



THE OUTLOOK

MONMOUTH UNIVERSITY'S
STUDENT-RUN NEWSPAPER SINCE 1933

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You Could Lose More Than Just Weight With Diet Pills

PHOTO COURTESY of Kelly Brockett

MICHELLE GILMAN
STAFF WRITER

It's that time of year again: Spring Break has ended and summer is around the corner. The birds are chirping, the trees are green and little string bikinis are scattered in the display windows once more. At this point in the year, one might think it is time to hit the gym, but no; students are heading to CVS to pick up the latest and greatest diet pill to hit the market, such as Hydroxycut and Trim-spa.

Mary Lou Dalessandro, a Nurse Practitioner at the University, said, "Because obesity is an important health problem in this country, the desire to become thin is often a primary goal of college students. However, being thin and being healthy are not often the same. Many students turn to over-the-counter diet pills to achieve quick results."

In some cases, diet pills are just the trick to lose that extra winter weight students are carrying around. Alex Cohen, a graduate student at the University, has taken diet pills and supplements for several years now. "I started taking Xenadrine to lose the small percentage of body fat that I had left. As a result I am now a personal trainer

at the New York Sports Club. Without Xenadrine, I'm not sure I could have sculpted my abs enough. It was worth the risk of experiencing side effects," said Cohen.

However, these little caffeine capsules do not always work so well. Kayla Nennecke, senior at Seton Hall University, knows all about the diet pill hype. "Last year I wasn't quite ready for the summer so I decided to take Hydroxycut, which my friend had recommended," she

side effects are dry mouth, sleeplessness, headache, back pain, constipation, nausea, dizziness, anxiety and depression," said Schaad.

Nennecke made it clear that many students don't take into consideration that these pills are powerful and should not be taken lightly. "I realized after about five days that if I took one of the pills without a meal I would become dizzy and lightheaded. That was when I decided to stop taking them."

Another common problem found when taking over the counter weight loss supplements for quick results is the rapid weight gain after you are off the pill. "Many people stop using diet pills due to the unpleasant side effects. Weight loss is usually small, and regain is the norm unless accompanied by exercise and healthy food choices. Studies show that most people gain all the lost weight back once the pills are stopped," said Dalesandro.

Another case involved University student Jamie Pinkus (Student's name has been changed to protect her identity) was looking to lose about 15 pounds before she went on a

"Studies show that most people gain all the lost weight back once the pills are stopped."

MARY LOU DALESSANDRO
Nurse Practitioner

said.

But Nennecke soon discovered that the side effects written on the side of the box are not just there for decoration. "After taking the pills for about three days, my heart felt like it was fluttering in my chest. I decided to read the label and saw that increased heart rate was, in fact, a side effect," she said. According to Substance Awareness Coordinator, Suzanne Schaad, increased heart rate and blood pressure are only two of many side effects. "Some of the most common

Pills continued on pg. 15

Plans Change for New Residence Hall

New Building Not to be for First-Year Students

AMY GEIS
STAFF WRITER

The proposed new residence hall on campus has been changed to house sophomores instead of incoming first year students.

Mary Anne Nagy, Vice President for Student and Community Services, said that the University is planning on having this new building to continue to meet the demands of the current students.

"In particular, we want to be able to guarantee second year students housing just as we do our first year students," Nagy said. "The building will house approximately 200 students

and will be a traditional style building very similar to Mullaney Hall."

The construction of the building has not started yet. "We will not start until the University receives the proper approval from the local planning board in West Long Branch," Nagy added.

The building was originally discussed to be for incoming freshmen to try to standardize housing for the first year students. Also, a majority of their housing is already traditional style.

The newest residence hall on campus is Mullaney Hall which

Dorm continued on pg. 3

New Winner Announced at HERO Ceremony



PHOTO COURTESY of Casey Allocco

Members of the University stand with the 2012 HERO of the year, sophomore Gary Mejia.

CASEY ALLOCCO
CONTRIBUTING WRITER

Prevent drunk driving.

That is the goal of the HERO campaign, which aims to reward designated drivers for their efforts in preventing vehicular alcohol-related accidents and deaths. The campaign was established in 2000 and has been a large part of the University since 2007. The University held the annual HERO of the year award for the third year in a row last

Wednesday.

The University Newswire said that the campaign started with Navy Ensign John Elliott from New Jersey, son of HERO campaign founder William Elliott, when he was hit by a drunk driver in 2000. It has grown into a nationwide program to save lives.

Students and faculty were able to nominate others and they also were able to nominate

Hero continued on pg. 2

INDEX

News	2
Op/Ed	6
Politics	8
Lifestyles	10
Entertainment	12
Features	14
Club and Greek	16

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News

The Italian Festival, hosted by the Foreign Language Department, is coming up.

page 3



Opinion

Is it possible for guys and girls to ever just be friends?

page 7



Entertainment

The highly-anticipated film, *The Hunger Games*, was released last weekend.

page 13



Club and Greek

"Dancing with TKE" took place last Wednesday as a Greek event on campus.

page 17

The Journey to Medical School

Examining the Road Taken by Pre-Med Students

LAUREN GARCIA
ASSISTANT NEWS EDITOR

Students planning to apply to medical school will partake in a journey while at the University that includes student-created clubs and faculty-made committees.

Aside from the core classes that biology majors are expected to take and maintaining a GPA of 3.5, students have to take the Medical College Admission Test (MCAT). The MCAT, according to the Association of American Medical Colleges, is a standardized multiple choice test that includes problem solving, critical thinking, writing skills and knowledge of science concepts and principles that serve as prerequisites to the study of medicine.

In order to assist students planning to attend medical school, the University's School of Science formed the Pre-Professional Health Advisory Committee (PPHAC). The PPHAC, formed in 1974 by Dr. James Mack, Director of the PPHAC, and Dr. Dorothy Parker, is responsible for guiding students into careers related to medicine, dentistry, veterinary science and other allied health professions.

"We advise students who are interested in medical school, dental school, vet school, physician assistant programs, physical therapy, osteopathic medicine [and] occupational therapy," Mack said. "We have one of the best programs in the country, not just in the state. I started this in 1974 with Dr. Parker. There is probably no other

program in the country that has somebody on continuously for 38 years. Our other faculty members on the committee are very dedicated to helping the students."

The faculty members present on the committee include Dr. James Konopack, Assistant Professor of Nursing and Health Studies, Dr. Massimiliano Lamberto, Assistant Professor of Chemistry, Dr. Datta Naik, Professor of Chemistry, Vice Provost and Dean of

post-undergraduate schooling."

James Atherton, a junior, described the PPHAC meetings as open for all those interested in attending and a good way for students to speak with professionals and gain insight as to what to expect once they are in medical school.

"AED is an honors society for those interested in applying to a health profession," Atherton said. "The group helps with MCAT

students with common interests and extends a program of service to benefit the University community."

"On the University's campus, we provide an environment for students to foster their integrity, leadership, teamwork and professionalism," said Bryan Martin, a senior and President of AED. Martin then provided details of a fundraiser that members of AED took part in in response to the

As of 2010, 87 percent of University students had been accepted into medical school such as Drexel University College of Medicine, Columbia University College of Physicians and Surgeons, Johns Hopkins University School of Medicine and many more.

Mack has realized through his experience that the University is rare in its dedication to its students interested in medicine.

"We have more experience than any other school," he continued. "People who would be on a committee like this would perhaps do it for a couple of years then they'd do something else. They don't have the experience that we have. My involvement is continuous; it's been 38 years. To be a student and really interested in one of the health professions, you're not going to find a better place than this. And I'm not just saying this; it's really the truth. I've gone to meetings where people are asking questions that we answered 15 years ago."

Martin agrees that the University helps its students prepare but also states that students must help themselves if they expect to reach their end goal.

"I think Monmouth is a fantastic institution and that I have been very privileged to attend. With this being said, no one is going to force-feed you the material," Martin said. "You are not going to learn the material through osmosis or some other passive method; you have to engage in class and be diligent about completing assignments. If you want to be a doctor you have to go out and get it."

"The PPHAC is a committee of faculty that is in charge of relations, our medical school image, and our letters of recommendation. Once a semester, they organize a giant meeting with a bunch of speakers. They find us internships and shadowing and they also organize agreements and affiliations to help out students with post-undergraduate schooling."

BRANDON HAYES
Junior

Graduate School and Continuing Education, and secretary Barbara Santos.

"The committee members, they really work hard, and they don't get paid because they really want to help the students," Mack said.

"The PPHAC is a committee of faculty that is in charge of relations, our medical school image, and our letters of recommendation," said Brandon Hayes, a junior. "Once a semester, they organize a giant meeting with a bunch of speakers. They find us internships and shadowing and they also organize agreements and affiliations to help out students with

studies and looks nice on a resume. It also introduces students to the requirements of the exam."

In addition to the PPHAC, students have gone out of their way to prepare for taking the MCATs by forming a chapter of Alpha Epsilon Delta (AED) on the University campus. According to the mission statement, "Alpha Epsilon Delta is the National Health Pre-Professional Honor Society dedicated to the encouragement and recognition of excellence in pre-professional health scholarship. AED offers opportunities for intellectual and professional development, provides a forum for

concern for a University student.

"Earlier this year, Rachel Van Beke approached me because she was deeply distraught over the unfortunate burns suffered by fellow student Kelly Boozan after a Halloween fire and thus she and her friend Jenny Phelan organized a Polar Plungaploozza to raise funds for Kelly and her family," Martin explained.

AED meets biweekly. As of yet, the group has not been approved as an official club on the University's campus. However, the members of the group have applied and are awaiting approval by the national committee.

Sophomore Wins HERO Award

Hero continued from pg. 1

themselves. Four students were nominated for the award. Ryan Clutter, Chris Sikorski, Gary Mejia, and Chelsea Pfender were the contenders. The winner of the award was Mejia followed by second runner up Pfender and third runner up Clutter. Honorable Mention went to Sikorski.

Mejia will be featured on CBS Outdoor's billboards locally and also will receive \$200 to the Monmouth Mall, a HERO tee-shirt and a certificate.

Pfender received \$100 to Monmouth Mall, a HERO tee-shirt and a certificate, while Clutter received \$75 to Monmouth Mall, a HERO tee-shirt and a certificate as well. For his honorable mention, Sikorski received \$25 to the mall, \$10 to Einstein Bagels, a tee-shirt and a certificate.

Tyler Havens, Assistant Director of Student Activities for Fraternity and Sorority Life, won the

Employee HERO award. "It is really tragic to have a loss of life so young, that's one of the reasons I do what I do," he commented.

President Paul G. Gaffney II started the introduction of the ceremony telling the audience about the University being the first to give this award. "It is the ultimate expression of charity; the concept is so critically important," he began. "You should value yourself and take care of others. This HERO program puts those thoughts into real action."

During the ceremony student Malcolm McDonald sang a song he had written reflecting his thanks and appreciation to the HERO's out there. Mary Pat Angelini, Assembly Coordinator, said, "The program has really made drinking and driving uncool."

Mejia, the sophomore who won the award, had over 10 nominations, breaking the record at the University. He expressed his feel-

ings about winning by saying it was "Weird, but good. People will learn from it and try to stop drinking and driving. My advice to others is to try and be a hero yourself because losing a life over that is not worth it." Those who nominated Mejia described him as inspiring, reliable and a great friend. "I want to keep being an example for other people," he added.

Concluding the ceremony was Mr. William Elliott, founder of the HERO campaign. He discussed how important the program is to him and would be to his son, John. Elliott talked of expanding the HERO campaign into other New Jersey universities as well as other states. He said that his goal is "...to have a million designated drivers and to make having one as automatic as wearing a seatbelt."

Elliott also spilled the news about Monmouth County and Jersey Shore being the model county for the campaign. Over the sum-



PHOTO COURTESY of Casey Allocco

The 2012 HERO of the Year was announced last Wednesday, March 21.

mer, Elliott hopes to have the "Jersey Shore HERO Campaign" spread from Sandy Hook to Cape May, having bars participate in the cause. "We will try to get the

bars to serve free soft drinks for designated drivers and we will list their names in ads and in our newspapers," he explained. "It's the longest war we've never won."

CRIME BLOTTER

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University to Host Italian Festival

LINDSAY PARTIDGE
STAFF WRITER

The University’s Department of Foreign Language Studies and the Italian Club “L’ORA DEL CAFFE” will present La Festa Italiana (Italian Festival) from 11:30 am to 1 pm on Thursday, in Wilson Auditorium. Professor Maria Simonelli, Lecturer of Italian and Latin as well as the head of the Italian festival, is very passionate about the event. “The Italian Festival started about ten years ago and every year with different topics on Italian Literature, culture, art and music,” Simonelli said. “It is very important to celebrate such a rich and wonderful culture. The love for my country, language, history and culture pushed me to organize, together with my students, this event. We have been always honored by the participation of the Italian Counsel of New Jersey and Italian scholars.” The festival is not only geared toward opening students’ eyes to Italian literature, history, and culture, but it also feature many guest speakers. Simonelli will open the

program, followed by Dr. Andrea Barbaria, The Italian Counsel of New Jersey, Dr. Irene Deorsola, Professor of Political Science at the University of Torino and School of European Studies, Cardiff University in the United Kingdom. Along with guest speakers, student presentations will be a part of the festival as well. “I remember a couple of years ago, touching video interviews with some old Italian-

“The love for my country, language, history and culture pushed me to organize, together with my students, this event.”


MARIA SIMONELLI
Lecturer of Italian and Latin

Americans of New Jersey done by Monmouth University Students,” said Vincenzo Mele, a sociology professor of Italian nationality at the University. “The Festa Italiana is always very well organized,” Mele continued. “Every year there are wonderful lectures on topics like the 150th birthday of Italy as a nation, historical character like the tenor Enrico Caruso or, like this year, the concept of love in the Italian literature

and culture. Last but not least, there is something you can be sure about on the Festa Italiana - you can experience the best food on campus.” Some students were not aware of the festival until recent emails about it were sent out. Now, many students said that they are excited and eager to go and see what the Italian Festival has to offer. “I got an email about it and am planning on going,” said Casey McCabe, a sophomore at the University. “I think it’s a great way to bring people together on campus and learn about other cultures.” “After hearing more information about it, I am definitely going to check it out,” said senior Gina Swedin. “I want to try and do everything I haven’t experienced on campus yet before I graduate.” This event is meant to attract people of all nationalities and encourages diversity on campus. For more information about the festival, you can contact Professor Maria Simonelli by going to her office in room 124 in Plangere, by telephone at 732-263-5612 or by e-mail at msimone1@monmouth.edu.

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Change of Plans for New Residence Hall

Dorm continued from pg. 1

was completed in May 2010 for first year students. Nagy said, “After discussions with several areas, and most importantly our Student Government Association, we are leaning towards having the building used for second year students that may want a more traditional style experience.” “We want to be able to house all of the second year students who want housing on campus and eliminate the anxiety that I know exists among students through the housing lottery assignment process,” Nagy said. The University wants students to see this as an incentive to remain on campus. Having the possibility of living in a brand new building can be seen as a perk. A facility like this usually takes a year to build. “It is our hope that we will be able to start in such a way that we would be able to open for the Fall 2013 semester but again, this is contingent upon receiving the appropriate approvals from the local community,” Nagy said.

rent site of Lot 6, located near the library and Cedar Hall. David Rudowski, a junior health studies major, says he has not heard a word about this new project. Living in an apartment off-campus, he said it does not affect him personally, but he agrees with the change to sophomore housing. “I don’t think it’s fair to the students who stay at Monmouth for more than one year to get the short end of the stick,” Rudowski said. “The new dorms shouldn’t just be to attract new freshmen.” Kristine Lee, a junior communication major, said, “I wish when I was a sophomore living on campus I had the option of a new building. I was really jealous when they opened Mullaney that year and younger classmen were living in a nicer building than me when I was older.” “I think sophomores do deserve the building over freshman since it’s their second year on campus, they deserve a better living situation,” she added.

They do not have a final cost but they are assuming it to be similar to the price it was to construct Mullaney Hall. Cornero estimates it will be approximately \$13.6 million. The cost of materials and labor at the time of construction is the deciding factor. “We will have a competitive bidding process and will focus on the best value, not just the lowest price,” Nagy said.

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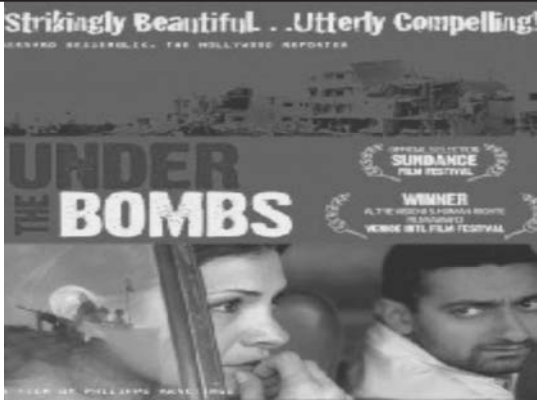
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(Synopsis taken from the IMDb web site.)

Organized by the Provost's Office and the Office for Global Initiatives

MONMOUTH UNIVERSITY

WHERE LEADERS LOOK *forward*

New Mail System for Hawks on the Way

BRITTANY IRVINE
STAFF WRITER

University email is due to change to a different system before the spring semester is over. In conjunction with SGA (Student Government Association), the University's Information Management and IT department have been working on a cloud-based enterprise email for over a year now.

The new system, managed and sponsored by Microsoft, is for educational institutions and will be implemented at the University at no direct cost. The selection of this system was backed by elements of familiarity due to similar software with compatibility and support being very simple to navigate.

As of now, 216 students in primary pilot groups have been using the system with hardly any problems. With events such as registration imminently approaching, 'Hawkmail@Live,' will go live for all remaining student accounts before the spring semester ends.

"We have to migrate in batches," said Edward Christensen, VP for Information Management. "The motivation is that if we didn't do it for the spring, we might as well wait. To move students while they're off for summer, makes no sense."

Benefits of the new mail system include a 10GB inbox, 25GB of cloud storage, and web apps for Word, Excel and PowerPoint.

In the first stage of migration, for the first six to eight weeks of

spring, 22 students from the Student Help Desk and SGA began using the pilot. They were migrated in February. The second wave of student volunteers that migrated to the pilot, did so over spring break and the rest of the University will migrate before the semester ends for a complete transfer to the new system.

All existing email within the student accounts will be moved to the newer system; however contacts and calendar will not.

According to Christensen, in addition to student use of the system while at the University, this email will continue to be available to future alumni as long as Microsoft offers the program.

Daniel Franciscus, Systems Administrator for Server Operations was the projects main technical lead says that this will be a good upgrade from SquirrelMail. He also mentioned the pros and cons with mobile devices.

"It's most beneficial feature is the 25GB sky drive. There's free storage on the Microsoft Server, anywhere with the web browser, and on mobile devices such as iPhone, Andriod, you can sync contacts and calendar reminders," he said, "Blackberries are more complicated than iPhones."

Franciscus' main objective was to make sure that the migration was as easy as possible. He wanted mainly three things, "Make it simple, when you log in, you migrate for the first time with no issues, and we will become adjusted to it."

The email system has not changed for a long time and this has been something that the University has been looking at doing for about a year now. "The idea was floated several years ago and there are a bunch of technical reasons why these weren't seen in a good light; that being legal reasons, and technologies being new," said Christensen.

One of the best things about the transfer is the ability for students to have unlimited help from employees that already

know how to use the system. Being that students have had few problems thus far, the transfer is on its way.

Christensen and Franciscus are ready for the change to happen, alongside SGA. They were searching for something better, something that would solve the space problem. With implementation of this new system, those ideas are now a reality. There are lots of ways people are accessing it now also, with every computer and every operating

system.

If a student, or faculty member finds themselves lost in transferring over to the new system, there will be a help page located on the Campus Technology section of the University's site, guiding them through the new Hawkmail@Live.

"We're all really excited for it to roll out. This is really something that will increase productivity. Getting used to it you will see, it's a much better system," said Franciscus.

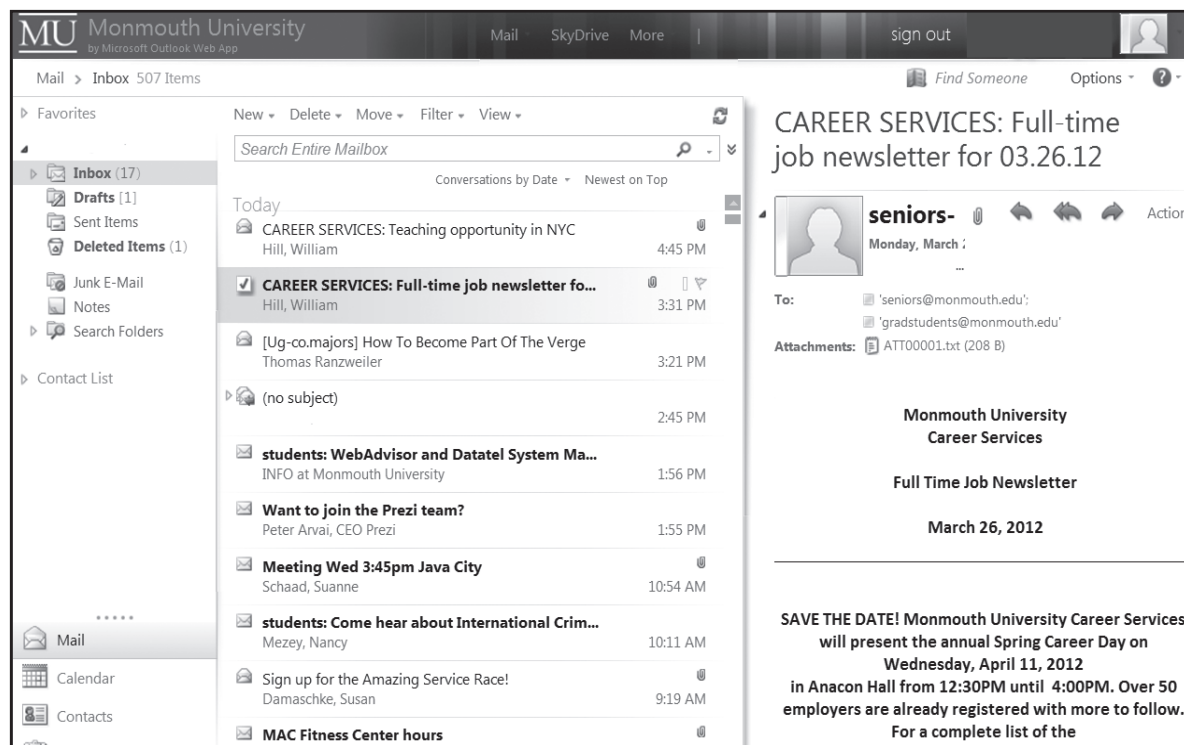


IMAGE COURTESY of Joanna Zietara
The new email system will show images and colors within email messages and will allow students to navigate through it without leaving the main screen. Clicking on messages will make them appear on the right side, leaving the main inbox up in the middle.

Health Care Law Protects Students After Graduation

ARNE DUNCAN
MCT CAMPUS WIRE

KATHLEEN SEBELIUS
MCT CAMPUS WIRE

Graduation is just a few months away and many of you will soon be making important decisions about jobs, graduate school, and your futures. Graduation day is always filled with promise, yet for you and your classmates, graduation day has also traditionally raised another worrisome question: where am I going to get health insurance?

The good news is that thanks to the new health care law, many young adults up to age 26 can now stay on their parents' plan. Since President Obama signed this landmark law two years ago this week, 2.5 million additional young adults have been able to get coverage under this invaluable benefit.

Before Congress enacted the health care law in 2010, most newly-minted college graduates left not only the classroom behind but their health insurance as well. That meant having to hopefully find a job that provided coverage or buying coverage on their own, which can be unaffordable, especially for someone just out of college.

Those challenges meant that young adults were almost twice as likely to be uninsured as older Americans.

For many young adults who felt healthy or cash-strapped, going without coverage sometimes seemed like a good alternative. But forgoing health care coverage comes with serious risks. It left young people and their families vulnerable to accidents or illnesses that could mean a lifetime of medical bills and debt, or worse. And it also meant they often went

without the kind of preventive care and checkups that could keep them healthy.

And for those who really needed coverage – like young adults suffering from chronic conditions like diabetes – going without coverage could mean going without critical, necessary care. As a result, many young adults made painful compromises, in some cases taking a job just because it offered insurance, instead of following a dream of grad school or going into business for themselves.

This wasn't just bad for young people. It was bad for our economy, keeping young people in jobs they didn't want to do and stifling innovation and entrepreneurship. In a world where great inventors, entrepreneurs, and CEOs can be young or old, America can't take the chance that the next Facebook won't happen because its

creator had to take a desk job just to get health insurance.

Thanks to the law, young adults today have better options. Because many of them can stay on their parents' plans, they don't have to make these tradeoffs or live with the uncertainty of having no coverage. And Mom and Dad can breathe a little easier, too.

For the Makle family and their daughter Measha, the law has already made a big difference. Measha was on her mother's insurance plan while she was studying engineering at Morgan State University in Maryland. But their insurer had notified the family that when Measha turned 21, she was going to be kicked off the plan.

Measha had already started thinking about finding a job to pay for new coverage. But a little while later, their insurer sent a letter to the family notifying

them that because of the health care law, Measha could stay on the plan until age 26. Now, Measha can concentrate on studying engineering, instead of worrying about health insurance.

Everyday we're hearing from more young adults like Measha who have benefitted from the law. We're collecting their stories at HealthCare.gov/MyCare, a site where you can learn about the law from the point of view of the people it is really helping and also share your own stories. We encourage you to check out the site, and feel free to tell your friends to do the same.

As you plan your next steps after college, you should be thinking about your dreams, not health coverage. Thanks to the health care law, millions of young Americans can now do just that.




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Graduate School Information Sessions

Wednesday, March 28, 7 p.m.

Tuesday, April 10, 7 p.m.

Wilson Hall Auditorium

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Should You Graduate to a Higher Degree?

THE OUTLOOK STAFF OPINION

These days, it seems we are at a point where getting a college degree seems almost necessary in order to succeed in life. Just don't ask Mark Zuckerberg, Bill Gates or Steve Jobs to back me up on that one. But is the job market so competitive right now that a mere bachelor's degree is not enough to set you apart from everyone else?

The general consensus here at *The Outlook* was that it really depends on what field you are looking to work in. For example, those looking to teach at all levels would be significantly better off with a master's degree. But where does that leave the rest of us?

There are two streams of thought on the topic. The first being that more education, grad-school, can only make you smarter and better you in the long run. Much like college, graduate school is something we as students make a choice to go to in order to get an education. A deeper understanding within your field will make you that much more of an asset to perspective job op-

portunities.

One factor which comes into play, one we face with many things in life, including college, is money. Is paying for school for another two years or so even doable for most students already deep into student loan debt?

Some of us at *The Outlook* feel that if you are a hard enough work-

from focusing all their attention on whether or not the applicant has a master's or not.

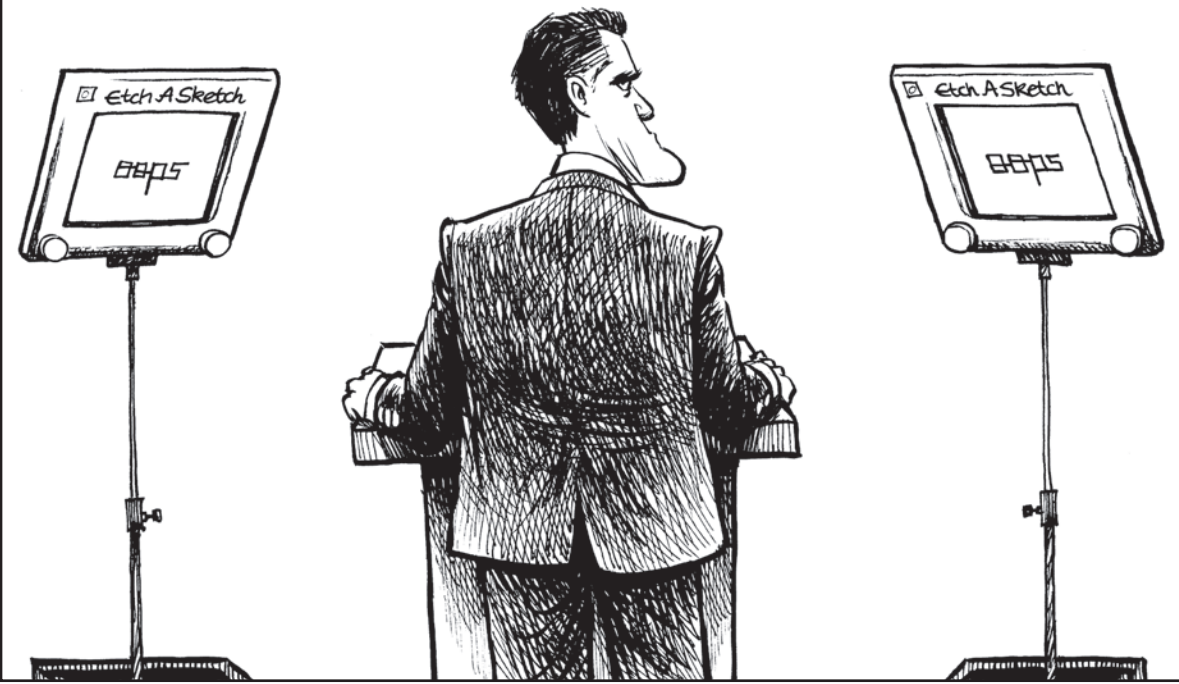
Others felt that a time and money investment right out of college into a field that we have yet to even officially work in isn't the greatest idea, either. What if it turns out that the field you intended to work in isn't for you after all? That would probably be worth finding out before investing another two years into more schooling. It's never too late to go back to graduate school for further education. It is also worth noting that there are some jobs out there that will pay for you to further your education in graduate school.

In the end, masters or no masters, we will be competing with hundreds of other people for jobs in our fields. Anything that can set you apart from the pack and make you stand out is worth doing. If graduate school is something that you can afford, in the sense of time and money, then it's worth doing. If not right out of college, then perhaps you can do it somewhere down the line. Never rule out the idea of furthering your education.

It's never too late to go back to graduate school for further education. It is also worth noting that there are some jobs out there that will pay for you to further your education in graduate school.

Monmouth Examiner
ARToons.com

MITT'S TELEPROMPTERS



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It’s Complicated: Why Guys and Girls Cannot be Friends

BRETT BODNER
MANAGING EDITOR

Friendship is defined as an interpersonal relationship generally considered being closer than association. Friendship between men and women is defined as...nonexistent.

In our world, there is always an argument about friendship between men and women. Women claim that it exists while men always put it down and say that it doesn’t. Who’s right here? Before I share my thoughts I would like to share the thoughts of some people I spoke to about this topic.

“Well personally some of my good friends have been females. I feel fine having girls as friends and being able to talk to them. Maybe it’s not the same as having guy friends but its worked fine for me. Saying that it’s definitely not the same as having guys as friends or for girls being friends, it’s obviously a different type of friendship, but it’s definitely possible for the opposite sex to be good friends,” said junior student Shane Carle.

Fellow junior, Jerry Dean said “Not gonna lie, almost every close friendship I’ve had with a lady, there’s some times when the testosterone is just coursing through my veins man.”

Frank DeGennaro, who graduated last year, believes it is hard for men to become just friends with women. “There are a few exceptions. 1) The girl is dating one of the guy’s friends and you are always around them. 2) You knew the girl since you were young and therefore look at them like a sister. 3) You’ve already had some sort of relationship and both have realized it wasn’t meant to be. 4) Neither side is attracted to each other. However, these aren’t rules, because very often the first three things are little to hold one side from liking the other.”

“Well I think it’s easier for girls to just be friends with guys because for the most part they are just looking for friends. Guys can be friends with girls, but if they had the chance

they would totally hook up with them,” said junior Amanda Romano.

Ada Foley is a high school English teacher who strongly believes it is very possible for this kind of

another due to catty jealousy and the like. Having males as friends (and focusing on something rather platonic than romantic) ensured that I found a companion that would be more upfront, honest, depend-

in December when two students at Utah State, Jesse Budd and Patrick Romero made a short video called “Why Men and Women Can’t Be Friends,” which you should check out if you haven’t done so yet.

The project was started by Romero when he wanted to make a point to his girlfriend, who was friends with a lot of guys and as Romero put it “led them on.” According to Romero, they had a tremendous amount of feedback as people loved it and currently the YouTube video has over six million views.

I asked Romero in an interview how he personally felt about the idea of men and women being friends and his answer basically summed up the exact way I feel.

“My honest opinion is that no they cannot be friends...acquaintances yes, but not friends. If two people of the opposite sex have what it takes to become best friends then they have what it takes to be a relationship. Sexual tension always enters the picture. I think it looks good on paper but the reality of it is that men and women can’t really be friends,” said Romero.

He hit the nail right on the head with this. In a male and female friendship, very rarely do you see two people who are perfectly fine being friends with another. Usually there is one side who feels more towards the other person. Sadly, the friend thing gets thrown out there as a way of saying “I’m not interested” without hurting the others feelings.

Now I know girls always say “No, we’re just friends” sometimes

when making a reference to a male “friend,” but what they don’t understand is that odds are the male feels the complete opposite. For example, there are many girls that I am friends with. However, for a majority of them, I would not hesitate to take things to the next level, but for the moment I accept my role and hope maybe something happens down the road.

This is the way that most guys feel. We never meet a girl and think, “Oh I can’t wait to be best friends with this girl.” Odds are it’s, “I want to hook up right now.”

Something else that factors into why men and women can’t be friends is the idea that sometimes opposite sex “friendships” can ruin relationships. We’ve all seen something like this even if maybe you didn’t realize it at the time.

You’re dating someone and they say that they are good friends with someone of the opposite sex. Then you meet that person and realize that that person clearly has feelings for your romantic partner. After you see this you don’t want them hanging around them anymore, which starts drama, and in the end could be detrimental to the relationship.

There is also one more fact I have to throw out there. Most good relationships are built out of strong friendships. We all know of couples who began as “friends,” but eventually the feelings grew and the “friendship” became a stepping stone to a relationship. To reiterate what Romero said, if people of the opposite sex have what it takes to be good friends then they have what it takes to be in a relationship. I would also like to add to there has to be attraction there as well.

So do friendships exist between men and women? I don’t think so. They don’t exist when you meet each other, when you get to know each other, post break-up, etc. If you think they do, then odds are you just trapped some poor soul in the friend zone who can never escape their unfortunate fate of simply being friends and nothing more.



PHOTO COURTESY of Anthony Panissidi

Both sexes are often confused when it comes to friendships with each other.

friendship to exist.

“I have to highly disagree. All throughout my middle school, high school and most of college experience, I found many of my female friendships ended at one point or

able and trustworthy than many of the females I interacted with,” said Foley.

As you can see, some believe it’s possible while others simply do not.

This argument went viral back

Understanding Amyothropic Lateral Sclerosis

JACKLYN KOUEFATI
OPINION EDITOR

Cancer, HIV/AIDS, Heart Disease: All of these illnesses are well known around the world with the hopes of someday finding a cure.

Amyothropic Lateral Sclerosis or ALS, better known as Lou Gehrig’s disease, is also a life threatening illness plaguing 5,600 people each year according to alsa.org. However, not many people have ever heard about this disease before or even know what it is.

I believe that more awareness should be brought about concerning ALS. Maybe then we could be one step closing to finding a cure.

Lou Gehrig’s disease attacks your immune system. It kills the nerve cells (motor neurons) in the brain and spinal cord making it so they can no longer send messages to the muscles to control or initiate movement.

Because the muscles stop receiving messages from the brain or spinal cord, they eventually began to weaken and die. This leads to paralysis. Patients will eventually lose the ability to breathe or swallow.

Since ALS only attacks motor neurons, the sense of sight, touch, hearing, smell and taste are not affected. Basically, the sufferer is fully aware of what is happening to his/her body but cannot do anything about it.

Like many people, this disease was unfamiliar to me. I had never

heard about it before until a family member of mine was diagnosed with it.

Vincenzo Ruggieri, my uncle, was a kind man who could brighten anyone’s day. Born and raised in Italy, he moved to America with his family where he eventually met his future wife, my aunt. They opened an Italian restaurant together in Lodi, New Jersey, called “Restorante Vincenzo.” My uncle Vinnie was the head chef. He cooked meals that tasted too good to be true. He had so many loyal customers over the years that he considered them to be family.

When I was younger, most of my memories are of him walking out of the restaurant kitchen wearing his pajama pants, a white t-shirt stained with oil and sauce, and an apron screaming, “Son of a bitch, it’s so god damn hot!”

He never had the cleanest mouth but he meant well. My uncle Vinnie had a way about him that even when he was saying things that did not sound appropriate, you could not help but laugh.

He had a love for food and life that I had never seen in a person before. So, when he was diagnosed with ALS, I guess I never thought anything of it because my uncle was always so positive; he never made it seem like he was ill.

His symptoms came about like other common cases of ALS. He started to lose feeling in his hands and his feet. He started to drop plates in the kitchen and as much as my uncle Vinnie adored cook-

ing, he then knew it was time to stop.

Even when he was permanently moved to a wheelchair, you could find my uncle with a smile on his face and a glass of red wine by his side.

Lou Gehrig’s disease comes in three different forms, but the most common form is sporadic. According to alsa.org, sporadic is 90 to 95 percent of all cases. This is the type that my uncle had. There is no history of it in his family. One day he just woke up with it.

I think that is the scariest part about this disease. That is can happen to anyone at any time. However, the most common age of people diagnosed with it are between 40 and 70.

There is much awareness out there of how horrible cancer and other incurable diseases are. Many foundations are around today trying to raise money and do anything else that they can to find a cure for illnesses that we hear about on a daily basis.

But what about the diseases that we don’t hear about every day? Does that make them less life threatening? No. It just means that

we need to be educated on more illnesses and spread the wealth of trying to eventually find cures.

My uncle Vinnie was able to talk until the very last weeks of his life. When he was talking he was always concerned with how everyone was and if we were hungry.

It was mind-blowing to me that my uncle was so troubled with his family being hungry when he was the one suffering. He was a great man and I swear I have never heard a person say a bad word

about him.

ALS took my uncle away from me on February 8, 2012. This disease transformed a beautiful person I loved right before my eyes. I never even knew what this disease was but after experiencing it thourgh my uncle, I believe everyone should know what it is.

Even though Lou Gehrig’s disease is a wretched illness, it never changed my uncle’s heart. He passed away the same loving man that he always was and that will forever be my memory of him.



PHOTO COURTESY of Jacklyn Kouefati

ALS is found in about 15 people every day and sadly, my uncle was one of those 15 people.

Monmouth County Assistant Prosecutor Visits the University

CHRISTOPHER ORLANDO
POLITICS EDITOR

Monmouth County’s Assistant Prosecutor Mark Apostolou Jr. came to the University as a guest speaker on Tuesday, March 20. Apostolou came into Dr. Gregroy Boredelon’s Pre-Trial Prosecution System class on Tuesday nights. He came in to give the students in the class a practical use for the theory they are learning now in class. Apostolou attended the University of Richmond for his undergraduate degree, and then went to Seton Hall Law School. Following law school, he did a one year clerkship and in September of 2007 he was named Assistant Prosecutor of Monmouth County.

His topic of discussion was how pretrial decisions played a role everyday especially during his job. Apostolou discussed in detail all the work that goes into a case prior to trial. He explained how warrants work, and arraignment of a suspect. He spent a large amount of time on how discovery can make or break a case. According to legaldefinitions.com, discovery “Allows one party to question other parties, and sometimes witnesses. It also allows one party to force the others to produce requested documents or other physical evidence.” Discovery gives everyone all the information involved in a case and makes it fair for the attorneys.

The other main objective of his appearance was about the important of a grand jury. According to uscourts.gov, a “Grand jury,

which normally consists of 16 to 23 members, has a more specialized function. The United States attorney, the prosecutor in federal criminal cases, presents evidence to the grand jury for them to determine whether there is “probable cause” to believe that an individual has committed a crime and should be put on trial. If the grand jury decides there is enough evidence, it will issue an indictment against the defendant. Grand jury proceedings are not open for public observation.” Apostolou explained how this part of the process can make or break a case.

His final topic of discussion was about suppression of evidence. Suppression of evidence occurs “1) a judge’s determination not to allow evidence to be admitted in a criminal trial because it was illegally obtained or was discovered due to an illegal search, 2) the improper hiding of evidence by a prosecutor who is constitutionally required to reveal to the defense all evidence. Such suppression is a violation of the due process clause (5th Amendment, applied to states by the 14th Amendment) and may result in dismissal, mistrial or reversal on appeal, as well as contempt of court for the prosecutor,” according to legaldictionary.com. If evidence is suppressed it can ultimately destroy a case. Apostolou explained how important it is to make sure everything is done carefully and by the books so that suppression does not occur. He used two examples, both being New Jersey

cases. The most recent one, New Jersey v. Best involved a warrantless search of a vehicle owned by a student in the school’s parking lot and whether the school had the right to search it. Eventually it was upheld that the search was conducted the correct way because the Constitution protects against the government or law enforcement conducting an illegal search. In this case it was done by a school, not the government.

Apostolou’s visit took the regular classroom experience and turned it into something very real and concrete. “I hope they got a sense of how the theory they are studying applies on an everyday level and how it works in the court systems of New Jersey,” said Apostolou. Boredelon was also excited about the impression Apostolou had on his class. “I think it was great. I believe a goal of all educators is to most directly show students the real world implications of the content covered in class. Having someone who is ‘in the trenches’ to come and give a real-life canvass to the theory we discuss is class was fantastic.”

The students in attendance were impressed with Apostolou’s presentation. Jason Puchalslof, a senior political science major, said, “His knowledge of the legal system was the most impressive part of his presentation.” Rich Corfing, a political science major, was also impressed with his knowledge. H “I took away that these things mentioned in class may be real world problems that we, one day, may encounter,” said Corfing.



IMAGE TAKEN from <http://www.masterplaques.com>
Monmouth County Assistant Prosecutor Mark Apostolou did a one year clerkship following law school at Seton Hall University.

The students of the University also made an impression on Apostolou. When asked about giving advice to those thinking of attending law school he said, “It does require a lot of hard work but it can be rewarding if you are very passionate about it.” Boredelon echoes that view by saying he hopes his students understand, “That studying and doing well

in college does lead to both positive job prospects as well as knowledge you’ll use in your career.” When Puchalslof and Corfing were asked if having speakers like this helped, they both agreed. Puchalslof stated, “Bringing more informative speakers in allows the students to get important questions answered regarding future career choices.”

Rutgers Trustees Oppose Timeline for Merger Plan

PATRICIA ALEX
MCT CAMPUS WIRE

The Rutgers University trustees on Thursday balked at New Jersey Gov. Chris Christie’s July 1 deadline for a sweeping merger plan under which the school would gain a respected but debt-ridden medical school in New Brunswick and lose an entire campus in South Jersey.

The group’s approval may be needed for the plan to proceed, according to some legal opinions and the Office of Legislative Services.

Rutgers President Richard McCormick said he anticipated that legislation involving the reorganization could be voted upon before the Legislature adjourns this summer. Christie has said that much of the reorganization could be accomplished through an executive order.

It remains unclear which route will be taken, but either way the Rutgers trustees may have a say since they were vested with oversight and authority over university property by a 1956 statute.

At its regular meeting on Thursday, the group, which numbers nearly 60, expressed frustration with the lack of financial details in the reorganization plan and the governor’s insistence on forging ahead despite this.

“I feel like I’m doing this with a gun to my head,” said Dorothy Cantor, a trustee.

Meanwhile, Rutgers officials said applications and donations are down because of uncertainty at the Camden campus, which the realignment plan would give to Rowan University, based in Glassboro.

The plan also would break up the Newark-based University of Medicine and Dentistry of New Jersey, giving Rutgers three of its most successful branches: the Robert Wood Johnson Medical School in New Brunswick, the Cancer Institute of New Jersey and the School of Public Health. McCormick pegged the one-time cost of absorbing those entities at \$40 million, and Bruce Fehn, Rutgers’ vice president for finance, said critical questions remain about what to do with the debt that the university would incur as a result.

Rutgers officials are generally enthusiastic about getting the medical school an affiliation that would enhance the state’s ability to get medical research dollars. But they oppose ceding the Camden campus, which has 7,000 students and respected law and business schools. Earlier this week, Christie said one part of the plan cannot happen without the other, and vowed that his plan would come to fruition.

Groups in Newark and Camden have indicated they may file suit to block the plan, and some legislators said they might withhold their approval, which would be needed even if it is done by executive order. On Thursday, trustees indicated that they may resist as well.

“Suspend the politics, suspend

the emotion. We at Rutgers will determine our own destiny,” said Trustee Greg Brown, the chairman of Motorola Solutions.

Another trustee, Richard Shindell, called the governor’s July 1 deadline “ludicrous” and said dealing with Trenton on the issue was akin to “trying to grapple with fourth-graders.”

The Christie administration officials did not return telephone calls seeking comment.

McCormick, the Rutgers president, said the plan is consuming most of the work of his administration. Consultants have been hired at Rutgers’ expense to figure out the complex financial and legal details of the reorganization, said Fehn.

“All I can say is that this is very complicated,” Fehn said. “The state should have taken care of that before they put forth the proposal.”

Fehn said there has been no real financial analysis of the costs of divesting the Camden campus, where the university has invested nearly \$100 million over the past five years.

Rowan, a fast-growing state college, has welcomed the merger, which would help establish it as a regional research university. Faculty, staff and students at Rutgers-Camden have said they weren’t consulted on the merger, which they describe as a “hostile takeover.” They have presented Christie with a petition with more than 11,000 signatures opposing it.

GLOBAL UNDERSTANDING CONVENTION 2012 HIGHLIGHTED EVENTS

Monday, April 2nd
Opening Lecture, 4:30-5:45pm,
Wilson Auditorium
United Nations Careers, 7:25-8:40pm,
Bey Hall 225

Tuesday, April 3rd
Cultural Politics Panel Discussion,
1:00-2:15pm,
Young Auditorium, Bey Hall
Keynote Lecture, 4:30-5:45pm,
Wilson Great Hall

Wednesday, April 4th
Bone Marrow Drive, 10:00am-5pm,
Anacon Hall
Sea Change, 1:00-2:15pm,
Young Auditorium, Bey Hall

Thursday, April 5th
Private Parts and Public Places,
1:00-2:15pm, Club 107-109
Child Soldiers Rally, 3:45-4:30pm,
Wilson Steps

Friday, April 6th
5K Walk/Run for the
Kourtney Rose Foundation,
2:30-4:30pm, Wilson Steps

For a full list of events, please refer to the online program at:
http://www.monmouth.edu/institute_global_understanding/default.asp

The Battle Royale: Anti-Bullying Laws vs. Cyber Bullying

ALYSSA GRAY
STAFF WRITER

It goes without saying that everyone, at one point or another, has been the subject of a certain brand of teases and taunts labeled as “bullying.” Usually when thought of, bullying is most commonly depicted as a negative type of social interaction taken place in the classrooms and hallways of schools. It seems that bullying has found a new way to seek out its victims in a more convenient and modernized manner; cyber bullying is capable of reaching and affecting millions instantaneously.

Cyber bullying, as defined by Sameer Hinduja and Justin Pachin of the Cyber Bullying Research Center, is the “Willful and repeated harm inflicted through the use of computers, cell phones and other electronic devices.” With the growth in technology this type of electronic harassment is no longer limited to simple cell phone use and the Internet in general. Social networking sites, such as Facebook, Twitter and Myspace, have played a large contributing role to the cyber bullying craze, primarily because of the constant, almost 24 hour, use by teens and youth, which in turn allows them to be easy targets initially.

It is because of this effortless accessibility that has sparked several public and leading officials nationwide to put into place several types of Anti-

Bullying type laws. New Jersey’s own form of the law has been edited and put into effect by Governor Chris Christie as of last year. according to a *New York Times* article in August 2011, “The New Jersey law has earned the label of being one of, if not the most, strict form of the Anti-Bullying Laws.” Professor Bordelon, Pre-Law Advisor

these laws are certainly noble and of well intentions, any law that is seeking to monitor and regulate language holds the very high potential for a defense under the standings of freedom of speech. Bordelon states, “The Supreme Court has already ruled certain classes of speech not protected, including hate speech and fighting words. What will be in-

ily,” says Freedman.

It is because of such that had convicted Rutgers University freshman Dharun Ravi guilty after ex-roommate Tyler Clementi’s suicidal jump off of the George Washington Bridge. According to an article in the *Huffington Post* on March 16, Ravi was convicted on several counts, including of invasion of privacy, bias intimidation

states that, “People are still going to show, share, and say online what they want. These laws might make them second guess something they are about to post, but in the end that post will be displayed to the cyber world, consequences or not.”

Professor Alan Foster, Sociology adjunct at the University, much like Morey believes that no such laws are going to be able to regulate what is said in the virtual universe. “I don’t think any laws will have an impact on decreasing the amount of ‘social network’ type of bullying that seems to be present these days. The only way to stop bullying, in any form, begins with the family. If discipline, proper behavior, and sensitivity toward others isn’t instilled at an early age, by the family (and/or reinforced by other social institutions) and encouraged, no law is really going to help,” remarks Foster.

With our digital world growing to new and ever expanding heights, it seems natural that a couple of laws be put in place to monitor such and keep order. However, it is done ,and what the laws say ultimately is still up for debate. No matter the resolution, most can agree that any matter involving bullying, cyber or not, can get out of hand rather easily, and that when dealing with such an intangible threat as the Internet, one can never be too careful.

“These Anti-Bullying codes are meant to further train school officials on recognizing harassment, intimidation and bullying (HIB) under the law and set up an intra-school procedure to receive complaints and determine sanctions once incidents of HIB are found.”

GREGORY BOREDELON
Lecturer of Law

and Lecturer of Political Science at the University, mentions that the Anti-Bullying Laws are what sparked the creation of the Anti-Bullying Bill of Rights. “These Anti-Bullying codes are meant to further train school officials on recognizing harassment, intimidation and bullying (HIB) under the law and set up an intra-school procedure to receive complaints and determine sanctions once incidents of HIB are found,” says Bordelon.

Bordelon goes on to mention that although the intentions of

teresting is how events under the law will be argued in the courts.”

Freshman Sandy Freedman, a political science major, comments that the problem with these laws are that they are trying to regulate what is said outside of the school grounds. “You cannot censor everything, especially the internet. If kids want to say and post mean things they are very able to do so, but handing out punishment in school for something that was posted online will be tricky, mainly because you can cover things up online eas-

enhancers, tampering with evidence through methods of deleting tweets and texts and hindering apprehension or prosecution through the means of lying to police and attempting to influence witness testimony.

Although Ravi was found guilty, many are still left wondering if these Anti-Bullying Laws will truly hold any real weight in future scenarios. Freshman Jackie Morey, a communication major, thinks that these laws will pose as a threat but won’t really serve a purpose higher than that. Morey

Gamechange Airs on HBO About Former Vice President Candidate

The Question Remains: Was Sarah Palin the Pioneer of the Tea Party Movement?

DAN ROMAN
STAFF WRITER

After watching the movie *Gamechange* this weekend, a film about the 2008 presidential election and, most importantly, the John McCain campaign’s plight controlling Sarah Palin. The question was clear: did Sarah Palin start the Tea Party movement? McCain knew his odds were against him defeating Obama in 2008. The McCain team went for the home run shot in their pick of Sarah Palin for the Vice Presidential candidate, she was either going to boom or bust. According to latimes.com, “He also is taking a risk that in elevating a largely unknown figure, he undermines the central theme of his candidacy that he puts ‘country first,’ above political calculations.”

The team decided that the only way to compete with Obama was through the first term female governor of Alaska.

Palin, as it turned out, was not very experienced considering she had only been governor of Alaska for 17 months. Her inexperience showed on the campaign trail. For example, in an interview with Katie Couric on June 2, 2010, Palin summed her foreign policy experience up by stating Alaska shares a border with Russia and Canada. In that same interview, Palin had difficulty naming a newspaper or magazine she read, leaving many to believe she never reads national news. In her defense however, Palin has been able to attract massive crowds

whenever she speaks, such as in Manchester, New Hampshire where she had 600 people in the audience. Following the 2008 election she quickly became one of the biggest stars of the Repub-

lican Party. Her attacks on Obama “Pal-ing around with terrorists” and hinting to the idea that Obama could be a socialist while on the campaign trail in 2008 was an in-

stant hit with Republican voters who began to question the man that Obama was. Senior political science major, John Feldman, agrees, “Sarah Palin purports

a message that if you put good in, you will get good out. It goes back to the story of Jamestown and the fable of the Ant and the Grasshopper, where the morally reprobate are left hungry and out

cans who were adamantly against the future Head of State. McCain told reporters in a politico.com article, “I have to tell you. Sen. Obama is a decent person and a person you don’t have to be scared of as president of the United States.” The split of the Republican Party began with the selection of Sarah Palin as the Vice Presidential candidate in 2008. Her rise to power and her stark conservatism saw the creation of the Tea Party movement. The movement which began shortly after the 2008 election is sharply against President Obama and was able to greatly influence the 2010 midterm elections which saw the Republicans regain control of the House of Representatives. Political Science Professor Dr. Gregory Bordelon believes that Occupy Wall Street and the Tea Party movement have started divisions in this country. “It is becoming increasingly difficult to have a centrist view anymore,” he said, “Extremist groups tend to look to icons such as Sarah Palin to be the role model of their movement.”

Tea Party members broke away from many of the platforms and policies of the Republican establishment. For example, the debt ceiling debacle from last summer saw John Boehner and President Obama agree to a compromise. However Boehner had a very difficult time winning over the whole Republican Party, in particular the Tea Party freshmen who were against any debt ceiling increases.



IMAGE TAKEN from <http://www.mediaite.com>

Sarah Palin at a rally during the 2008 Presidential Election when she was the Vice Presidential candidate for John McCain during his presidential run.

lican Party.

The more popular she became, the more right leaning her rhetoric became. Her outspoken conservatism began to split from the

stant hit with Republican voters who began to question the man that Obama was. Senior political science major, John Feldman, agrees, “Sarah Palin purports

in the cold, and I think this is very attractive to many people.” McCain came to the defense of Obama many times when confronted with these hostile Ameri-

Time to Get Glammed Out

JACKLYN KOUEFATI
LIFESTYLES EDITOR

The Glam Bar in Red Bank had their official launch part on Friday, March 23. All that attended walked the red carpet, getting the chance to check the place out and enjoy complementary food and drinks.

The Glam Bar is not your average salon. It specializes in blow-outs only. They follow their motto: “no cuts + no color = all glam.” Like their website theglambars.com states, this allows the salon to truly concentrate on styling customers every need.

Elio Ventrella is the owner of the salon. This is his first time working in the field of hair and make-up. In 2007, Ventrella was diagnosed with breast cancer. He would go to salons for massages and other services where he would overhear women complaining about their appointments never being on time and rarely ever getting a good blow-out.

When he finished treatment in 2010, he returned to his job at Macy’s where he had been working for six years. “I lost my passion and drive,” said Ventrella. That is

when he quit his job, applied for a business license and the idea of The Glam Bar was born.

He studied many other blow-out bars before opening his own. “I went into any blow-out bar I could find and took elements from each,” said Ventrella.

For \$40, customers can get the basic services that include a blow-out, the make-up bar, the brow bar and the event bar.

Blow-outs are all the same price regardless of the length of your hair. The make-up bar provides customers with a plethora of looks to choose from. The event bar is a service provided by the employees to help the customer put an entire outfit together for the special event she is attending. The Glam Bar provides their own wardrobe for customers to choose from and a “glam coach” for all of their styling needs.

The glam coach is not only there to help with fashion and styling, but the glam coach is also a certified life coach. “We don’t only want to blend you from your exterior, but your interior too,” says Ventrella.

Don’t really feel like leaving the house to get *glamorized*? That’s

alright, The Glam Bar will provide their services in the privacy of your own home. They can host a glam party in your house where they will provide the drinks and, of course, the blow-outs, the make-up and the outfits.

The Glam Bar is eco-friendly, too. Every customer will enter their desired service into an iPad owned by the salon and will then be emailed a receipt; no paper-work involved.

Customers can also request their whole experience to be eco-friendly. This means that everything being used for each treatment will be 100 percent eco-friendly.

“One day you’re in and one day you’re out,” said Ventrella. He knows how difficult it can be for businesses to get started. That is why it is so important for businesses to be coming up with new and unique ideas.

This is exactly what Ventrella is doing. Taking the average blow-out bar and putting a *glamorous* spin on it.

So come to The Glam Bar on 116 Broad Street in Red Bank this Friday for their opening day and get *glammed* out.



IMAGE TAKEN from garylockphoto.com

The Glam Bar specializes in a variety of blow-outs, cosmetic services and updos.

Spring Into Fresh Food

CASEY REIDY
STAFF WRITER

Spring is here, and with it has come the peak of freshness for many fruits and vegetables. With summer on the horizon, now is a particularly great time for students to start thinking healthier when it comes to their diets. However, with popular dining establishments such as Nelly’s and Jr.’s Burgers open until the wee hours of the morning seven days a week, it can be especially hard to tame those bad eating habits so often associated with a college lifestyle.

“Lack of access to cooking equipment and refrigerators too small to hold fresh foods in the dorms is one of the main reasons I think many students might find it difficult to eat healthy,” says senior Amy Rodriguez.

“I am notorious for microwave cooking, even now living off-campus in a house with a fully equipped kitchen just because it is quicker and easier,” she added.

But have no fear! Students here at the University can still eat fabulous and fresh without sacrificing taste or time. One dish that is a personal favorite is the Mardi Gras Salad. The recipe can be found at cinnamon-hearts.com. It incorporates fresh and healthy ingredients, such as spinach and mandarin oranges, without sacrificing taste. Students can also add Purdue Short Cuts chicken strips for added protein and substance or toasted walnuts for vital and beneficial omega-3 fats.

Another student, junior Jessica Gordon, suggests frozen yogurt as an alternative to traditional ice cream desserts.

“Top It on Ocean Ave and Red Mango in Pier Village are two newer dessert locations around campus. They offer a variety of frozen yogurt flavors and many different toppings, including fresh fruits and whole grains. It’s similar to ice cream but much less heavy and fattening,” she says. Red Mango boasts their non-fat yogurts that provide a good source of calcium while remaining 100 percent fat free.

But what else can students do to try to maintain a healthy diet? Of course there will be those urges and cravings for fries and fat sandwiches.

Health Services has some recommendations. “If there is one simple piece of advice for college students today, it would be to cut down on portion size. One nutritionist was quoted as saying that if someone wants a simple and cheap way to reduce caloric intake, than only eat enough food to fit on a salad or sandwich plate versus a dinner plate,” suggests Kathy Maloney, Director of Health Services.

Some additional tips on healthy diets provided by Maloney include the following: Cutting down on carbohydrates with refined sugars, avoiding the “hidden” calories of drinks with high fructose sugars, avoiding fried foods all together, choosing lean meats, remembering that one portion of meat is actually the size of a deck of cards, and choosing breads and pastas that are whole grain and high in fiber.

One very active and health conscious student, senior Laura Ledman, recommends some dorm room snacking alternatives she has learned over her four years at the University.

“I liked to keep a lot of grains in my dorm when I lived on campus. They are easier to store, good for you and fill you up. I liked to always have oatmeal, granola bars and trail mix around. I also tried to keep my mini-fridge full of yogurts, cheeses and veggies. They’re all healthy and light snacks that are much better options than ordering greasy, fried foods late night,” she says.

So students, be not discouraged by your living situations or lack of chef skills in the kitchen. Healthy, fresh and nutritious meals can be made.

Also, by implementing the suggestions made by Maloney in Health Services, like limiting portion size and reducing sugary drink intake, you will already be making a positive difference in your diet that you may have ever known about before.

Join the Party: Get Fit With Zumba Dance Fitness

BRITTANY HERRMANN
STAFF WRITER

The appearance of beautiful warm weather is shortening the time left to make your dream beach body a reality. With only a few weeks to get your body in shape, living in a gym is not practical. One workout routine has revolutionized the world of fitness, Zumba Dance Fitness. Zumba is a fun, high-energy, dance party experience that will alter your opinion of working out.

Though it seems as if Zumba is a relatively new fitness craze, it has been around for years. In the mid-90’s a Colombian fitness instructor, Alberto “Beto” Perez, changed the work-out world forever the day he forgot his traditional aerobics music for his fitness class.

Perez improvised by using his own music, salsa and merengue, and focused on “letting the music move you,” instead of the standard way of loudly counting repetitions over the music.

The class was an instant hit. From that point on, Perez dedicated his career toward spreading his new found passion.

In 2001, Perez took Zumba Dance Fitness overseas to Miami, Florida

where he met entrepreneurs Alberto Perlman and Alberto Aghion. The three men together then took action in the world of business by creating Zumba Fitness, and trade marking “Zumba.”

As the exercise routine grew rapidly in popularity, Zumba classes across the country were in high demand with no professionals to properly teach it. Zumba Fitness created the Zumba Academy in 2005, which serves the purpose of licensing instructors to teach Zumba classes.

The Zumba craze spread like wild fire, resulting in what it has become today. From DVD’s to classes in gyms across the country, it has become a physical fitness phenomenon.

Aside from the obvious reason people enjoy Zumba, their desire to get in shape and lose weight, there are additional benefits that cannot be seen physically.

“My favorite part is the energy,” said Amanda O’Neil, Zumba instructor at The Atlantic Club. “If I go into class tired or in a bad mood, by the end my mood is completely opposite.”

Any physical fitness performed benefits the mind. Studies have shown that exercise releases endorphins in the brain, which in turn cause us to have what is commonly known as a

“natural high.”

After an hour of Zumba one will burn about 500-800 calories by dancing to upbeat, fast paced music guided by an instructor. As a result, the “natural high” you experience from an intense workout like that is incomparable to most physical fitness routines.

A typical Zumba Dance Fitness class consists of about 10 songs. “In traditional classes, 70 percent of the songs are Latin based, and the rest is up to the instructor,” said O’Neil.

Instructors are given freedom with the songs they select for their classes, as well as the moves they incorporate for their fitness routines. The selected songs are usually songs by well-liked artists such as Pitbull, due to his popularity among Zumba enthusiasts as well as instructors ability to choreograph routines to his songs.

Different class levels of Zumba, based on skill level are offered, as well different types of classes based on how traditional the instructors choose to make their Zumba classes.

For students at the University, Zumba classes are taught right here on campus. Isabel Marmolejo is the Zumba Dance Fitness instructor and she has been teaching the class since fall of 2009. Her husband Chris Hirschler is a professor of Health

Studies at the University. He helped create the Zumba program and promote it through the Center for Human and Community Wellness.

“The classes provide a great cardio workout, but equally important they improve the social dimension of one’s health. Nearly everyone has a smile on their face. This is rarely the case when running on a treadmill or lifting weights,” said Hirschler.

Accounting Professor at the University, Minna Yu, recently began taking Zumba classes. Yu classifies herself on a beginner’s level; however, she is pleased with how encouraging and energetic Zumba instructors are towards those who are beginners.

“I don’t like weight training, Zumba is a great alternative,” said Yu. “I love music and dancing, it’s like a party.”

Official Zumba Dance Fitness classes are held at gyms and typically charge each attendee a fee of \$5-\$20 on average. Attending classes will give participants a higher success rate, due to being in a motivating environment guided by a trained instructor.

Though these classes are relatively inexpensive when thinking about the price of one class, when attending classes weekly the fee can begin to be very costly.

Two great alternatives to attending Zumba classes are purchasing a DVD or a video game for your gaming system. This is a great choice for college students in particular with low funds. A popular choice of a Zumba video game is *Zumba Fitness Rush* for Xbox 360 and Kinect.

By paying a one-time fee, the video can be used as many times as the buyer would like, in addition to being played at their convenience. Also, exercising in the comfort of your own home allows the opportunity for friends to join! *Zumba Fitness Total Body Transformation System* is a DVD that gives you the same Zumba workout in a gym without having to leave home.

A final alternative to attending Zumba classes is looking up Zumba videos on YouTube. Since these videos are free, they tend to be shorter and less quality than purchasing a DVD or video game. Go to our website, outlook.monmouth.edu, to check out a step-by-step Zumba video.


Whatever your preference may be, exercising with Zumba is a must! Getting in shape is a great way to jump-start spring and summer. What’s better than feeling good physically and mentally? The answer is nothing. No excuses, join the party!

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Students who don't obtain advisor approval will not be able to self-register using WEB-registration and will need to register in-person at their academic department or at the Registrar's Office.

Full details are listed in the information and instructions which were e-mailed to your MU email account in February and March.

WEBstudent Screens for Registration :

- Course Schedule Information
- Sections Offered by Term
- WEBregistration Approval / Blocks
- Course Prerequisite Worksheet
- WEBregistration Worksheet 1 & 2.

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I See Stars Has the Right Beat in *Digital Renegade*

BRETT BODNER
MANAGING EDITOR

It appears that everything nowadays is slowly making the move to become digital. One can shop, read the newspaper and even pay bills through digital methods.

Is it possible that even rock and metalcore are moving in a digital direction as well? With the release of I See Stars' new album *Digital Renegade*, it certainly appears to be possible.

I See Stars is composed of lead singer Devin Oliver, unclean vocalist Zach Johnson, Jeff Valentine on bass guitar, Brent Allen on lead guitar, Jimmy Gregerson on rhythm guitar, and Andrew Oliver on drums.

Digital Renegade is the band's third full-length album and their strongest effort to date.

Many fans of the band were disappointed with their last release *The End of the World Party* which was released a little over a year ago. The band took a pop punk approach to the album that was considerably lighter than their first album, *3-D*. Many fans were unhappy with this approach and wanted I See Stars to return to their heavier roots. I See Stars seemed to get that memo and *Digital Renegade* was exactly what the fans ordered.

The album kicks off with a song called "Gnars Attacks," and it immediately hits you like a punch in the face. The speakers are invaded with the chanting of "Burn every bridge you ever built, how do you live with yourself," accompanied with electronic beats and of course the usual metalcore/punk sounds of I See Stars. The song focuses on the idea of keeping your friends close but your enemies closer and is a great way to start things off. Right away you pick up on how impressive Oliver's vocals have become since the last album, not to mention the powerful screams of Johnson.

The tempo stays up on the second track on the album, called "NZT48," which is the name of the drug in the movie *Limitless*. The song begins with Oliver's voice auto tuned, until Johnson jumps in with the rest of the band, in one of the heaviest songs on the album.

The uniqueness of I See Stars is evident in the third song on the album, "Digital Renegade." The song starts off like a techno song until it goes right into a brutal breakdown. The song has a balance of clean and unclean vocals that mesh really well with the digital sounds and the drum and guitar parts as well.

"Underneath Every Smile" is a song that tricks the listener into thinking I See Stars is going to slow things down like they did several times on *The End of the World Party*, only to be thrown right into the newer, heavier I See Stars.

This heaviness also shines through on other tracks like "Mys-

tery Wall" and "Summers in Connorsville" which is a town in Indiana where the band recorded the album.

Now there is one slower song on the album titled "IBelieve," which sort of lets the listener catch their breath before the album's tempo jumps right back up to fever pitch.

The first song anyone heard off the album was the official single "Filth Friends Unite," which rips the modern technological world.

Ironically, the song features a very catchy techno beat that is sure to get stuck in your head, with the rest of the band playing heavy riffs along with it and Johnson screaming his lungs out. The song is also the last track on the album and allows the band to go out with a bang.

I See Stars also reached out to other artists to lay down guest vocals on the album. The result was two of the best songs on the album.

First up for the guest vocalists was Danny Worsnop of Asking Alexandria on the song "Endless Sky." For those who know Asking Alexandria, they are one of the heaviest bands around today. The song was hands down the heaviest song on the album and contained the most

screamed vocals, with Oliver giving the listener a breath of fresh air with each clean vocal. There is also a part towards the end of the song where Worsnop sounds like Marilyn Manson before the song goes into the final breakdown. Overall a

great song, it made for one of the most memorable pieces on the album.

The second guest vocalist was responsible for the most memorable song on the album and here's why. The entire album is filled with heavy guitar riffs, powerful drums and screamed vocals that are balanced out with electronic sounds and Oliver's great singing voice.

However, I See Stars added something on this track they've never done before...a female vocalist. The result was something pretty amazing.

That female singer was Casadee Pope of Hey Monday and the song was called "Electric Forest." The song is on the lighter side yet at the same time it still remains heavy. The blending of her voice with Oliver's is very easy on the ear and by throwing in the occasional screamed vocal you've got yourself quite an interesting song.

I had never heard anything like this before and I'm sure there are many people out there who haven't either. The song is great through and through right up to when it fades out and it's definitely my must-listen-to song on the album.

Overall, I was very satisfied with the band's latest effort and in my opinion it is their best album to date. I See Stars fans everywhere will be starry eyed and have open ears with *Digital Renegade*.

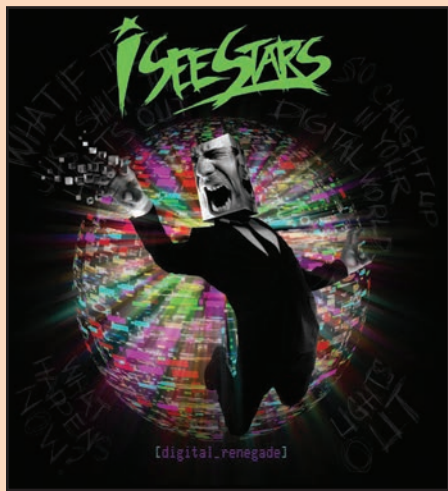


IMAGE TAKEN from allrocklive.com
I See Stars will entertain fans once again with their latest album, *Digital Renegade*, which has the band returning to their original heavy roots.

Natasha Trethewey Captivated Listeners With Her Poetry

DAN STE. MARIE
STAFF WRITER

African-American poet Natasha Trethewey visited Wilson Hall Auditorium last Thursday to read poems from her upcoming release titled "Thrall." The event was presented by the University's Center for the Arts Visiting Writer's Series.

Trethewey, born in Mississippi, is a renowned writer with three collections of poetry released including "Native Guard," which earned her the 2007 Pulitzer Prize in poetry. She is also the author of a creative non-fiction book titled "Katrina: A Meditation on the Mississippi Gulf Coast."

Trethewey has been the recipient of many awards and honors and was inducted into the Georgia Writers Hall of Fame.

The event was attended by many including undergraduate and graduate students, professors and fans of Trethewey.

Hannah Portnoy, an adjunct for the English department, who was attending the event with her class, said the students "really wanted to come" to this event and she thought it be great for them as well. "I just love poetry and literature. We're in the English department and I think that it's good to have [students] exposed to it," said Portnoy. "It's very important for the students to gain experience in listening; it adds another dimension. And it's always wonderful to meet and hear the poet."

Michael Thomas, Director of the Visiting Writer's Series, started the reading with a great introduction, saying, "Without music, without art, without poetry, literature, we don't survive, we don't prosper. Also, we need you, our audience, scholars and listeners. We need your attention because without all of you, one might say the poems don't have life, they don't breathe."

Thomas, who is also Assistant Dean of the School of Humanities and Social Sciences, said Trethewey had visited the University before in 2006 as a featured poet for the Long Branch Poetry Festival, "right here in this very room."

"Several months later," Thomas continued, "she won the Pulitzer Prize. I hope that this means Monmouth University delivers more

good fortune to her in the next year. My guess is that there are other awards on the horizon."

Trethewey was very grateful when she came to the podium, giving thanks to Thomas for his "lovely introduction." She began explaining where the title from her forthcoming book "Thrall" came from. Trethewey said while working on her previous collection "Native Guard," she looked up the meaning of native in the Oxford English Dictionary. Contrary to what she thought she would find, the definition read someone born into the condition of servitude, enthrall.

"I've been thinking about the way that we are enthralled to things, particularly to language, especially language that seeks to shape us and our identities and thus our experience," Trethewey

ended with, "Even now it stays with us, when we mean to uncover the truth, we dig, say, unearth," while the second says "For centuries, this is how the myth repeats. The miracle in words, wood or paint is a record of thought."

Joe Dugan of Philadelphia came to the event after an invitation from his sister who had met Trethewey before and thought the event was wonderful.

"I think the series writing to her father really touched my soul, it was awesome," said Dugan. "I've taught art and painting, and the way she talked about paintings and about portraits was very touching to me, was very interesting. I loved the way she weaved history and the aesthetics she talked about. I just really enjoyed the way she rendered the artwork."

Trethewey's poetry is rich with history and culture, but also filled with personal experiences that help the audience understand Trethewey's roots and poetic soul. Like the poem "The Americans," a look into comparative anatomy between blacks and whites, the title taken from a series of photographs by Robert Frank. The poem is divided into three sections as well, dealing heavily with the

artistic interpretation of this dissection, "she looks out towards us as if to bridge the distance between."

But the third part that stems from seeing Frank's photograph inspires Trethewey to write about being raised by her African American mother, "How like the woman in the photograph, she must have seemed carrying me each day, white in her arms, as if she were a prop, a black backdrop, the dark foil in this American story."

After she left the audience speechless, Trethewey made them laugh when she said, "I always forget to mention I was white when I was born."

Christine Bryant and Mariana Sierra, graduate students in the creative writing program, both enjoyed the event. They were very inspired and influenced in how to approach and write their poetry.

Sierra said she was motivated by Trethewey as Sierra is Hispanic. "So, I know what it is to be mixed blood, and a lot of it was really relevant and pertinent to me."

"It's very important for the students to gain experience in listening; it adds another dimension. And it's always wonderful to meet and hear the poet."

HANNAH PORTNOY
Adjunct Professor of English

said. "The book is in many ways about, on a personal level, my father, but it's also about knowledge, the language of empire and the roots of deeply ingrained and unexamined notions of white supremacy."

Trethewey started with a poem titled "Illumination," where she pondered how history is recorded and influenced by its writer and effect on its reader. She read in a calm somber voice, saying "...there are questions, the word why. So much is left untold, between the printed word and the self-conscious scroll, between what is said and what is not."

Trethewey offered thoughts and interpretations of history and art, like "The Miracle of the Black Leg," the story of Saints Cosmas and Damian replacing a man's ulcerated leg with a leg from a black Ethiopian, depending on the version, inspiring different historical paintings.

The poem was divided into three sections, as the first section



PHOTO COURTESY of Dan Ste. Marie

The Visiting Writer's Series welcomed Natasha Trethewey to the University on March 22 as she read aloud her poetry for listeners in Wilson Hall Auditorium, dealing with topics like race and history.

A Citizen's View of the Algerian Civil War

NICK SEGRETO
STAFF WRITER

Imagine living in constant fear that the ones who will rob your house and potentially kill you aren't foreign terrorists or some enemy of the state but your neighbors from next door. This is the fear that characters in the film *Rachida* feel on a daily basis. At one point, school teacher Rachida (Ibtissem Djouadi) even exclaims, "I'm in exile in my own country!"

Rachida was screened in Pollak Theatre as the third movie in this year's Provost Film Series. It is set during the civil war that affected the country in the 1990's. If you were like me, you probably weren't even aware that there was such a country called Algeria back then (if it's for the same reason as me, then you were too young to know or care).

Dr. Thomas Pearson, Provost and Vice President for Academic Affairs, gave a quick history lesson about the Algerian civil war before the movie started. However, while it was very informative and gave good context for the film, it didn't make the audience resonate with the Algerians nearly as much as the movie did.

Rachida begins with Rachida, a teacher, on her way to school. However, as she heads toward work, she is pressured into bringing a bomb into the school by former students of hers who have joined the revolting Algerians. When she refuses, they shoot her and leave Rachida for dead.

Right off the bat the audience is shown the torment the citizens felt during this civil war. Rachida makes a recovery physically, but the psychological scars still remain. Rachida moves to the

countryside with her mother and begins teaching at a school there. However, the countryside is just as bad, if not even worse, than the city.

The terrorists are also in the countryside, and unlike the city, there isn't any law enforcement to prevent them from doing what they want. As such, the terrorists rob, kidnap and even kill the citizens of the town with no remorse. I really can't stress that since this was not a documentary, you're led to believe that this is a piece of historical fiction.

For all I knew, the movie could have ended very dark and graphically (but that's not to say it didn't).

I was surprised that the movie ended where it did. Director and

necessary for the country to recover. "We see some hope through education," said Sarsar. I thought the ending was a bit of a far stretch.

However, despite that, the film was a grim and disturbing tale of terror. The makeup on Rachida while she was in the hospital recovering was done with expertise. She really did look like she was on the verge of death. I have to give props to makeup designer Mahmia Aarar.

The cinematography was also captured nicely by Mustafa Ben Mihoub. Bachir and Mihoub really knew what they were doing with a lot of these shots.

"There were visually striking, beautiful moments. I wished they lasted a bit longer," said Andrew Demirjian, specialist professor of communication, who attended the screening.

One such scene was in the hospital, when Rachida's mother is waiting outside, and she was inside the window frame. "It was like she was in her own prison," said Demirjian.

The acting was also top notch. The movie, surprisingly, did not have too much dialogue, with characters only talking during crucial moments. At least half of the characters thoughts are expressed in their body language.

There was no need for the scene explaining that Rachida still had mental scars after her near fatal experience. Her body movements, such as cowering in fear in the cor-



IMAGE TAKEN from kairosfilm.de

The Provost Film Series screened their penultimate movie of the year with *Rachida* on March 21. The film was about Rachida (Ibtissem Djouadi), an Algerian school teacher, who lives in a world of fear during Algeria's civil war in the 1990's.

ner of her room after the incident where she was shot, was enough.

As usual with the film screenings at the University, a question and answer session was opened up to the audience. In addition to Sarsar, Dr. Nancy Mezey, the Director for Institute of Global Understanding, was the other guest speaker who proceeded to answer questions from the audience.

It was here that a significant criticism was brought up. Although the film did a fantastic job bringing the audience into Algeria during this time of crisis, it did not take the time to explain why Algeria was in a civil war in the first place.

If Pearson hadn't given the context of the movie beforehand, many would not have realized there was a civil war going on at all until a half hour in.

While the film has its downs, they are heavily outweighed by the ups. *Rachida* is not just a story about the terror the Algerian citizens felt during the civil war. It also educates the audience that this is what any country will experience in a civil war.

"This film says so much more about what is going on in the world," Mezey said during the Q&A. I agree with Mezey. Anyone who wants to see a civil war from the civilians' perspective should see this movie if they ever get the chance to. Everyone can learn something when they see *Rachida*, which they should.

If they can't, they should do the next best thing and try to make it to the fourth and final film in the Provost Film Series, *Under the Bombs*, on April 5 in Pollak Theatre.

The Hunger Games is a Well-Played Adaptation

NICOLE MASSABROOK
STAFF WRITER

The Hunger Games certainly did not disappoint fans as it hit theaters this past weekend. The first adaptation of Suzanne Collins' best-selling book trilogy managed to stay relatively faithful to the source material without compromising the integrity of the movie.

The action-packed sci-fi film introduces audiences to Panem, a future version of North America that has been divided into 12 districts. The districts are closely monitored and regulated by the Capitol.

In order to prevent an uprising, the Capitol holds the Hunger Games every year. Here, a boy and a girl between the ages of 12 and 18 from each district are randomly chosen and forced to enter a fight to the death, which is televised and considered required viewing for all Panem residents.

Katniss Everdeen (Jennifer Lawrence) volunteers to take the place of her younger sister in the games. She only volunteers to protect her sister, but the reality is that she does have a good chance at surviving because she illegally hunts. She has become the main provider for her family since her father died.

In the book, a lot of time is spent on Katniss' role as the adult in her family, but the movie manages to get the message across very quickly. Though her mother is only in a couple scenes, the way Katniss speaks to her clearly conveys that Katniss is the caretaker.

Lawrence plays Katniss rath-

er perfectly. In fact, she actually brings a certain vulnerability to Katniss that makes the movie version more likable than the character in the book. Josh Hutcherson plays Peeta Mellark well, but his job as the boy-next-door type wasn't exactly hard. Woody Harrelson was great as functioning alcoholic and mentor, Haymitch Abernathy.

Even Lenny Kravitz was good, which was surprising since the announcement of his casting had some scratching their heads. Kravitz really seemed to understand that Cinna is the only person that Katniss trusts, and he kept the character very understated and sweet.

Lastly, there was Elizabeth Banks as Capitol-assigned handler, Effie Trinket. Her acting was great, but her costumes were much more memorable with Effie and all of the Capitol citizens wearing ostentatious, wacky, colorful costumes, hair, and makeup. It would've been very easy to

make them look like circus performers, but the costume department did wonderfully.

The cinematography, on the other hand, gave me whiplash at times. I understand cutting a lot of shots in a fight scene, both to keep the rating PG-13 and avoid the scene looking fake. However, these fight

scenes were so shaky that it was impossible to tell what was happening. It was annoying and a steady cam could've

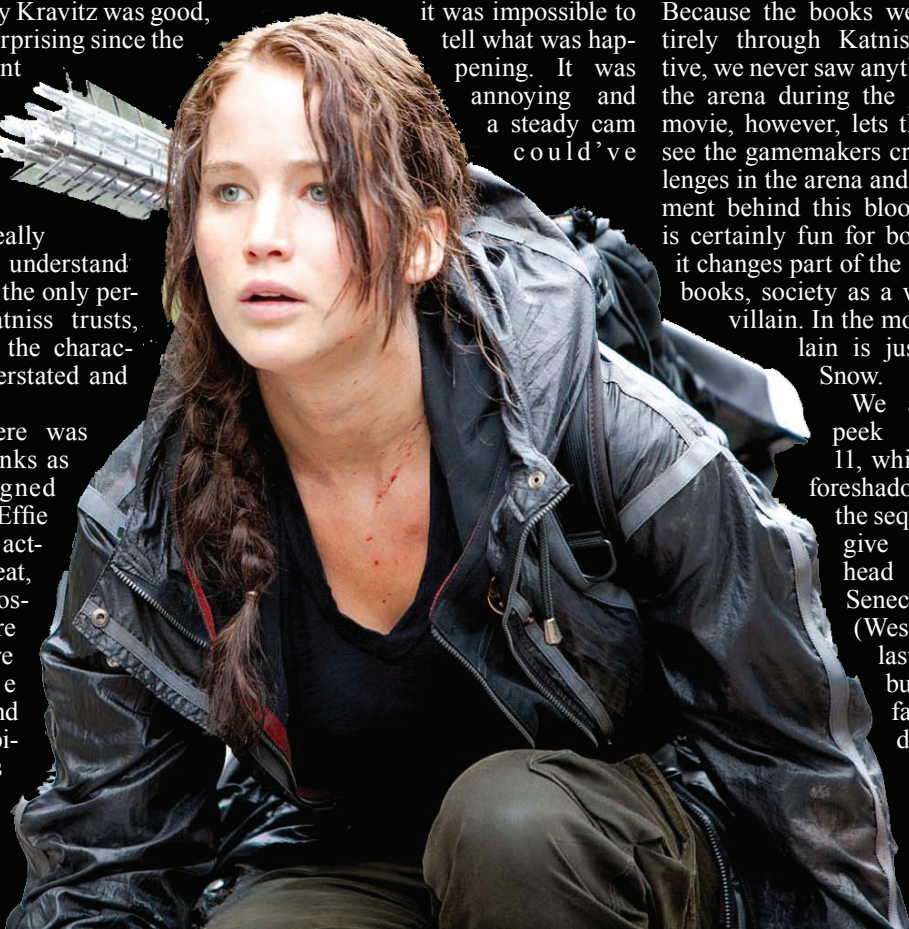


IMAGE TAKEN from sfexaminer.com

Jennifer Lawrence does great with her performance as Katniss Everdeen in *The Hunger Games*. She nicely captures Katniss' skills and tenacity for survival as she participates in this annual death match.

easily been put to good use here.

The special effects were decent. While the fire looked a little unrealistic, the mutants in the arena were scary (and will make you jump out of your seat, even when you know they're coming).

The film adaptation of *The Hunger Games* does show more in certain areas than the books did. Because the books were told entirely through Katniss' perspective, we never saw anything outside the arena during the games. The movie, however, lets the audience see the gamemakers creating challenges in the arena and the government behind this bloodbath. This is certainly fun for book fans yet it changes part of the story. In the books, society as a whole is the villain. In the movie, the villain is just President Snow.

We also get a peek at District 11, which is a nice foreshadowing for the sequels. I won't give away what head gamemaker Seneca Crane's (Wes Bentley) last scene is, but it was a fantastic addition.

However, some things were left out that really shouldn't have been. They don't explain the

fact that Gale (Liam Hemsworth) has his name in the lottery 42 times because his family needed food.

They also don't expand upon The Hob, an outdoor market where Katniss sells whatever she hunted. It's a black market and what she is doing is punishable by public whipping. The movie doesn't really take the time to acknowledge that Katniss continually risks her safety for her family's well-being long before she enters the arena nor does the movie focus on the starvation of Panem's citizens. They completely cut out any mention of Katniss and Peeta being amazed by how much food is available to them in the Capitol.

Also, moviegoers might be expecting the pretty awesome soundtrack, featuring everyone from Kid Cudi to Arcade Fire, which was released last week, to be in the film. The title "Songs from District 12 and Beyond" actually means that none of the songs are in the movie. Not even Taylor Swift and The Civil War's "Safe and Sound," which had a video inspired by the film, made the cut.

Overall, *The Hunger Games* is a pretty good movie. As far as adapting the book, it's much better than I expected. The audience I saw it with seemed to feel the same way as they applauded at the credits.

I did, however, overhear a lot of little kids in the theater saying that they didn't like it because "it was just a lot of fighting!" It's a worthwhile movie, but it's also a political film. So, leave the kids at home.

Guiding Students to a Healthy College Experience

Meet Kathy Maloney, Director of Health Services at the University

GINA COLUMBUS
EDITOR-IN-CHIEF

For Kathy Maloney, Director of Health Services, it has been 11 years of transforming students from adolescence to adulthood in terms of their health.

She's cared for patients withdrawing from heroin, struggling from rape, sick with the stomach bug, and facing a variety of physical and mental health problems. She says, "We have had it all. We never really know what comes through the door."

However, there is one event that Maloney said absolutely takes the cake.

She describes it as the "Pinewood Illness." "A few years back, two girls [residents of Pinewood Hall at the time] came into the office with the most horrible looking throats. Red, swollen, horrible looking. Then, they started to break out in rashes all over. Itchy, itchy, itchy rashes. We could not figure out what it was. Then all of a sudden, other people on the same floor of Pinewood started having similar symptoms. And before you know it, it was almost the entire floor. We didn't know if it was something in the floors, or something in the vents. The Department of Health was here and Facilities Management did testing of the vents."

Everything seemed to be better when people were not on that floor in Pinewood, Maloney remembers. "People would get better when they went home, and got worse when they came back. Then we started to do a diagram," she explains, tracing a chart with her finger on her desk. "We plotted out the rooms, and what happened was the girls in the center room had the worst symptoms, and as you went further out, those girls had less symptoms. And no one could figure out what was going on."

Time passed, and Maloney says she started hearing things through the grapevine, and it was confirmed that the girls with the worst symptoms were "spoofing." "They had been smoking marijuana, and had this paper towel roll that they put dryer sheets inside, and they would exhale into there so it would mask the smell. They also had fans set up around the room, and the fans had dryer sheets on them to also mask the smell. What they didn't realize was that the fans were going 24/7, and then we found out that the chemicals in the dryer sheets were aerosolizing and being distributed down the hallway." This explained why the females in the center of the hall, who were directly inhaling the chemicals from the dryer sheets, had worse symptoms than those further down the hall.

"That was really the strangest thing, because it made us look at things from an epidemiological perspective," Maloney says. Once the fans were shut off and the dryer sheets were removed, Maloney smiles and said "everybody was fine."

Maloney explains that one of her primary responsibilities as Director is to ensure the students receive good, quality care. "That's really my main job, but that also involves oversight of clinical staff, clerical staff, records, and compliance with state regulations for immunizations," she lists. She also has a direct role in the student health insurance that is offered, adding that she tries to conduct all of these tasks "in a timely fashion and professional manner."

In the last decade, a number of changes have been implemented in Health Services. "We started to do on-site test-

ing, rapid testing of mono, strep, and pregnancy," Maloney says. She also includes expanded hours, the ability to give IV fluids, having substance counseling, the addition of a psychiatrist, and the expansion of being a clinical teaching site as alterations to Health Services.

Additionally, she takes a special interest in the freshmen, "who are really just learning to be their own advocates of their healthcare. They've never had to make a healthcare decision by themselves because their parents always have [done it for them]. We help to edu-

close communication."

Prior to coming to Monmouth, she served as the Director of Education for JFK Medical Center/Solaris Health System for 13 years. Other past jobs include a staff nurse at Monmouth Medical Center and an adjunct at Brookdale Community College. She also helped run a CPR training company, and was employed at Albert Laboratories. She has practiced as a nurse in Boston at Children's Hospital and a Georgetown hospital in Washington, D.C.

ties of parents consistently calling the office, wanting to know information about their children. "They get angry. We don't have a blanket form that says 'sign here and let the parents know everything' because we have found that sure, it's okay for Mom and Dad to know you have a sore throat but then all of a sudden, you have bacterial vaginosis."

Another short-term challenge relates to compliances with state regulations with immunizations. "As a department, we are here to give care, and yet, we're here in

"People are used to going to their doctor and saying 'I'm sick' and they'll give you an antibiotic. We don't subscribe to that. A lot of doctors do that because they're trying to keep their client-base. For us, we practice good medicine."

KATHY MALONEY
Director of Health Services

cate them about their health, so that as they go through their four plus years here, they learn how to take care of themselves."

Jim Pillar, Associate Vice President for Student Services, says that Maloney is committed to providing MU students with quality ambulatory care. "She has assembled a staff of professionals that are dedicated to our students. In addition to offering day to day care for various reasons, Kathy and members of her department work hard to promote wellness on campus."

One of the highlights of Maloney's job, she says, revolves around direct-patient care with the college population. "They're my favorite age group. I love the interaction, where they are at that cusp in their life, and it's really fun to see the successes that come through. I think everybody looks at us here and thinks physical health, but you know, we're all nurse practitioners and we deal holistically with our patients, so we're looking at them not just from a physical health; a mental health perspective. We've seen people come in who were very unstable, physically, mentally and to see them succeed and, in May, walk across the stage is wonderful to see. It's nice. For us, it's an internal reward."

Health Services also consists of clinical rotations with University graduate students, who gain their experience by working in the facility and work closely with Maloney who teaches them and evaluates their skills. She also oversees pediatric residents from Jersey Shore Medical Center who come to the Health Center for experience.

In addition to a psychiatrist, Maloney gets additional help from other departments on campus. "Counseling [and Psychological Services] and I work like this," she smiles, interlocking two of her fingers. "We are in constant contact with each other." Substance Awareness also plays a role, and reports to Maloney. "The challenge has been, over the years, that students coming in are far more complex in terms of their needs, so there's more of a need for all of us to work collaboratively and have really

For her college years, she attended Georgetown University for her undergraduate and then George Washington University for her MBA.

When she first started at the University, Maloney explains it was in the position of administrative director of clinical operations, differing from her past positions. She first started as a Registered Nurse Director with an MBA, later getting her advanced practice nursing license.

It's been a challenging ride for Maloney, as she also deals with criticism from students. Rather than being treated by nurse practitioners on campus, many students feel more comfortable going to their own M.D. where they can be treated with antibiotics.

Maloney refutes, "We practice evidence-based medicine. We go by the latest research; we go by the latest findings. We do a heck of a lot of lab work to validate what we're doing in terms of prescribing. For some folks, it's very difficult to hear, 'what you have is viral.' People are used to going to their doctor and saying 'I'm sick' and they'll give you an antibiotic. We don't subscribe to that. A lot of doctors do that because they're trying to keep their client-base. For us, we practice good medicine."

Maloney continues to tell students, "give yourself some time and it will go away. But everyone wants that immediate fix. When you really think about it, 75 percent of what you see is viral."

One of the more recent viruses, norovirus, became an outbreak at New Jersey colleges such as Rider University and Princeton University. After MU sent out a health alert in February, Maloney noted the campus did not have an outbreak. "We had an uptick of a stomach bug before spring break, but that is totally different than what happened at Rider."

With every job comes a challenge or two. What Maloney often deals with is privacy and confidentiality of the students. "You might think that's not hard, but it really is when you have students that are coming in that you know are doing drugs. I can't tell anybody. It's a 'Who gave who herpes?' kind of thing. We really take privacy and confidentiality seriously."

Maloney explains the difficul-

an immunization policing kind of way, so that's hard for people to understand." After Janelle Moorehead, a then first-year student, passed away in January 2011 from meningitis, Maloney says, "Had that happened on our campus, you want to make sure that everybody has been immunized that is supposed to be immunized."

A long-term struggle, Maloney insists, is the need to move towards a tech-savvy way of operating, including electronic medical records. "The rest of the world is going that way. We work with paper, paper charts, and the only way students can communicate with us is through paper. I mean, there are systems out there where you can scan your documents in from home, get reviewed and go right into the system. It's amazing what's out there. Our EKG machine died. They don't make the little boxes with the strip coming out anymore. Everything is EKG downloads, so I can't even use that."

Challenge number two, she adds, is how they function on a patient-care model. "We've really chopped up the human body, where the head belongs kind of over there to Counseling, the rest of the body here and Substance is somewhere in limbo, and I would like us to move toward a wellness model. I think the time has really come." She explains this model to be more of a care-planning model, instead of the three departments being segmented, as she calls it.

Outside Health Services, Maloney keeps herself busy with two teenagers. Her face lights up when she speaks of her children: a daughter who dances and a son who plays lacrosse. She is the designated STD lecturer for her church, and interviews students for admission at Georgetown University. To relax, she enjoys taking walks and traveling to places where she can snorkel.

Maloney encourages students to take advantage of facilities such as Health Services while they're still attending. "Students don't realize what they have here until they leave. And I hear that all that time when they come back, when they realize they need to make doctor appointments, get blood work done, worry about co-pays, etc. They have no idea, they really don't," she smiles.



PHOTO COURTESY of Jenna Intersimone

Kathy Maloney said that college-age students are her favorite to work with.

Celebrity Culture: The Worldwide Obsession

What Fuels Our Fascination With Celebrities?

NANA BONSU
STAFF WRITER

What do you see when you walk through the checkout aisle at any grocery store? You are bombarded with tabloid magazine upon tabloid magazine with the face of a Kardashian plastered on the front cover. Although we would like to think that we have the willpower to turn our heads as we impatiently wait for the cashier to finally reach us in line, the truth of the matter is that some people give in to their curiosity and pick up the occasional *Us Weekly* or *People* magazine. What is it that draws us to celebrities and makes us incapable of completely ignoring them?

“Many members of the general American public are intrigued by the lives of celebrities for a variety of reasons,” said Mary Harris, public relations professor. “The media, at times, glorifies the rise and fall of famous individuals, including actors, singers, reality television personalities, athletes, politicians, and talk show hosts. Average citizens may be intrigued by the idea of the unique and almost unrealistic lifestyles of some of these celebrities.”

Oftentimes, people look to celebrities to be the trendsetters. Although the Oscars are meant to be an evening to honor the great works in the film industry, most of us only watch the red carpet to see what Angelina Jolie or Jennifer Lopez is wearing.

Those who make it through the ceremony itself are more interested in which celebrity did a wardrobe change, who is making his or her first public outing with a new significant other or which celebrity the host is going to offend first.

Daniel Kruger, a psychologist at the University of Michigan, believes that when people know what is going on with the rich and famous, they can better their social lives by knowing what is going on in various social circles. Tabloid photographs of Hollywood starlets leaving certain clubs at all hours of

the night tell the people where the social scene is and what the party trends of the moment are.

“I think our society is obsessed with celebrities because some people admire and envy celebrities’ lives and wish to be in their shoes,” said Meredith Cahil, first-year student. “People find celebrities so appealing because they have fame, talent, and money that can sometimes seem unattainable to the average person.”

People relate to celebrities, says life coach Deborah King on her website, deborahkingcenter.com. When a celebrity behaves a certain way, we either reevaluate ourselves, or we reevaluate the way we view that particular celebrity. At times, people immerse themselves so much into celebrities that when something either good or bad happens to that particular celebrity, the individual feels affected.

For instance, the Royal Wedding was an international news story that captured audiences. Everyone wanted a glimpse of what Kate Middleton would be wearing. Morning news shows broadcasted the entire wedding from start to finish rather than showing the morning news. According to bbc.com, nearly 24 million viewers in the UK watched the Royal Wedding, while 23 million people watched in the United States. Although the wedding contributes nothing to the lives of the general public, people chose to watch every moment of the celebration. For female audiences, the idea of an ordinary girl marrying a future king and having a wedding of that magnitude draws her to watch the ceremony and envision herself as the future princess about to marry her future king.

People choose to vicariously live their lives through their favorite celebrities, and when they see the downfall of the rich and famous, it humanizes celebrities and makes people feel as if celebrities are just people who do make mistakes.

“Some people enjoy celebrity gossip because it is an escape from their own reality; others enjoy it

because it makes them feel better about their own lives to watch the demise of the rich and famous,” Harris said. “Most people in America have been bombarded by consumerism, materialism, wealth, power and fame, and this has all been exemplified through the lives of celebrities, and I think people are mainly interested in this because it is something that is so different from the lifestyles of average citizens.”

In some way, the public uses celebrities as a way to connect with one another, according to King. “We often relate to celebrities more easily than to our own friends and neighbors. We no longer stop in the village square or at the communal well to connect to each other. Instead, we use celebrities to feel connected,” King said via her website deborahkingcenter.com.

Websites such as TMZ are also major contributors to the celebrity obsession. Their ability to provide people with candid photographs of celebrities, sometimes in compromising positions, draws the public to their sites even more because they create a certain level of curiosity, and the media feeds on the interest of the people. TMZ.com have nearly five million hits a day, according to deborahkingcenter.com. So, the paparazzi will continue to follow celebrities around trying to catch them doing something either embarrassing or inappropriate. The more these media outlets provide, the greater the interest becomes.

Celebrity obsessions are driven by many factors. Whether the general public views celebrity gossip as a means to escape their mundane lives, or as a way to connect with one another, the celebrity obsession in today’s society is a cycle powered by the ever growing interest of the people and the media’s ability to give the people what they want.

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The Fine Print on Diet Pills

Pills continued from p.1

winter break vacation to Aruba and decided to take a newly marketed diet pill known as Alli. “Never again will I take anything that stimulates weight loss,” said Pinkus.

“I had been taking Alli for two days when suddenly I was overcome with diarrhea and stomach pains. I had to stop on my way home from class to use a 7-11 bathroom! At that point, I knew it was time to throw the pills into the trash,” said Jamie.

One issue students might not be considering when purchasing weight loss stimulants is that they are psychologically addictive.

Kate Memoli, a psychological counselor at the University, said, “Diet pills are often the beginning of the development of an eating disorder, such as anorexia or bulimia, which can become serious and difficult to treat. Eating disorders that are not treated can lead to serious medical issues, and in some cases will result in death.”

According to Schaad, eating right and exercising regularly is the first place to start if students want to lose weight and keep it off in a healthy manner. Always drink lots of water, eat fruits and vegetables and keep your carbohydrate intake to a minimum.

Avoiding high in fat foods and sugar will also speed up the process.

Many people find that losing weight without diet pills can be

extremely challenging. However, losing weight the proper way can be extremely rewarding.

Brooke Lupo, senior at Rutgers University, recently lost over 50 pounds by completely altering her lifestyle. “I stopped eating donuts and lying on the couch all day. I now eat a healthy diet, high in fiber, and exercise almost every day,” she said.

Oftentimes, losing weight can be easier when done in a way that is fun. “I used to try working out but nothing really held my attention until I started Zumba at Elite Fitness. I fell in love with the dance moves and the music. Working out is now fun and I have become motivated to eat healthier,” she said.

Losing weight the way Brooke did does not happen overnight, but in the long run slower weight loss is more beneficial. “I had tried all of the fad diets and even tried diet pills but nothing kept the weight off for good. The only way to maintain a healthy weight is to eat right and exercise,” said Lupo.

Losing weight the healthy way is not easy, but it is possible.

According to Schaad, if a student feels that they are addicted to diet pills or looking for ways to stop, they can visit the Office of Substance Awareness in the Health Center.

They will be provided with free and confidential counseling services for students concerning substance abuse.



IMAGE TAKEN from starcasm.net

Celebrities obsessions are driven by many factors, including the need to relate to another person.

219 Freshmen Inducted Into Phi Eta Sigma Honors Society

National Honor Society Induction Took Place on Campus This Past Sunday

CASEY WOLFE
COPY EDITOR

The University’s chapter of Phi Eta Sigma, the freshmen honor society, held its induction Sunday, March 25, at 3:00 pm in Pollak Theatre. Freshmen and their families filled the theatre in anticipation of being recognized for their academic success. Cameras flashed as names were called and honor students made their way to the stage to receive a certificate of induction. Guest speaker Dr. Thomas Pearson, Provost and Vice President for Academic Affairs said that the 2012 induction has brought in the largest amount of students to Phi Eta Sigma yet.

Induction organizer, Pattiann Heimbuch of first year advising, said that 219 students were inducted at the 2012 ceremony. This year was Heimbuch’s first year organizing the Phi Eta Sigma induction. According to Heimbuch here is much more to the freshmen honor society than a formal ceremony in Pollak Theatre, however, and Phi Eta Sigma makes it easy for its members to participate in.

“There are several projects that are offered to our inductees and they will be able to join the ones that they want to partake in. There is no obligation. [They] do whatever is good for their schedule,” said Heimbuch. To be inducted into Phi Eta Sigma, first-year students must achieve a 3.5 grade point average in their first semester. Though students do not have to maintain a 3.5 GPA through their entire college career to keep their membership, they are expected to continue their hard work. “I expect [the inductees] to be more involved, I expect them to keep up with their academic standards, I expect them to continue to achieve. Just because we are inducting them today doesn’t mean that they are going to fall down to below a 3.0 GPA tomorrow, so we expect them to keep the same level



PHOTO COURTESY of Blaze Nowara

According to Pattiann Heimbuch, 219 students, the highest number to date, were inducted at this year’s ceremony.

of academic standards,” said Mercy Azeke, Dean of the Center for Student Success.

Some students even exceeded their own expectations by becoming members of Phi Eta Sigma, overcoming any fears or expectations prior to entering college. “I proved to myself that I could be successful even though college is a whole new experience and can sometimes be difficult to adjust to,” says inductee, Olivia Caruso. Student Candace Grande also expresses the positive reinforcement that comes with being inducted into Phi Eta Sigma. “Becoming a part of Phi Eta Sigma symbolizes the hard work first year

students accomplish during their first semester at Monmouth University. It has made me feel great knowing working hard pays off,” she said.

Meeting the criteria to get into Phi Eta Sigma was not an easy accomplishment. Adjusting to college life as a first year student and maintaining excellent grades is something to be proud of explained inductee Kristina Woung-Fallon.

“I worked really hard my first semester to achieve good grades and establish a high GPA. Of course, this required even more effort while trying to adjust to living away from home and challenging college courses. However, I worked a lot on

time management so that I was able to successfully reach my goals of good grades and a high GPA,” said Woung-Fallon. She also says it was an honor to be recognized.

Speakers at the induction ceremony included members of the Phi Eta Sigma committee President Mathew-Donald Sangster, Vice President Lori Mueller, Secretary Amanda Kruzynski, Treasurer Sonya Shah and Historian Oscar Sanchez. Also at the podium was faculty advisors Dr. Golam Mathbor and Dr. Pearson. Pearson was presented with a plaque as well.

After the ceremony, President Paul G. Gaffney II joined the stu-

dents for a group photo. All inductees crowded together after their families left the theatre for a few group photos after the event. Parents had their turn at memorable photo opportunities after the professional photos were taken.

The 2012 ceremony was an overall success with over 200 new inductees and eloquent speeches from well accredited staff and committee members.

“The formal induction ceremony is to celebrate the students and their achievements,” says Heimbuch. “It is a day for them and their families to celebrate the achievement that they’ve earned.”

Club and Greek Announcements

The Outdoors Club

Over the weekend the Outdoors Club traveled to Eastern P.A. for a horseback riding and camping trip. Members say that the horses were amazing and the weather held up really well.

The ODC is planning another spring trip so anyone that wants to attend is urged to attend the coming meetings.

Wednesday, March 28, there will be a general meeting in Bey Hall to vote for next year’s e-board.

In order to vote a member must have of attended at least one general meeting before the voting session.

There are a lot of people running so come out and support them and the club!

Don’t forget to check out the official Outdoors Club Facebook page for updated information; feel free to post any questions or suggestions regarding the club and any of the trips.

The Outdoors Club’s mission is to promote the growth, understanding, awareness, and appeal of nature through the various activities they sponsor.

SGA

You’re invited to Student Government’s Annual Auction.

The event will take place on Friday, March 30 at 6:00 pm at the Blue and White Club in the Multipurpose Activity Center. All proceeds benefit Michael’s Feat.

Economics and Finance Club

The Economics and Finance Club will be meeting every Wednesday at 2:30 pm in Bey Hall, room 231.

Students can check out our website for further information as well as our calendar of events at muefc.wordpress.com.

Pre-Law Club

Don’t forget to RSVP to the following session of a mock first year class followed by a Q & A on the 1L classroom experience sponsored by the Pre-Law club.

College Republicans

With rising gas prices and deficit spending continuing at its current rate it is time for us to take hold of our future. With the national debt currently at \$15.6 billion this is a catastrophic outlook for our ideals of living the American Dream. If we are left not able to afford a future retirement and sound options for our families, we could be left with few options in as little as a decade.

If you are interested in taking control of your future, regardless of political affiliation, join us at our next meeting on Wed. 3/28 in room TBD. If you have any questions please e-mail us at mugop@monmouth.edu.

This is our future let us take control of RECKLESS SPENDING.

CommWorks

CommWorks: Students Committed to Performance has a new weekly meeting time for Spring 2012!

Visit us on Thursdays 1:00 to 2:15 pm in Plangere room 235.

MOCC Continues Tutoring in Public Speaking

PRESS RELEASE

Monmouth Oral Communication Center is providing tutoring for those students who need help to improve their public speaking.

The members of the MOCC meet every Wednesday, at 2:30 pm in room 215 of the Plangere Center for Communication. Tutoring has begun this spring semester and takes place in the Center for Student Success, located in the Rebecca Stafford Student Center. Students can sign up for public speaking tutoring on Tutortrac.

The hours for public speaking tutoring are as follows: Monday 1:00 pm to 3:00 pm, Wednesday from 9:00 am to 11:15 am and 3:00 to 4:15 pm, Thursday from 1:00 pm to 3:00 pm and Friday 9:00 am to 11:00 am. For questions or comments, e-mail Kyle Carty, MOCC President at s0724204@monmouth.edu.

We hope to see you and help you!

Public speaking is the one aspect of school that students fear the most. Any student, no matter their major, has to go through public speaking and presentations throughout their college career.

The MOCC is looking to help students who are uncomfortable with this challenge, as well as recruit students who feel comfortable speaking in public and helping others. For those who want to join MOCC, you can receive credit for your co-curricular practicum for your major.

Come learn how to fight your fear or to find out how you can help your fellow students!

Bust a Move With TKE

Tau Kappa Epsilon Hosts Second Annual “Dancing With TKE” Event

ALEXIS ORLACCHIO
STAFF WRITER

Tau Kappa Epsilon Fraternity hosted their second annual “Dancing with TKE” event in Pollak Theatre on Tuesday, March 20.

The vision of TKE is to create “lifelong relationships that enhance educational, interpersonal, community and professional success.” Their mission is “to aid men in their mental, moral, and social development for life.” Their purpose on campus “contributes to the advancement of society though the personal growth of our members, and service to others.”

The event began around 10:30 pm. Before the event, Matthew Avellino, Philanthropy Chair of TKE said he expected a big turnout. “So far we have raised over \$400,” said Avellino. “We’ve been selling tickets in the Dining Hall and over 100 people responded ‘attending’ to our Facebook event page.” It is Avellino’s first year as TKE’s philanthropy chair. Tickets were five dollars in advance and seven dollars at the door. All of the proceeds go to St. Jude’s Children’s Hospital.

The hosts of the event were TKE member Dave Kunze, and Zeta Tau Alpha sorority member Marie Worsham. “It’s my first time hosting this event,” said Kunze. “We (TKE) actually nominated people who we thought would make good hosts and I was lucky enough to be nominated by my fraternity brothers.”

Patrick Swisher, freshman, and

member of Sigma Tau Alpha, participated as a performer in this event with his fraternity chapter because, “It seemed like fun, I thought it would be interesting.”

TKE got members of Greek life to participate in this event by asking other Greek organizations for support. “Everyone is really supportive of each other in the Greek senate,” said Avellino. “Just talking to the Presidents of fraternities and asking their brothers to rally and come out for us.” TKE promoted this event through flyers, e-mail and their Facebook event page.

Kaitlyn Cassidy, sophomore, performed a solo dance number for the event. “I’m anxious,” said Cassidy. “I’ve been dancing my whole life, but it’s weird. People from school have never seen me dance.”

“We came to this event to support our fraternity ‘brother’ Kaitlyn Walsh,” said Jamie Petraglia, Alpha Kappa Psi (Co-ed fraternity) member. “We also wanted to get involved in the Greek community and show our support for other organizations,” said Andrea Gilroy, Alpha Kappa Psi member.

There were five judges and among them was last years winner of “Dancing with TKE,” Mike Kumar who started off the evening by showing the audience some of his moves.

The second act was a group of fraternity brothers who did a group dance to “We No Speak Americano” by Yolanda Be Cool.

The third act was a group dance by the sisters of ZTA, who danced



PHOTO COURTESY of Brian Newman

Tau Kappa Epsilon raised over \$400 towards their philanthropy, the St. Jude Children’s Research Hospital.

to a mix of songs followed by a dance number by Kaitlyn Cassidy.

Act four was a group of Theta Xi fraternity brothers who danced to a Backstreet Boys song.

Act five was just introduced as “Corey” and performed to a song collaboration by Jay-Z and Kanye West.

The final act was a group of fraternity brothers from TKE who sang and performed to “The Lazy Song” by Bruno Mars.

First place consisted of a \$45 gift certificate to Outback Steakhouse, along with other prizes and went to Corey. The second place prize winner was Cassidy, who won four free appetizers at Buffalo Wild Wings, a \$20 gift certificate to Juniors West End, a \$20 gift certificate as well as four free appetizers at Joes Crab Shack. Third Place went to the fraternity brothers of Theta Xi who won three free appetizers at Buffalo Wild Wings, and a Chipotle gift certificate.

B.I.N.G.O.

Student Activities Office Holds ‘Sound Check Bingo’

STEPHANIE RAMADAN
CONTRIBUTING WRITER

On Friday, March 23, the Students Activities Office held an event where students could play bingo and win prizes in the Student Center at 8:00 pm. The

were a lot of prizes that students cannot normally afford so that was a good incentive for them to come out and participate,” said Rowbotham.

Students could be informed about the event through the many ads displayed around cam-

About 30 students came out on Friday to play bingo and win some prizes. According to Rowbotham that is the usual turnout. “It was a good turnout; we usually get around that amount. We were pleased with the results,” said Rowbotham.

“I like to try to go to as many on campus events as my schedule allows. I find that being active on campus helps you learn more about other organizations, and you can also meet other Monmouth students and make new friends,” said Furey.

As Rowbotham said, the prizes were a great incentive to get students to attend. “I really enjoyed the bingo event. I love playing bingo and there were some awe-

some prizes,” said Furey.

Michelle Latteri, sophomore and a business marketing major, also went looking to win some cool prizes. “I went to the event with my friend Jordan and we both had a great time. I’m not really that good at bingo but I had so much fun. I’m happy I went,” said Latteri.

Both the students and the Student Activities Office were pleased with the turnout.

“I like to try to go to as many on campus events as my schedule allows. I find that being active on campus helps you learn more about other organizations, and you can also meet other students and make new friends.”

JORDAN FUREY
Senior Communication Major

event was free and there were over \$500 in prizes.

The event was organized by Megan McGowan, Assistant Director of Student Activities and Student Center operations.

Heather Kelly, Director of Multi-Cultural and Diversity Initiatives, explained each bingo night has a different theme. “We wanted to do themed bingo nights because it was more fun. The theme for this week is ‘sound check’ which was based on the Apple products,” said Kelly.

Melanie Rowbotham, senior and English Elementary Education major is also part of the film staff in the Student Activities office. According to her, the reason the event was free is so that students will feel some encouragement to come. “There

pus and in the Student Center. Other ways students could have been informed about the event was through the weekly e-mail sent out every Wednesday, or through the flyers posted on the calendar in the Student Center.

Stefania Flecca, senior and English Secondary Education major, heard of the bingo night through her e-mail. “I checked my e-mail and I saw the event. I was interested in going because of the prizes,” said Flecca.

The bingo games typically last about an hour, or until the prizes run out. There were 12 prizes that were available and they included iPods, gift cards, music players, and headphones.

“I love to play bingo, but I am really hoping to win a new pair of headphones,” said Flecca.

“The first bingo night we held had about 150 people, but as time goes on the number goes down to 30 or so each time,” said Kelly.


The Students Activities Office usually holds about two bingo events per semester. “Since it was so popular, we decided to have another one. This is the third time we are holding this event,” said Kelly.

Flecca likes to attend campus events, but bingo is her favorite. “I’ve been to a few of the bingo games and I have a lot of fun with my friends,” said Flecca.


Jordan Furey, is a senior with a major in Communication and a concentration in Public Relations and Journalism. She also went to the bingo night and was very impressed with the event.

Support Relay for Life at Cold Stone Creamery

PRESS RELEASE



RELAY FOR LIFE



Cold Stone Creamery in the Monmouth Mall in Eatontown, NJ will be helping raise money for Relay for Life on Tuesday, April 3. From 4:00 pm to 8:00 pm, 20 percent off all in-store sales made at Cold Stone Creamery will be donated to Relay for Life.

Representatives from Relay for Life of Monmouth University will be there asking for your support for Relay for Life. Cold Stone Creamery is located in the Food Court in the Monmouth Mall.

Relay for Life of Monmouth University will be on April 13-14 in the M.A.C. at Monmouth University. For more information about Relay for Life of Monmouth University, visit our website, www.relayforlife.org/monmouthuniversity.



What app do you use the most?

COMPILED BY: JACKLYN KOUEFATI AND ANTHONY PANISSIDI



Andrew Rodriguez
junior
“Wells Fargo Bank
or the Flashlight”



Maggie Szymczyk
junior
“Facebook”



Michael Palladino
faculty
“The Weather Channel”



Joseph Ghanem
sophomore
“Stocks”



Jennifer Probasco
senior
“Apps Gone Free”



Nicole Armitt
senior
“Pandora”



Greg Cenicola
junior
“Temple Run”



Margaret Cate
staff
“My Fitness”



Savannah Werner
sophomore
“TD Bank”

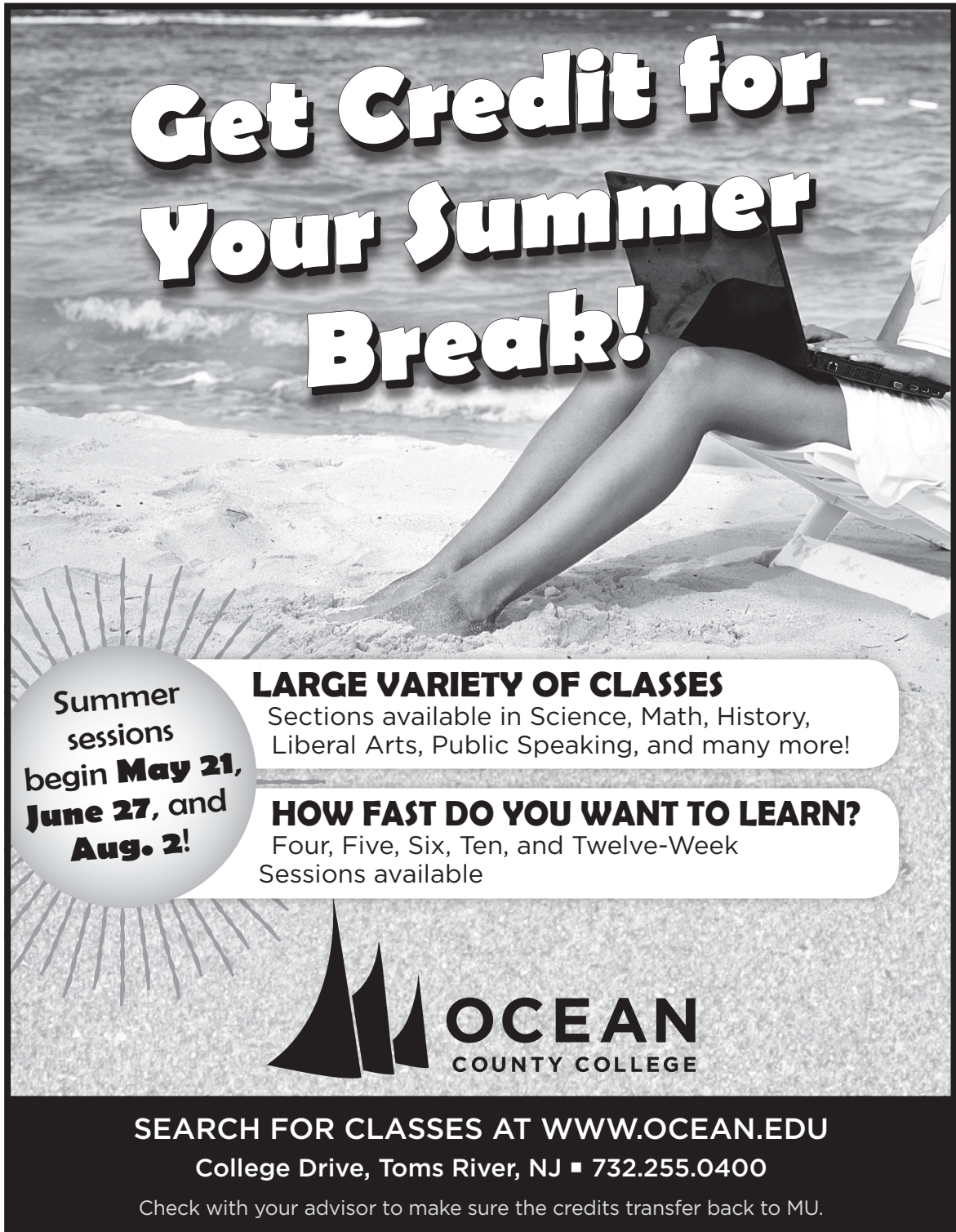


Jenny Maltias
junior
“Facebook”

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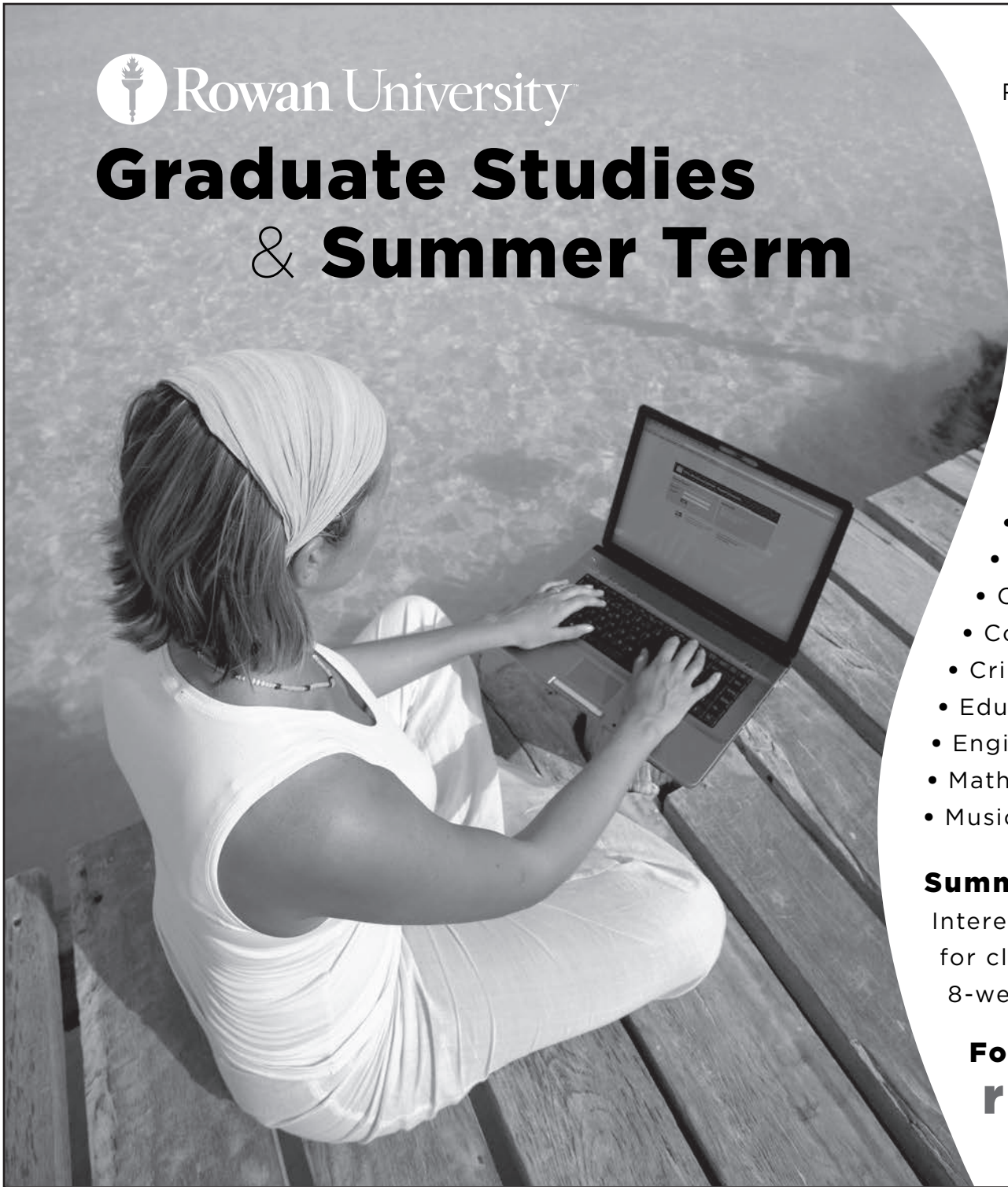
Daily Mass
Mondays & Tuesdays at 12 PM
in Wilson Chapel


Catechism Group
Tuesdays at 4:30 PM at the CC

Prayer Service
Wednesdays at 12 PM
in Wilson Chapel

Eucharistic Adoration
Thursdays at 12 PM
in Wilson Chapel

www.mucatholic.org/ on Facebook
Monmouth University Catholic Centre
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Shakespearean Tales Give Comics a Literary Touch

MATTHEW FISHER
COMICS EDITOR

From *Hamlet* to *The Tempest*, the plays of William Shakespeare are still performed centuries after his death and have been adapted into many films. However, beyond the silver screen and the stage, comic books have also continued staging the Bard's tales for readers and fans alike.

As with any classic novel or play, sooner or later they get adapted as a comic. Some of the first Shakespeare comic adaptations were in "Classics Illustrated" such as *Julius Caesar* and *A Midsummer Night's Dream*. Here, writers and artists brought these stories to the paneled pages without losing the meaning and original dialogue.

Although "Classics Illustrated" ended, people still look to bring these timeless stories to life as comic books. The Shakespeare Comic Book Series has been one way that these tales have been turned into comics. According to shakespearecomics.com, "The Shakespeare Comic Book Series was created in response to a simple question: How can we present serious literature to a generation of school students that is intensely visually aware but often reluctant to read? The answer was to offer the work of the world's greatest writer in a popular format with a highly pictorial content. The Shakespeare Comic Book Series thus began life in 1999, created by Simon Greaves."

The site also noted these comics have been featured in exhibits and used as teaching tools.

Comic book writers and artists have also adapted these plays as mangas with "Manga Shakespeare." For those unfamiliar with manga, they are novella-sized comics from Japan that feature such series as "Bleach" and "Naruto." Within these series, artists present rich, detailed characters and settings as writers offer work

to keep the play's stories and messages intact. According to mangashakespeare.com, "'The Manga Shakespeare' editorial team is led by a leading Shakespeare scholar and an educational editor... the team is expert in making serious works of literature more accessible."

Now, the books' creative teams take liberties with their interpretations. Some might have a futuristic setting like "Manga Shakespeare: Julius Caesar" while "Manga Shakespeare: Macbeth" has an action-driven atmosphere (the cover has Macbeth wielding swords).

"Manga Shakespeare" also condensed these adaptations a bit for readers. The site also stated, "Plays in the 'Manga Shakespeare' series are abridged to allow teachers to focus on key scenes while following Shakespeare's text."

While Shakespeare adaptations are a popular approach to retell these famous tales, they aren't the only way. Some writers and artists have found unique ways to develop tales centering around and/or on Shakespeare like "Kill Shakespeare" from IDW publishing by creators/co-writers Anthony Del Col and Conor McCreery and artist Andy Belanger.

It was a 12-issue maxi series that featured Shakespeare heroes searching for the Bard to fight the menacing actions of his villains.

While talking to comicbooresources.com, Del Col and McCreery how the idea for "Kill Shakespeare" originated. Del Col said, "...We were joking about doing a Kill Bill video game but instead of trying to track down David Caradine, players would hunt 'Bill' Shakespeare with a version of his own characters as their avatar. We paused for a moment and then realized that a story that contained all of Shakespeare's characters interacting with one another would be very interesting and could lead to all sorts of fascinating stories."

McCreery said his inspiration for the series came after reading *Hamlet* and thinking whether Hamlet's father was a worthy leader. "If that isn't true, how does that affect Hamlet's motives for revenge? That question really served as a springboard for us to play 'What If' with a host of Shakespearean canon..." he said.

"Kill Shakespeare" went on to be nominated for Best New Series (Harvey Awards) and Best Outstanding Writing (Joe Shuster Nominee).

Other writers have also reinterpreted Shakespearean stories like Stan Lee, who, with writer Max Work and illustrators Terry Douglas and Skan Srisuwan, presented a new take on *Romeo and Juliet* with the graphic novel, "Romeo and Juliet: The War."

From 1821 Comics, the story of two lovers from rival families is the same, but the setting and families are a bit different.

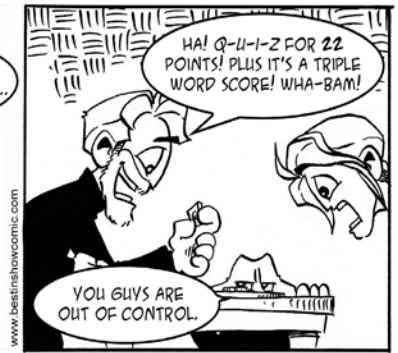
According to a synopsis on amazon.com, "This is the story of... Two groups of superhuman soldiers who turn the Empire of Verona into the most powerful territory on earth. The MONTAGUES, powerful cyborgs made of artificial DNA, and the CAPULETS, genetically enhanced humans known for their speed and agility, work in tandem to destroy all threats to the city. With no one left to fight, the Montagues and Capulets find themselves a new enemy: each other."

In addition to the graphic novel, a trailer was created to help market this version of *Romeo and Juliet*. Narrated by Lee with snippets of the art, it established the struggle between these two clans and the forbidden love to blossom.

So, whether 'tis a faithful adaptation of Shakespeare or a new spin on his plays and characters, comic books show that writers and artists still honor these stories as the show goes on no matter the century.



Best In Show Comic

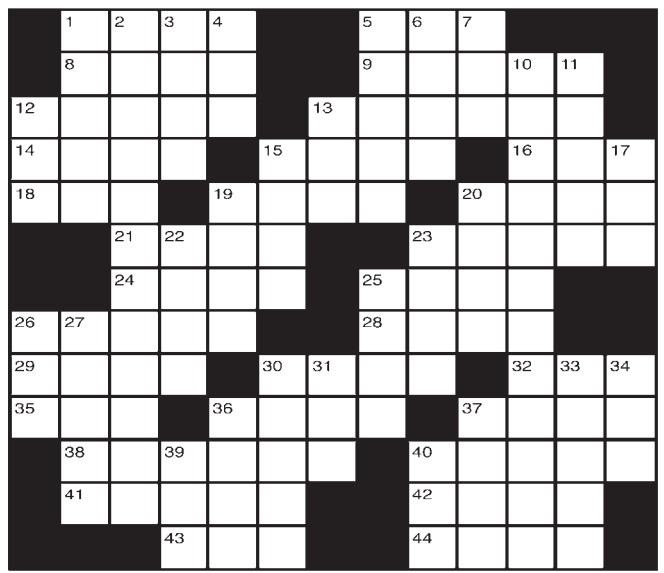


Welcome to Falling Rock National Park by Josh Shalek



THE TV CROSSWORD

by Jacqueline E. Mathews



Created by Jacqueline E. Mathews

3/18/12

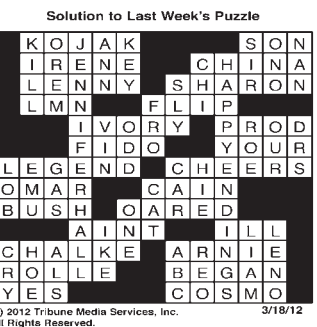
ACROSS

- 1 "Trek: Voyager"
- 5 "Murder, ___ Wrote"
- 8 "The Buckeye State"
- 9 Bart Simpson's mom
- 12 Decorate
- 13 Singer, actor and dancer Ben ___
- 14 Donaldson and Waterston
- 15 "___ the Clock"
- 16 "Grand ___ Opry"
- 18 "Love ___ Many Splendored Thing"
- 19 Max ___ Jr.; Jethro's portrayer
- 20 Baby Buggy
- 21 Actor Connery
- 23 "Live with ___ and Kelly"
- 24 "Our ___"; alternative title for "The Little Rascals"
- 25 Actress ___ Skye
- 26 "Close Encounters of the ___ Kind"
- 28 Delany or Carvey
- 29 Lowe and Reiner
- 30 Soleil ___ Frye
- 32 School in Baton Rouge, for short
- 35 Jolson and Gore

- 36 Tim's wife on "Home Improvement"
- 37 "Bus ___"; movie for Marilyn Monroe
- 38 Actor Sutherland
- 40 "___ Family"; Vicki Lawrence sitcom
- 41 Adder or asp
- 42 In the distance
- 43 "Say ___ to the Dress"
- 44 Lions' lairs

DOWN

- 1 Ice cream treats
- 2 Actor on "Criminal Minds"
- 3 Broadcasts
- 4 ___ Howard
- 5 Sully, as someone's reputation
- 6 "___ to Hart"
- 7 Before
- 10 Role on "Suburgatory"
- 11 Chinese Premier Chou ___
- 12 "___ walked out in the streets of Laredo..."
- 13 Pop music singer Bobby ___
- 15 "The Big ___ Theory"
- 17 Dorothy's aunt and others
- 19 "Making the ___"; reality series
- 20 Actor Sean ___
- 22 Ferengi characteristic
- 23 Reddish horse
- 25 "American ___"
- 26 Refrain syllable
- 27 ___ up; delays
- 30 Actress Vera ___
- 31 "The New Adventures of ___ Christine"
- 33 Flies high
- 34 FedEx rival
- 36 "___ and the Fatman"
- 37 "___ Harbor"; short-lived Gregory Harrison/Rue McClanahan series
- 39 Anti's vote
- 40 "___ About You"



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3/18/12

Softball Doomed by Errors, 2-2 Over Weekend

ED MORLOCK
ASSOCIATE SPORTS EDITOR

The softball team split a double-header Saturday against Sacred Heart. Monmouth won the first game, 2-1. The Pioneers avenged the loss in the second game, 10-6.

“In my mind we’re better than we performed, but we have to play hard every game,” said head coach Louie Berndt. “We can’t keep going up and down, up and down. We have to perform better. We didn’t do our jobs.”

In the first game, Kayla Weiser was the hero for the Hawks (9-8, 2-2). In the bottom of the third, Weiser homered to right-center, putting MU ahead 2-1. This proved

struck out four and walked seven in the game.

“We had too many walks, and too many walks that the umpire took away from us. We struck kids out twice or gave them extra pitches,” said Berndt. “They have to be better. We can’t have the number of walks that we have because we’re giving up way too many walks. Whether the umpire is working for us or against us.”

Defensive errors tormented the Hawks in the second game against Sacred Heart.

“They have to learn to play the game. They have to communicate better. They have to attack the ground balls and we can’t make the mistakes that we’re making,”

“We were so sharp in Texas, we didn’t make mistakes. Then all of a sudden there is miscommunication, not doing their jobs on defense. We’re going to find a unit that does their job.”

LOUIE BERNDT
Head Coach

to be the game-winning hit.

The Blue and White scored in the opening frame. Tish Derer walked, stole second and scored when Weiser singled to left-center.

The Pioneers tied the game in the top of the third. Liz Tsipouras was hit by a pitch, and Noelle Cahill came in to pinch run. Justine Sibthorp stepped up and doubled down the left field line. Cahill scored on the play.

Jordan Barnett picked up her first win of the season for the Hawks. She pitched all seven innings, allowing four hits. She

said Berndt. “We were so sharp in Texas, we didn’t make mistakes. Then all of a sudden there is miscommunication, not doing their jobs on defense. We’re going to find a unit that does their job.”

Monmouth committed five errors in the game. Three came in the fourth inning, where the Pioneers scored four runs with two hits.

Kate Kuzma led MU offensively. She hit a two-run homer in the second inning to give the Hawks an early 2-1 lead.

Lauren Sulick pitched six in-



PHOTO COURTESY of MU Photography

Jordan Barnett picked up her first win of the season this past weekend against Sacred Heart. She struck out four batters and threw all seven innings.

nings and took the loss in the second game for MU. She allowed six hits and 10 runs. She struck out four and walked eight.

A majority of the runs were unearned. Berndt said, “In that last game she gave up three earned runs, they beat us 10-6.”

Alissa Schoelkopf pitched one inning, allowing no runs and tallying a strikeout.

Kate Nadler and Nikki Surkes led the Pioneers with two RBIs each.

The Hawks split their double-header on Sunday against Quin-

nipiac. MU lost the first game 6-5, and won the second 4-1.

Barnett was the losing pitcher in the first game. She pitched the entire game and allowed six runs, two of which were earned. She walked three and struck out one.

Errors were a problem again for Monmouth. They committed four errors in the game resulting in four unearned runs.

Christine Scherr and Weiser each had two RBIs for MU.

Sulick was the winning pitcher for MU in the second game of the double-header. She pitched the en-

tire game, allowing four hits and one run. Sulick walked one and struck out five.

Weiser continued to lead with the bat, pacing the Hawks with two RBIs. She tripled down the right field line in the first inning, plating Derer. Kuzma came up next and Weiser scored on a fielder’s choice.

Monmouth’s next game is Wednesday, March 28 at home against St. Joseph’s at 3:30 pm. They are back to Northeast Conference play this weekend with games against Robert Morris and Saint Francis (Pa.).

Baseball Team Knocks Off UMass, Splits With Wagner

MAGGIE ZELINKA
STAFF WRITER

The baseball team took on a five game week hosting the University of Massachusetts for a one game series this past Wednesday and traveling to Wagner College over the weekend to play in two doubleheaders.

As the Hawks were going through their pre-game drills before playing UMass Wednesday, they were confronted with a minor set back. Sophomore shortstop Jon Guida had suffered a hand injury and was benched for the game.

“Guida got hurt in the pre-game. He got hit in the hand before the Georgia State game and he played through it. The same thing happened today,” Ehehalt stated, “We just sat him as a precaution, he will be good to go for the weekend.” Looking to the bench, Ehehalt decided upon sophomore Jake Gronsky to fill the vacant spot. MU quickly adapted to the change by reconstructing their line-up, and took the field as if this speed bump had never happened.

The Hawks called on right-hander John Shippee to be the starting pitcher against UMass. Shippee pitched five innings, allowing eight hits, one run, two walks, and striking out four batters. Although eight hits in only five innings of work may appear like a mediocre thrown game on paper, Shippee did very well considering the circumstances. He had not pitched at all in the last year and his last win was back in April of 2010. When asked if he was just running out of steam by that point, Shippee responded, “Yeah probably, I haven’t thrown five innings in a long time.”

Relieving Shippee were Van Woert, Loidice, Yunginger, and Battis: a set of four right-handed pitchers who contributed for allowing three

hits, four walks, and five strikeouts over a span of four innings. Although there were many fresh arms coming in and out of the bullpen during MU’s last couple of innings, they came very close to losing their lead more than once.

Thankfully, MU outscored UMass with a final of 2-1. Key players were junior third baseman Danny Avella who went 2-for-2 with two walks and center fielder Josh Boyd who was 2-for-4. Others who also showed impressive lines were Gronsky who went 1-for-3 with an RBI and freshman catcher Kyle Perry who had the second RBI. Perry did not just aid his team offensively, but defensively as well.

But whether it is UMass or Wagner, Ehehalt believes that every game should be approached with the same mindset. “We got to not worry about who we are playing or who we’re beating. We’ve beat a lot of good teams this year and UMass is another team that is good that we beat, Coach Ehehalt continued. “There’s a lot of cliches in baseball, but we’ve got to go out and play a great game regardless of our opponent and that is what we’re trying to do. As far as a confidence stand point, we take a lot of pride in being good and beating teams that are better ranked. They’re [UMass] well coached and they’re a good team so we’re happy [with the win].”

After the win against UMass, the team traveled to Staten Island to face NEC opponent, the Wagner College Seahawks, in a four game series composed of two double headers.

Opening up the series against Wagner was right-handed junior Pat Light. In Light’s last appearance, he pitched a complete game striking out a career high 13 batters and he was prepared to do it again. Light’s pitches were

perfectly executed in Friday’s game and he was able to strike out 11 batters over the course of nine innings. While this is an impressive feat, there was a more intense battle brewing. Up until the eighth inning, Light had been pitching a perfect game. 21 batters up, 21 batters down. Sadly, Light’s streak could not continue and was tainted by a simple base hit. Instead of a perfect game, Light walked away with a two-hit win over the Seahawks, which is still an impressive game. The Hawks ended up winning the game 2-0 with freshman designated hitter Chris Perret being the main offensive source of the match-up. Perret hit a double in the second knocking in second baseman Owen Stewart and left fielder Ed Martin.

In the nightcap, MU suffered a 9-2 loss against the Seahawks. Southpaw Andrew McGee went three and a third allowing five runs off of four hits while striking out one batter and giving up one walk. Right handed pitcher Neil Harm was called to replace McGee in the fourth and wound up throwing an inning and two thirds permitting one run off four hits. Righty Reid van Woert relieved Harm in the sixth but could not close the game out. Instead, van Woert supplied the Seahawks with their three runs needed to bring the game to the final 9-2 score. After two thirds of an inning, van Woert was taken out and right hander John McDonald was put in. McDonald was able to finish off the Seahawks. McGee gained his third loss this season and is currently sporting a 2-3 record.

While Friday’s second game scoreboard makes it seem like nothing had gone right for the Hawks, one of their players was able to boast about something. Rookie starting catcher, Kyle Perry, hit a solo shot in the second marking his first career home run.



PHOTO COURTESY of MU Photography

Jake Gronsky continues to be one of the top offensive players for the Hawks this season, as he is second on the team in batting average (.329) and hits (28).

Perry also accounted for the team’s second RBI on a sac fly to right allowing Chris Perret to tag up and cross home plate.

The men split Saturday’s double header with Wagner winning the first game 7-4 and MU winning the final game 7-4. Lefty Dan Smith opened the day against Wagner pitching five and two thirds allowing 10 hits, seven runs (six earned), and striking three out. Freshman righty Adam Yunginger was sent in to finish the game and got the one out needed to do so. With the loss, Smith brought his record to 3-3 for the season.

Game two gave Monmouth a much better result than the first. Being called to the mound was lefty Stephen Frey. The Seahawks managed to get nine hits off of Frey, but Monmouth was able to hold them to four runs. Relieving Frey was freshman closer Charlie Battis, who pitched one inning of flawless work striking out two batters to earn the save. Frey was awarded his third win of the season. Although both pitchers did considerably well, neither of them

could have received the win or save without the team’s offensive support.

In the second inning, Wagner was leading MU 4-0 in what seemed like it would turn out to be a long game. Fortunately, MU was able to get on the scoreboard in the third with senior Ed Martin scoring on a base hit by Gronsky. The Hawks changed the score in the sixth when shortstop Jon Guida hit a two-run single up the middle knocking in both Stewart and Perret, making it a one run game. The Hawks scored three more runs in the seventh with a base clearing double off Avella’s bat. Martin, Gronsky, and senior Jamie Rosenkranz accounted for the runs. MU’s final run crossed the plater in the ninth off a double by Stewart down the right field line scoring Gronsky.

This past week put MU’s current record at 13-9 (5-3 NEC). The return to the field this on Tuesday March 27 for a non-conference game against Saint Peter’s in Jersey City. They will also host Temple University in a conference game Friday at 3:00 pm and Saturday at 1:00 pm.

Track and Field Extend Home Winning Streak in Season Opener

PRESS RELEASE

The men’s and women’s track and field teams opened its outdoor season at the 17th Annual Season Opener, which featured over 1900 competitors from 35 different schools and 12 club teams, Saturday afternoon. The Hawks, who claimed the Northeast Conference Championships a year ago, qualified for the ECAC/IC4A Championships in nine event areas, while Qiyana Hill set the school record in the discus throw.

The men’s team has not lost at home since the 1996 season, while the women’s team has not dropped a meet in West Long Branch since the 2001 campaign.

“Yesterday’s record setting mile was a fun way to start off the meet and we are happy to continue our winning streak at home,” said head coach Joe Compagni. “We had great efforts in every event area and it is a positive sign to have a number of qualifying marks this early in the season.”

Hill took first in the discus throw, registering a toss of 42.79m(140’ 5”), which earns her a trip to the ECAC Championships. Rookie Taylor Johnson finished in third with a mark of 40.83m (133’ 11”).

Anne Moccia, who will join Hill at the championships, landed a javelin throw of 41.44m (135’ 11”) to earn second overall.

Rachel Aliotta moved into second all-time in the MU record books with her mark of 13.55m (44’ 5.5”) in the shot put, which was good for a first place finish. Sandra Jean-

Romain took third with a throw of 12.69m (41’ 7.75”).

Laura Williams ran a MU-best 1:03.30 in the 400 meter to finish second overall, followed by Rachel Watkins .06 seconds later in third. Ali Hehn crossed the finish line in 1:03.66 for fourth, while Lindsey Walsh took fifth with a time of 1:04.48.

In a field of over 60 participants, Williams took first in the 200 meter dash, crossing the finish line in 25.90.

The Hawks took the three top spots in the high jump. Led by Watkins, who cleared 1.71m (5’ 7.25”) to finish first and qualify for the ECAC Championships, the junior moves into fourth place in the record books with her result. Walsh and Alison Day took second and third, each posting a mark of 1.66m (5’ 5.25”).

Kate Frye cleared 5.32m (17’ 5.5”) in the long jump to earn first followed by Walsh in second with a jump of 5.31m (17’ 5”).

Lauren McDonald, who vaulted 3.05m (10’), took first in the women’s pole vault.

Kim Price earned third in the triple jump, clearing 10.73m (35’ 11.5”).

The 4x400 meter relay wrapped up the afternoon for the women’s team as Hehn, Amanda Eller, Emily MacEwen and Danielle Toritto finished in 4:08.38 to earn second.

For the men’s team, Joshua Lewis, Geoff Navarro, Mike Drake and Stevenson Cajuste ran to a second place finish in the 4x100 meter relay, crossing the finish line in 42.05. The time registers the relay for the

IC4A Championships.

Navarro also ran 11.26 in the 100 meter dash to earn third overall, while Lewis cleared 6.32m (20’ 9”) in the long jump to also finish third.

IC4A qualifier in the hammer from yesterday’s event, Vincent Elardo earned second in the shot put, posting a mark of 17.01m (55’ 9.75”), followed by sophomore Errol Jeffrey, who made his first career outdoor appearance for the Blue and White, in third with a toss of 16.29m (53’ 5.5”). Along with Shane Carle, who threw for 15.67m (51’ 5”), the trio qualified for the IC4A Championships later this season.

Elardo also claimed third in the discus, landing a throw of 46.69m (153’ 2”).

Zach Torrell earned third place in the javelin with his IC4A qualifying mark of 58.85m (193’ 1”).

In the triple jump, Josh Man cleared 13.36m (43’ 10”) to earn second overall.

Sophomore Ed Kramer posted a mark of 2.01m (6’ 7”) to finish second in the high jump, followed by Erik Anderson, who took third with a jump of 1.96m (6’ 5”).

Senior Peter Matano cleared 4.40m (14” 5.25”) in the pole vault to land third overall.

Bayaan Oluyadi, Aaron Aquino-Rodriguez, Joe DiBianca and Jon Marques capped of the day for the Hawks with a first place finish in the 4x400 meter relay, posting a time of 3:18.86.

The Blue and White return to action next weekend at the Raleigh Relays and Lafayette Invitational.

Zink Named to All-Rookie Team For Women’s Bowling

PRESS RELEASE

Sophomore Holly Zink (Port Jefferson, N.Y./Earl Vandermeulen) was named to the 2012 Northeast Conference Bowling All-Rookie team as Monmouth wrapped up the 2012 NEC Bowling Championships Saturday in Reading, Pa.

The Hawks entered the tournament as the eighth-seed, faced the daunting task of bowling against the top-seeded and 2010 NCAA National Champion Farleigh Dickinson Knights. FDU prevailed but the road didn’t get much easier for

MU which had to then bowl fourth-seeded Kutztown which was upset by fifth-seeded New Jersey City University in the opening round. Monmouth’s season ended.

“We put up some decent numbers but unfortunately we fell short,” said second year head coach Karen Grygiel.

The MU bowling team, which his in its second year of existence, finished the season with a 50-60 record and were ranked 19th in the latest National Tenpin Coaches Association poll. Monmouth recorded eight wins against teams ranked in the top-10 this season.



Taliban and the Tournament: North Carolina Congressman Makes Controversial Basketball Comments

DAN GUNDERMAN
STAFF WRITER

If you didn’t believe my testament about the powerful nature of the NCAA Basketball tournament, maybe you will when a political figure gets involved. Not only is basketball pride a way of life, but in North Carolina this week it came above national security, in a sense.

Commenting on North Carolina’s trip to the Sweet 16 (and later the Elite 8), U.S. Representative Brad Miller, a Democrat from North Carolina made extremely controversial comments. He noted basketball’s importance into the lives of North Carolina residents and the extreme rivalry present between North Carolina (UNC) and Duke University.

He showed no remorse or political correctness for his (apparent) hatred for Duke University. “I have said very publicly that if Duke was playing against the Taliban, then I’d have to pull for the Taliban.”

Miller made it clear that if UNC was placed up against the Blue Devils, then Duke would receive no “Congressional neutrality.” In Miller’s world, the Blue Devils sit at the bottom of the totem pole. Even if North Carolina is divided between Tar Heel and Blue Devil nations, Miller added that he would pull for the Taliban instead of Duke.

Sure the comment was probably made as a playful gesture, but bringing up the Taliban in such controversial times with the War on Terror and continuous threats at out freedom, begs the question of whether this Congressman is completely sane.

”The Dagger” Sports Blog mentions that the Congressman’s comments were a good way to have Homeland Security knock on his door. Plus, bringing up the Taliban in any circumstance is controversial, never mind saying that he’d root for them.

It would be conservative to say that patriotic citizens would like to give the Congressman a piece of their minds. Luckily for Miller, he is not seeking re-election. After that kind of comment, something tells me that he would not sit too comfortably with his colleagues in Washington.

In basketball terms, this shows extreme devotion and enlightens even the political world on the scope of college basketball. It

enters the homes of millions and streams on the laptops of millions more. To take sides like this, [to many] actually solidifies the politician’s platform.

“I make no pretense that I am at all half-hearted in my support for Carolina. Nobody in North Carolina would trust a politician who claimed to be neutral on a matter as important as college basketball,” he said.

So maybe making this bold statement earns him respect in his home-state, but maybe it even creates a new suspect file at the Homeland Security headquarters. Kidding aside, his basketball allegiance is clear, and shows just what millions will do to defend their squads.

As we exit March and approach the National Championship game, all Carolina teams have been eliminated, but the Tar Heels did make a respectable run to the Elite 8. As Miller and the rest of the Chapel Hill residents would assumedly agree, the sport became not only a way of life during the run but also a facet of life you’d protect at all costs.

Whether it be a Carolina Congressman condemning Duke, or you and your buddies duking it out (no pun intended) over your bracket picks, the environment of March basketball becomes hostile. So hostile, as we’ve seen this week, that a Congressman’s reputation could be forever-tainted.

Miller was not shy on the matter and even added that he’d root for the NC State Wolfpack, as long as they weren’t playing the Tar Heels. Noting his game-time traditions, he said, “the way I deal with it is, I scream my lungs out for Carolina.”

It’d be safe to say Congressman Miller may need police escorts to stray into Duke territory from now on. Because of this fact, we get a further understanding of the depth of this sport. We get divided states, bold Congressmen, millions of bracket-makers, Charles Barkley’s analysis, net-cutting and even coaching that is unparalleled in other sports. Is this enough for you to stay tuned in until the National Championship game? With top-ranked teams in the hunt this year, it spells out a series of excellent games to watch! If you’re not aboard the bracketology-train yet, then maybe we need more powerful figures to step up and make controversial comments to get you there.

Women’s Lacrosse Splits Weekend Home Stand

THE OUTLOOK SPORTS STAFF

The women’s lacrosse team opened up NEC play with a win and a loss over the weekend. The Lady Hawks now stand at 2-8, but despite what the record is, they have plenty of optimism and confidence to improve as conference play gets under way.

On Friday afternoon, they defeated Saint Francis (PA) 11-6. SFU got off to a fast start, taking a 1-0, but Monmouth responded by scoring four consecutive goals in a nine minute span. SFU struck for a second time not too long after the Monmouth run. The Hawks then struck for one last time before halftime, taking a comfortable 5-2 lead at the break.

SFU began the second half with two straight goals to turn Monmouth’s lead into a one goal ballgame. Less than four minutes later, Alex Marino struck for the second time of the game. The Monmouth lead then disappeared when SFU added two more goals to tie the game up at six goals apiece.

It was a nail biter with about 13 minutes left in the game, but Monmouth then blew it wide open by scoring five straight goals to seal the victory.

Marino led the charge with three goals on nine shot attempts. Kayleigh Gibbons compiled two goals and three assists. Sam Lillo and Erica Abenschoen each added two goals apiece. Monmouth dominated in shot attempts, 33-19. They also only committed a total of nine turnovers, compared to SFU’s 17.

The Hawks stayed on campus to take on Robert Morris University on Sunday afternoon. This



PHOTO COURTESY of MU Photography
Kayleigh Gibbons had a team high five points in the Hawks 11-6 win over Saint Francis (Pa.) on Friday.

time around, it was a lot tougher. The matchup of two 2-7 teams proved to be a tight one, didn’t prove to be victorious for the Hawks. Monmouth and Robert Morris exchanged goals back and forth throughout the first half, and went into the half with a one goal disadvantage to Robert Morris.

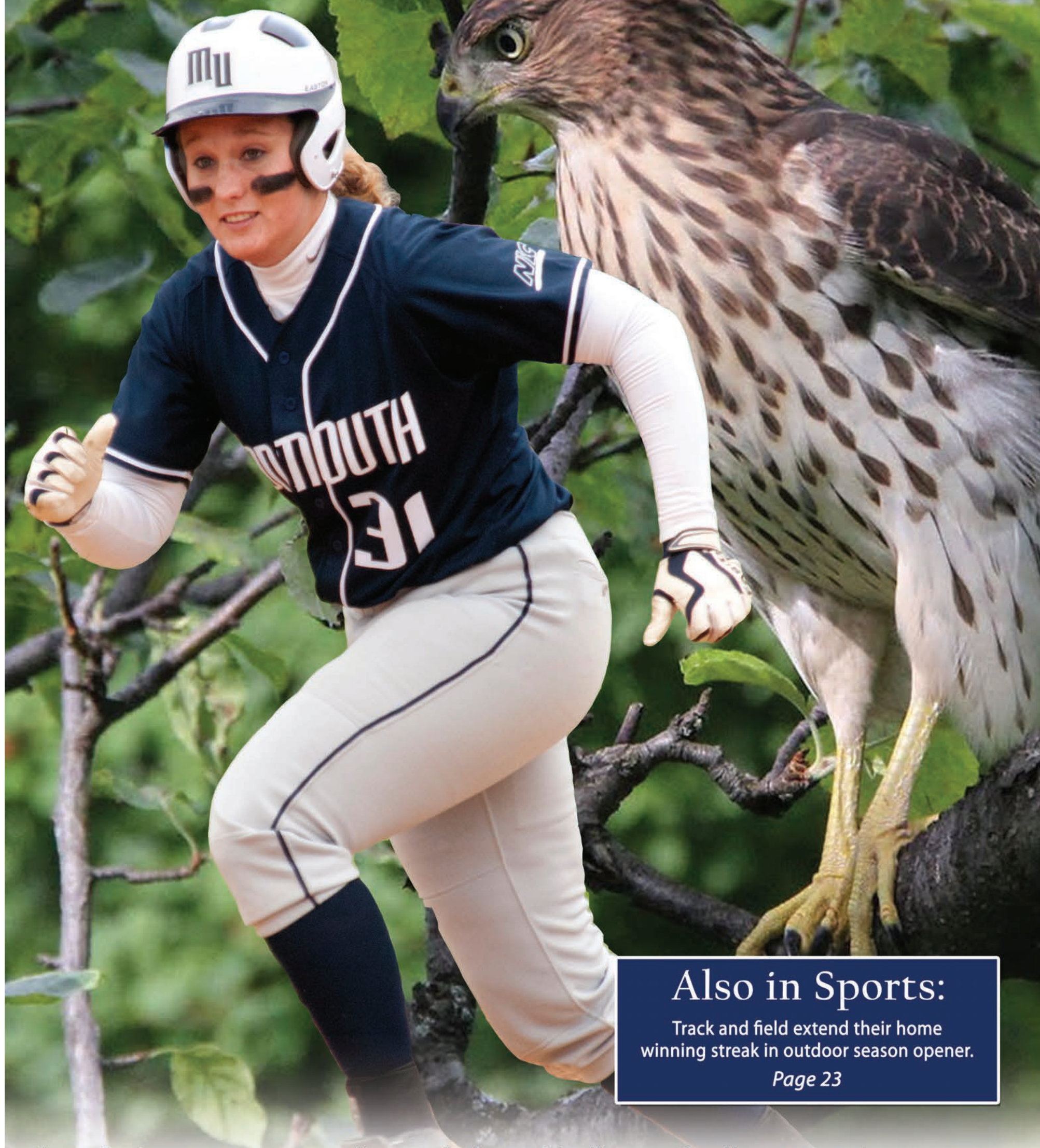
Robert Morris held a 6-4 lead with just under 22 minutes left in the game. Soon after that,

Monmouth took control and scored four consecutive goals, to give them an 8-6 lead. With a boost of confidence now, the Hawks had the chance to seal it, but struggled to do so. Robert Morris went on an impressive 3-0 run to close out the game, giving them a 9-8 win over Monmouth.

For the Lady Hawks, Sam Lillo had three goals while Gibbons had two goals and two assists. Marino also added two goals.



SPRING INTO ACTION



Also in Sports:

Track and field extend their home winning streak in outdoor season opener.

Page 23

After playing 13 games on the road, the softball team finally returned to West Long Branch to face Sacred Heart, Quinnipiac, and St. Joseph's this past weekend.

Full Story on page 22