, there is huge section of lunch options and dinner entrees. from pastas to comfort classics like your mother's homemade meat loaf.

If you like the Italian food route, or simply want a slice of pizza, there are tons of spots to check out around

here. My favorite is Scala's Pizzeria in Long Branch, their penne vodka pizza is arguably the best around. There is also Joe's Pizza III in West Long Branch, who have great pizza and sandwiches named after athletes and Gianni's in Oakhurst, which has a very large menu of pizza and sandwiches as well. These are just a few, there are pretty much pizza places around every corner.

If you want to travel a little further, Porta Pizzeria in Asbury Park is known for their delicious pizza. ton of breakfast and lunch options, Leila Ali, a senior sociology student, says Porta is her favorite place to eat. "Their pizza is amazing, beyond regular, everyday pizza. It's all fresh, homemade ingredients and they use a wood burning oven that was handmade in Italy and sent here specifically for Porta."

"Everyone that makes the pizza is trained by this lady who was certified in New York to make Neapolitan pizza. The pasta is amazing and they have a lot of gluten free options. They also have this octopus (it sounds weird) but they received five stars for it, it's bang bang," Ali

There are also many places a little distance from school. Toast in Asbury Park has a bunch of healthy breakfast and lunch options, as well as gluten free options too. The Kitchen Witch is Monmouth Beach also has a ton of healthy breakfast and lunch options, and are famous for their maple-glazed bacon (literally one of the best things I've ever



PHOTO TAKEN from asburyparksun.com

Toast is a local breakfast and lunch spot in Asbury Park.

Sheila McAllister, an assistant professor of communication, said, "I love the Turning Point in Pier Village, but I also like Frankie's Bar and Grill in Point Pleasant. It's an inland round, not just during the summer season.'

"I don't eat red meat but when I have a burger, it's from Frankie's,' McAllister added. She also talked about how great Cookie Lady Cafe in Point Pleasant is.

If you want a snack, go to Broad Street Dough Co., in Ocean Township which makes fresh, homemade, hot doughnuts stuffed and topped with everything imaginable. They also have a special doughnut of the day, everyday, which are all awesome. You can also stop at The Inkwell, in Long Branch, for a variety of apps, snacks, and deep-fried dishes. They're open late, so you can get your 12 am mac & cheese bite fix in.

The owners of Antonio's Gourmet Italian Specialties in Wanamassa (which is part of Ocean Township) actually know my friends and I because we've gone there so often for the last two years. They have amazing homemade rice balls stuffed with meat and cheese (seriously,

go try them) and fresh sandwiches as well as tons of Italian dishes like Penne Vodka, different types of deli meats, and salads. Honestly if you go anywhere, go here. They sell hamburger place. There's always a homemade sauces, pasteries, and evwait and a line out the door all year ery homemade Italian specality you miss from home. The owners are awesome and remember you when you come in too!

Jordan Delong, a junior finance major, just went to Antonio's for the first time on Monday and said it was one of the best places he's eaten near school. "I had the fried chicken and bacon sandwich. The chicken was super tender but the standout thing for me was the cheese. I think it was either cheddar or provolone but it was so flavorful I wish there was even more on the wrap."

"The deli itself is filled with premade Italian food that looked delicious. After eating that sandwich I just want to go back and buy everything there," Delong added.

No matter what you're in the mood for, there is a place to get it around here. Breakfast, lunch, dinner or just a quick snack, there a so many places to go around Monmouth, these just being a few. Check out your own places and let me know, I'm always down to try a new sandwich.

Who You are Meant to be According to Astrology

MAGGIE ZELINKA

Astrology is often confused with astronomy, however, the two offer very different views. "Astrology is a myth while astonomy Brown, an adjunct astronomy professor said.

Astronomy is the science of the universe while astrology is an interpretation of how the universe is dispalyed. In other words, astrology is the belief that the stars can like when people read their horopredict one's future based on their date of birth. While many may not believe the stars have this ability, society as a whole believes astrology to be well practiced.

Think about it: when you go to "sign." This term relates directly back to astrology, a science of thought first introduced by the no evidence for them." Ancient Greeks.

Horoscopes are perhaps the most well-known aspect of astrology. They have formed off the basis of astrological methods of finding meaning in the sky, but inin the sky, it looks at the stars and their constellations. A horoscope is meant to tell one's character-

Casey Allocco, a senior studying communication, said that she tries to read her horoscope daily, but does not always find it to be truthful. "I read my horoscope everyday on the app DailyHorothem, but the more I read about my sign, the more I realize it actually does describe my personality. It tells me often that Pisces adapt a bull, is resolute, sensual, dependto the characteristics of people around them and it changes who they are. I see that in myself along often dismiss new ideas. They are with a few others."

Erica Bonavitacola, a senior communication major, also believes horoscopes can tell some alities, however this is not how

characteristics of a person. "I'm a Virgo and some main characteristics of a Virgo is that they are extremely sensitive and intuitive. They are also very quick to put others before themselves.'

While some people put full faith is science," Gloria Simmons- in these horoscopes and even have horoscope apps on their phones, Brianna Freno, a senior psychology major, is a little hesitant to put faith in astrology.

"I'm not sure if people try to make things come true, but I feel scope at the end of the day, they try to twist it so that it makes sense and is relevant to something that happened that day, even though it probably wasn't," Freno said.

"I don't believe in horoscopes," a bar, they may ask what is your Rachel Fox, a senior Education major added. "I consider them a pseudo-science because there is

Regardless of your belief, there are certain characteristics each astrological sign is said to possess. The zodiacs, which literally means "the circle of animals" in Greek are Aries, Taurus, Gemstead of focusing on all elements ini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces.

Although Aries are those born istics as well as portions of their between March 21 and April 19, the sign begins the zodiac circle. Aries are very physical people who always need to be kept busy. They often achieve many of their goals just because of how much energy they have, however, they also take on more than they can scope. I wasn't sure if I believed handle. While they are most compatible with an Aquarius, they are destined to be with a Leo.

Taurus, which is symbolized by able, secure, and stubborn. They cling to their own mind set and destined to be with a Pisces.

Gemini, the twins of the sky, is often depicted as two person-



Astrology has been used to explain personality traits and even predict events, such as the Great London fire of 1666.

the Greeks characterized the constellation. Instead, they believed Gemini's to be multi-talented and social. They are known for their communicative abilities, however, they often say whatever they are thinking which gets them into trouble. They are destined to be with either a Taurus or a Libra.

Those with the zodiac sign of Cancer are the most emotional of the 12 signs. They show sympathy to all, are charitable, faithful, but also moody. They are most compatible and destined to be with an

Leo is, symbolized by the lion, share many characteristics with Aries. Their claim to fame is their pride and their stubbornness. They are destined to be with a Sagittarius or a Pisces.

Virgos are known to easily

adapt to situations and to make themselves useful. They often hate the limelight and try to deflect any attention. They are destined to be with a Capricorn, yet is most compatible with a Cancer.

Next in the zodiacs is Libra, a refined, social, artistic, and overly concerned with relationships personality. They tend to charm others in order to finish a group goal. They are destined to be with an Aquarius.

Scorpio's hold the most unique characteristics of the 12 signs. They are secretive, steadfast, passionate and stubborn. An emotional attachment is not easily dismissed by a Scorpio. They are known to be jealous and possessive. They are destined to be with

likable characteristics. They tend to be honest, generous, reckless, extroverted, and free. They have a lot of energy stored and feel a great need for independence. While they are most compatible with Libra's, they are destined to be with an Aries.

Capricorn have a business-like mind set. They are very determined and often strive to reach higher goals then they set. Capricorns are known to view life as one big project, yet are realistic when it comes to achieving goals. They are destined to be with a Li-

Aquarius are detached, progressive, humane, and unpredictable. They are witty, yet sarcastic and unemotional. They are destined to be with a Gemini.

Pisces are compassionate, adaptable, accepting yet are also very shy. They can adapt emotionally to an environment, but may also mimic others personality's in order to be liked by the group. They are destined to be with a Cancer.

A senior psychology major, Lindsey Pieschl, urges people to remember that a horoscope is up to interpretation. One sentence can have an entirely different meaning to two different people.

"I think that there is a sort of 'magic' that draws people to horoscopes. There is a cognitive bias that takes place called the forer effect which creates the illusion that horoscopes are specifically tailored to certain astrological signs while in reality, the descriptions or fortunes are so general that they could be applied to a large number of people. People who read their horoscopes may be looking for confirmation in their actions while others may just read them for fun," she said.

Professor Simmons-Brown added, "Those that truly believe in astrology do not have a grounding in Sagittarius is a combination of the science of astronomy."

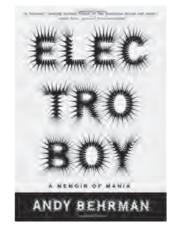
Visiting Writer Presentation

Andy Behrman, author of *Electroboy: A Memoir of Mania*

Tuesday, March 31, 2015

7-8:30pm

Wilson Hall Auditorium, Monmouth University

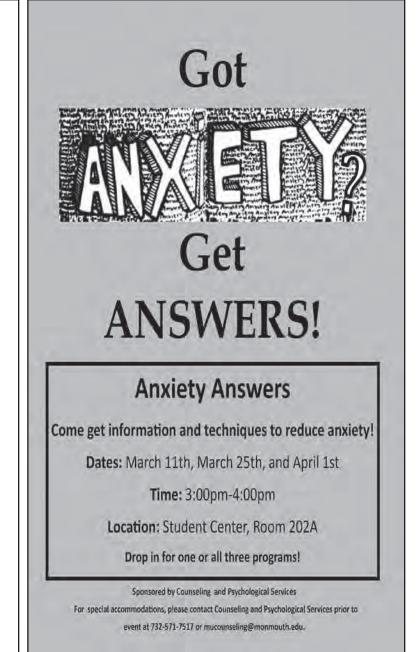


Electroboy will be available for purchase and for signing by the author before and after the speaking engagement from 6-7pm and 8:30-9:30pm.

About Electroboy:

Electroboy is Andy's chronicle of his battle with bipolar disorder - the euphoric highs and desperate lows. He was misdiagnosed by more than eight doctors and even when he was finally diagnosed with this chronic illness, he was unsuccessful on any regimen of medication. With no hope of his condition stabilizing, he turned to the last resort: electroshock therapy/electroconvulsive therapy (ECT).

This program is being sponsored by the Department of Psychological Counseling, the School of Education's Department of Speech Pathology, Educational Counseling and Leadership, Counseling and Psychological Services, and the undergraduate Psychology Club.



Drag Queens Take Over Anacon Hall for a Great Cause

The University welcomed three professional drag queens to campus last Friday, March 6 as the All Lifestyles Included club presented Drag Show 2015: Candyland.

The All Lifestyles Included club, or ALI, is an organization that strives to promote awareness for the lesbian, gay, bisexual, transgender, and questioning, or LGBTQ, community on and around campus. One of the ways they do this is by holding their annual drag show. This year, the club went all out.

"This year's drag show was a lot of fun to plan," said Melissa Galvin, a senior psychology and sociology double major, as well as the president of ALI. "We chose to go with a candyland theme, and the queens really got into it." The queens were not the only ones who really got into it. Anacon was transformed into a show was extremely successful. candy heaven. Giant, candy-shaped lights were reflected up onto the ways difficult to plan, ALI's bigwalls, snacks such as candy, cookies, and brownies lined the room's perimeter, and a cotton candy machine filled the space with a sweet smell. To top it all off, big pieces of fake candy decorated the huge, brightly-lit stage where the queens made themselves at home.

Milian, Jadé, and Yuhua Hamasaki. This year, two of the queens came all the way from the Big Apple. "I found Yuhua and Jadé from New York City," said Melissa Rance, a junior biology student and vice president of ALI. It was Rance's job to hire the queens. "Although we usually use the same local people, they [Jade and Hamasaki] turned out to two songs each, and even jumped off the stage at points to involve the audience. "I Kissed a Girl" and "Single Ladies" were defi- 13-24."

nitely big crowd-pleasers.

Throughout the show there were raffle drawings for \$25 Visa gift cards and \$15 Applebee's gift cards. Then, two male students were selected from the audience to participate in a dance-off while dressed in drag. This portion was yet another crowd favorite.

The party did not end when the show was over. After their performances, the drag queens hung out after the show to dance around and were happy take pictures with audience members.

"This is my fourth year at Monmouth. I'm pleased to come back and see new faces and see ALI pushing forward with their movement," explained Milian. "We're all human. I look forward to next year." Jadé described her experiences as a drag queen and at the University as "thrilling" and "astounding."

Galvin felt that this year's "While it's [the drag show] alger membership this year really helped," she said. "The show ran a lot more efficiently and the club's presence on campus was better recognized this year than in the past, making the event bigger and better than years past."

At the start of the event, it was Three professional drag queens announced that the show had were showcased at the event: Danza raised \$997. By the end of the show, it had broken \$1000. All of this money was donated to The Trevor Project. According to Galvin, The Trevor Project is an organization dedicated to assisting suicidal LGBTQ youth. As stated on thetrevorproject.org, "Founded in 1998 by the creators of the Academy Award-winning short film TREVOR, The Trevor Project is be the best part of the night," she the leading national organization continued. The queens danced to providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people ages



(Top Left) Local drag queen Danza Milian, opens the show with popular song "Bang Bang." (Top Right) Jadé, a queen from NYC, entertains the audience with a sailor number. (Bottom) The members of All Lifestyles Included gather with the three queens after the show to converse and pose for a picture.

CLUB AND GREEK ANNOUNCEMENTS

MONMOUTH PEP BAND

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

RUNNING CLUB

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

THE OUTLOOK

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

WMCX

WMCX will be hosting its 24 Hour Music Fest on Friday, March 13, beginning at 9 am. The station will feature 24 bands in 24 hours. Tune in to 88.9 FM to listen to live music all day and night on your home for modern rock with an

ALPHA XI DELTA

Alpha Xi Delta would like to remind everyone that April is National Autism Awareness Month! Stay tuned for upcoming events!

ZETA TAU ALPHA

The sisters of Zeta Tau Aldents interested in writing, graphic pha would like to thank everydesign, and photography to join the one that came to Big Man on Campus to help support Breast Cancer Awareness and Education. We are happy to have raised over \$3,000 which will be benefited greatly by so many people affected by Breast Cancer. Thank you again for your

MU SURF CLUB

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

BOOM ROASTED PRODUCTIONS

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

HUMAN **RESOURCES CLUB**

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

MOCC

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

MOVE FOR HUNGER

On April 12 at 2 pm in Lot 16 behind the Jules Plangere Building, we will be hosting a truck-pull competition to help bring awareness to the hunger issue in Monmouth County and fundraise for Move for Hunger. Teams of 10 will register a team for \$50, \$5 per person to compete. Teams can be clubs/organizations on campus, faculty, community members, or even just a group of friends looking to get involved. Winners will receive awesome prizes and gift cards to local businesses. Teams can register through this link: http:// mutruckpull.eventbrite.com.

RESIDENCE HALL **ASSOCIATION**

RHA will be hosting room tours for upperclassman buildings. Please meet at Mullanev Hall at 8 pm on Monday, March 23rd if you are interested in viewing any buildings.





TOP LEFT:STUDENTS NETWORKING AT THE ANNUAL COMMUNICATION CAREER EVENT. (PHOTO COURTESY OF KIERA LANNI)



CENTER RIGHT:LET'S HOPE THE ICE IS GONE FOR GOOD.
(PHOTO COUTESY OF KIERA LANNI)



BOTTOM LEFT STUDENT JACKIE SHUGARD POSES WITH A QUEEN AT ALI'S ANNUAL DRAG SHOW. (PHOTO COURTESY OF JACKIE SHUGARD)

SPRING BREAK

Р	Υ	Н	Н	S	I	K	N	W	L	G	F	Ε	S	R
Q	R	Н	С	F	Z	1	J	0	Q	Α	Ν	Τ	Χ	Ε
В	Н	0	R	R	Α	S	0	Н	M	В	Р	Ν	D	J
V	N	L	С	R	Α	Н		1	N	Α	T	0	Χ	Ε
0	Κ	0	Р	R	С	M	L	D	T	V	Z	-	Χ	U
F	U	Ν		S	Α	Υ	1	R	S	D	Р	Τ	D	V
F	С	Q	0	T	Z	S	1	R	Р	Α	Q	Α	Υ	Ε
S	R	Ν	T	W	Α	С	Τ	V	R	G	N	С	Α	N
Р	U	I	T	Z	K	Χ	S	- 1	-	J	В	Α	1	Τ
D	Υ	Ν	Ε	S	Z	Υ	Α	Р	Ν	Τ	Н	V	С	Α
Z	K	С	D	N	0	Κ	W	L	G	Α	U	Τ	Н	Τ
F	Χ	Α	Χ	L	D	Κ	Χ	Q	Ε	M	T	Q	Ε	
В	Υ	Р	Ε	Ε	L	S	S	U	Κ	R	В	1	M	N
G	Ν		Τ	Α	R	0	G		V	Ν		В	0	G
S	Н	Α	M	R	0	С	Κ	С	Р		Z	Α	Н	Ν

FAMILY FRIENDS FUN HOME

INVIGORATING MARCH NO SCHOOL PROCRASTINATION RAIN REJEUVENTATING RELAXATION SHAMROCK SLEEP SPRING ST PATRICKS DAY SUN VACATION

QUOTE OF THE WEEK

"THAT'S ONEOF THE GREATEST THINGS ABOUT MUSIC. YOU CAN SING A SONG TO 85,000 PEOPLE AND THEY'LL SING IT BACK FOR 85,000 REASONS."
-DAVID GROHL



ARE YOU PROUD OF A PHOTO? DID YOUR CLUB/ORGANIZATION DO SOMETHING COOL? SUBMIT YOUR PHOTOS TO KIERA AT \$0899594@MONMOUTH.EDU



How will you be spending spring break?

COMPILED BY: KIERA LANNI



Mike Sophomore "Sleeping."



Catherine Junior
"Sleeping and doing last minute school work before it's due."



Asad Sophomore "Sleep, relax, and procrastinate."



Jeremy Sophomore "Programming, reading, and even do some writing."



Java Jenn
"I'm going to RELAX, totally relax."

Men's Track and Field are IC4A Champions

The Monmouth University men's track and field team finished first at the 94th IC4A Indoor Championships for the first time in school history on Sunday at Boston University, with 58 points to place first out of 100 total schools. The MU women took 10th of 86 schools at the ECAC

Monmouth name in the record books along with some of the best teams in the history of collegiate track and field is pretty special," said Head Coach Joe Compagni.

The MU men defeated Georgetown, the second place finisher, by a 58-51 and had in total 10 All-East performers in eight different events to earn the first IC4A title in school history. The women claimed 10th of 86 schools, the second-best finish in school hisindividual two re-

combined points. S e n i o r Jalen Walker became t h e

eighth I C 4 A i n door

"For our men to put the

awesome to win the IC4A 60h and break the school record, but I am most happy for being able to make Monmouth history with my teammates," Walker said. Championships.

He was joined by junior Geordan Ferguson, an All-East honoree, who finished eighth. Senior captain Ben Boyd lowered his own school record in the 400, running 47.45 to finish third with All-East honors. Freshman Bryan Sosoo finished fourth in the 60m dash running 6.89, while junior Ahmier Dupree finished seventh in 6.96. Dupree ran the 200 meter the previous day breaking the school record. "Breaking the 200 record shows how hard I trained all year," Dupree said "Yes it feels good to win but making history as a team to win IC4A's is

winning the 60 hurdles with a

personal best and school record

time of 7.90 seconds. "It was

champion in school history, honors finishing second, lowering his own school record that he set the previous day in the trials in the 500, running 1:01.87. Senior Andrew Langille earned an IC4A silver medal, taking second in the 800 running 1:50.46. Senior Khari Bowen ran 14:34.53 in the 5k, the second best indoor time in school history.

Senior captain Taylor Bernstein placed third in the shot put, throwing 58'8". Junior Liam Vogt earned All-East honors, finishing fifth in the long jump for the second year in a row, after taking eighth last year. Senior Joey Marini finished third in the triple jump with a jump of $49^{\circ}6^{1/2}$.

On the women's side, senior captain Lauren McDonald was All-East in the pole vault beating her own school record with a jump of 12'7.5" to finish tied for fourth. Sophomore Casey Sturts took 11th with

The 4x800 lowered their school record from the previous days trials to 8:46.56. The team of freshman Allie Wilson, freshman Danielle Leavitt, sophomore Jenna Cupp and sophomore Tionna Garner ran a tough race, finishing third.

The distance medley relay team was made up of sophomore Molly McKeon in the 1200, sophomore Andrea Olsen in the 400. junior Kendal Hand in the 800 and junior Sydney Engelberger in the 1600 finished second overall to earn All-East honors. Their time of 11:47.68 is second best in school history.

Engelberger ran 4:56.27 in the mile on Saturday in the trials, running the second fastest time in school history and just missing finals. Hand ran 2:11.99 on Saturday, a personal best in the 800 trials, just missing finals as well. Senior captain Kate Frye earned

overall in the 400 running an indoor personal best of 55.29.

Freshman Domoah Kutu-Akoi finished fourth in long jump with a personal best of 19'2.75" to earn All-East honors. Kutu-Akoi went on to place eighth in the 60 meter dash where she previously tied the school record with a time of

"As a freshman I'm honored and happy that I was able to contribute to the team and have a chance to experience a new level of competition," Kutu-Akoi said.

"Both the men and the women had to put up some elite level performances against some great programs to earn our team finishes," said Compagni.

Capwell will compete in the 800 at the NCAA Championships at the University of Arkansas next week as the only Hawk to qualify, with the trials of the event being held on Friday, March 13. The Hawks will start their outdoor



The men's track and field team won the 94th IC4A Indoor championships. The men competed against a field of 100 schools and captured first place by a mere seven points. This is the first time in school history the men's team have won the IC4A.

Baseball Can't Snap Nine Game Losing Streak

MAGGIE ZELINKA SPORTS EDITOR

Monmouth University's baseball team still looks for their first win of the season as they dropped a three game series to the East Carolina Pirates this past weekend.

9-0 in game two.

The first game featured a pitching duel between senior Chris McKenna and ECU's pitched a scoreless 7.1 innings in first game, but allowed two runs before he was replaced by senior TJ Hunt who finished the game. McKenna was able to hold ECU to nine hits while Kruczynski held the Hawks to two hits, striking out seven in the series which featured anoththe process. Senior first baseman Dave Moreno and sophomore outfielder Chris Gaetano were the only Hawks to hit off Kruczynski.

The second game of the doubleheader featured junior southpaw Frank Trimarco. Trimarco a run courtesy of a sacrifice fly. allowed six runs on seven hits in just one inning of work.

ECU's Reid Love got to Trimarco early as he hit a home Gaetano knocked in freshman run in the lead off position. Back-to-back base hits put Eric

base for ECU. Batting clean up was Travis Watkins, who connected for an RBI single. Jackson Mims, Charlie Yorgen, and Garrett Brooks each contributed an RBI in the inning.

Head Coach Dean Ehehalt pulled Trimarco and replaced cured their win with a two The team opened the series him with freshman Matt Lit- -run seventh inning. With one with a doubleheader on Satur- trell. In three innings, Littrell out and runners on second and day falling 2-0 in game one and allowed three runs on six hits third Harman hit a sacrifice while striking out one batter. In fly to knot the score at two a relief for Littrell was freshman Justin Andrews, who recorded three scoreless innings. Sopho-Evan Kruczynski. McKenna more Ricky Dennis was sent out for the final inning of the game. MU's four pitchers allowed 15 hits while ECU's pitching staff held the Hawks to three hits in the game.

The two teams met again on Sunday for the the final game of er pitching duel between ECU's David Lucroy and MU's junior southpaw Anthony Ciavarella. There was no real action for either team until the bottom of the third when ECU hit backto-back singles and then scored

MU scored their first run of the series in the top of the fourth. With bases loaded, Shaine Hughes.

The Hawks were able to pull losing end.

Tyler and Bryce Harman on ahead with two outs in the fifth when senior Steve Wilgus and Hughes singled to put two runners on for senior Kyle Perry. Wilgus was able to score on a throwing error by Mims giving the Hawks a one run lead.

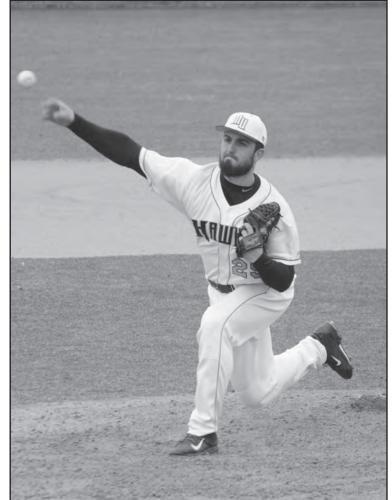
> Two innings later, ECU sepiece. Watkins then hit a single through the middle to give the game its final score of 3-2.

Ciavarella was given his third loss of the season. In 6.2 innings pitched, he allowed three runs, one of which was earned. off eight hits. He also surrendered four walks and struck out one batter. Hunt saw four batters to finish the game.

MU will travel to Virginia this weekend to face VCU on Friday, Minnesota on Saturday, JMU on Sunday, and VCU again on Tuesday.

They will return to the East Coast for a game against St. Joseph's in Philadelphia. PA on Wednesday, March 18.

The Hawks finish their spring break with a four game series against the Wagner Seahawks. The last time these teams faced each other, MU came out on the



Senior Chris McKenna has ten strikeouts in the three games he started this season. He currently posts a 5.94 ERA.

Men's Basketball Falls in MAAC Semi-Finals

The men's basketball team was eliminated from this year's MAAC Championship Tournament after falling to top-seeded Iona in the semi-finals at the Times Union Center in Albany, NY this past Sunday, March 8.

One day after beating Canisius in the tournaments quarterfinal round, the Hawks could not overcome Iona's record breaking performance from the three-point line and fell by a final score of 95-77. The Gaels knocked down a MAAC Tournament record 19 three, four more than the previous high of 15 made by La Salle advance to their third straight in 1990.

"Our kids gave us everything," said Head Coach King Rice following the loss. "Nobody thought we'd be here. I truly thought, and I told my kids all day, that we were going to win this game, but Iona was the better team. A lot of credit to them."

Senior captain Max DiLeo went five for seven from behind the three-point line and hit six of his seven free throws in route to a career high 21 points to lead the Hawks. Junior guard Deon Jones went 8-14 from the floor and finished just behind DiLeo with 18 points, while senior forward Brice Kofane also reach double figures on the night with 10 points and also recorded a team high seven rebounds.

Iona star A.J. English led all scorers on the night with 29 points. English went 11-16 from the floor and made seven of his ten attempts from the three-point line. Isaiah Williams finished right behind English with 27 points, and set an individual MAAC Tournament record by draining nine trifectas.

Despite shooting over 60 percent from the field, including a 54.5 percent mark from three-

heading into the half.

The Hawks only lead of the game came just four minutes into the contest when a layup from sophomore point guard Justin Robinson made the score 6-5.

A Kofane layup three minutes into the second half brought MU back to within six, but English responded right back with one of his seven makes from beyond the arc to push the lead back to nine.

The Hawks were unable to get closer than that over the final 15 minutes of play as Iona continued to stay hot from the field and closed out the victory.

With the win the Gaels will

much for MU, who trailed 57-45 MAAC Tournament final. It will be a familiar scene in the Times Union Center as Iona will meet Manhattan, who also reached the final for the third consecutive sea-

Despite the disappointment with the loss, this season was a changing point in the program. Pending an invitation to a postseason tournament, MU will finish the season with an overall record of 18-15 and a 13-7 mark in conference play.

It is the first time the Hawks will finish with a record above .500 since the 2005-06 season, and they also won a conference tournament game for the first time since 2006.

Robinson will lead a young nucleus of talent returning to the team next year, and the MAAC First-Teamer has high hopes for the future.

"We're going to be right back here next year," said Robinson. "With the guys that we add and the guys that we have coming back we're looking to take the next step. Pat ourselves on the back for this year, but we're not content."

Rice added, "You have to go through times like this to be champions. But we're coming to be at the top of this league, and everyone knows it. That's what I'm here for, that's what these guys came to the school for, and we're coming after it every single day."



FH The National Field Hockey Coaches Association (NFHCA) has included the University's field hockey team in its 2014 Gladiator by SGI / NFHCA Division I National Academic Team Award.

The MU field hockey yeam posted a 3.37 overall GPA this past fall. This is the sixth consecutive year they have earned this honor and the seventh time in the past eight years.

UPCOMING

Wednesday, March 11 MTEN at Radford Shrewsbury, NJ 6:00 pm

Friday, March 13 Track and Field Fayetteville, ARK TBA NCAA Championships

Softball at Butler Orlando, FL 11:00 am

Softball at UCF Orlando, FL 3:30 pm

Baseball at VCU Richmond, VA 6:30 pm

Saturday, March 14 Track and Field Favetteville, ARK TBA NCAA Championships

Bowling Allentown, PA 9:00 am **USBC** Sectionals

Softball at James Madison Orlando, FL 9:00 am

Softball at Fairfield Orlando, FL 11:00 am

WLAX vs. St. Joseph's W. Long Branch, NJ 1:00 pm

Baseball at Minnesota Richmond, VA 1:00 pm

MLAX at Marist* Poughkeepsie, NY 1:00 pm

Sunday, March 15 Bowling Allentown, PA 9:00 am **USBC** Sectionals

MGOLF Port St. Lucie, FL TBA Spring Trip

Tuesday, March 17 Softball at UIC Orlando, FL 9:00 am

Baseball at VCU Richmond, VA 3:00 pm

Softball vs Stetson Deland, FL Game 1 at 4:00 pm Game 2 at 6:00 pm

MLAX at NJIT Newark, NJ 7:00 pm Lubetkin Field

Wednesday, March 18 Softball vs Jacksonville Jacksonville, FL TBA

Baseball at Saint Joseph's Philadelphia, PA 3:00 pm

Thursday, March 19 Softball at North Florida Jacksonville, FL TBA

WLAX at Fresno State Fresno, CA 7:00 pm

*Conference Games



point range, in the first half, the Sophomore Justin Robinson had a breakout year for the Hawks. The two year starter averaged 13.4 barrage of Iona threes was too points, 3.6 assists and 1.7 steals per game and was named to the All-MAAC First Team.

Women's Basketball Lose to QU; End of Season

TOM CARROLL

ketball season came to an end Friday at the Times Union Center after an 82-61 quarterfinal for this game from the first two loss to the No. 1 seeded Ouinnipiac Bobcats.

nament, which was hosted in were what really helped us pull Albany, NY, as the No. 9 seed this out. Overall, we had some and as a result, they were slated to play in the first game of the can't say enough about Helena, weekend against the No. 8 seed, Jas Walker and Chris Mitchell. hopes of earning an automatic sort of comeback against a pothe Canisius Golden Griffins. I think they all brought some-The Hawks began their MAAC Tournament ride early on Thurstain times that were critical for season at 13-18. day morning.

Sophomore guard Helena Kurt led all scorers with 22 points as Canisius 68-56 in the MAAC Championship First Round.

Junior guard Jasmine Walker notched her fifth-career doubledouble, dropping 14 points and lead down to five with just over grabbing ten rebounds. Sophomore forward Christina Mitchell added 14 points of her own and contributed on the boards corralling five rebounds. NJIT transfer Sarah Olson shot three earned a matchup with No. 1 of ten from beyond the arc finishing with nine points.

Kayla Hoohuli, Canisius' leading scorer and 2014-15 Preseason All-MAAC Second Team selection, finished with cluding an 87-48 decision last a team-high 18 points. Crystal Porter added 12 points and six rebounds.

win the first round game.

"I thought the team played re-The Monmouth women's bas-etball season came to an end our game plan," Palmateer said. "We changed a couple things times we played them. They were minor adjustments, but MU entered the MAAC Tour- our execution of those things great individual performances. I thing slightly different at cer-

Canisius led 24-23 at the half, but Kurt and Olson ignited a English finished with nine the Hawks defeated No. 8 seed Hawks 13-1 run about half way points and ten rebounds. It through the second half, each hitting a three. After the run, the Hawks never trailed.

Canisius managed to get the seven minutes remaining in the game but were unable to overcome the deficit. An Olson three aided the Hawks.

With the win, the Hawks seeded Quinnipiac. The Bobcats finished with a perfect 20-0 record in conference play. During the regular season, the Bobcats defeated the Hawks, 41-39, inweek in the final regular season game for each team.

"They're playing probably Head Coach Jenny Palmateer their best basketball right now knew her team had to execute and we have our hands full. But ally well today."

the plan she installed in order to when you're playing in a tournament like this, if somehow you can make it to that last day, you've got to play everybody anyway," said Palmateer.

Heading into the Friday morning matchup, the Hawks knew they were in for a tough game with the Bobcats.

Kurt and Walker scored 11 points apiece, but the team fell to Ouinnipiac, 82-61. With the loss, the Hawks finished the MAAC Tournament and their dered their ability to sustain any bid to the NCAA Tournament tent Bobcats offense.

In her final game with the Hawks, senior forward Sara proved to be an emotional game for the Smithtown, NY native who exited to a standing ovation with tears welling in her eyes. Palmateer greeted her at the bench with open arms for an

embrace with her lone senior. "If we converted a transition opportunity there, we could've cut the lead to single digits eight or nine points with 13 minutes to go and that's a totally different ballgame now," said Palmateer. "It gets to single digits, maybe they get a little tight and we could make a little bit of a run right there. But Quinnipiac is such a strong team and all the credit goes to them. They're a deep team. They have a bunch of shooters and they played re-

Val Driscoll had a team-high for Quinnipiac with 17 points and nine rebounds. Jasmine Martin and Gillian Abshire (cousin of former Florida Gators sharp-shooter Mike Miller) had 16 points apiece.

The Hawks outscored Quinnipiac 15-5 to start the second half. However, the Hawks finished the game with 13 turnovers and struggled to score transition buckets, which hin-

"I'm really proud of my team and the fight that we showed," said Palmateer, who praised her team on the effort they gave during the post-game interview. "We got down really early and other than that, we had chances where we could've rolled over and died, but we didn't. The last 32 minutes of that game, we played them to a 55-52 ballgame. That's not the kind of start you can afford to get off to against a team like Quinnipiac. I thought we had some good looks, but they were rimming in and out and we couldn't get anything going offensively. But I'm really proud of the way that my team really battled back, hung tough and scrapped to try to make a comeback."

The Hawks return 13 of 14 players next season with the departure of senior Sara English who will graduate in May with a degree in English/Elementary Education.





The men's basketball team came up short on Sunday against Iona in the MAAC Semi-Finals. This season marked the best under Head Coach King Rice's tenure.