



THE MONMOUTH UNIVERSITY'S STUDENT-RUN NEWSPAPER SINCE 1933 OUTLOOK



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'STUDENT AID BILL OF RIGHTS'



IMAGE TAKEN from gradplanet.com

President Barack Obama's recent introduction of his "Student Aid Bill of Rights" urges the government to take a proactive role in aiding students with their loans to alleviate their debts.

RICHARD FELICETTI
STAFF WRITER

Crippling debt has long been one of the most prominent drawbacks of gaining a college education according to the *New York Times*; however, President Barack Obama introduced his "Student Aid Bill of Rights," which contests that the government should take a proactive role in aiding students with their loans.

According to a *USA Today* article published on March 10 titled, "Obama Signs 'Student Aid Bill of Rights,'" the President stated that the average college student who takes a loan graduates with about \$28,000 in student loan debt. Therefore, Obama is trying to alleviate these financial concerns for struggling students.

After signing a memorandum to declare the "Bill of Rights," Obama traveled to Georgia Institute of Technology to explain the inner-workings of the program.

The program is an intricate series of directives that aim to make the loan-payment process as effortless as possible. Obama urges the Department of Education to implement more forms of repayment and introduce new rules for third-party organizations that collect loan payments.

One of the main problems that students face after college is properly planning their loan repayment. Students often feel taken advantage of by third-party organizations, as the payment options may be difficult to fulfill.

The plan suggests that one website needs to be created on which students can access their loan information and another website on which the borrowers can file complaints about loan providers. Therefore, there will be no confusion or disagreements as to when a repayment is to be made.

"Every borrower has the right to an affordable repayment plan," Obama said at Georgia Tech. "Every borrower has the right to quality customer service, reliable information, and fair treatment, even if they

struggle to repay their loans."

Paul Dement, Director of Government and Community Relations at the University, said that the initiative could be beneficial for students. "President Obama's initiative on the student aid bill of rights looks to be a positive step in protecting and assisting student borrowers," he said.

"The executive action could make it easier for borrowers to stay up-to-date on payments by requiring lenders to be more transparent and providing more accountability for the companies who manage the student loans to help borrowers who fall behind in their payments," continued Dement. Additionally, he believes it will establish a centralized complaint system for student borrowers to address issues with lenders.

Despite the advantages, Dement does have some concerns about the complexities of the program. He said that Obama plans to "raise standards" for

Student aid continued on p. 2

Gourmet Dining, LLC to Replace Aramark Food Services at MU

ERIN MCMULLEN
ASSISTANT NEWS EDITOR

After almost 40 years of service, Aramark will be replaced by Gourmet Dining, LLC as the University's new food service provider on or before July 1, 2015. Improvements to all dining facilities on campus are expected to be completed over the course of the next 18 months.

A committee of administrators from several offices on campus, including Student Life and Leadership Engagement, Residential Life, Finance, Athletics, and Conferences Services, among others, reviewed the Requests For Proposal (RFPs) sent to the University by various food providers.

The committee made campus visits and reference calls as a way to further understand the strengths and weaknesses of each food provider.

There were also two students from the Student Government Association (SGA) who helped the committee reach their final decision.

The University received RFPs from Sodexo, Parkhurst Dining, Gourmet, and Aramark, the incumbent. The committee deliberated for nine months before deciding that Gourmet would be the best fit for the University's campus.

Gourmet is a New Jersey-based family business that has been operating in higher education dining for almost 30 years, explained Michael Frungillo, the company's President.

According to their website, Gourmet's mission is "to provide exemplary and unique dining experience for each client built on strong professional

and personal relationships." The company is also committed to meeting the continuously evolving, dynamic dining needs of their clients.

"Gourmet had an outstanding program for our residential dining hall that was innovative, creative, and had the type of foods our students want," said Mary Anne Nagy, Vice President for Student Life and Leadership Engagement.

"Their service and commitment to customer service was also outstanding," she added.

Nagy sent out a school-wide email on Friday, March 13 notifying students and staff of this upcoming change in dining services.

In the email, Nagy explained that Gourmet "will increase the quality of the dining experience by providing more choices, including fresh sushi, brick oven pizza, carving stations, organic steamed meals, fresh-baked items, and more."

She continued by stating that there will be allergy and gluten-free stations in Magill Commons under the management of Gourmet, and that the company will also provide the campus with a registered dietician who will be able to assist students, faculty and staff when it comes to making healthy dietary decisions.

The email also confirmed that a full-service Dunkin' Donuts will be replacing what is now Grill Works in the Rebecca Stafford Student Center (RSSC).

Some students who are planning on graduating within the next year or two are sad that this change has not been made

Dining continued on p. 3

New Board of Trustees Members Elected

BRANDON JOHNSON
POLITICS EDITOR

The Monmouth University Board of Trustees added four new members on Feb 26., bringing new faces to the University's efforts regarding student planning. Patty Azzarello '86, John A. Brockriede Jr. '07, '10M, Christopher Maher, and Erik Matson '88M will bring their talents and experiences to the Board beginning July 1.

President Paul R. Brown said that in choosing new trustees, the Board believes, "There are many factors that make a good candidate for the board of trustees. The Board renews and refreshes itself with new

members who each bring different strengths and areas of expertise they can share with the University to ensure appropriate governance."

The new trustees are expected to enter their obligations by putting the greater needs of the entire university before any particular group or organization. As Brown put it, "An ideal candidate is willing to devote the time needed to attend not just regular meetings of the board, but also participate meaningfully to ensure that Monmouth remains strong, and demonstrate leadership so that we are constantly improving."

Chair of the Board of Trustees, Henry D. Mercer III said that he is excited for the "fresh perspective[s]" they will bring to the group. Within

the entirety of the Board, there are various committees and focus groups that handle certain tasks. The key in adding new members is determining where they will gel with existing members, according to Mercer.

The Board meets three times each year, in addition to a yearly retreat. "At a typical board meeting, each of the major functional areas of campus report on the accomplishments and challenges facing Monmouth. We ask questions, sometimes tough questions, and provide guidance about matters that may impact the operations of the University."

Mercer assured however that

Trustees continued on p. 3



IMAGE TAKEN from monmouth.campusdish.com

Gourmet Dining, LLC was named Monmouth University's new food service partner, effective on or before July 1, 2015. Gourmet is known for its business model that favors locally grown produce, healthful eating options and great variety.

MU Alumnus and Celebrity Publicist Visits University

FABIANA BUONTEMPO
NEWS EDITOR

Entertainment and brand publicist at Illumination PR, Louis Garbarini, advises students to take risks and put themselves out there in the job force.

As a part of the University's Public Relations Student Society of America (PRSSA) Speaker Series, Garbarini shared his experience and gave advice on internships, finding a job after graduation and how to take risks in one's field of choice during his presentation in the Jules L. Plangere building on Wednesday, March 11.

Graduating last May, Garbarini pointed out to students that nothing is wrong with changing majors and career paths while in college. "It's important to be passionate about what you choose to do as a career," he said.

Garbarini shared how he was originally a psychology major his freshman year at the University but decided to go down a different path by switching his major to communication with a concentration in public relations/journalism later.

As a student at the University, being the Vice President of Marketing and Membership of the Student Activities Board (SAB) on campus helped Garbarini discover his passion.

"I decided I was more interested in public relations and I wanted to be around celebrities so PR/Journalism seemed like a better fit for me," he said.

Before his career began at Illumination PR, located in Tarrytown, NY, Garbarini interned at the company during the sum-

mer of 2013. Garbarini said that after his internship at the company ended, he took the risk of applying for a potential job at Illumination PR. "After interning for a year [at Illumination], I went on a whim and sent my resume to the company in the hopes of working there full-time," said Galbarini.

Mary Harris, a specialist professor of public relations and advisor of PRSSA, said the current students in attendance seemed to really enjoy Garbarini's presentation about his own personal experiences. "He is just a year out of college and easy to relate to for the students," said Harris.

Listeners such as Maggie Zelinka, one of the co-presidents of PRSSA said she appreciated Garbarini's honesty about changing majors and admired him taking risks with his career.

"It was an honor having Louis speak at today's PRSSA meeting," she said. "There is nothing better than our members hearing from someone who was once in their shoes and is now a professional in the field [of PR]," added Zelinka.

Harris said Garbarini's presentation was very valuable to students. "It was beneficial for them to hear about how he [Garbarini] is working with high profile clients and major events at Illumination," she said.

"It was so inspiring to hear Louis speak," said Linda Bruno, a senior communication student. "I remember seeing Louis around Plangere and now that he just graduated and is working in PR with celebrities such as Christina Millian and

JWOWW, I'm really happy for his success," said Bruno.

Garbarini also provided students with tips for how to get a job in one's field of study right after graduation, sharing his insight with resumes and cover letters. "I firsthand have access to incoming cover letters and resumes that are sent to Illumination, and there really are some bad ones out there," said Galbarini.

Along with revising cover letters and resumes, Garbarini advised students to always have a strong introductory email when writing to a future employer.

Most importantly, students should always conduct research on the company they are applying to. Garbarini explained that doing research not only helps during the interview process, it helps someone figure out if a specific company is one that they want to work for.

Garbarini's job advice helped Casey Allocco, a senior communication student and co-president of PRSSA. "Louis pointed out small things that are so crucial when applying for a job that are sometimes overlooked, such as introductory emails," said Allocco.

Once one lands the interview and goes through the process, Garbarini said in his presentation to always do a follow up email thanking the company and interviewer for the opportunity. Garbarini explained that follow up emails help build relationships with people and companies. He said building relationships and networking at an internship or job is crucial in today's job force.

At the conclusion of the pre-



PHOTO COURTESY of Louis Galbarini

(From left to right) Viola Davis, the lead actress in "How to Get Away with Murder," and Louis Garbarini, a recent Monmouth alumnus, pose at the GBK Pre Golden Globes Celebrity Gifting Lounge.

sentation, students were able to ask Garbarini any questions they had.

There was a wide array of questions that allowed Garbarini to go into further detail about everything from his work schedule, to tips on project time management.

Within his answers, Garbarini said his schedule is Monday through Friday, 11a.m to 6p.m. In regards to project time management, he advised students to always give enough time for planning.

Along with planning, pitch ideas to multiple clients ahead of time to give some flexibility, and to really stay on top of incoming emails, as one can easily get bombarded with a great amount each day.

Garbarini's last piece of advice for students finding a job after graduation was, "Definitely get an internship as it opens up so many doors for you, do a lot of research of what you want to do in your field and research the companies you want to pitch yourself to," he said.

President Obama Urges Gov't to Aid Students with College Loans

Bill of Rights continued from p. 1

debt collectors and claims that there will be "higher standards for student loan servicing," as well as "enhanced disclosure" and "strengthened consumer protections." However, Dement points out that the specific details on how these goals will be achieved are unclear.

Moreover, University President Paul Brown said that he

does not address directly is the cost of higher education. In my opinion, this is one of the biggest challenges facing the higher education industry," said Brown.

"There is a lot of concrete evidence to support the value of a college degree, and even more telling, according to the Bureau of Labor Statistics, there will be an 18 percent increase in jobs requiring a master's degree by 2018," added Brown.

These initiatives have not come close to reaching Congress, though.

The overall reception of the program has been positive, as the main theme, to make lenders more transparent and accountable, is favored by all.

"Keeping overall costs down for students is something that is important to me personally, and of utmost importance to every member of my senior staff," said Brown.

"What the executive action does not address directly is the cost of higher education. In my opinion, this is one of the biggest challenges facing the higher education industry... We remain a costly endeavor."

PAUL R. BROWN
University President

agrees with Obama's initiative, as it is hard to argue against greater transparency and accountability for lenders. As Brown notes, according to the Federal Reserve of New York, the median wage of an American with a bachelor's degree was \$48,000 in 2014, which is 63 percent higher than the \$25,052 earned by workers with a high school diploma.

Despite the potential positive effects of the bill, Brown points out that the program fails to recognize important aspects of education.

"What the executive action

"So, while the 'value proposition' is there, we remain a costly endeavor for many students and their families," Brown said.

Moon Ho Kim, a freshman marketing student, said that the bill is important. "It will give more students the opportunity to attend college. As the repayment process is simplified, students will not be as fearful of attending college," said Kim.

In addition to the "Student Aid Bill of Rights," Obama proposed a plan that enables qualified students to attend two years of community college for free.

"Each investment in campus safety, facilities that serve the needs of current and future students, and new academic opportunities, are debated fiercely and weighed carefully, always with the goal of providing an outstanding academic experience while limiting the financial burden to our students," he said.

Brown continued, "As with any legislative initiatives that affect our students, we will continue to monitor any changes to the overall lending process and do our best to help students navigate the process."



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Monday, March 23rd – 24th
11:30 am – 4:30 pm

**LATE TICKET SALES
(\$20 TICKETS):**

2nd floor of the RSSC
Wednesday March 25th – 26th /
Day of Event
11:30 am – 4:30 pm



Board of Trustees

Trustees continued from p. 1

The Board does not act like a “rubber stamp for University initiatives, but as an active and participatory body with legal and ethical oversight responsibilities that we take very seriously.”

The hot-ticket item the President and Board are tooling with is the 10 month strategic plan that was set in motion Oct. 2014. Since October, “There were hundreds of hours of discussion in many different focus groups where almost every aspect of Monmouth University was put under a microscope. Numerous surveys and requests for information and feedback were also sent electronically, eliciting a lot of very valuable information that helped to craft the overall vision for where we want to go,” according to Brown.

Mercer added that the strategic plan was not a trickle down one, rather, it started from the bottom of the campus and working its way up. Both Brown and the Board of Trustees have been, and continue to be supportive of the strategic plan emanating from the Monmouth Community.

Students have played an important role in the strategic plan, notably regarding Hesse Field and the Ciniello Family Bowling Center. Hesse Field can now be used by intramural athletes, a change Brown noted as only possible through student input.

Facebook Adds Suicide Prevention Resource

JAMILAH MCMILLAN
STAFF WRITER

Last month Facebook released suicide prevention resources that will provide users with more options when they see a friend post something that is concerning.

The updated tool lets users flag content on both their desktop and mobile versions of Facebook that they find worrisome. If a Facebook friend posts something that implies that they might be thinking of harming themselves, users can flag the post to report it. Facebook will then offer the concerned user the option to contact the friend, contact another friend for support, or contact a suicide helpline.

Facebook has given users a way to report potential suicidal content in the past. Since 2011, users could take screenshots of a troubling post and go to an official page for suicide prevention to help out their friends. However the recent updates are a more timely and simpler alternative to a “clunkier system,” said the *Times*.

“This tool has the potential to have a positive effect -- perhaps even a lifesaving one -- for those who make use of it. For a person who is feeling alone and suicidal, knowing that a friend noticed their distress and tried to help in this way provides evidence that his or her pain is not invisible. Also, being presented with positive options of responding and reaching out for help can make it easier for the suicidal person (who may be feeling too drained to seek out that information themselves) to take that path,” said Jamie Goodwin, an instructor of psychology.

According to a study published in the *American Journal of Public Health*, social media sites have increased both the rate of suicide and efforts to prevent suicide. The *American Academy of Clinical Psychiatrists* released a report stating that each year, approximately

2 million U.S. adolescents attempt suicide, and almost 700,000 receive medical attention for their attempt. Since the creation of the web cyberbullying has created a higher level of suicidal young adults.

“I think my posts would have been flagged when I was in high school. There was a time when I was struggling as a new mom, a single mom, and a confused mom. I used Facebook as a way to express my feelings. Kids made fun of me, and I felt like people didn’t know what I was going through” said Domonique Wilson, a sophomore social work major.

“I got through that time in my life because I had a good support system. This tool will provide that for many people. I think that sometimes people don’t want to intervene in someone’s life if they don’t really know them. But this gives you no excuse, you don’t have to speak face to face, all you have to do is hit a button and help will be sent to that person,” continued Wilson.

The University keeps statistics on students who take part in counseling. “What I can tell you is that not only at Monmouth University but nationwide, suicidal behavior and ideation occurs on a continuum,” said Franca Mancini, Director of Counseling Services.

“Students reporting significant depression and severe anxiety are numerous, anxiety running slightly higher. Students report and have depressive symptoms more than 50 percent of the time, and students with diagnosable anxiety in different degrees are more than 60 percent of the counseling population,” continued Mancini.

Facebook may consider these updates a positive step forward, however there might be some negative fallouts. The easier task of simply flagging a post instead of a more thoughtful intervention may cause Facebook users to fall prey to the “bystander effect”.

According to Goodwin, “The bystander effect is a psychological phenomenon in which the more

new students.”

Kaylie Mazza, a sophomore history major, was one of the SGA students who helped the committee of administrators throughout the decision making process. She was able to sit in on all of the different presentations and even try all of the free samples from each food provider. “It was a great experience,” Mazza said.

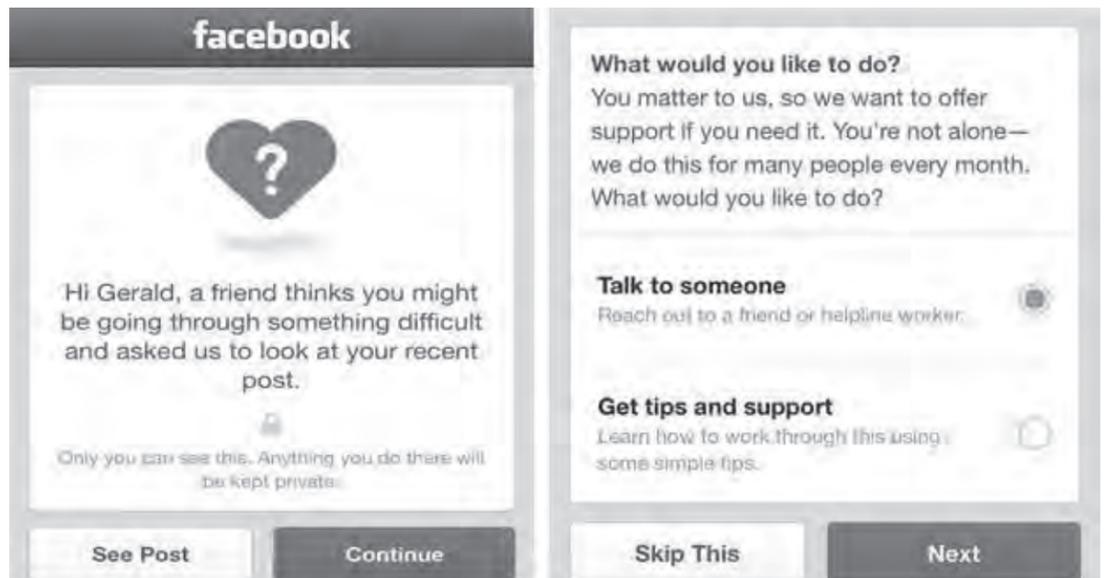
Reflecting on the 39-year-old dining partnership at the University, Karen Cutler, Director of Corporate Communications at

“Everyone should be excited for this change because it’s something that was much needed and well worth it.”

KAYLIE MAZZA
Sophomore

Aramark, said, “Aramark very much values the contributions of our employees and we are particularly proud of the service they have provided at Monmouth.”

“I think you are going to see a lot more students happy with the dining. Everyone should be excited for this change because it’s something that was much needed and well worth it,” she added.



Facebook’s new suicide prevention feature allows users to report posts that one may find worrisome. Facebook will then offer the concerned user the option to contact support.

IMAGE TAKEN from cbsnews1.com

Summer Financial Aid



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Once you have registered for classes, please go to www.monmouth.edu/summersessions to submit a financial aid application.

For additional information, please call the Financial Aid Office at 732-571-3463, or stop by the office in room 108 of Wilson Hall.

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The Outlook

The Outlook is currently seeking help in the following departments:

- Staff Writers*
Especially News & Politics!
- Copy Editors*
- Photographers
- Layout (Using Adobe InDesign CS6)

Visit our office in the Plangere Communication Center, 2nd floor, Room 260 on Mondays or Tuesdays, or contact our acting Editor-in-Chief, Brianna McCabe at so828430@monmouth.edu.

Phone: 732-571-8481
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Do you know how to register for classes?
The Center for Student Success is offering WebRegistration Workshops for students!

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

Thursday, March 26
11:30AM-12:30PM

Howard Hall, Room 306

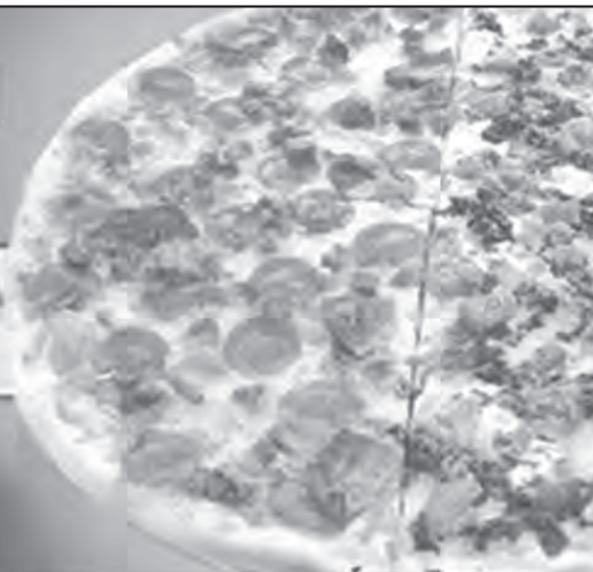
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- Where: Magill Club Dining Room
- When: Thursday, March 26, 10:30am-12:00pm
(2 sessions: 10:30-11:15 & 11:30-12:00)

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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.

The Department of Communication Council Presents
#comMtalks The Culture of News



A Conversation with
KATE O'BRIAN
President of
Al Jazeera
America



Al Jazeera America President Kate O'Brian kicks off #comMtalks, a new series of conversations with engaging communication professionals developed by Monmouth University's Department of Communication Council.

O'Brian hosts the first in the series, #comMtalks: The Culture of News and will focus on topics ranging from international news coverage to what it takes to run a major news network.

The event is an opportunity for students to gain perspective on the challenges facing today's media professionals as well as insight on the demands of an ever evolving news cycle.



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Language Barriers

While *Associated Press* style writing is of the utmost importance for *The Outlook's* editors, the group also finds itself prone to using some of the 21st Century's less than academic language. John McHorter of *Time* wrote that despite being considered a destruction of the English language, text lingo and changes in slang are more related to spoken language than the written word.

McHorter said, "Texting is developing its own kind of grammar. Take LOL. It doesn't actually mean 'laughing out loud' in a literal sense anymore. LOL has evolved into something much subtler and sophisticated and is used even when nothing is remotely amusing."

For the editorial staff, many of the members have their own favorite words to use in casual language. One staffer was exuberant in his/her support of the word "hella". He/she said, "I really think more people should use that in casual conversation! I tend to use it when describing something particularly surprising, saying something like 'that was hella crazy.'"

Other editors noted that they use more generic words such as "like" or phrases such as "you know" much too frequently. "Literally" was also among *The Outlook's* list of the most overused words in casual conversation, even if it doesn't mean what its literal definition describes.

International travel had an impact on one staff member. He/she said that he/she would like to see "lovely" used more often," as is the case when he/she studied in London. "Lovely really is such a

nice adjective. It sounds a lot nicer with a British accent but beggars can't be choosers I guess," the staffer said.

Not all words are created equally though, and *The Outlook* made that clear. "Anyone who uses the word 'thot' should be arrested and thrown in prison. I hate that term more than anything in the entire world. And I hate a lot of things," said one editor. According to Urban Dictionary, a "thot" is a demeaning term for females who exhibit certain sexual behavior.

"On fleek" also found its way onto *The Outlook's* hitlist, which is a casual synonym for something being highly manicured or perfected. Supposedly, its origins date back to Viner Peaches Monroe in a video about her finely groomed eyebrows.

None of *The Outlook* members have a noticeable accent, beyond occasional slippage into a "Jersey" or "New York" one. One editor said, "I speak certain words with an annoying Jersey/New York accent. It's regional and certain letters are more obvious with the accent such as my a's. I really hate it and especially for the field I want to go into, I have to learn to not have any sort of regional accent at all."

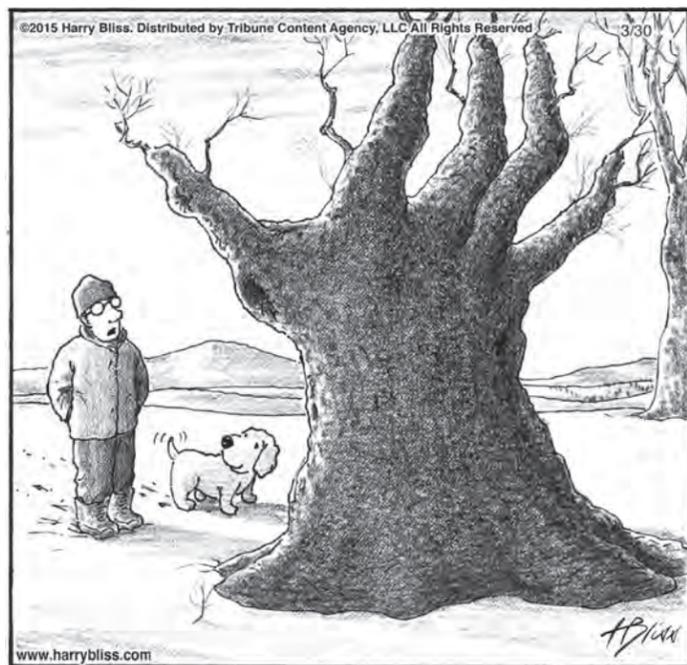
Despite some lack of notable accents, *The Outlook* has a few members who, while not fluent, can understand other languages. Italian is one such language, with others having taken a seemingly endless number of years of Spanish in middle and high school with less than favorable results. One editor even has a background in self-studying Japanese.

"I started teaching myself when I was bored one summer. I read that learning a language aids in strengthening your memory, so I figured trying a language with written characters rather than letters would be worth a shot," the editor noted.

At the end of the day, *The Outlook* largely uses text messaging as their preferred form of electronic communication, with Facebook Messenger coming in a close second. "I mostly text people because it seems to be the easiest. I feel like people check their texts more often than they check Snapchat or Facebook, so I think it's the most efficient way of communicating digitally," said one staff member.

Accompanying newer electronic forms of messaging are emojis, little ideograms or symbols that convey meanings, similar to smiley and unhappy faces. Emojis originated as the brainchildren of Shigetaka Kurata who worked at NTT Docomo, a Japanese mobile phone company. *The Outlook* staff said that the smiling, crying and 'heart in the eyes' emojis rank as their most used.

A few more unique ones stood out though, notably the "chocolate swirl" or poop emoji. "My favorite emoji is the poop emoji, just because it's so cute. It looks like a little chocolate ice cream swirl, but it's adorable. And it's smiling. I mean, come on," said one staff member. The monkey covering its eyes was also a more obscure favorite. One editor said it tops his/her list because, "I just think it's cute and I seem to find a lot of uses for it."



"Good heavens! You're right!"

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Ringling Brothers Plan to Remove Elephants from Circus

ALYSSA TRITSCHLER
STAFF WRITER

If you are on Facebook, Twitter, or Instagram and see a picture of an elephant, I can almost guarantee you it is because of me. If we're 'friends' or 'followers,' you must know I have been overly obsessed with elephants and the symbolization they embody. That's why when I heard about The Ringling Brothers deciding to phase the elephants out of "The Greatest Show On Earth," I was insanely thrilled.

I read up on the articles and could not believe how many mixed reviews on the decision. Decades of treating an endangered species as actual show animals, leaving them in cages, and shipping them off from location to location, is finally coming to an end and people are actually complaining?

One-hundred and forty-five years of this to be exact. It doesn't exactly add up. Reading some of the negative comments had me a little skeptical as well, and really got me thinking. Except, unlike those seemingly upset and aggravated over the fact they will no longer see the elephants parading around at the circus, I am pretty upset and aggravated at The Ringling Brothers.

I cannot lie: the circus is part of the reason I have loved elephants since I was young. They look absolutely adorable with their headpieces on and the women who accompany them look like they are having a legitimately amazing time. I am fully aware that elephants are some of the smartest animals known to man. They can even identify different languages. For a long time, I

believed that this intelligence was the sole reason these magnificent elephants were able to put on such amazing performances.

"It has to be because they're smart, I know that's the reason," a young, naïve me used to say.

But let's face the facts: how does one actually train an elephant to sit upright on a stool, stand on top of a that same tiny stool and kick it's one legs while supporting itself on the stand with the other? Is there a way

to do this without some type of cruelty? The answer is no. I looked into this to find the facts. According to Bros. website, 22 elephant calves have been born at the Ringling Bros. and Barnum & Bailey Center for Elephant Conservation located in Florida. The site's youngest elephant is named Mike, who turns two this August, while the oldest is Mysore at 69.

However, after researching for myself, I have learned this is not the case for a majority of their elephants. Ringling captures a baby elephant from the wild, preferably female, and breeds it at an extremely young age. After the new baby

elephant is born, it is immediately taken away from its once wild, young mother. In the wild, female elephants stay with their mother for life, and male elephants move on after maturity. Ringling allegedly takes the child from their mother "to break the elephants spirit."

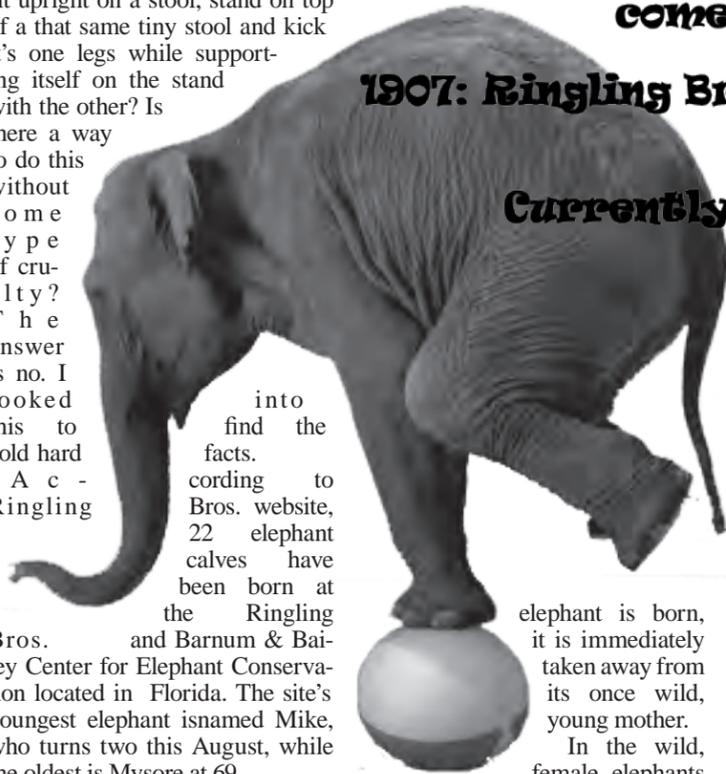
FAST FACTS

1881: P.T. Barnum joins James A. Bailey

1882: Jumbo, a 12-foot African elephant, becomes part of the circus

1907: Ringling Bros. Circus and Barnum & Bailey Circus merge

Currently have 43 Asian elephants



In order to keep the mother elephant from returning to its baby, the mother is chained by all four legs. This was actually a scene in Walt Disney's 1941 film, *Dumbo*. The baby elephant is then chained up, and given only one hour of the day to move. Next, Ringling's trainers hit the baby elephants with bull hooks and tie all four legs to the ground, which is a tactic they use to teach the elephant to lie down. A similar cruel process is completed to teach the elephants to sit and dance on the stools.

So here are my many questions to the Ringling Brothers: Do you have any feelings at all to actually believe that this was moral and humane of you? What took you so long to come to the realization that this type of treatment was not okay? Who is your PR person and why did you let her release a statement saying the decision was made due to "a mood shift in consumers, we want to get back to what we do best

which is live entertainment," as she stands in front of elephants being forcibly kept on what Ringling calls in all seriousness, an "elephant farm."

I am not a PR professional (yet) but I'm almost positive the better statement would have included that Ringling wants what is best for the endangered elephant species, not the corporation.

Why are you waiting until 2018 to completely phase out the elephant acts? Why can't they be set free now, in 2015?

Lastly, my question for all of us, is how could we have sat back and watched without general wonder what these animals have been going through for the past 145 years?

I am not saying the circus needs to end, but forcing animals that have no free will to be involved in something so unnatural to their existence should end. It should end now, in 2015, not 2018, for all animals, not just the elephants.

Just go to Sleep Already! Why Napping is Great

KATIE JAFFE
STAFF WRITER

How great do you feel after you wake up from a nap? Do you feel refreshed? Do you feel like you can function again? Don't you just feel awesome? Well you should.

A study reveals that napping during the day after an uneasy sleep from the previous night, can actually be beneficial to your health according to an article published in *New York Magazine*. According to the article, the study consisted of 11 participants that engaged in this sleep deprivation experiment. The individuals were allowed two hours of sleep one night and the following day they were allowed two 30-minute naps

to help recover from their lack of sleep. The study found that those who took the naps found themselves sleeping much better than the previous night and their stress hormones were at a healthy level.

Though the study only consisted of 11 people, it reveals a lot about how we function as human beings. It serves as a reminder that we are not machines and we need to take the time to take care of ourselves.

College is a place where the term "all-nighter" is used quite frequently in everyday conversation. We live in an environment where it is socially acceptable to deprive ourselves of sleep to get important things done and that's not healthy. What's even better is that people actually brag about how much they

didn't sleep because they were too busy doing work. How is that okay?

It's not. Plain and simple. How is it fair to stay up all night working on a class assignment that will most likely never be relevant to your life after the fact? And, yes, I understand professors do not encourage this behavior, but many professors don't do anything to prevent it from happening either. It's not that our educators are conspiring against us, but if they expect anything to get done something has to be sacrificed. More often than not, sleep is probably sacrificed the most in our lives and we don't even realize it.

According to the University of Georgia's Health Center, the average college student gets around six to 6.9 hours of sleep per night when

in reality they should be getting at least eight. Now it is unfair to attribute that missing two hours of sleep we should be getting to schoolwork because there are other factors involved.

Believe it or not, students have lives outside of the classroom. In fact, they even have other classes and some even have jobs or are part of organizations. All of these factors affect our sleeping habits. Whether it's working late or going to a late night event, there are just some things that tend to get in the way of sleep. We can't necessarily avoid our prior commitments, but there is a way to make everything work and still form healthy sleeping habits. We can't help, but stay up late some times, but there are ways

to mend our bad habits.

Though many students complain about having class all day, no one actually has class all day every day. Yes, there are some people that go from 8:30 in the morning to 5:45 at night and then have activities after, but everyone has at least one moment during the week where they can take a nap. Whether it be for 30 minutes or two hours everyone has the time to take care of themselves by taking a nap.

Napping is not a bad habit whatsoever, but neglecting your personal health is. So get out your warmest blankets and turn off all the lights because it's time to give yourself a break and go to sleep already.

The Tale of Alzheimer's

MAGGIE ZELINKA
SPORTS EDITOR

M: Did you have enough to eat today? You have to have some food in you for energy.

G: I am not sure, did I eat today? Where are we going?

M: To the gym. What did you yesterday?

G: Let me try to remember.

M: Did you go to the gym this week?

G: Your mom would know. Where are we going again?

M: The gym.

G: Oh that's right. Yahoo.

As myself, my mother, and my grandpa take the five minute commute from his house to the gym, this has become a daily occurrence. He always remembers his children, but cannot name even half of his grandchildren. He cannot remember what he ate for breakfast. He cannot remember words to his favorite songs. He cannot even remember the date, the month, or the

year. He has been diagnosed with Alzheimer's.

My 84-year-old grandfather is slowly losing control of what he considered his greatest asset: his mind. He is not nearly a needle in the haystack when it comes to Alzheimer's. A little over five million Americans are currently living with this disease. Not only are people living with the disease, but many are also dying from the disease. Yes, it must seem odd that simply forgetting parts of one's past can ultimately kill someone, but it is more than that.

The brain as an entity decomposes due to Alzheimer's which affects the main three parts of a brain: the cerebrum, the cerebellum, and the brain stem. As each part of the brain is affected, a person's failing condition becomes more obvious. The cerebrum which is often where the disease begins is responsible for body movement, memory, problem solving, thinking skills, and feeling. The cerebellum is responsible

for a body's balance and coordination. The final part, the brain stem, controls breathing, heart rate, blood pressure and digestion. Once this is affected, a human is in their final stages of their life.

As the car ride ensues, the conversation continues as followed.

M: Boy, this used to be all fields. There was only Weitzel's farm. Have I talked to him recently?

G: I don't think so, do you want to give him a call?

M: Maybe later. Can you turn this music off?

G: Ok.

M: I remember when I saw Frank Sinatra with mom and dad. He was only a teenager at the time but he could really sing.

My grandfather has lived through the Great Depression, has been an active in the army, owned his own financial advisement company, is still the youngest president of Volkswagen, the former owner of Subaru of America, and is a certified genius. All this he can remember,

however, he cannot recall a simple bread of toast in the morning.

That is the strangest part of my observation; Alzheimer's rips apart your current memory to make you feel crazy, yet leaves your far distanced memories to justify the fact you are not insane.

It is reported that one in every three seniors die from Alzheimer's or a form of dementia and the numbers have only been rising. Alzheimer's is the sixth leading cause of death in America. From 2000 to 2010, deaths caused by this disease have increased by 68 percent. It is predicated that by 2050, deaths caused by Alzheimer's will nearly triple to 16 million people a year.

I try to stress to my siblings that we cannot become aggravated with him, but they do not have as much compassion as I do. Thankfully, my father had a first hand experience with Alzheimer's since his mother had it. His mother would often make up tales such as my dad's brother came to visit, however, my

dad is an only child. The only time I ever saw my father cry in my 21 years of life was when we went to see a play in Philadelphia which focused on an old man suffering from Alzheimer's. It's sad to think only three years ago, my grandpa was as sharp as a rock and now he has turned into the old man from the play.

There has been an "ice bucket" challenge which has gone viral this past summer. Celebrities, every day people, and even those suffering from Alzheimer's have taken part in this fun challenge. While this campaign was great to raise awareness and funds, there is no current cure for Alzheimer's and thus, we have to adjust when a loved one does become diagnosed with some sort of dementia.

Those who are elderly and suffer from Alzheimer's know they are losing their spark. Those who are younger have to try as hard as they can to help them keep that spark alive.

Patrick's Law Calls Out Animal Abuse

CINDY COFFEY
STAFF WRITER

In the early morning hours of Sunday, March 1, a call was made to Toms River police that a white pick-up truck was seen doing “donuts” on the ice near Pine Beach. When police arrived, the headlights and taillights disappeared as the pick-up broke through the ice and sunk into the river.

A Coast Guard helicopter spotted the pick-up several hours later in about six feet of water during its search and rescue mission. Divers, looking for human victims, located the body of a 2-year-old boxer who had been left in the truck. This discovery sparked outrage in animal activist circles, bringing to the forefront the questions surrounding animal abuse laws and punishments in NJ. This case brought over 1,000 signatures to a Change.org petition requesting animal cruelty charges be brought against the driver of the pick-up in the days after the story broke.

Heidi Bludau, lecturer of history and anthropology, explained that this passionate response to animal abuse relates to our society's tendency to humanize animals, specifically “dogs and cats for the most part.” Bludau continued, “They are pets, companions that we care for. We name them, give them special diets, take them to the doctor - they are part of our families. When we see someone abusing a dog or cat,

“They are pets, companions that we care for. We name them, give them special diets, [and] take them to the doctor - they are part of our families.”

HEIDI BLUDAU
Lecturer

we consider it akin to abusing a human.” Bludau attributes this to our culture, “Watching commercials asking for donations to the ASPCA and the Wounded Warriors Fund, it is difficult not to see the comparison in which neglected animals are elevated and portrayed much in the same way as ‘neglected’ humans.”

Andrew Mayer, 27 of Toms River, the driver of the pick-up, turned himself in several hours after the body of the boxer was discovered. He was charged with third degree criminal mischief for the disruption in public service caused by the search and rescue efforts along with reckless driving and pollution. One count of third degree failure to provide proper care by recklessly endangering the animal's life was added after the recovery of the pick-up and Rolo's body.

Masters in history student Andrew Cirualo said, “In this case, I think any animal abuse charge is warranted. These guys were clearly not thinking of their own safety or that of the animals, and when things went wrong, the only individual to suffer in this situation was the animal. I think at least a negligence charge is a fitting punishment for the perpetrators.” Cirualo added that perhaps it was an accident, “but this was just such a blatant act of idiocy on their part. I mean, imagine if it wasn't a dog that got left in the car -- what if it were a child? In that case, we would gladly throw the book at these

guys!”

The animal abuse charged against Mayer falls under “Patrick's Law,” which was signed by Governor Chris Christie on Aug. 7, 2013. This law, created in response to the case of Patrick, a pitbull found almost starved to death and thrown down a garbage chute in Newark in 2011, increases the criminal and civil penalties for “inflicting unnecessary cruelty upon a living animal or creature,” or “leaving it unattended in a vehicle under inhumane conditions.” If the animal dies, the charge is upgraded to a third degree offense which brings a penalty of three to five years in jail and a fine of up to \$15,000. This is the specific portion of Patrick's Law that applies to Mayer.

Although Mayer has no violent criminal history, he currently has nine active points, has been issued 14 moving violations, and has had 12 suspensions of his license, according to the *Asbury Park Press*. Masters in history student Molly Kline noted that Mayer's driving history as well as his actions reveal Mayer's “carelessness.” Kline added that the incident was “tragic,” but may not have been preventable by instituting stricter laws in this particular case, “He clearly was not smart in his actions to go out there and put himself, his friend, and his dog in that amount of danger.”

Chris Hirschler, assistant professor of health and physical education, agreed, stating, “It appears that Mr. Mayer was being reckless. However, I don't think that fines or jail time is the answer. His punishment is the loss of his companion.”

So, are animal abuse laws strict enough? And will stricter laws prevent abuse? Masters in history student Krisann Binetti, who owns a number of rescues, thinks, “Punishments are not tough enough for the people who do this to animals. If pun-



PHOTO TAKEN from dailypuppy.com

The Humane Society rescues thousands of animals each year. According to their website, 82% of their rescues end up in placement.

ishments were harsh maybe the amount of animal cruelty would decrease.”

Another recent and local case reveals that current punishments may not be a deterrent. As recently as Feb. 2 in Long Branch, a discovery of two beagles' emaciated bodies were recovered in James Walker's Rosewood Avenue shed. The 73-year-old resident was sentenced in Long Branch Municipal Court on Feb. 24 to a \$1,500 fine and is forbidden to own animals in the future.

Actual numbers to reveal trends however, do not appear to exist. Until recently, animal abuse cases have been included

in the “other offenses” category in the FBI's crime reports. *USA Today* reported in Sept. 2014 that the FBI will begin tracking animal abuse cases as its own category. Wayne Pacelle of the Humane Society of the United States noted that these cases will no longer be categorized as other offenses “simply because the victims were animals. Just as the FBI tracks hate crimes and other important categories, we will now have critical data on animal cruelty.” Perhaps with statistics to reveal the occurrence and severity of animal abuse cases, the laws can be better suited to actually deter this type of violence.

Iranian Nuclear Policy ‘Blows Up’

JASMINE RAMOS
STAFF WRITER

The US, Iran, Israel and others have held discussion in the past few weeks in an attempt to establish a safe use for Iran's nuclear program.

Iran has been pursuing a nuclear program over the years, considering it a right that they hold as a nation; however, Iranians argue that the reason for nuclear use in their country would be solely for civilian purposes, primarily for electricity generation.

The negotiations have been talked about between the US, France, Germany, Russia, China, Britain and Iran, and are trying to reach a deal within the next couple of months. Some of terms that have been discussed are to have Iran curb their nuclear program in exchange for the lifting of several or all sanctions that have been damaging their economy.

Gary Sick of *Politico Magazine* explained, “Iran has been subjected to a wide variety of sanctions and pressures. Originally these were mostly unilateral pressures from the US, but under the Obama administration they have become far more international and far-reaching,

culminating in the crippling sanctions on Iran's oil sales and its ability to access international financial markets.”

Dr. Saliba Sarsar, Associate Vice President for Global Initiatives, said that the negotiations have torn many in Washington, apart.

Sarsar explained, “Iran's nuclear ambitions have created major concerns for many around the world, including Iran's neighbors and the US. These concerns have also generated major disagreements between the Obama administration and its critics in the US Congress on one hand and between the United States and its major ally, Israel, on the other hand. While the Obama Administration is working hard to reach yes with Iran, the critics who distrust Iran see only a dead end.”

The division in Congress took a steep turn when House Speaker John Boehner invited the Prime Minister of Israel, Benjamin Netanyahu, to deliver a speech to Congress on the issue, without consulting the White House first. Israel has been concerned to be a threat to the development of nuclear weapons in Iran.

Kerry said in an interview on *ABC's This Week* that he and the administration were caught by surprise by the invitation, but “the



PHOTO TAKEN from nbcnews.com

Benjamin Netanyahu addressed Congress March 3, at the invitation of Speaker of the House John Boehner.

administration is not seeking to politicize this.”

The Prime Minister's speech opened up with a very genuine approach, discussing the controversy saying, “it was not his intention” to create problems between the parties and often referred to Congress as “my friends.” He was thankful for all the help Israel has received from the Obama Administration, explaining that their relationship has always “been above politics. It must always remain above politics, which is not the case between Israel and Iran.

Netanyahu then discussed how the Supreme Leader of Iran, has been far less than discreet about his feelings towards Israel and how their aggression for Israel, America and other countries has been more prevalent in the last couple of years.

He also discussed how “Iran still refuses to come clean about its military nuclear program,” to the United Nation's nuclear watchdog, the International Atomic Energy Agency.

Dr. Maryanne Rhett, an associate professor and Director of the Graduate Program in History said, “I think the speech was calculated to provoke a reaction in two places, the US and Israel. With Israeli elections around the corner (from the time of the speech) Netanyahu clearly had a political agenda, for his constituents in mind. We'll see if those calculations worked for him soon.”

“As for the US audience, I'm not sure I understand his perspective there. The speech seemed calculated to further fracture US political interests and I think only caused more discord in a place where we need more conversation,” continued Rhett.

Netanyahu ended his speech by addressing that if Iran wanted to see progress for their country they “must stop aggression in the Mid-

dle East, stop supporting terrorism around the world, and stop threatening [Israel].”

The Prime Minister of Iran, Ayatollah Khamenei, has said that he would rather have no deal at all than have a limited, restricting deal that he does not agree with. According to *BBC News*, he said, “We don't approve of this as we don't trust the other side. They would use the general agreement to put pressure on us on details. Any agreement should be reached in one stage.”

Natorye Miller, a sophomore majoring in political science, said that the development of this in the next couple of days is going to be very interesting to follow. “Right now, there does not seem to be a clear discussion that is going to be made, and it is rather difficult to deal with foreign affairs when so many implications are at stake. Hopefully, the right decision is going to be made.”

Sarsar said, “Regardless the issue must be resolved, and resolved soon. It is in every country's national interest. It is in humanity's interest. Our ultimate goal ought to be a nuclear-free Middle East and a nuclear-free world. Nuclear disarmament is the way.”



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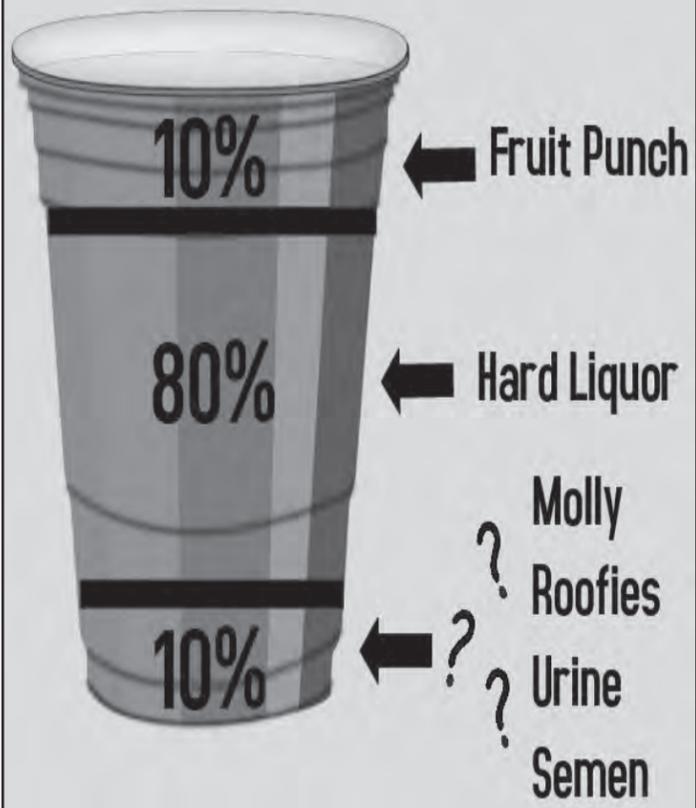
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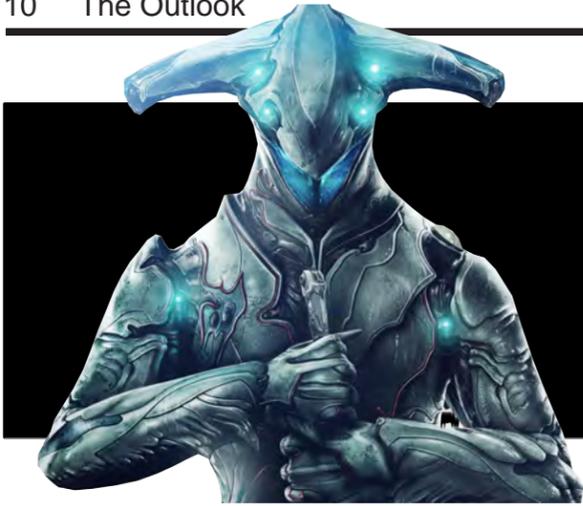
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JOHN MORANO
STAFF WRITER

Who wants to play a third-person co-op shooter about space ninjas? If you first thought is, “Yeah, I’m going to pass,” then we have something in common—I was also blind to the allure of space ninjas. Then I heard that *Warframe* was free... Five minutes later I was downloading it to my laptop (*Warframe* can also be played on Xbox One and Playstation 4). To cut to the chase, this game was well-worth my money (or lack thereof). To be completely honest, *Warframe* has so many excellent features that I won’t be able to cover all of it in my review, so I’m simply going to focus on the highlights.

Warframe is a futuristic sci-fi game set, for the most part, in our solar system. Players are put in control of various Warframes, which are similar to character classes. I wish I could tell you exactly what Warframes are, but the fine points of their nature/origin is a hotly debated topic among *Warframe*’s player-base. Suffice to say that they’re a race of space ninjas (part organic, part energy, and part machine) that fight to maintain balance on various planets and moons throughout our solar system. Interestingly enough, the various factions in *Warframe* (Tenno, Grineer, Orokin Corrupted, Corpus, and Infested) seem to represent different directions taken by humanity, most

of which are corrupt. In my opinion, one of *Warframe*’s weak points is its plot. While it is quite interesting, the vast majority of it is lore-based, which takes effort to pursue.

Warframe is beautifully designed; it has a unique mix of traditional Japanese and futuristic sci-fi aesthetics that I haven’t seen before. The sound design, while perhaps not iPod worthy, is certainly fitting. The score is suspenseful, and manages to sound both traditional and sci-fi. The sound effects (footsteps, alarms, gunshots, etc) actually just received a major update, and are currently on par with any triple-A title. Despite these production values, it’s actually very accessible, and can run on out-of-date laptops/computers.

One of *Warframe*’s best features is the gameplay. There are over 20 different Warframes available to players, each with four abilities (not counting passives) which they use in combat. These abilities include invisibility, blinds, holograms, teleporting, super-speed, flight, a grappling hook, creating a singularity, and wielding unique weapons (pistols and claws). I can’t stress enough how well-done these powers are.

Complementing the Warframes are the weapons, and there are about 190 of them. Weapons for your Warframe fall into three general categories: primary, secondary, and melee. Primaries are your big weapons (these include bows, assault rifles, light machine guns,

flamethrowers, shotguns, sniper rifles, etc.) Secondaries are your side-arms, and include throwing knives, smaller shotguns, lasers, pistols, dual pistols, sub machine guns, throwing stars, a small crossbow, and much more. Melee weapons include swords, axes, mauls, staves, a boomerang, daggers, polearms, and too many more to list. One of the best things about weapons in *Warframe* is that they are all, generally speaking, unique, with customizable mechanics and playstyles (and, like with the Warframes, most of them are fun to use). I would be hard-pressed to name a game with a more satisfying, varied arsenal than *Warframe*.

To make your *Warframe* and weapons effective, there are several things you have to do to them. First, you need to level them (through various activities, like killing enemies) which gives you points to add mods (mods are found throughout the game, and enhance your power when applied to Warframes and weapons). The effects include giving you more health, altering your abilities, increasing your movement speed, causing your weapons to do more damage, etc. These mods must be leveled by sacrificing other mods to become more effective. The amount of customization is astonishing, and you will almost never see another player running the exact same build as you (aside from some special circumstances, where specific builds are called for).

Warframe is rife with cool features and improvements. At launch, there was a standard menu where players selected missions, but now every player has their own spaceship. One moves throughout the ship and makes use of the different facilities as opposed to simply selecting options from a menu, which dramatically increases immersion. You can also raise pets who help you in combat, through building robotic sentinels or breeding dog-like kubrows. Soon, eight-player raids will be making their way to *Warframe* (similar to what already exists in *Destiny*). There is an archwing mode, with its own unique classes (similar to Warframes) and weapons, where players fight in space, flying around in jetpack-like machines. I haven’t even touched on the phenomenal trading system. There’s so much more to talk about here, but unfortunately I’m running out of space. Suffice it to say that, in terms of content, *Warframe* will never disappoint.

When it was originally released in October of 2012, *Warframe* was received rather harshly by critics. The average score was about a seven out of 10, and as one who played it briefly at launch, I would have agreed with that. However, after playing it again over the course of the last year, I consider it nothing short of negligence that prominent critics have not revisited this title. *Warframe*’s developer, Digital Extremes (DE), has never stopped developing the

game, even since it was released. Systems that players didn’t like, such as the original melee combat, have been redesigned and/or done away with. *Gamespot*, a prominent gaming website, still has a review of 6.0 posted, which is unjustifiable when considering *Warframe*’s current state.

Warframe is clearly a success; it has 5.5 million registered players on the PC version, and more on its PS4 and Xbox One versions. It is one of the few successful free-to-play game models. While there is a premium currency that one can purchase with real money, it is completely feasible to play *Warframe* without paying a cent (I did so for months, and enjoyed it thoroughly). The premium currency can be earned in game via trading with other players, which is both simple and lucrative. The items that one purchases with premium currency are typically cheap and unessential, making the system fair to all.

Warframe has so much going for it. It has more content than any other game in its genre, it’s well designed in terms of graphics, audio, and gameplay, and it’s still being actively developed. Perhaps it was an average game at release, but the *Warframe* of today has been in development for two more years, and is an entirely different game. I feel that *Warframe* deserves a 9.5 out of 10; it certainly has its faults, but practically speaking, it’s about as close to perfection as a game can be.

‘The Bachelor’ Becomes the Fiancé

EMILY SHAPIRO
STAFF WRITER

Roses are red, violets are blue, Prince Farming is off the market, and his love for Whitney is true! Season 19 of the *The Bachelor* on ABC seemed to be one of the weirdest seasons thus far. From widows to virgins, the women all had their own story and a chance to win the heart of Prince Farming (or more formally known as Chris Soules).

On Jan. 5, the premiere of *The Bachelor* introduced audiences to 30 women who were ready to take their shot at love. The heart they were competing for was one of Season 18’s fan favorites. An attractive farmer from Arlington, Iowa, Chris set out to find a woman who was ready to become Mrs. Farmer, but from the very first episode it was clear that he didn’t know exactly what he had signed up for. As soon as the last woman got out of the limo to introduce herself, it was as though someone had screamed, “Let the games begin!”

The whole season was a series of ups and downs that created backstabbers, best friends, and belly laughs. There was Tara Eddings, who was so drunk on the first night that she could not even stand. Then there was Ashley Salter, who was hands down the most unusual contestant *The Bachelor* had ever seen. From her random babbling to her picking an onion off a tree during one of her interviews, there was never a moment when people knew what she was talking about. Viewers got their dosage of laughter from contestant Carly Waddell, who was quick to

poke fun at women who she thought were being fake. But the most controversial contestant in Season 19 was Kelsey Poe, a conniving widow who made it clear that she was not on the show to make friends. Faking panic attacks and using her tragic life story to her advantage were just a few ways Poe tried to win Chris’ heart.

In the end, Chris narrowed it down to two women: Becca Tilley and Whitney Bischoff. Becca is a 26-year-old chiropractic assistant from Shreveport, LA. She was one of the two virgins on Season 19, and waited until she was in the final three to inform Chris. Becca believed this information would hurt her chances of winning Chris’ heart. As time went on, Becca expressed concerns about actually being in love. Though she had never told a man she loved him, she continuously stated that she thought what she was feeling might be love. The way Becca acted in each episode with Chris made it seem like she was ready for a boyfriend, not a husband.

Whitney, who made it clear she was ready to be a wife, was the one who went home with the grand prize. Every single episode, Whitney showed just how much she was in love with Mr. Farming. The way her face lit up each time she saw him, there was no questioning her feelings. Whitney is a 29-year-old fertility nurse from Louisville, KY. From day one she was memorable when she told Chris, “I make babies for a living!” Her bubbly personality and sweet southern accent warmed the hearts of viewers, which made the finale exciting when Chris proposed to her.



IMAGE TAKEN from christiantoday.com

Chris Soules (right) proposed to Whitney Bischoff (left) on the finale of “*The Bachelor*.”

Of course the season would not be complete without some controversy surrounding the finale. Many people said that Chris actually wanted Becca, which I agree with. It seemed as though he was trying so hard to get Becca to tell him that she loved him, but she was not budging. A lot of scenes in the final two episodes showed Chris and Becca discussing what would happen once the cameras were turned off. Would she move to Arlington? Would she ever fall in love with him? Was she ever going to be ready for marriage? It seemed as though all the answers to those questions were no, so Chris was forced to choose Whitney. While I don’t question his love for Whitney, I just think he wished Becca had had stronger emotions.

Now that the cameras have been turned off for about six months, are Mr. and Mrs. Farming still in love? According to the reunion: yes! Both showed smiles and shared laughs on their first public outing together since the proposal. Whitney was one of the only contestants that admitted she would be okay with moving to Iowa, and they plan to do just that. But before they can, Chris is already moving on to another reality show, *Dancing With The Stars*. Previous bachelors and bachelorettes have competed on the reality show, but have admitted that it hurt their relationship. Whitney will most definitely be seen in the audience while her fiancé is dancing, but it seems like their time together will be cut very short.

Before ending the finale, the host of both *The Bachelor* and *The Bachelorette* announced who will be the next to try and find true love. In a shocking twist, it was revealed that there would be TWO bachelorettes next season. Contestants from this past season, Kaitlyn Bristowe and Britt Nilsson, are creating history by being on the first season to ever have two bachelorettes. How will this work? No one seems to know yet! Both women went on *Jimmy Kimmel Live* and appeared to be left in the dark on how Season 20 will be running. Many viewers are confused as to why ABC would alter the dynamic of the show, but after the same plot line for the past few years, I think it is time for a change.

Blue Hawk Records to Release Fifth Studio Album

PRESS RELEASE

West Long Branch, NJ—Blue Hawk Records is set to release its fifth compilation album, *Blue Hawk Five*, in the spring. Could the release be the turning point the label is hoping for?

Blue Hawk Five is the most ambitious album yet for the student-run record label here at Monmouth University. Auditions were held on Monday, Feb. 23, 2015, in Woods Theatre to find new, aspiring singers to record on the album. Students from outside of the music depart-

ment, including math, English, and criminal justice majors, came out to the auditions with beautiful voices and captivating songs. All of the musicians who performed showcased their talents and told a story with their songs.

With this fifth studio-produced effort, the label plans to expand its project outside of the University. They are hoping this album is bigger and better than the four previous compilations. *Blue Hawk Five* will be special because all of the acts chosen bring something different. The decision-making process was difficult because it was hard to

choose between all of the incredible acts that came out to audition. Ultimately, the following artists were chosen for *Blue Hawk Five*: Tympanic Plexus, Shoreline, Lily Riche, Brian Perrino, and Tatiana Muslim. The album will feature many different genres that will appeal to a large audience.

The album will be recorded at Lakehouse Recording Studio in Asbury Park, NJ. *Blue Hawk Five* will be released on Wednesday, April 29, 2015. Follow the progress of *Blue Hawk Five* on social media outlets using the hashtag: #BlueHawkFive.



IMAGE COURTESY of Elizabeth Newcombe PHOTO TAKEN from www.10.aecafe.com

Blue Hawk Five will be recorded at Lakehouse Studios (right).

Disney's Live-Action "Cinderella" Is No Fairytale

KASSANDRA HAGEN
STAFF WRITER

Disney's *Cinderella* is everything that you would expect: no exciting twist to the plot, but the basic tale that we all remember from our childhood. The film has an evil stepmother, two evil stepsisters, a cat that constantly chases Cinderella's mice pals, a prince, a fairy godmother, a pumpkin that turns into a carriage with the magical words, "Bibbidi-Bobbidi-Boo," and, of course, the glass slippers. The movie wasn't as enchanting and magical as I expected it to be, but it wasn't terribly bad either.

Cinderella begins with a narration as the audience looks on at a beautiful house surrounded by trees and flowers, almost as if we were birds soaring in the sky. We see a young Ella (Eloise Webb), happy as can be playing with her mother (Hayley Atwell) and father (Ben Chaplin) outside their cottage. Ella is told that "sorrow can come to any kingdom," and it does: her mother grows terribly ill. She tells Ella to "have courage and be kind," which Ella takes to heart even when confronted by her wicked stepmother.

It's been many years now since her mother passed on, and her father

tells a fully-grown Ella (Lily James) that he wants to marry Lady Tremaine (Cate Blanchett). Soon Lady Tremaine moves into the cottage home and brings her two spoiled, bratty daughters Drisella (Sophie McShera) and Anastasia (Holliday Grainger), who later give their step-sister the nickname "Cinderella" because she slept by a fireplace and got cinder ashes on her face. At a party in their home, Cinderella's father says that he has to be leaving for business and will return soon, but as the story goes, he becomes ill and dies on his journey back home.

Months go by and Cinderella does all the chores around the house because, according to her stepmother, it's a wonderful way to deal with grief. Cinderella is shopping in a market and hears the Prince (Richard Madden) is having a ball and runs home to tell her stepmother and stepsisters. Lady Tremaine tells Cinderella that she can't go because it's a chance for her daughters to meet the prince and fall in love. Very upset, Cinderella makes her own dress and runs downstairs to show her stepmother and stepsisters, only to be greeted by them tearing apart her mother's dress. Still, she goes to the ball by the magic of her fairy godmother (Helena Bonham Cart-

er). She dances with the Prince but has to depart by midnight, leaving behind a glass slipper that sets the Prince out on a search to discover her identity.

I have to say that the cast was fair in their acting but there was nothing that stood out that made them extraordinarily good. James was decent as Cinderella, but her performance was no fairytale; her acting consisted of her twirling her dress and hair around and having a smile on her face. She barely showed any emotion, and her tears seemed to be sprayed on with a spray bottle. Madden, it seemed, was just a typical English actor with an accent to give him more of the sophisticated, suave attitude. He really gave nothing more to the part than his English boy charm.

Blanchett, as always, did an amazing job as the evil stepmother, bringing the cartoon character to life. Her red hair and sinister smile glistened on the screen and made you truly fear her. Carter, just like in many of her roles, was odd but funny and intriguing to watch on screen. The movie as a whole is a fun princess story, and with lively colorful scenery and colorful dresses that twirl on the screen, you can't help but feel like a child again.



IMAGE TAKEN from feministing.com

"DANCING WITH THE STARS" LAUNCHES SEASON 20

KELLY COFFEY
STAFF WRITER

Grab your dancing shoes because an all-new season of *Dancing with the Stars* is back on ABC! The 20th season of the show kicked off Monday, March 16 with an unforgettable episode.

The show began with Willow Shields and her partner, Mark Ballas. Shields, the youngest competitor at 14-years-old, is known for her role as Primrose Everdeen in the *Hunger Games* films. Shields and Ballas danced the cha-cha and received great comments from the judges. She has great potential and will most likely make it far in this season. Shields received a total of 25 out of 40.

Robert Herjavec and his partner, Kym Johnson, were up next on the dance floor. Herjavec is a Croatian-born Canadian businessman who is known for starring on ABC's *Shark Tank*. Herjavec and Johnson danced a fun cha-cha, making the crowd go wild. Herjavec shocked the judges, proving he belongs here, and received a total of 28 out of 40.

Next on the dance floor were Riker Lynch and his partner, Allison Holker. Lynch is known for his role as Jeff Sterling on the hit television series, *Glee*. He is also the cousin of

Derek and Julianne Hough, who are both professional dancers and have both won *Dancing with the Stars* numerous times. Lynch showed off his dance moves by jiving his way to a total of 31 out of 40.

Charlotte McKinney and her partner, Keo Motsepe were next to dance. McKinney is a model who starred in Carl's Jr.'s infamous naked Super Bowl ad emphasizing "all-natural" ingredients. McKinney tried her best during her jive, but had a few miss-steps. She received a total of 22 out of 40.

Following McKinney and Motsepe were Patti LaBelle and her partner, Artem Chigvintsev. LaBelle is the oldest contestant on the show this season. The 70-year old Grammy winner is a legendary R&B singer whose hits include "Lady Marmalade" and "New Attitude." LaBelle showed off her grace and elegance during her foxtrot, receiving a total of 25 out of 40.

Next out on the dance floor were Chris Soules and his partner, Whitney Carson. Soules is the most recent bachelor whose season just ended last week. After proposing to Whitney Bischoff on the season-finale of *The Bachelor*, Soules is now continuing his television fame by dancing with Carson on this season of *Dancing with the Stars*. Soules



IMAGE TAKEN from gettyimages.com

"Dancing with the Stars" airs on ABC Monday nights at 8:00 pm.

showed a ton of potential after dancing his jive and received a total of 26 out of 40.

Michael Sam and his partner, Peta Murgatroyd, were up next on the dance floor. Sam's name has been all over the headlines when he became the first openly gay NFL player after being drafted by the St. Louis Rams (now currently a free agent). Sam shook his hips during his cha-cha and received a total of 26 out of 40.

Next to dance the foxtrot were Nastia Liukin and her partner, Derek Hough. Liukin is a Russian-American four-time all-around U.S. National Champion gymnast and

olympian who has also won nine World Championship medals. Liukin impressed the judges, even with an illegal lift in the routine, receiving a total of 30 out of 40.

RedFoo and his partner, Emma Slater, were next to dance. RedFoo is one half of the duo LMFAO and is also a DJ and rapper. RedFoo was very passionate during his cha-cha, receiving a total of 22 out of 40.

Up next on the dance floor were Noah Galloway and his partner, Sharna Burgess. Galloway is a U.S. Army veteran and amputee who graced the cover of *Men's Health* magazine in November 2014. He is

now a personal trainer, a motivational speaker, and continues to participate in adventure races around the country. Galloway proved he doesn't need his left arm or left leg to dance the cha-cha, receiving a total of 26 out of 40.

Suzanne Somers and her partner, Tony Dovolani, danced the cha-cha next. Somers is known for her television roles on *Three's Company* and *Step by Step*. She is also a bestselling author, having written a series of self-help and diet books. Somers had a few mess-ups with her footwork, but still managed to receive a total of 25 out of 40.

Rumer Willis and her partner, Valentin Chmerkovskiy, were the last to perform. Willis is the oldest daughter of Bruce Willis and Demi Moore and is known for her role of Gia Mannetti on *90210*. She has also guest starred on shows like *Hawaii Five-O* and *Pretty Little Liars*. Willis proved herself and impressed the judges with her foxtrot, receiving a total of 32 out of 40.

At the end of the night, Willis and Chmerkovskiy were on top of the leaderboard with a total of 32, while McKinney and Motsepe tied with Redfoo and Slater, both sitting at the bottom with a total of 22. Next week will be the first round of eliminations.

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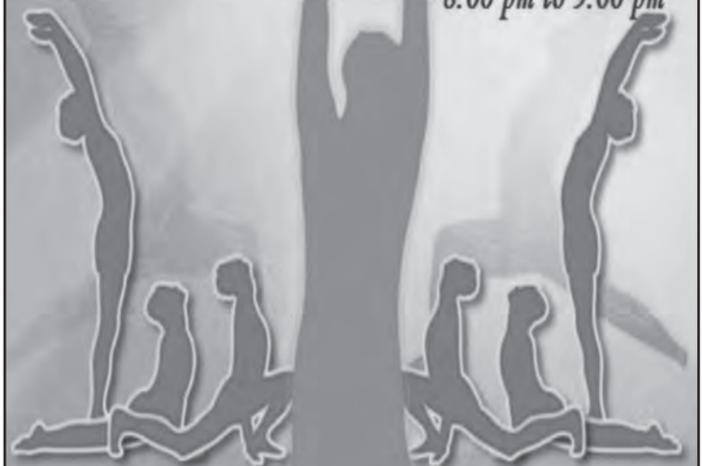
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- Questions, contact: (732) 263-5258,
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Vegetarianism: More than what 'Meats' the Eye

KELLY COFFEY
STAFF WRITER

Many times when you ask a vegetarian why they decided to make this life change, their answer might be "I don't want to eat animals," or "I want to try and save the cows, chickens, and pigs", but there are many reasons to becoming a vegetarian than just saving animals.

Mary Harris, a specialist professor of communication and a vegan, said, "There are different types of vegetarianism ranging from lacto-ovo vegetarian to vegan or raw vegan. People choose to adopt a vegetarian or vegan lifestyle for a variety of different reasons including but not limited to personal health, disease prevention, healing health ailments, environmental concerns, cost efficiency, because they don't want to harm or eat animals, etc."

As Harris suggested, there are people out there that choose to become a vegetarian more for health reasons. It's not all about saving the animals, it's about what their bodies can handle. This may surprise you, but there are people out there that simply cannot digest meat.

For some, every time they eat a hamburger or ingest a chicken sandwich, they bring it back up. People who have this problem have no choice but to leave meat out of their diet. There are some people who actually wish they could eat meat, but become vegetarians because their bodies do not allow them to enjoy pork roll or cheeseburgers.

Brianna Graham, a junior communication major, is not a vegetarian but has a co-worker who is one at the deli they are employed at.

"My co-worker actually started as a vegetarian because her mom is one so she was in-

fluenced to become vegetarian as well. After she started working at the deli, you know around the meats, she chose to become vegan because she was so turned off by the look of the coldcuts!" Graham said.

Another reason people may become vegetarian is specifically just to lead a healthier lifestyle. "My co-worker also

diet each day may lower your risk of heart disease and your risk of stroke. Many people eliminate meat from their diets specifically just to become healthier in general.

According to Harris' personal blog in regards to her health journey to plant-based foods, "I became a much happier, kinder, and more patient

daughter. She was concerned that her daughter, who suffers from a chronic illness, was not getting enough protein because she gave up meat.

"Meats tended to make me feel more sick. So I read "My Beef with Meat" and the nutritional information makes sense. Eating more plant based foods has been proven to provide an array of health benefits while meeting our nutritional needs. I gave up meat and my own digestive issues have really improved." Coffey said.

Others see becoming a vegetarian as a more cost efficient option. The average cost of a pound of sirloin, according to realsimple.com is \$6.20 while the average cost of a 15-ounce can of beans is \$0.90. Beans are a great source of protein and are much cheaper than meat.

According to the U.S. Department of Agriculture, if a family of four replaces a steak dinner, which costs about \$9.30 for 1 1/2 pounds with a fresh bean and vegetable salad, which costs about \$1.80 for two cans of beans, just once a week, they will save \$7.50. If you do the math, that family will save over \$390 in the entire year. It's a general assumption that eating healthier costs more, but that is not true.

Having meat in your daily diet can actually be very pricey. Buying foods like vegetables, fruit, pasta, rice, etc. is a lot cheaper than buying red meat every night. Several people who decide to eliminate meat from their diet were influenced by the cost of meat. Not all vegetarians decide to make this life changing decision because they feel bad for the cows or chickens, but they do it because they want to save money at the grocery store.

Also, some believe becoming

a vegetarian makes for a greener planet. According to a United Nations report, the livestock industry creates almost a fifth of all greenhouse gases and takes up to 30 percent of the earth's usable land.

Vegetables and other produce, such as fruit, do not even come close. Those who love the planet and are the "go green" type may give up meat because they believe it will help the planet. These planet lovers become vegetarians not because they feel bad for the cows or the chickens, but because they feel bad for the planet.

The stereotype of vegetarians is not always true. Some people look at a vegetarians and just simply assume they chose this lifestyle because they are animal lovers and they care about animals.

What many people do not realize is that there are several more reasoning's behind becoming a vegetarian. There are plenty of people out there who simply cannot digest meat. Even if they wanted to continue to eat meat, they can't because their bodies will not allow them to.

There are also people out there who simply choose to become vegetarians just to be healthier. Eliminating meat can not only help you lose weight, but can help decrease the risk of heart disease and certain cancers. Then you have those who just simply want to save money. Not eating meat on a daily basis can save you a ton of cash (which means you can spend that cash on something even better). And lastly you have those who believe no meat equals a green planet. So next time you "meat" a vegetarian, don't jump to conclusions. There may be more to their choices than simply, "I love animals."



IMAGE TAKEN from sproutandblossomwellness.com

Vegetarianism is sometimes a forced lifestyle but can be taken advantage of due to health benefits as well as cost benefits.

said that her mom used to be really overweight and she turned to vegetarianism to help lose weight, she lost 80 pounds." Graham continued.

Animal meats, specifically red meats, are one of the largest sources of saturated fats in our diet. Eliminating meats such as beef, pork, lamb, and poultry, as little as one day a week, can reduce the risk of heart disease and some cancers. Also, adding a serving of produce to your

person, overall. Other benefits: I learned what it truly meant to be and feel healthy, I dropped some weight, and I started getting more physical activity into my daily routine. This was the first time in my life that I was treating my body with respect and filling it with optimal nutrition."

Cindy Coffey, a graduate history student, became interested in vegetarianism while researching the diet for her

What to Wear to 'Spring' into this Season's Fashion

KYLE O'GRADY
STAFF WRITER

Snow may still be covering parts of the ground, but do not be fooled, warm weather will be here before you can say Winter Storm Juno. Since outdoor activities are still taking a back seat to staying in a warm heated house, what better way to keep your mind off the cold weather than shopping in preparation for those hot summer nights.

2015 spring fashion season has brought on some bold trends that are sure to spice up your wardrobe. Whereas the past few spring seasons have seen the same floral trends and different pastel colors, this spring offers a breath of fresh, and warm, air. So put on that parka one last time and bear the cold in search of outfits that will keep you looking cool all season long.

Fashionistas all around are breathing a sigh of relief with the trends this season. Brett O'Grady, a freshman business major, said, "I have to stay far away from malls right now. Everything in the stores looks so new and unique, I want to buy all the trends and add them into my style."

One of the biggest trends this year is the reimagined shirt-dress. Although a staple in many women's closets, this year the trend comes in all shapes, sizes and colors. With different waists, longer and shorter

hemlines, some even donning high or low slits, it is up to you to find which one matches your style.

It's a perfect dress too that goes from the office to happy hour. Krystal Wilson, a senior finance major, said, "I love this trend because it will be a perfect staple to add into my growing work wardrobe. It is comfortable and versatile."

A few spring fashion season's ago you could not buy a shirt unless it exposed your shoulders. Luckily, the trend is back. Shoulders have always been considered in fashion a subtly sexy part of the body. Exposing them exposes the collar bone and offers a unique silhouette in dresses and tops. Pick one up this spring and have everyone staring in envy.

Tagging along from last spring season, kimono jackets are thankfully here to stay. Add more to your wardrobe this season, with different longer variations. These kimonos come in different, patterns, colors, and materials. The coolest way to wear one this season is cinching it around your waist to help girls accentuate their shape. Most are made with lightweight material so it won't be stifling, although it will still help layering in summer outfits. When the real warm weather arrives, you can use your kimono as a beach cover up over your swimsuit.

Another trend this season that

attempts to keep women layering all year round is the apron. At first thought, an apron may seem nothing flattering and something used only in the



IMAGE TAKEN from Glamour.com

The apron is a predicted fashion trend this spring.

kitchen. But do not fret, designers around the world have reimagined the apron to be more like an added layer to a skirt. Most wrap all the way around the waist, come in pretty patterns, and all shapes and colors.

Like with all seasonal "it" trends, not all of them are necessarily meant to catch on. Katie Abigati, a senior social work student, doesn't think the apron fashion statement seems practical.

"I don't think I could really rock an 'apron', no matter how cute it looked." She says, "Summer is hot, the less layers the better!"

Another wild trend this spring takes inspiration from the wild itself. It is not the traditional animal print from the jungle, like tiger or lion print. Instead, it is more unique. Expect to see unexpected animals in big bold prints. Think big seahorses, a row of flamingos, or sea urchins. This trend is far from forgettable in a very contemporary way.

While the apron may have been too left field, a shirt that dons flamingoes is trendy yet different. Make sure to pick up a piece and incorporate it all spring long. This trend will probably make its way into summer too, especially the sea creature patterns.

Every season comes with colors that are all the rage; Spring 2015 sees bold yellows, all white ensembles, pairing white and

blue, as well as military green. All from the more earthy tones, they are colors that flatter an skin tone! There is a shade of forest green from the tannest to the palest person. White compliments all skin tones, as well does yellow.

Although there are not as many aspects to a man's wardrobe, for the metro man, this spring is looking very chic. Guys don't be afraid to rock the "redneck tuxedo." As far as men's fashion goes, denim on denim could not be any more fashionable.

Some of the big standout colors for guys are reds or blue and green combination. One of bold, while the other is subdued but both could not be hotter for guys this spring.

Brian Boyle, an adjunct professor of economics, finance, and real estate, said of the color combination green and blue, "I love being able to wear lighter colors. I like that they will have a lot of those in store this spring. Lighter colors just scream warm weather!"

It seems as right now none of these trends will ever be seen under our warm sweatpants and thick winter jackets, but soon enough spring will reign over winter.

As quickly as the snow days have come and gone, spring will shine down on us with all it's warmth. So for now look for these hot trends to keep you warm!

Constant Snapchatter: Are You Really Having Fun?

VICTORIA KEENAN
FEATURES EDITOR

You're at a local bar with your group of friends singing along to a classic 90s song. Your food comes at a restaurant and it looks delicious. Your pet does something funny. Why wouldn't you display these things to show the world? Okay, maybe not the world, maybe just your list of Snapchat friends.

Don't lie, we've all done it. I know I definitely have. If you add me on Snapchat, you will see a wide variety of my cat, the food I eat, something that I'm watching on TV, me being sarcastic about things like traffic, homework, getting ready, life in general, and the occasional shot of me, in fact, singing to a great 90s classic at the bar. And sometimes, lets face it, I get a little over excited about my night out (...okay, I'll be honest, it's more likely to be of my cat and food) and post a ton of Snapchats for my friends to see.

Now, when I really think about it, I'm almost positive most of them don't care to see what I'm doing. If they do, I'm flattered and I'm glad to see that they are keeping tabs on me and my life. But, as their names pop up under my story, I can't say that all of them are actually watching. And I don't blame them. I'll admit if someone is a frequent poster (especially in the same night, we get it! You're at a party and I'm in bed!) then I'll just hold my finger down and let the video play fast enough for me not to be able to watch it. Sorry, friends, just being honest here.

The real question that arises here isn't what sandwich I'm eating today or if my cat is trying to bite me. It's more like, why do we feel the need to post 10 second stories of our lives anyway?



PHOTO TAKEN from mshcdn.com

Snapchat "My Stories" are made to showcase what you're doing to your list of friends, but how much is too much?

We already have Instagram for pictures. We already have Twitter for words. Does anyone really care if you're eating sushi or petting a dog or getting ready with your friends? Does anyone really care that you're taking a walk or laying with your significant other or driving your car listening to music? And in saying that, if you are posting 10 second pictures or videos every 10 seconds to showcase your exciting life, are you really having a good time or are you just showing off?

Rebecca Zidik, a senior communication student, said, "In my opinion, if you have to Snap every five seconds then you're not having fun. We're all guilty of wanting to show off where we are but sending a couple snaps of really funny or interesting moments is all that really needs to be done. You want to be able to enjoy the time you're having, not just obsessing over social media."

Samantha Bastone, a junior music industry student, agreed. "I think people are just showing off 99.9% of the time. Because most of the time, if you're really having a good time, you won't be fixated on your phone and rather be enjoying the moment."

Like I said, I'm definitely guilty of this. If I'm doing something extra exciting (or eating a really great slice of pizza) I'll throw a few Snapchats up on the same day. I might take a selfie with a friend and then take a video of us dancing. BUT I have made a vow to myself, and that is never to post 100 second Snapchat story, no matter what I'm doing. If you post 100 second Snapchat stories, I'm sorry, but you better be doing something amazing.

That doesn't mean sitting in a room with your friends, telling stories that no one but you guys understand. That means skydiving out of airplanes, snorkeling

in the Great Barrier Reef, or interviewing a celebrity. Nope, not seeing a celebrity on the street or at a club. Interviewing them, face to face, and then a picture together afterwards. Might as well make it 105 seconds while you're at it.

Michelle Brady, a senior communication student, said, "I think you're really having a good time but you're more interested in letting other people know that you're having fun."

Mary Harris, a specialist professor of communication, said, "I think the bigger issue is that people are no longer living life for themselves...they're putting on a facade. People can become addicted [to social media] and constantly need the positive reinforcement and feedback."

Harris also explained that this addiction to social media can affect people's physiological perspective and memory, because

they are so focused on what's going through the camera lens instead of what's actually going on around them.

Perhaps your friends really do want to see every bite of your dinner, or every song you dance too at a bar. If so, I'm honestly happy for you, you have great friends and you should feel special that they want to know what you are doing constantly. As for me though, I don't have to ask my friends to know that they aren't exactly thrilled to see me post something.

And hey, to be honest, I'm not even sure I care too much about adding Snapchat stories. But that doesn't mean I'm going to stop. So keep the Snapchat stories coming, maybe one day I'll actually see someone skydiving or doing something crazy. Until then, I'll click through the food and the pets and the cars and the selfies.

The Personal Growth of College Students

ROBERT ZADOTTI
STAFF WRITER

Upon arriving to college, new students tend to be nervous about what lies ahead for them. It can be frightening to see the great unknown called "your future" lying ahead in the years to come, but when college is over and done with, it's safe to say that the unsure young freshman will have matured into a completely different person.

The only question is, what kind of growth does college bring out in students? Besides being educated for a career in your chosen field, college elects personal growth above all other things. We learn how to become people, in a sense.

"I'd say we learn how to be a person, really," said Chenowa Wendel, a sophomore English student. "We learn how to fend for ourselves and how to help others; we learn how to have fun and how to sacrifice our fun for our responsibilities."

Wendel, as a second year student, understands the expectations before her and the valuable lessons being at college is teaching her. The duality of her statements reflect the wide variety of lessons learned at college: you're not just learning social skills and ways to live, you're learning about compromises and sacrifices that are inevitable in life. "In a way, we learn what's important and what isn't," she added.

People tend to come into their

own once they're left to their own devices. At college, you're responsible for your own grades, food, and time management. The lack of a metaphorical "safety net" tends to bring out the best or worst in students.

You stop being the person you were in high school for a number of reasons, because your attitude, environment, and expected behavior have all changed. This "reveal" of your inner self is characterized by your actions in college; by seeing what you are like under the pressure of being self-reliant and self-managed, you develop into the person you will likely be for your adult life.

"Once someone goes to college they meet people more like themselves, and that encourages them to be who they are and not just the 'mask' they hide behind," said Anthony DeAnni, a freshman communication student.

As a first year student, DeAnni is already noticing how others come into their own at college, and how they learn and are shaped by their peers. People reflect what's around them, whether it's their friends, their surroundings, or the lessons they are taught.

Alan Schwerin, an associate professor of philosophy, said, "You learn to cooperate with each other, and work together, whether with professors or students. It's a community of scholars, and is unique to a college."

It's so much more than educa-

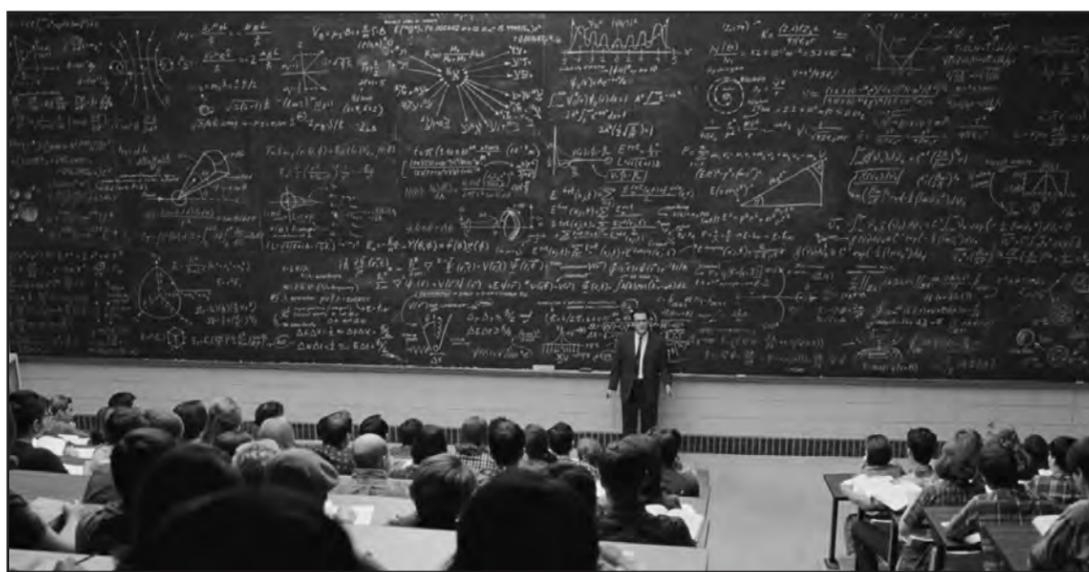


PHOTO TAKEN from thecollegefundingauthority.com

According to many college students, people learn much more in college than just the academics presented in a classroom -- they learn about themselves as individuals..

tion at college; it's about who the student will grow into. College provides a few short years that will hopefully prepare a student for the adult world by the time they graduate, and it's all some students can hope for to be able to look back and say that they learned well. We've seen student's perspectives, but what about a graduate student, on their metaphorical 'victory lap'?

Andrew Colucci, a graduate student studying anthropology, said, "I think people have this preconceived notion of college being either a place of book smarts, or the stigma of fraternities and parties. But college is a place where you build

the knowledge you need to get through life."

Colucci speaks from experience, having seen five years at a university and prepared for what lies ahead of him. "What we really learn in college is more broad and profound than just 'skills.' We learn how to connect with people, how to navigate stressful professional and social situations. All that isn't stuff you get from a book or a couple classes. It's the overall college experience that grants us the wisdom needed to become adults," he added.

From the perspectives of different students and a professor, we can see how the years spent

at a college incite growth and maturity from students. Education is vital and important, but the college experience itself is what makes college so valuable. We learn about the sacrifices necessary for adult life, we become who we are truly meant to be, and we learn by doing and from experience.

It's inspiring to see upperclassmen look back on the lessons they learned, and underclassmen look forward to those they have yet to learn. Whether you're in the sciences or humanities, playing sports or writing articles, you have a lot of learning yet to do, and chances are you're right where you need to be.

Era of Advertisement Aggression

MADDY KISLOVSKY
CONTRIBUTING WRITER

I could only manage to open one eye this morning, even after the 15 minutes of my alarm clock buzzing its head off. Groggily, I pondered what could be causing my lack of sleep. Remembering a commercial that had flickered onto my TV the night before, I thought, maybe I *should* look into that new TempurPedic pillow, might help me sleep a little better. It didn't cross my mind that turning the television off might do the same thing.

In my efforts to smack the howling alarm clock to the ground, I hit the radio button and brushed my teeth to a musical ad about Jimmy Dean breakfast sandwiches. "Have a good breakfast, have a good day" right? As I brewed some coffee, my frozen waffles clued me in on how I could make my mornings even better if I followed the recipe on the back of the box. This required the purchasing of several more of the company's products.

The commercials that interrupted the morning news report every 60 seconds kept me company while I ate. They reminded me that I needed to see the new Broadway musical, to buy a new car during the Presidents Day sale coming up, and to ask my doctor if I'm eligible to take a new daily multivitamin. The commercials used real life people, never actors. They told their stories and pleaded with me that if I wanted a happy life, to take their advice. Buy the multivitamin and live forever. I scribbled it on my grocery list.

On my walk to the subway, billboards, bus posters, and bench ads fought for my attention. Text scrolled along the awnings of

buildings, video clips were projected onto huge screens attached to the towering skyscrapers. The ads' goofy colors and massive fonts slightly resembled a cartoon. Before my eyes, everyone broke into a flash dance as they held up their Coke bottles and red and white balloons fell from the sky. They danced and smiled and laughed and drank their soda.

People stopped me on the street to try their free samples, smell their best-selling perfume, and check out the bootlegged DVDs they had spread out on their tables. Presentation *is* everything, and that perfume *did* smell kind of nice...

The walls of the subway car were anything but bare, just like the streets above ground. The cars were plastered with local colleges offering flexible schedules, online degree options and upcoming yoga classes. I made a mental note to reactivate my gym membership. As the train screeched to a halt and I stepped off the subway car, a huge poster of a gorgeous model sitting on a beach greeted me. Perhaps I should reactivate my tanning membership as well.

When I finally got to the office, a meeting with a client of mine was interrupted by a telemarketer phoning my cell to ask if I was interested in purchasing a refrigerator from the Sears catalog that had recently started to get shoved into my mailbox. How did these people get my address, better yet, my *phone number*? They must *truly* care for me and want nothing but the coldest environment for my food. How sweet!

A brief pause in my morning allowed me to check my email. 57 unread messages from dating sites, online shopping deals and social media updates that sug-

gested some new people for me to follow. All telling me I needed to want more, have more, buy more. As I did some research for a project I was currently working on, more colorful ads peppered the pages. Some were silly, some were helpful, and one made me really crave a Pepsi.

During my lunch break, Pepsi in hand, I braved the crowds and the pastel colored billboards again. Everything was lit up, flashing, blinding.

When I ordered my lunch at a small café a few blocks from the office, the cashier asked me no less than three times if I wanted to add something to my order. A cookie? A larger size of fries? I sat down to unwrap my lunch and dive in, meanwhile noticing my sandwich was wrapped in tissue paper covered in reviews, coupons, and ratings about the restaurant. I ate the ads up...they looked more delicious than the food.

Listening to my Pandora station reminded me to get back on my Game of War kick, 100 more soldiers will only cost me \$29.95, even less if I use the Pandora promo code! Score!

As the office got a little slower, I decided to check some online shopping sites for sales. Free shipping for all orders over \$75? I had never come across a better steal in my life! I guess I really do need some new slacks... Professional people wear slacks. Besides, who can say no to free shipping?

The last meeting of the day at the office was a young man pitching his advertising services to our company. He began his speech quietly, respectfully. "It seems like you guys are a great business. You keep your clients happy, you're respectful of their wishes."



IMAGE TAKEN from shapecollage.com

Advertisements these days seem to always be in your face, telling you that something new is out and you need to buy it.

It was then that his demeanor changed, and his eyes seemed to shine brighter than any model in any advertisement. "But I'll let you in on a secret. You're missing out on huge chunks of business. You need to shove your company down these people's throats! Call them, email them, and send them mail. I'll make everyone who lays eyes on your ads yours. Your brand, EVERYWHERE! Full page ads in newspapers, radio time, anything! Don't worry about pricing...I'm extremely affordable...the thing with good advertising is that it can make someone believe they need something when they might not at all! And that's good for business!" the young man exclaimed. I wasn't sure how I felt about this advertising...making people *ours*?

On my way to my sister's house for dinner, an ad popped up on my GPS for Jiffy Lube auto parts. I made a mental note to stop in one day this week and see how badly I needed an oil change; almost sure I had reached the time limit

that the ad gave before you should take your car to be serviced. Distracted, I almost missed the turn for my sister's street.

On my drive returning home, I had tried to listen to the radio again to play some uplifting music that might keep me awake. Every channel was plagued by commercials. I gave up looking for a decent song altogether and rode home in silence. Opening the door to my apartment was a relief. No colorful slogans, no flashing lights.

I breezed through my day in my head. How many ads had I seen today? How many times had I been approached on my commute to work by someone trying to sell me something? I tried to imagine a world without any suggestions, any commercials, or any advertisements. *How would I know what to buy?*

I crawled into bed as my TV bathed my bedroom in an eerie, muted light, and I fell asleep to the same TempurPedic commercial I had the night before.

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MONMOUTH UNIVERSITY

Local Artists Shine at WMCX's 24-Hour Music Fest

MICHAEL BATEMAN
STAFF WRITER

Student radio station *WMCX* hosted their eighth annual 24-Hour Music Fest on Friday, March 13, beginning at 9 am at their headquarters in the Jules L. Plangere Center for Communication. The event continued into Saturday, March 14 and concluded that morning at 9 am.

The *WMCX* staff kicked off the University's spring break by occupying their studio for a full twenty-four hours of live music. They invited both local artists and student musicians to perform live sets over the air. Over the years, the radio station has alternated between a 12-hour and 24-hour format for the event, but this year marked a long-awaited return to the twenty-four hour version.

The radio station held its inaugural 24-Hour Music Fest during the spring 2007 semester when the organization's advisor, Dr. Aaron Ferguson, proposed the idea to that

year's student executive board. "I went to graduate school at Emerson College, and they did an entire week of live music at their radio station," he said. "I thought we could at least try a twenty-four hour version. It's a good way for people to hear great local music."

Since then, the event has grown and its range of performers diversified. "We've had signed bands, student bands, and we've had local musicians," Ferguson said regarding the types of performers *WMCX* has hosted for the 24-Hour Music Fest over the years. "It started off mostly with just local bands, but then student bands got involved, and we've even had some signed bands like *Smithereens* play here."

University senior and current *WMCX* General Manager Danielle Gertz made the decision to host the 24-hour format along with the other members of the radio station's student executive board. To acquire talent, they had to contact musicians through a variety of different means

to fill twenty-four time slots, each allowing a performer an hour-long live set over the air.

"I began by reaching out to bands who have played live at our radio station before," Gertz said. "From there, I started asking bands whom I've met at local venues, and I also reached out on social media to gather more performers."

Some artists who have performed at 24-Hour Music Fest's past incarnations did indeed return to play again. New Jersey-based songwriter Julian Fulton returned for his second appearance and played an afternoon acoustic set. "I played here two years ago with a full backing band," Fulton said. "It's so nice to be around people who are passionate about music. When they asked me to play again, I said I definitely would."

Along with Fulton, other notable local musicians made appearances, such as the popular Asbury Park-based alternative rock band, *Deal Casino*. Some students involved with the University's new record la-

bel, *Blue Hawk Records* also participated, including Natalie Zeller and *Flammable Animals*. During any unfilled time slots, the radio station personnel hosted both acoustic sing-a-longs of classic hits and talk show segments focused on music.

While the 24-Hour Music Fest provides *WMCX* with a great avenue for self-promotion, the station hosts it for a greater cause. Gertz said, "We want to give local bands a platform to showcase their music to a wider audience."

In recent years, New Jersey has become the home to a bustling local music scene. Due to its close proximity to New York City and Philadelphia, local artists have a wide variety of options regarding where to perform live and promote their music. However, artists often face having to sell a minimum number of tickets to play at certain venues. Some venues also require a great deal of traveling to get to and will sometimes even charge patrons cover fees. Due to local live

music's costly nature, patrons may be deterred from attending a show, and thus artists will potentially miss chances to promote their music.

When asked about what role the radio station played in the local music scene, junior Owen Daly-Forsyth, *WMCX*'s Music Director for the upcoming 2015-2016 school year, said, "Our radio station gives more exposure to bands who are primarily playing local shows. The only way a lot of these bands are heard is when people actually come to their shows. *WMCX* allows them to be heard by more listeners without having to rely on getting people out to their shows."

With an organization like *WMCX* broadcasting live music over the air free of charge, local artists have a great opportunity to reach a broad range of listeners. Not only does this provide great exposure for individual musicians, but it helps showcase the New Jersey music scene's immense talent as a whole. Next year's Music Fest will occur in the spring.

Delta Phi Epsilon's Annual Lip Sync for Cystic Fibrosis

SAMANTHA BARNWELL
CONTRIBUTING WRITER

Delta Phi Epsilon sorority (DPhiE) hosted their annual Lip Sync on Monday, March 9 at 10 pm in Pollak Theater. The event raised over \$2,300 for the Cystic Fibrosis Foundation.

Kelsey Mieczkowski, DPhiE's Vice President of Programming, put the event together this year. "The best part was watching everything come together and seeing everyone who participated and attended truly being a part of the event while raising money for such a great foundation," she said. Mieczkowski worked for over a month preparing for the event and all of her hard work paid off.

Candace Mitola, a sister of DPhiE, and Anthony Accurso of Theta Xi hosted the event, with Matt Sheehan of Tau Kappa Epsilon (TKE) working as the DJ.

Mitola mentioned how much fun it was to get an inside look at all of the reactions from the performers.

The judges of the event were Amanda Caruso of Zeta Tau Alpha (ZTA), Danny Llanos of Theta Xi, Robyn Belen of Phi Sigma Sigma (PhiSig), Andrew Mucci of Sigma Pi (SigPi), and Chris Carter of Delta Tau Delta (DTD). Mucci had high expectations of the competition. "I was hoping to see a fierce competition between all organizations as well as great sportsmanship all for a great cause," he said.

The show included several entertaining acts that made the crowd laugh and applaud. Some of the most memorable performances included TKE's rendition of Frozen's famous song, "Let it Go." Theta Xi's enactment of "O Fortuna" by Carmina Burana amused the audience as the performers pretended to play instruments

and threw red streamers into the crowd. Alpha Omicron Pi's mash up of "I Want Candy" by Aaron Carter, "Candy Man" by Christina Aguilera, "Sugar" by Flo Rida and "Pour Some Sugar On Me" by Def Leppard had the crowd cheering and dancing with them.

The first place winner was Phi Kappa Psi (PhiPsi), who did a rendition of *Annie* and *Saturday Night Fever*. Matt Mrazik, of PhiPsi, said, "The idea for the dance was inspired by the fact that Wilson Hall was the location for *Daddy Warbuck's* mansion in the film *Annie*. We also threw a few songs in from *Saturday Night Fever* because we felt it added an artistic twist that would be very tough to match from our competitors." The act had everyone laughing, and even featured one of the fraternity's new members, Connor Becker, as Annie. Becker was elated to win. "My reaction to winning

was ecstatic because it showed all of our hard work really paid off," he said.

Second place went to ZTA's remix of throwback music. Jessica Kuck, a new member of ZTA, performed in the dance. "Seeing the final dance and response we received from the audience was so rewarding. Having the opportunity to perform and also see what other organization put together was a great experience," Kuck said.

Third place went to Theta Xi's "O Fortuna."

The sponsors who donated prizes for the event included *Scala's Pizzeria*, *Bagel Guys Deli*, and *Jr's*.

Like previous years, this year's Lip Sync appeared successful. Becker said, "Lip Sync was excellent. Everyone had a great time and I cannot wait for next year."

"Overall I think this is a great



PHOTO COURTESY of Samantha Barnwell
The sisters of DPhiE ended Lip Sync by performing a dance based on "American Horror Story: Freak Show."

event for an amazing cause and I would like to thank the lovely sisters of Delta Phi Epsilon for continuing to put together such a superb show each year after year," said Mucci.

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

IEEE/ACM

The IEEE/ACM student chapter invites the campus community to its internal hackathon on April 3 at 6 pm in Howard Hall. Come build apps with us! Beginners welcome!

ACCOUNTING SOCIETY

The Accounting Society will hold its Annual Accounting Society Networking Event on April 28 from 6 to 8 pm in Wilson Hall. All accounting students are welcome. Please contact Maria Carvalho at s0774450@monmouth.edu to RSVP.

ZETA TAU ALPHA

The sisters of Zeta Tau Alpha would like to thank everyone 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 support!

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>.

ALPHA XI DELTA

The sisters of Alpha Xi Delta would like to welcome everyone back from spring break! We would also remind everyone that April is National Autism Awareness Month, beginning with Light it Up Blue Week! Stay tuned for upcoming events!



MOMENTS AT MONMOUTH



TOP LEFT:
PROFESSOR DIMATTIO AND STUDENTS OF THE ART AND DESIGN DEPARTMENT TOOK A TRIP TO SPAIN DURING THE SPRING BREAK. (PHOTO COURTESY OF TY POLAND)



CENTER RIGHT:
CORN BEEF AND CABBAGE IN HONOR OF ST. PATRICK'S DAY LAST WEEK. (PHOTO COUTESY OF KIERA LANNI)



BOTTOM LEFT
BLUE HAWK RECORDS AND THE MUSIC ALLIANCE HELD A LIVE SHOW AND BAKE SALE IN THE STUDENT CENTER. (PHOTO COURTESY OF BLUE HAWK RECORDS)

SPOT 9 DIFFERENCES



QUOTE OF THE WEEK

"IF IT IS RIGHT, IT HAPPENS - THE MAIN THING IS NOT TO HURRY.
NOTHING GOOD GETS AWAY."
-JOHN STEINBECK ON FALLING IN LOVE



What is your favorite thing about spring?

COMPILED BY: KIERA LANNI



Shannon
Senior

"I like putting away my winter clothes."



Jackie
Junior

"Warmer weather. You get a taste of the summer and you get to see nature."



Peter
Freshman

"The warm weather."



Robert
Junior

"Definitely the weather changes."



Janet Dustman
Student Life Assistant

"The weather and the flowers in bloom."

ANSWERS: 1. CHIPMUNK FACE IN BOTTOM LEFT CORNER; 2. TWO TAILS; 3. ONE LESS EAR; 4. A HEART ON LEG; 5. NO STRIPES; 6. TWO EYES; 7. ONE LESS TOE; 8. MISSING STRAW BEHIND CHIPMUNK; 9. FROG DECORATION HAS THREE EYES

Women's Lacrosse Wins 2 of 3 Over Break

MAGGIE ZELINKA
SPORTS EDITOR

The women's lacrosse team spent their spring break unlike typical college students as they versed three difficult teams across the country.

The team sparked their three game excursion with a 14-11 loss to Saint Joseph's University on Saturday, March 14. SJU got off to an early start courtesy of Nora McCallion who had two goals within the first five minutes of play. Within ten minutes of the opening whistle, SJU was winning 3-0.

Junior attackman Marial Pierce put MU on the board with 19:37 remaining in the first

half, but SJU responded with two goals of their own from Maura Monti.

MU senior Emily Barbieri and sophomore Olivia Higson each added a mark of their own to cut the lead to two. Shortly after Barbieri's goal, SJU pulled ahead by one more score courtesy of Julia Falcone.

MU showed a burst of energy, scoring three consecutive goals over the span of seven minutes.

With the score at an even 6-6 and less than a minute in the first half, SJU lengthened their lead to two once more.

Pierce gave MU hope at a victory by tying the game once again at 9-9 with 17:26 left to play. Unfortunately, SJU

crushed any hope with four consecutive goals making it a 13-9 game. With five minutes remaining, MU's back-to-back effort was not enough and with a second left in the game, SJU's McCallion secured her team's win.

MU goalkeeper, senior Katie Donohoe, made five saves during the game. SJU's Sarah Smith lead the game with five goals while Higson lead MU with three goals. The Hawks outshot SJU 26-22 and had 18 more fouls. Each team had 20 turnovers.

"I think today was about making too many mistakes, too many fouls, too many turnovers," Head Coach Denise Wescott

said. "To give them three goals in an empty goal cage, right there are the three goals we lost by today. In my mind I thought we hurt ourselves today."

MU overcame their three game losing streak in Fresno, CA on Thursday night as they won 8-7 against Fresno State. Higson had a career-high five goals on five shots, including the game winning goal.

Fresno State opened the game with three consecutive goals followed by five MU goals, three of which came from Higson.

As the second half opened, MU was ahead 5-3, but Fresno State score three consecutive goals to take the lead.

The game stood still for the next 12 minutes until Higson scored an unassisted goal to knot the game at six. A free position shot from Pierce put MU ahead by one and another unassisted goal from Higson gave MU a two goal lead. Fresno scored the final goal of the game.

"We fought hard to come back and our offense scored when we needed it but we need to possess the ball better," Wescott said. "Olivia Higson did a great job driving to the net and her shooting was on fire. We'll take the win but there are things we could work on."

MU's Caroline Huelster has eight saves in the contest; Fresno's Mary Weissenfels made ten saves. The Hawks had a 22-19 advantage over Fresno.

The Hawks concluded their spring break with a 15-7 win over the University of Oregon in Fresno, CA. Senior captain Allison Stathius led both teams in goals with four while Pierce led

both teams in assists with four.

With a rather mediocre first half, both teams provided for an unbelievably exciting second half. Oregon got on the board less than two minutes into play, however, MU lead 4-1 at half.

The second half opened with a two goal exchange to make the score 6-3 in MU's favor. With 20 minutes left in the contest, MU made seven consecutive goals, three of which came from freshman attacker Alexa Smith and two courtesy of Stathius.

Oregon scored back-to-back goals to which MU responded with back-to-back goals of their own. As the scoreboard showed 2:22 remaining, Oregon attempted a comeback but fell awfully short securing the game's final score.

MU's Donohoe made 12 saves in the contest while Oregon's Janelle Parker collected 13 saves. The blue and white outshot their opponent, 33-23, and had four more draw controls.

In light of her team's victory, Wescott said, "We did a nice job riding them in the beginning of the game, creating turnovers which created some goals for us. I thought the whole team played really well. Our defense protected the middle well and offensively we moved the ball better than we have all season to find some open players."

After this week's conquest, MU has a 5-3 record. They will begin their Metro Atlantic Athletic Conference play on Wednesday, March 25 against the Niagara Purple Eagles. Game time is set for 2 pm in Niagara, NY. The Hawks currently are 3-0 on the road.



PHOTO COURTESY of MU Athletics

Sophomore Olivia Higson (above) recorded 10 goals and three assists in the Hawks' three games over spring break. Higson currently leads the team with 17 goals on the season.

Men's Lacrosse Hit .500 at Half-Way Mark

KYLE WALTER
ASSISTANT SPORTS EDITOR

The men's lacrosse team improved its record to 4-4 overall this season, including a 1-1 mark in the MAAC, with consecutive wins over NJIT and Siena this past week.

MU first took down the Highlanders of NJIT 6-3 on Tuesday, March 17 in Newark. Six different Hawks scored goals for the game, and senior goalkeeper Garrett Conaway saved three of six shots to earn his third win of the season. With the loss NJIT fell to 0-6 for the year.

Trailing by one with fewer than two minutes to play in the first period MU senior John Castellano found the back of the net and tied the game at one with his first career goal. The game stayed even at one over the next 13 plus minutes of play before sophomore Eric Berger scored an unassisted goal to give the Hawks the lead with only 3:07 remaining before halftime.

Berger's goal kick started an offensive explosion as NJIT's Joe Lomeli netted his second goal of the game just 11 seconds later to tie the game back up. Less than a minute later, however, the Hawks found themselves back in front when senior Ryan Schwartz took a pass from teammate Zak Reed and got it past the keeper for his first goal on the year.

With just two seconds left to play in the first half the Hawks recorded their second consecutive goal when freshman Bryce Wasserman scored his team leading ninth goal of the season. The score gave MU a 4-2 lead as both teams headed into the locker rooms.

The Hawks continued their hot play in the second half as

they extended their scoring streak to four consecutive goals. Sophomore Zack Schleicher first found the back of the net with just under four minutes remaining in the third period to move MU's lead to 5-2. Just 40 seconds later senior Zach Johannes scored MU's sixth goal of the game to increase the lead to four off of an assist from Schleicher.

The Highlanders managed to cut the lead to three in the fourth period, but never mounted a serious comeback and the Hawks held on to the 6-3 victory.

"It certainly wasn't pretty tonight," said Head Coach Brian Fisher after the game. "But I am proud of the effort and glad that we found a way to get the job done. While we still have a lot of things to clean up, I loved that we played with a lot of energy and kept pressure on them throughout the game."

MU pushed its winning streak to two four days later with a come from behind victory over defending MAAC champion Siena. The victory was MU's first ever win in MAAC play.

Despite being outshot 34-28 by the Saints, the Hawks were able to come away with the win behind the strong play of Conaway. The senior goalie recorded thirteen saves on the game.

After falling behind early, Schwartz tied the game at one with thirteen minutes left to play in the first period. Unfortunately, for the Hawks, Siena responded with two goals in the second period to take a 3-1 halftime lead.

As the second half opened the Hawks seized momentum and wasted no time getting the game back even. Sophomore Chris Daly opened up the scoring at the 14:52 mark to bring MU

back within one, and just over four minutes later Schwartz scored his second goal of the game to knot the game a three.

Siena was able to bounce back, however, and with seven and a half minutes left in the third period the Saints regained the lead. It appeared that MU would head into the fourth and final period down a goal, but with only one second to go in the third Berger tied the game at four off of an assist from Wasserman.

The game remained tied for nearly the entirety of the fourth period, and it appeared that the game would be headed for overtime. However, with 1:13 re-

maining in the contest, Berger scored his second straight goal, and fourth of the season, to give the Hawks a 5-4 lead.

Siena was unable to push across the equalizer over the last minute of play and MU held onto the one point victory.

"I was proud of the effort today because it took grit and determination for us to get the job done," said Fisher. "Coming out of halftime, we knew if we cleaned things up, we would give ourselves a chance to win in the fourth quarter. I am excited we were able to make the plays we needed at the end, and come out with a win."

On Tuesday, March 24, MU

fell to the Lehigh Mountain Hawks with a final score of 16-5 at Monmouth Stadium. The Hawks fell short during the first half as Lehigh led 9-2, with freshman Bryce Wasserman and senior John Castellano scoring MU's only goals.

MU was unable to overcome the big first half deficit despite contributions from senior Zach Johannes, sophomore Kevin Murphy, and a first career goal from sophomore Hunter Rainis.

The Hawks will next travel to Easton, PA to play against Lafayette on Tuesday, March 31 in Fisher Stadium. In their last encounter with Lafayette, MU lost on their home turf, 9-5.



PHOTO COURTESY of MU Athletics

Sophomore Eric Berger (above) has four goals this season, three of which came over spring break.

Dylan Capwell Is Re-Writing the Record Books

ERIC KLENOFSKY
STAFF WRITER

If you have followed Monmouth Track and Field over the past two years, then you have followed sophomore, Dylan Capwell.

Capwell etched his name in MU history two weeks ago at the NCAA Finals finishing second in the 800. After coming in at 1:48.23 in his initial heat and second overall, Capwell qualified for the finals. The Lake Hopatcong, NJ native faced stiff competition in the championship and would eventually be edged out by talented Iowa State senior, Edward Kemboi of Kenya.

“The goal is always to take first in any race I go to but just being able to run the way I did was incredible,” said Capwell. “As a sophomore qualifying as the fastest American and getting flown out to Arkansas for

five days was amazing, it means everything to me.”

But the story goes much further than second place; Capwell set a new personal best and school record at 1:46.70, solidifying a First Team All-American selection. Not only did he venture into uncharted territory for MU athletes, but Capwell’s record breaking time made him the fastest collegiate American 800 meter runner in the country. However, that only scratches the surface of what Capwell has achieved in his first two years for the Hawks.

The accomplished MU Indoor Track and Field team won their second straight Metro Atlantic Athletic Conference Championship earlier this year, and Capwell certainly left his mark on the competition. On his way to the fastest time ever for a collegiate athlete at the historic New York Armory, Capwell broke both the MAAC

and school record in the 800. His performance at the MAAC Championship earned him Mid-Atlantic Regional Track Athlete of the Year honors, determined by the U.S. Track and Field and Cross Country Coaches Association.

With two years left in his collegiate career, such accolades tend to beg the question, could Capwell be considered the greatest West Long Branch has ever seen?

“If you look at just plain results he’s the highest finisher we’ve ever had at NCAAs, we’ve never had anyone finish as high as second so he’s got the best result,” said Head Coach Joe Compagni, in his 19th season at the helm for the Hawks. “I think he’s just getting started too, I think there’s a lot more that he can do; we’ve had some other guys that made All-American two and three times so he’s got a ways to go to

stake a single claim to being the very best.”

Capwell is no stranger to All-American honors.

Freshman year saw this rising star become the first ever male MU athlete to qualify for the NCAA Championships in a track event.

Following his trip to the University of Oregon for the 2014 NCAA Championships where he ran a 1.51.18 in the 800, Capwell garnered honorable mention All-American status off a seventh place finish.

Capwell has been on a steady incline since he first suited up for the Hawks, but only time will tell what he is truly capable of.

“We don’t know what his ceiling is yet,” said Coach Compagni. “He’s developed so well and so fast that I don’t think we know where his max is yet, there’s still some big improvements he can make.”

“We don’t know what his ceiling is yet. He’s developed so well and so fast that I don’t think we know where his max is yet..”

- JOE COMPAGNI
Head Coach



Track and Field Begin Outdoor Season

MEL LEWIS
STAFF WRITER

Monmouth’s track and field opened their 2015 outdoor season this past weekend at Wake Forest University on Friday and Saturday. The meet was considered a success as several Hawks posting qualifying marks for ECAC/IC4A.

We know we have a lot to work on in the next few weeks, but this was a great start for the group who competed this weekend,” said Head Coach Joe Compagni.

For the men, Jalen Walker and Ahmier Dupree took fifth in the preliminaries in their events before upping their finish to third in the finals. Walker ran the 110 hurdles in 14.69 seconds in the prelims, lowering that to 14.43 to come in third in the finals. Dupree ran 10.89 in the prelims in the 100 before dropping that to 10.87 for third place in finals later that day. Both Walker and Dupree qualified for IC4A’s. “Even though it was the first meet, we were more than pre-

pared.” Dupree said.

The men’s 4x100 group of Walker, junior Eric Kahana, freshman Bryan Sosoo and Dupree also posted an IC4A time of 42.28 to take fourth. Kahana also ran 22.14 in the 200.

Junior Geordan Ferguson finished third in the 400 hurdles in 53.86 seconds, also an IC4A qualifying time. “It felt good running a very close time to where I left off last year,” Ferguson said. “I expect big things for myself and the team this outdoor season, and today was a great start to achieving that.” Senior captain Ben Boyd took fifth in the 400 with a time of 48.07 seconds, Boyd also ran the 800 running a 1:55. Sosoo took ninth in the triple jump with a leap of 45’3.5”.

MU had three top-10 finishers in the shot put, first by senior captain Taylor Bernstein, who took fourth with a shot of 53’5.75”. Junior Tevin Kirby-Stewart took ninth at 51’7.25”, and freshman Corey Murphy was 10th, throwing 49’6.5”. Bernstein also took fourth at

163’6” in the discus to qualify for IC4A’s. In the javelin, Senior Zach Torrell finished third with a throw of 209’10”, and freshman William Civatte was ninth at 183’11”. Torrell’s mark was an IC4A qualifying standard.

Junior Troy Andretta was fourth in the hammer throw with a throw of 170’8”.

On the women’s side, Senior Kelsey Reese qualified for ECAC’s and the NCAA First Round in the javelin with a mark of 159’9” to take third place. Freshman Stephanie Rones also qualified for ECAC’s and U.S. Junior Nationals with her seventh place finish in the javelin, throwing 140’7”. Senior Captain Taylor Johnson took first in the discus with a throw of 156’8” and junior Aziza Ahmed took fifth with a throw of 144’3” both throwing the ECAC mark. Johnson was strong in three events, taking sixth in the shot put 42’8.75” and seventh in the hammer throw 154’2”. Freshman Alicia Hester joined Johnson in the

hammer, taking 13th at 137’7”.

Senior captain Kate Frye ran 1:02.41 in the 400 hurdles, coming in third place and an ECAC qualifier.

“Everyone who competed this weekend really got some good marks, especially for the first meet of the season. Meets like this are great indicators of how well the rest of the season will go,” Frye said.

Junior Brittany Papa won the B-section of the pole vault with a jump of 10’10”, with Senior captain Lauren and sophomore Casey Sturts finishing sixth and 11th in the pole vault invitational. Sturts won the high jump with a leap of 5’3”. Sophomore McKenna Coakley claimed fifth at 4’11”, and sophomore Noel Labb was 10th with a jump of 4’9”.

The team’s Middle Distance and Distance runners did not compete this weekend.

The Hawks will compete at home next weekend, with Monmouth hosting the 20th Annual Season Opener on Friday and Saturday.

SIDE LINES

BOWL After taking down second-seeded Stephen F. Austin in the first round, the women’s bowling team fell to Vanderbilt and Valparaiso in consecutive matches and was eliminated from the first ever Soutland Bowling League Championships. The Hawks first beat SFA four games to one before falling to Vanderbilt 4-1 and being swept 4-0 by Valparaiso.

MLAX Senior goalkeeper Garrett Conaway was named the Metro Atlantic Athletic Conference Defensive Player of the Week for the second time this season. The award comes after the team’s two consecutive victories against NJIT and Siena last week.

Conaway is second in the nation in save percentage (.647) and goals-against-average (6.03).

MTEN In their first Metro Atlantic Athletic Conference contest of the season, the men’s tennis team beat Siena to improve to 6-7 overall on the season. With a 7-0 sweep over Siena, the Hawks recorded their fourth shutout of the year. MU was victorious in every singles set and took the doubles point as well.

UPCOMING GAMES

Wednesday, March 25
WLAX at Niagara*
Niagara, NY 2:00 pm

Baseball vs. Fairleigh Dickinson
W. Long Branch, NJ 3:00 pm

Softball vs. Princeton
W. Long Branch, NJ 4:00 pm

Thursday, March 26
MTennis at Rider*
Lawrenceville, NJ 2:30 pm

Friday, March 27
Track and Field
Monmouth Season Opener
W. Long Branch, NJ 2:00 pm

Saturday, March 28
Track and Field
Monmouth Season Opener
W. Long Branch, NJ 2:00 pm

WSoccer at Villanova
Villanova, PA TBA

MSoccer vs. Bucknell
W. Long Branch, NJ 12:00 pm

Baseball vs. Manhattan*
W. Long Branch, NJ 12:00 pm
Doubleheader

Softball at Rider*
Lawrenceville, NJ 1:00 pm
Doubleheader

WTennis at Delaware State
Dover, DE 1:00 pm

Sunday, March 29
Baseball vs. Manhattan*
W. Long Branch, NJ 12:00 pm

WTennis at Hofstra
Hempstead, NY 2:00 pm

MTennis at Hofstra
Hempstead, NY 2:00 pm

Monday, March 30
MGolf at Villanova Inv.
Melvern, PA TBA

WGolf at Georgetown Inv.
Beallsville, MD TBA

*Conference Games



FRESNO AND OREGONE



ALSO IN SPORTS:

Men's lacrosse show strong effort ... [Page 18](#)

Capwell breaks school record; qualifies for First Team All-American selection ... [Page 19](#)

Track and Field prepare for outdoor season ... [Page 19](#)

The women's lacrosse team picked up two consecutive wins as they defeated Fresno State, 8-7, and University of Oregon, 15-7, in California over spring break. Their record stands at 5-3 as they enter conference play.

[Full Story on page 18](#)