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PHOTO COURTESY of Monmouth University

Monmouth played host to a panel discussion centered on the controversial health care reform bill last Wednesday, March 25. From left to right: John Lloyd, Dr. Frank Vozos, Wardell Sanders, and James

THE AFFORDABLE CARE **ACT: IS IT WORKING?**

BENJAMIN SMITH CONTRIBUTING WRITER

Nearly five years to the day after the Affordable Care Act was signed into law, the effects of the legislation "have yet to be determined," according to various members of a panel of top New Jersey healthcare admin-

to Monmouth to discuss the policy's effects on NJ were: two healthcare executives; Meridian Health CEO John Lloyd; Monmouth Medical Center CEO Frank Vozos; and NJ As-

NJ Governor and Monmouth Uni- percent of New Jerseyans supversity's current Public Servant in Residence, James Florio, who passed a similar salvo of health and welfare reforms during his tenure as governor, rounded out the panel.

The event was sponsored by the Monmouth University Polling Institute, Marjorie K. Unterberg School of Nursing and Health Studies, and the Political Science Club. Among the panelists invited Dr. Kathryn Fleming, a specialist professor of nursing administration, and Dr. Stephen Chapman assistant professor of political science, served as moderators.

Director of the Polling Institute, Patrick Murray, opened the discussociation of Health Plans Presi-sion by announcing the results of dent Wardell Sanders. Former one of the institute's latest polls: 45

port the law while 46 percent oppose it.

"At one point, not too long ago," recalled Florio, "we had 50 million Americans without access to healthcare. People who were not old enough to be on Medicare and not poor enough to be on Medicaid didn't have it through their employment and couldn't afford the \$11,000-12,000 for an individual insurance policy. I think it's a good agenda for us as a nation to undertake," he added.

We've always believed at Meridian," Lloyd averred, "that

Affordable continued on p. 8

Greek Responsibility

ALYSSA TRITSCHLER

BRIANNA MCCABE EDITOR-IN-CHIEF

A video of Sigma Alpha Epsilon brothers singing a racist chant surfaced and immediately went viral, forcing the University to shut the brotherhood down on March 9. The media then uncovered that another fraternity, Kappa Delta Rho, was suspended at Penn State after nude photographs of unconscious women were posted on a private Facebook page.

Pi Kappa Phi at North Carolina State University was placed on suspension after one of the chapter's pledge books was found in a local restaurant. WRAL reported that the book contained handwritten derogatory notes towards women, as well as racist remarks, ranging from "Be kind to the whales because they'll lead you to the dolphins" to "That tree is per-

fect for lynching."

Just last week, Rutgers University indefinitely shut down Sigma Phi Epsilon after the hospitalization of a severely

intoxicated underage student.

Other fraternities in Texas, Missouri, ands Virginia were suspended after hazing allegations.

It almost seems as if Greek life scandals can't escape the front page of local and national newspapers.

As stated in an article published on NJ.com on March 30, "The run of bad news is starting to affect the reputations of fraternities and sororities nationwide.'

After each reported incident, the schools and national fraternities or sororities affiliated with the particular scandal released a statement, which all seemed to dance around the central idea of the acts being 'inconsistent with values."

According to Jon Buchalski, Assistant Director of Student Activities for Fraternity and Sorority Life, members of Greek life at the University must remain "consistent with Monmouth's value" of being campus leaders.

As described on Monmouth. edu, the mission of fraternities

Greek life continued on p. 16



Thirst for First

BRIANNA MCCABE

\$100 wig? Check. \$100 admission fee? Check. \$150 hard and soft shoes? Check. passport? \$165 Check.\$3,000 handcrafted "stoned" (rhinestoned) dress imported from Northern Ireland? Check. A priceless appetite for success? Check. Sarah Oldam mentally ran through her travel checklist before she vovaged to Montreal, Canada on March 29. When she boards her plane four days from now and heads back to the States, she plans to have to make some extra room in her suitcase for her first place

Irish dancing continued on p. 3



Freshman Sarah Oldam is competing in Montreal, Canada in hopes of seizing the title of "Irish Dancing World Champion."

Al Jazeera America President Visits Monmouth

BRANDON JOHNSON

The inaugural #coMmtalks launched as the University hosted Kate O'Brian, the President of Al Jazeera America, on Monday, March 30.

O'Brian's campus visit included an interview recorded by Hawk TV with representatives from each University news outlet: Hawk TV, The Outlook, and WMCX. Afterwards, she spoke to a few classes and culminated her trip with a conversation organized by the Monmouth Oral Communication Center (MOCC).

A graduate of Smith College in 1980, O'Brian spent over 30 years with ABC News, notably as Senior Vice President of Newsgathering Operations, which

includes all ABC News bureaus that the communication council worldwide. She also served as general manager for ABC News Radio, as well as in production roles in Rome, London, Washington DC, Atlanta, Los Angeles and New York.

Dr. Datta Naik, Vice Provost and Dean of the Graduate School said that the #coMmtalks are part of the University's strategic plan initiatives, incorporating "transformative learning" that "extends beyond the classroom" on the campus. "#coMmtalks is a perfect example of one such experience," said Naik.

Jim Hickey, a veteran of ABC News, former National correspondent for ABC News Radio, and personal friend and colleague of O'Brian, hosted the conversation. When #coMmtalks was in its infancy, he said

originated it as "The Master's Lectures Series."

When the council introduced it to the students, Hickey said, "They [changed it to] Comm Talks. But it's not just Comm Talks. In keeping with today's social media, it's 'hashtag' Comm Talks, and I am very pleased this is part of a really relevant part of our world today."

O'Brian's conversation spanned topics including the mission of Al Jazeera America, advice to students, women in the workforce, among other things.

Only 20 months into its existence on network television, O'Brian was sure to differentiate Al Jazeera America from other major organizations like

Al Jazeera continued on p. 2

Transgender Artist Dylan Scholinski Gives Lecture

DANIELLE SCHIPANI ASSOCIATE NEWS EDITOR

Transgender author, speaker, and artist Dylan Scholinski spoke to a crowd of University students, faculty, and members of the community about the obstacles and discrimination he has encountered throughout his life in Pollak Theatre on Thursday, March

Scholinski, born Daphne Scholinski, was in a mental hospital from ages 15 to 18 after being diagnosed as an "inappropriate female." Dylan describes his experiences within his book The Last Time I Wore a Dress: A Memoir in which he read specific passages from as a part of his presentation.

Nancy Mezey, Associate Dean of the School of Humanities and Social Sciences, offered a definition of transgender. "Transgender people tend to be people who have transitioned from one gender to another through an operation or through hormones. There is a whole variety of people who fit into that category of transgender.'

Scholinski described how the people around him had a hard time accepting his change, "There wasn't anything wrong with me, it was more about making others more comfortable with me," he said. In college, "It was really hard for some people to understand the concept of something other than the binary, where you have to be one or the other and you can't be two different identities at the same time," he continued.

Mezey discussed the discrimination and judgment transgender people face in their everyday lives. "Every person wants to be treated with dignity. Gender is one of the big blueprints in life that we look at. When we look at someone we think about whether they are male or female and decide how to interact with him or her," she said.

'His presentation made me think about how much we categorize people regarding their gender," said Audrey Williamson, Instructor of Political Science and Sociology. "For so long it has been male or female, we need to remember we are a human race. We need to naturally accept people for who they are," Williamson continued.

"I hope students gain a greater awareness of the issues that transgender people face in the US. I want them to understand the history of the issues they have faced because I don't think many students are aware of what people like Dylan go through," said Johanna Foster, Professor of political science and sociology.

The speaker advised students who are thinking about transitioning by saying, "I am proud of you for even having the thought. It is a beautiful thing to discover yourself. Make sure to look for those people that accept you because you don't deserve to be alone. Never isolate yourself," he explained. He also described the importance of preparing tactics for coming out and expressed the importance of self-love.

Scholinski spoke about how art has been an outlet for him

since he was a child and how he used it as a survival strategy when he was in the mental hospital. As a result, he created Sent(a)mental Studios where the Haven Youth Project is open to children and adolescents of all ages for free. According to the official website, "Sent(a)mental studios works to help facilitate creative alternatives to suicide." Scholinski explained that it is a safe place where "Kids are able to come in shame free and learn how they make marks, not how everyone expects them to make marks.'

Nicholas VanDaley, junior sociology and anthropology student and secretary of All Lifestyles Included (ALI) who attended the event expressed his thoughts on the art studio, "I thought his presentation was amazing. The most compelling aspect of his presentation was his focus on helping children. He helps all children at risk, not just children who identify as LGBTQ. His open door policy for children to come in and have a therapeutic experience though art, for free, is a wonderful

There is currently an art exhibit in the Pollak Gallery that includes both Scholinski's art and examples of youth pieces from the "lead with your heat' workshop. The university's official website describes the workshop, which is a part of the speaker's Haven Youth Project, 'The idea is to use the image of the heart as a template to fill and show how your heart feels on the inside and to use the space outside of the heart to show what is affecting and influencing it." The exhibit will be on display until April 10.

In addition to talking about his struggles, Scholinski spoke about his transition in general and how he has been treated differently since becoming a man. "I certainly feel privileged going from female to male gender. People now listen to me more and it has been easier for me socially," he said.

Mezey also offered insight on the difference between transitions, "It is easier for women to transition to men than it is for men to transition to women because you gain male privileged and physically it is easier."

One of the main challenges currently being addressed is the issue of restrooms.

According to Scholinski, it is often uncomfortable for transgender people to decide which public bathroom to use and it can often lead to anxiety throughout the day. He urged people living in privilege to start advocating for gender-neutral bathrooms.

"A huge gender issue that we have tried to address on campus is the issue of the bathroom. On campus we have tried to create some gender-neutral bathrooms. It is one of the biggest discomforts that transgender people talk about," explained Mezey.

His presentation opened discussio regarding how Monmouth has responded to the transgender movement. "Monmouth needs a more diverse voice. For a world-renowned transgender rights activist to speak here is a tremendous step in the right direction. Not to mention, Monmouth has a relatively small transgender community. Hopefully Dylan speaking here shows anybody struggling that

our university is trying to be more inclusive and that our campus is a safe place for them," said VanDaley.

Mezey explained how the university has been progressive with its curriculum, social activities, and human resources. "We have developed ways in which all people can feel comfortable here. We are not 100 percent there but we are definitely cognitive of the issues involved and trying to make things better," she explained.

"I absolutely do think the university has been accepting and helpful to the transgender community," expressed Williamson. "We are further ahead when it comes to understanding different ways sexual identity is expressed. Both the students and faculty are ahead and I applaud them for that," she continued.

"I think that Dylan's story is compelling and inspiring. He was able to not only survive the four years or so in the psychiatric institutions but he was able to come away from that with love for himself and forgiveness for his family and also with a wonderful art that he has been able to use to help other young people to survive that. He is the kind of person Monmouth should welcome," said Foster.

Scholinski embraced anyone with an interest in Sent(a) mental Studios and urged people to reach out to him. More information and contact resources can be found at www.dylanscholinski.com or at www.sentamentalstudios.

O'Brian: Speaker for #coMmtalks

Al Jazeera continued from p. 1

CNN, Fox or MSNBC. "We don't do talk shows, we don't do pundits, we don't do entertainment, and we don't do celebrities. That's because what we do, we believe nobody else is doing, which is to produce the deep dive, investigative content that you are not seeing anyplace else."

O'Brian added that she does not think of other networks like CNN as Al Jazeera America's competitors, rather, the idea of competitors is the creation of the marketplace.

most importance for Al Jazeera presence in the mobile app game, "not to be a part of the propaganda." As such, the station refrained from showing any footage from Daesh, going as far as to ban still images from display through their news conglomerate.

Julian Garcia, a freshman communication student and member of Hawk TV, was part of the team that produced both the interview with the campus media interview as well as recording the #coMmtalks event in Wilson Auditorium.

"Hawk TV's role was mostly dealing with her (O'Brian's) inter-"Al Jazeera America is based on action with campus media," said as well as on outlets like Twitter and Facebook.

Regarding the gender gap in the journalism industry, O'Brian recalled a story from her career in the mid-1980s, when she and a male colleague received the same positions.

"He got the same job I did the same day and he was paid a considerable amount of money more than I was," said O'Brian. "When I questioned it the response was, 'he has a wife he has to support and you have a husband."

O'Brian continued, "Things like

"That's because what we do, we believe nobody else is doing, which is to produce the deep dive, investigative content that you are not seeing anyplace else."

KATE O'BRIAN President of Al Jazeera America

the BBC model which is funded by the British Government. There is a complete firewall between the government (of Qatar) and the editorial product. We are an entirely independent journalism organization," said O'Brian.

Questions about connections to the Qatari monarchy and impacts on coverage various world events were among frequent questions to O'Brian, especially considering the prevalence of terrorism emanating from the Middle East.

With the prevalence of Daesh (the self-proclaimed Islamic State) producing propaganda videos, O'Brian said that it was of the ut-

Garcia. "She came to our organization when there were representatives from each of the campus news outlets to help interview her and gave us a serious interview."

Continuing through the conversation, O'Brian talked about the changing face of the news media, both as it pertains to the role of social media and technology, as well as changes to diversity in the workplace.

While Al Jazeera America is dedicated to "old-school, high quality journalism," O'Brian said that they embrace social media and the internet wholeheartedly, commenting on Al Jazeera America's

that weren't long ago. There has been a lot of change since then, and I think there's been a heightened sense of fairness, bringing diversity numbers, both racial diversity and gender diversity up, but there is still a long way to go.'

O'Brian ended her talk with advice to aspiring journalists. She said, "It doesn't matter what the platform is, it doesn't matter what the distribution is, what matters is creating the content. Learn how to write. Writing is the foundation of everything whether it's television, radio, print or social media. It's all based in writing because that helps you learn how to tell a story."



(Top picture) Kate O'Brian shares inspiring words with students at her visit to the University. (Bottom picture) Al Jazeera America strives to differ itself from other news organizations such as CNN and MSNBC.

Freshman Honor Society Inductees Celebrate First Year Excellence

RICHARD FELICETTI

The University's chapter of Phi Eta Sigma inducted 288 students into the Honor Society on March 28 at Pollack Theatre. The event featured a description of the society, the expectations of the members, and distinguished guest speakers.

Honor Society that celebrates students who earn a 3.5 GPA or bor to the inductees. higher in their first college semester.

"Being inducted into Phi Eta Sigma is a very important honor for first year students," said Lisa Henry, Office Coordinator reads "Knowledge is Power" in ment. of First Year Advising. "A lot of students struggle during the transition from high school to means that academic excelcollege, so it is important to celebrate those that achieve stellar grades."

introduction by Chapter President Taylor Bernosky, a junior mathematics and music performance major.

Bernosky told the inductees of the great honor they were receiving and reminded the students to always abide by the Phi Eta Sigma expectations, that inspirational story of her educais, living an education-filled, tional journey that began India. healthy lifestyle.

ulty Advisor for Monmouth University's Phi Eta Sigma chapter. Mathbor explained the significance of the award and encouraged students to continue their excellent academics. He stressed the importance of knowledge in the development of an individual.

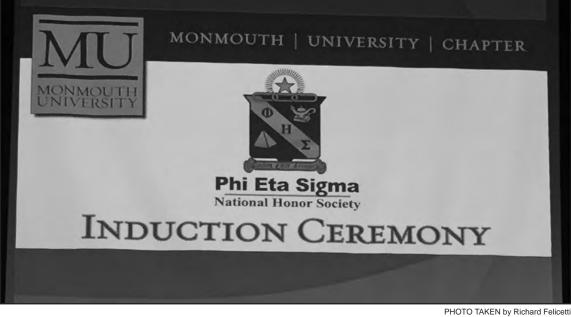
"Of the 1066 students in the graduating class of 2018, the Phi Eta Sigma is a freshman 288 of you here today are the cream of the crop," said Math-

> The society board then called each student onto the stage to receive their official Phi Eta Sigma certificates. Students were awarded with a pin that Greek.

lence can be achieved through hard work and persistence," said freshman Caroline Alvara-The ceremony began with an do. "The transition from high school to college can be a difficult one, and Phi Eta Sigma provides motivation for students to strive for excellence."

Next, special guest speaker Dr. Rekha Datta, a professor of political science and sociology, was introduced. Datta told the

She attended Presidency Uni-Dr. Golam M. Mathbor, Fac- graduated with honors. Upon best friends.



receiving her diploma, she wanted to continue her education in America.

When Datta arrived in the United States to attend the University of Connecticut, she had no friends and was not well acclimated to the new environ-

Eventually, she began to meet "Being in the Honor Society new people and started to blossom. Datta urged struggling students to persevere and let their true potential shine forth.

"I really liked Dr. Datta's story and accomplishments in her life," said freshman business major Tommy Chung. "She really motivated me to always do my best in whatever I do."

Datta noted that being a member of Phi Eta Sigma also extends outside of the classroom. She recalled the time when she stood up for a cleaning woman that was being harassed by other resident students. Eventually,

"The ceremony was wonderfully put together," said Alvarado. "Dr. Datta spoke immensely about the power that each individual person has to make significant changes in our world."

During the closing remarks, Mathbor and Datta were honored with plaques that celebrated their tremendous contributions to academics. Inductees were urged to act as inspirations for the other students on campus, as their academic achievements are encouraging.

"The inductees of Phi Eta Sigma can serve as role models for the rest of the student population," said Pattiann Heimbuch, secretary of the University's First Year Advising.

"The official induction encourages students to keep striving toward success and is a great addition to a resume,"said Heimbuch.

Then, Bernosky introduced versity in Kolkata, India and Datta and the woman became reminder to keep working hard a member of Phi Eta Sigma, stuand to keep pushing toward my dents are members for life.

goals because I know it will be worth it in the end," said freshman art student Ava McClen-

"Phi Eta Sigma is not only about how smart you are, it's about your character and your will. The ceremony was a very eye-opening experience that made me realize that education is extremely important and provides a sense of community full of wonderful opportunities to make an impact," said McClen-

The society was founded in 1923 at the University of Illinois as a male-only fraternity that included a secret password and a complex handshake.

Over time, the fraternity morphed into an Honor Society to praise both male and female students with outstanding academic achievements. Today, the society has over 370 chapters "Phi Eta Sigma is a constant across the United States. Once

University Freshman Dedicates Life to Irish Dance

Dancing continued from p. 1

Over 6,000 competitors will be hoping for the World title.

'To me, dancing isn't just lifeit's who I am," passionately stated Sarah, the current second place Irish Dancing World Champion. After 14 years of practice, the Monmouth University freshman yearns to dance her way to the judge's hearts while upholding her family's Irish

Competing in the 'Under 20' group, Sarah's only goal is to win after she almost tasted victory last year in London, England. She refuses to accept anything less.

The Hunterdon County native began Irish dancing when she was 5 years old and has danced since, never taking any type of extended break. According to Brenda, both her mother and father were born in Ireland and immigrated to America in the '50s. "[My parents] wanted me to dance as it was part of their heritage and they wanted me to experience it," Brenda explained. Living in Kearny, NJ, which at the time she said was primarily composed of Irish and Scottish immigrants, gave her family the opportunity to socialize. Dancing provided that outlet to meet with friends who were "from the other side." Intending to pass on the dancing tradition, Brenda enrolled her daughter in dance lessons with the same dancing instructor that she once practiced with – Peter Smith, a founding member of Irish dancing in North America.

"At first, it (dancing) was just another sport I played... but I have loved it from the start," Sarah exclaimed. After a few years of practice, she realized that Irish step was

her true passion. Because of the time-consuming schedule and her love for the art, she decided to shift her focus away from basketball, soccer, track, and cross-country to primarily focus on bettering herself as a dancer. "I was a good dancer in my younger days, but nothing to clearly distinguish myself from others," she

After dedicating two days a month to establishing a regiment to improve stamina and power with a personal trainer, five days a week at the Peter Smith School of Irish Dance with the help of teachers the floor. She really makes it look

rounds in Montreal in front of three judges who will be tallying scores based on criteria including: turned out feet; pointed toes; straight postures; still arms; high jumps; and overall stage presence. The third round is a set dance, which is a more creative and free individual hard shoe piece. As stated by Tess Barrett, a 17-year-old dancer who practices with Sarah at the Irish Heritage School of Dance, "Sarah is a very graceful dancer. She's light on her feet, she can jump through the roof, and she simply seems to glide across

Loxley, who has been instructing Sarah for approximately 12 years, feels that Sarah's determination to win differentiates her from other dancers. "She just will not give up," Loxley said. "I have seen her work through injuries, as well as disappointments in competition, only to come out stronger mentally and physically."

The instructor feels that in order to be considered a "champion," a dancer needs to make it look easy and natural, when in reality, it is "probably one of the most difficult dance forms to master." Loxley

Irish dancing to the Oldam family, Brenda responded, "It has become our life. We have met many families, made many friends, traveled to so many places, and have had some great times." Brenda appreciates the deeply rooted connections to Irish tradition, and adores watching her daughter embody these traits as she gracefully moves across the stage.

"Years back, Irish dance was a simple dance [that] people at gatherings would perform – reflecting the times," Sarah explained. As time has progressed, however, so has the dance in terms of the costumes, shoes, hair, and level of difficulty woven into the routines. "The music is still from the old traditional songs, but this too is being modernized Irish dance reflects the changing times, but is steeped in tradition,' the health and physical education student added.

"Irish music has a wonderful history," said Stanton Green, Dean of the School of Humanities and Social Sciences, who has been traveling to Ireland for 30 years and studying its custom. "This history is passed onto younger generations through music schools and the mentoring of young musicians by musical masters." "I have given up so much of my social life to be where I am today," said Sarah. "If I wasn't so focused on Irish dance, I would have never been a champion... I can thank dance for so many things," added Sarah. On accomplishing her dreams, Sarah insisted, "Be confident in yourself no matter what you are going through. Always make sure you are working hard to be the best you can be. Be proud of yourself and your accomplishments. If it is something you want, never give up."

"Be confident in yourself no matter what you are going through. Always make sure you are working hard to be the best you can be. Be proud of yourself and your accomplishments. If it is something you want, never give up."

> SARAH OLDAM Freshman

Pater and Amy Loxley, and seven days a week to practicing at home, Sarah started winning local competitions on a regular basis beginning in 2008. "That just made me work harder and harder to be the best," Sarah commented. After consistently qualifying in competitions over the years, Sarah has earned the title of "All Ireland Champion," "All Scotland Champion," five-time "North American Champion," and three-time "Oireachtas Champion." She plans to add "Irish Dancing World Champion" to that list of accomplishments by April 5.

Sarah will be dancing three

effortless, which as a dancer myself I know is very hard to do... That's why she's on top."

The competition normally starts at 8 am and will end around 3 pm. "When I perform, I never think about performing for the judges. In my head, I am performing for the crowd. I want my presence to make everyone in the room stop and watch me," Sarah said. "I want them to enjoy my performance as much as I enjoy performing it for them."

After the competition is over, the judge's marks are tabulated, which Sarah said can take another couple commented, "Sarah's technique, grace, strength, power, and endurance are all where they need to be in order to win the title."

Sarah will dedicate her upcoming performance to her late teacher, Peter, who passed away late last year. "To dance under Peter's name was an honor in itself," she reflected. Sarah said that wouldn't want to be part of any other family knowing that she's dancing with Peter looking down on her – it makes it all better. In addition to Peter, the 19-year-old will dance in honor of her supportive friends and family.

When asked the importance of

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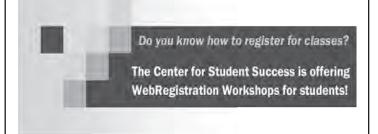
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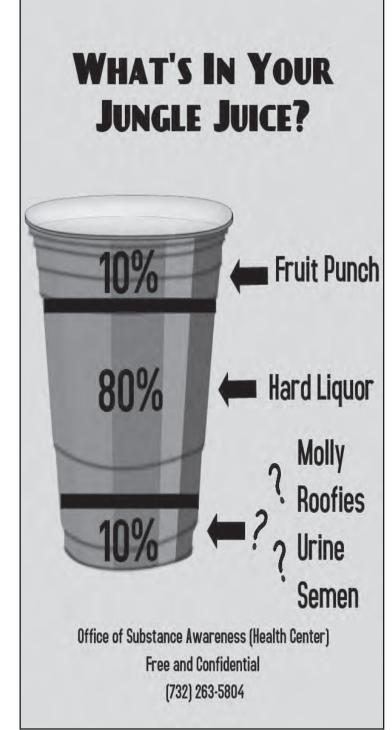
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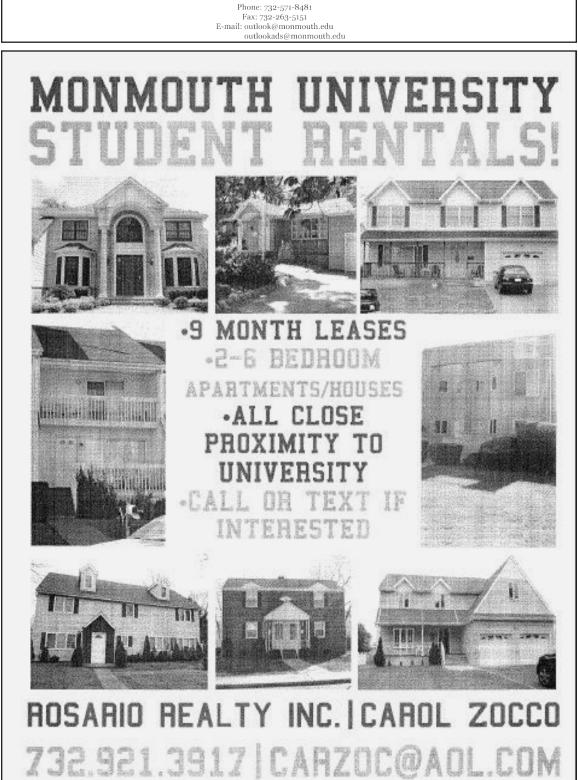
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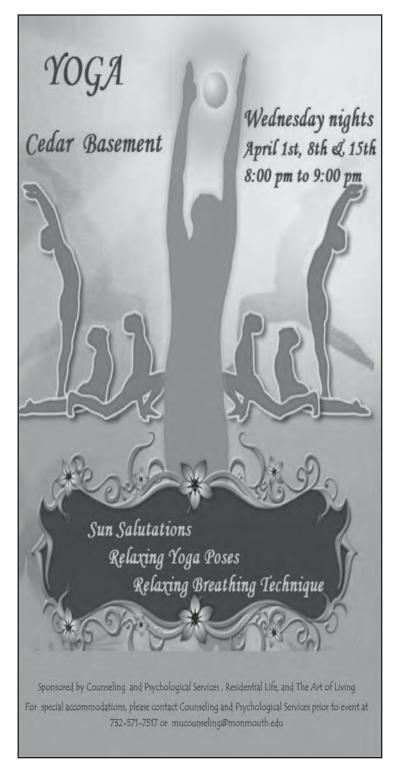
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Strategic Perks

THE OUTLOOK STAFF

As per the Monmouth University website, a strategic plan was set forth in October 2014, coinciding with the 81st Founder's Day celebration. Guided by "personal learning experience, program relevance, and global and cultural awareness," the strategic plan remains largely a mystery, as far as *The Outlook* is concerned.

What has been clear thus far, is the campus's commitment to strong leadership through the process, as the Monmouth Board of Trustees recently elected four new members who will bring their talents to the strategic plan.

The Outlook editorial staff, however, believes that while the specific goals of the strategic plan have not been clearly laid out, the University does maintain a commitment to improving the "campus community," as seen by recent changes.

Vice President for Student Life and Leadership Engagement Mary Ann Nagy said the goals of the strategic plan are: a rigorous academic agenda, external classroom experiences and life after Monmouth.

Some editors are not sure how much students are involved in the strategic planning directives.

One staffer said, "I do not feel that students are involved when it comes to deciding on the changes that will be made to campus. We are rarely, if ever, polled regarding changes and are kept out of the loop for the most part."

Nagy said that they get their information on student life in a variety of ways but the way she said is most effective is through Student Government Association (SGA) and the student Senators that the student body elects.

"They may take student suggestions and look into them, but I can't remember an instance where I was ever even asked about things I'd like to be changed. If students did actually have a say in changes I feel that the dining service would have been changed years ago and we'd have a lot more different options to eat at," remarked one editorial board member regarding student inclusion.

Student Government Association (SGA) President Ali Tuyahov said, "SGA has spoken to members of the strategic plan committee and now the implementation committee for the plan. For the plan committee, we worked with Jim Pillar from Residential Life to set up student focus groups to get their input on different aspects of the plan. We recently had the Provost at our meeting to discuss the now implementation of the plan."

Another staffer expressed that while he/she supported the University's commitment to improving its quality and diversity, he/she was still perplexed about what the actual plan entails. "I realize things like this are slightly muddled by administrative limitations, so the strategic plan's organizers might not be able to fully express what is under consideration for change. But, it would be nice to know what improvements fall under the realm of the 'strategic plan," said the staffer.

The Outlook staff overwhelmingly supports the University's recent announcement of the changes to food services, particularly regarding the addition of an on-campus Dunkin' Donuts location and the sale of Starbucks brand coffee.

Nagy said she hopes better food will make the Rebecca Stafford Student Center (RSSC) a place for students to hang out during slow times and weekends. "With Dunkin' being open seven days a week, I want to see students get something to eat, hang out and enjoy themselves. Food is a rallying point for people," said Nagy.

Tuyahov said regarding the role of SGA, "We had two SGA students working with VP Nagy to review the food services and provide feedback from the student perspective. Both students on that committee felt Gourmet Food Services offered the most student-focused program and supported the decision from the University."

One editorial board member said, "Don't get me wrong, I am extremely pumped to see that the University is FINALLY upgrading to Dunkin', but it took entirely too long. I feel like our school is lagging behind

other schools in a sense that we don't have any 'good' places to eat, hang out, grab a nice coffee, or anything. Why don't we have a Chipotle?"

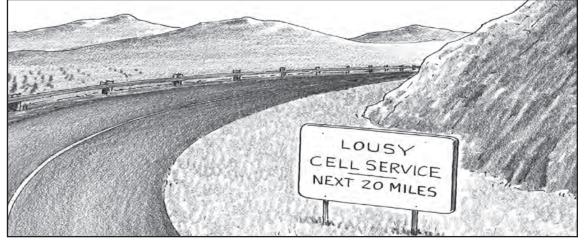
Among the finished changes to the school, *The Outlook* thinks most, if not all of them are beneficial to the University and its student body. "My favorite change during my time at Monmouth has been the addition of the convenience store in the basement of New Hall. It is much nicer to have the store on the residential side of campus rather than having to walk across campus to get something that you need," said one editor.

The Outlook does believe that Monmouth has a strong sense of community, regardless of how much students are included in the strategic plan. One staffer described the Monmouth community as, "Students on and off-campus, as well as the University's faculty members. I'm not sure how broadly they mean this, but I feel like 'community' implies that it means local businesses and housing developments that students use as well."

Another editor echoed the above sentiments, "I feel the Monmouth community includes students, faculty, and surrounding communities. I grew up in West Long Branch and Oceanport, I went to high school in West Long Branch and we used the MAC as our home swim meet pool and the track for cross country. I know from experience how much the surrounding communities are affected by the changes on campus."

Nagy has a message for past, present and future students regarding any changes and the Strategic Plan: "For past students, you laid the foundation and you will be proud of the campus you are alumni of. For present students, you are going to want to be here even longer. And future students, MU was and will always be a fabulous place and does use student-centric ideas in everything we do."

Tuyahov said that the more student input the better. "All students are both allowed and encouraged to attend any SGA meetings and can sit on any committee to help to be a part in getting the student voice heard," she said.



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PHOTOS COURTESY of Kyle O'Grady

(Left photo) Joining a new club is a simple way to step out of your comfort zone. (Right photo) Studying abroad is another way to leave it.

Success Calls for You to Leave Your Comfort Zone Make Simple Changes Now to Prepare You for the Next Stages

KYLE O'GRADY STAFF WRITER

Time and time again as I have grown up, I have heard people say, "Life begins at the end of have the person you are now your comfort zone." Like most things in life, it is much easier said than done. As the end of this last semester last as long as possible.

I am scared to leave the commeaningless group projects, summers off, and the only routine I really know. It is important for me, as well as all young millennials, to remember that our comfort zones.

Comfort zones are nice. They are safe places we have experienced so many times. We know them like the back of our hands. The problem with them is that they can make any other situa- found a comfortable spot and tion seem scary and daunting.

Heraclitus once said, only thing that is constant is change." Life is not a stagnant thing. You have a past self, you and you have the person you are going to become.

Think about it. No one remy academic life approaches, ally wanted to leave the com-I find myself longing to make fort of their elementary school, but since leaving look at all the good that has happened. Same goes for high school, one of the fort of school five days a week, hardest places to move away from, but look at how much greatness college has afforded

I even think back to my years here at Monmouth. If I had as life goes on it is imperative never gone out of my comfort to constantly move away from zone and joined that new club, or packed my bags to move to a new country, my life would be the same as it was my freshman year. There would be no change. That would be so boring.

I see freshman who have

Great Greek philosopher you are never going to grow if taurant, try a new food, watch a make will also eventually cause that's all you do.

It is important to constantly keep adding new elements to your life. Without change, life is repetitive and boring, and a boring life only leaves room for misery and depression. It is scary leaving what we know but we have to constantly tell ourselves, that this scary new situation coming towards us is going (to bring us new joy we did not once know existed.)

I am writing this not to tell anybody that having a safe haven is a bad thing, or that you should never feel comfortable in your life. Rather, I want to tell people (and to once again, remind myself) to always switch things up in life.

I cannot be scared to start my career, just like freshman should not be afraid to join a new club or organization later in their college career.

Branching out every day is the best way to learn to not fear want to sit there and be safe, but the unknown. Go to a new res- bigger decisions you have to be unhappy you did.

new TV show, or talk to someone new.

If you do one thing a day that scares you, you become more used to the anticipation before leaving your comfort zone. If you constantly leave your comfort zones in small ways each day, then the bigger changes will come more naturally.

Everybody is generally afraid of change. However, if you exit your comfort zone, you surely will recognize the fright before a change, but you will also know the joy this new change could bring to you life.

Take a minute to think about one thing you did outside your life? Trying a new food that being for the first time? Taking a class out of your major?

how leaving what you've al- that literally or metaphorically, ways known was a good thing for you. And realize that the

the same joy these small leaps of faith did.

If you never leave your comfort zone, you miss out on personal growth. Life truly is a journey. Realize that all of the times you choose to step out of your comfort zone, you are moving forward in life. You are gaining life experience. You are learning how to overcome challenges. You are becoming older, wiser. This piece of advice is especially important for young people to remember as we move through college and make our way into the dreaded "real world."

But, new stages in life should comfort zone. Joining greek not be dreaded: they are just new places to get comfortable came your favorite? Going hik- in and eventually move on to the next one.

Life is not meant to be lived Whatever it is think about in one place, whether you take always be striving to find the new in life and you will never

College Campus Debate: Small vs. Large Universities

NATALI GRECO STAFF WRITER

size and classroom size, profes- College and warned me of the gers vs. Monmouth example, because I did not want to wor- know my professors on a onefood court options, campus life known to be. are largely deciding factors that come to mind.

Whether looking into undergraduate or graduate school, the questions roaming our minds remain the same, and at the end of the day, the school we end up choosing depends on the answers to those questions in order of relevance to our lik-

US News lists some solid reasons to go to a small college such as "you'll have more opportunity for one-on-one contact with your professor," and "your work will be evaluated more carefully."

As a graduating senior in high school, I was left choosing between Rutgers University-The State University of New Monmouth University. Now, making process. these are two Jersey universi-

ent campus sizes.

Half of the people I told about What are some of the thoughts know what it was or where it back of our heads that the entire me on to my next point, in fact: ful for all the opportunities students have when choosing a was located-and the other half campus is "home." school? Perhaps, both campus only remembered Monmouth sor to student ratio, party life, "party school" it had been Rutgers does provide endless ry about commute time before to-one basis opened doors and

What finally made up my mind was the small classroom think of-not to mention the endsizes Monmouth offered: a less parties right on "campus" roughly one-to-twenty professor-to-student ratio (just about shuttle ride away). the same as my high school, and

is the sense of community, that minute walk away). Monmouth University did not safety comfort, the idea in the

> restaurants, food courts, and classes. just about any amenity you can

The five minute walk brings Continuing with the Rut- senior I knew I wanted to dorm given me. Having the chance to

Let's be honest, how many of us roll out of bed at 8:15 for an 8:30 class? I sure have! That's (campus being considered a enough time to brush my teeth, wash my face, throw some However, from the few times jeans on, and speed-walk to my

pealing over big campuses? It those are no more than a five up through your upcoming three-hour course.

> I will never stop being grateclasses. Even as a high school Monmouth's small size has insight to opportunities that probably would not have been possible otherwise.

> > At big campuses, a student is sometimes merely just a number -another seat taken at lecture. Here at Monmouth, I have never seen that to be the case. Students obtain the equal respect they offer, and when one is struggling, you can be sure a professor, an advisor; there will be someone available to reach out and help.

Here, it does not always have out for help. I doubt such tiny, yet, significant services are available at bigger campuses.

At large campuses, you are obliged to be on your own, meanwhile, on smaller campuses: alone is never an option. At small universities like ours, there is always a community behind you available to support

At big campuses, a student is sometimes merely just a number - another seat taken at lecture. Here at Monmouth, I have never seen that to be the case.

Always being the type of student to take advantage from office hours and forming an academic relationship with professors and classmates, I had a feeling deep down that Rutgers did not stand a chance against actly where to go and how to get Jersey (New Brunswick) and Monmouth during my decision

What is it about small cam-

humongous. I never know my way around. By the time I find what I am looking for, I no longer want it.

At small college campuses, like Monmouth, you know exit in a matter of minutes (like the convenience store for instance, or the book store-if ever

I have visited, the campus is so early destination. How about to be the student that reaches those back to back classes that kill our stomachs and drain our brains?

Fifteen minutes are not nearly enough, but when everything is so near each other, you make sure that those fifteen minutes are long enough to catch a quick bite, run to your room to pick up a forgotten assignment, or ties, but with obviously differ- puses that make them so ap- in need of last minute supplies, make a coffee run to keep you you 100 percent.

First Round of Nuclear Deal Approaches Deadline

BRENDAN GREVE STAFF WRITER

The tension between the two nation's leaders began with Prime root of this controversy is the dis-Minister Netanyahu's invitation to speak in front of Congress on March 3 to address the Obama Administrations controversial nuclear negotiations with Iran that 59 percent of Americans do not trust that Iran would follow, according to the Monmouth University Polling Institute. Dr. Kenneth Mitchell, associate professor of political science, said, "Prime Minister Netanyahu's speech to Congress was a disaster for USA-Israeli relations."

Israel, has been one of the US's closest and most important allies since its establishment as the world's only Jewish state in 1949 - especially important in terms of Middle East relations. According to a 2012 Gallup Poll, Americans ranked Israel as within the top ten US's most favorable allies, a list also including Japan, France and India, among others The country the size of New Jersey, has proved to be an essential ally in the Middle East due to its democratic government, religious and moral values, and national interests that are similar to those of the US. However, these similarities and interests do not always line up, as seen by the recent friction between the Obama Administration and the Israeli Prime Minister, Beniamin Netanyahu.

Obama's anti-Netanyahu actions have proved to be controversial as President Obama reacted by sending his 2012 national field director to Israel to fund against Netanyahu's campaign for re-election which he wound up winning, according to the Washington Post.

Junior criminal justice major, Trevor Good, said, "Any nuclear deal made with Iran has the poslationship with Israel is already

one of our greatest allies."

One of the issues that is at the agreement with how to handle on the ground in Iraq and Yemen."

by Obama. We don't need to fur- now dominates four Arab capitals, in another. Sarsar refers to this ther disturb our relationship with Baghdad, Damascus, Beirut, and complex system of alliances in the Sanaa. If Iran's aggression is left unchecked, war will surely follow. Mitchell noted, "Iran is winning

Middle East as "strange bed fellows" which complicate matters of diplomacy.

However, despite the network



IMAGE TAKEN from otherword.com

Nuclear negotiations span the political spectrum, with liberals and conservatives 'up in arms' about the

well. The friction escalated when Iran. Dr. Saliba Sarsar, professor of political science and Associate Vice President of Global Initiatives, said that Obama is looking for a "long term solution" through his nuclear negotiations with Iran. Sarsar said, "to end the nuclear ambitions of Iran could eventually lead to a nuclear free Middle East."

On the other hand, the threat of sibility to further disrupt our Iran has been growing because relationship with Israel. Our re- of the instability in Iraq. In Netanyahu's speech to Congress, he distressed due to decisions made said, "In the Middle East, Iran

According to the LA Times, the U.S. airstrikes in Iraq to fight Daesh (the Arabic term for the self-proclaimed Islamic State) are in support of Iraq's mostly Shiite military which is backed by Iran and in Yemen, the US is providing intelligence and logistical support to Saudi Arabia, who launched airstrikes against Shiite rebels that are attempting to overthrow the Sunni dominated country. So the US finds itself on the side of Iran in one fight and against them

of alliances, Sarsar said, "Most Middle Eastern Nations are fearful of a nuclear capable Iran." In Netanyahu's speech, he warned, "Don't be fooled. The battle between Iran and ISIS doesn't turn Iran into a friend of America." Then he continued, "When it comes to Iran and ISIS, the enemy of your enemy is your en-

The other part of the tension between the U.S. and Israel is the

According to the Wall Street Journal, the US has raised the pressure on the Israelis by leaving open the possibility of letting the United Nations set a deadline for a solution for a Palestinian State. This is a major change to the US's usual diplomacy on the issue, in which they normally oppose such resolutions by exercising their veto power as a member of the United Nations Security Council.

Sarsar said, he "supports a two state solution" and believes that the solution can improve US and Israeli relations along with relations with the Middle East as a whole.

In an article which he coauthored that was published in the Star Ledger, he said: "Ironically, the regional dynamics are conducive to make progress toward peace. The Middle East is undergoing major upheavals and radicalization, particularly with advances made by the brutal Islamic State in Iraq and Syria. A Shiite Iran with hegemonic and nuclear ambitions has caused deep concern among Sunnis."

The article continued, "Therefore, most Palestinians (those represented by Fatah), as well as Egypt, Jordan, Saudi Arabia and other Gulf states all share common strategic interests with Israel in blocking Iran's influence and preventing the growth of extremist violence. An Israeli-Palestinian peace agreement would serve these broader interests."

Sarsar said that a solution "is possible" and concluded in his article that, "It is a basic truth that only a permanent conflictending agreement based on two states can lead to normalized relations between the Arab states and Israel. This would not solve all the Middle East's conflicts by a long shot. But it would enhance regional stability and advance solution to the ongoing Palestin- important US national interests."

Affordable Care Act Panel Draws a Crowd

Affordable continued from p. 1

as a country we should've been ashamed of ourselves that we didn't have health coverage for everybody in the U.S.

Nationwide, the uninsured rate dropped 3.5 percentage points last year, from 17.3 percent to 13.8 percent, the lowest annualized rate across the seven Index measurement. No state care." reported a statistically signifiof uninsured in 2014 compared with 2013.

"We're starting to see some pretty good success in terms of getting more Americans covered. And I think that's something that all of us should and can support," said Lloyd.

Some of the policy's greatest inadequacies, however, come in the form of higher out-of-pocket costs for individuals searching for coverage in smaller niche marketplaces. Compound this issue with the fact that some states still refuse to participate in the Marketplace at all and the contradictions begin to pile up.

"The ACA attempts to deal with the limitations that we have in our health care system," said Florio. "Healthcare planners always talk about the ideal system being one that brings into balance cost, quality and access."

Healthcare expenditures in the U.S. are currently about 18 per-

2009 whitehouse.gov report titled, "The Economic Case for Health Care Reform." If health care costs were to continue to grow at historical rates, the reports says, the share of GDP devoted to health care would reach 34 percent by

"Think about that," implored Florio. "That's one out of every years of Gallup's Well-Being five dollars that goes to health

The soaring costs of pharmacant increase in the percentage ceuticals and specialized treatments in America have provoked the sweeping reforms that are just starting to produce the expected tangible results.

In NJ alone, 254,316 consumers selected or were automatically re-enrolled in quality, affordable health insurance coverage through the Marketplace as of February 22, according to the Department of Health and Human Services' website. Eighty three percent of NJ consumers who were signed up qualified for an average tax credit of \$306 per month through the Marketplace.

"We have a great quality of health care in this country – if you can afford it," remarked Florio. "Access is a really hard one and that's the one that the ACA is primarily trying to deal with."

For those individuals who choose to opt out of the Marketplace altogether, a tax penalty based on your Modified Adjusted Gross Income (MAGI) will be ashaving coverage will be paid on your Federal Income Tax Returns for each full month you or a family member doesn't have health insurance or an exemption.

"The greatest continuing challenge is cost," said Sanders. "Even after the Affordable Care Act, there are still some folks who can't afford coverage. The last great barrier is the one that we - affordability, which is not completely addressed in the ACA."

As reported by Health and Human Services, 38 percent of N.J. Marketplace enrollees obtained coverage for \$100 or less after any applicable tax credits in 2015, and 71 percent had the option of do-

"In a way we do have universal health care," said Sanders "it's just poorly organized."

NJ was one of only four states to opt out of administering their own state-based exchange or federal partnership in addition to expanding the Medicaid program to include individuals or families whose salaries are 133 percent of the poverty line.

Because NJ decided not to participate in setting up its own state exchange, the way in which hospitals are reimbursed for treating patients provided for under Medicaid has changed drastically.

cent of GDP, according to a June sessed to you by the Internal Rev- treatment only under the direct enue Service. The penalty for not circumstances will now have access to a primary care physician.

"The notion that the emergency room is the first place that people will go is not the right care at the right time at the right place," Sanders said.

The most appropriate setting, dictated by the new mandate, is the patient's primary care doctor.

The reimbursement for Medicaid patients however, is only keep banging our heads against about \$0.70 of every dollar used for treatment. This in turn has "changed the way we play the game a lot," said Vozos.

One way in which the game has already changed, is the marginalizing of smaller healthcare practices that can't eat the costs of treating patients covered by Medicaid. Over \$150 billion in expenses has already been shouldered by the healthcare community to make the ACA efficacious.

"(Health care) is changing pretty rapidly from an inpatient enterprise to an outpatient enterprise," said Vozos. Statewide I think we're seeing close to at least a four percent drop in inpatient admissions and in some cases we're seeing even a slight drop in outpatient services too. Many of the patients that used to be admissions are observations," (meaning they are never officially admitted to the hospital).

"Five years from now, health-Under the ACA, patients who care will look nothing like the were once forced to seek remedial healthcare of today," predicted infancy, according to Sanders.

As healthcare emphasis shifts from remediation to prevention, costs are predicted to decline.

"Preventive medicine is a very, very good way of accelerating quality while also containing costs," said Florio. "Chronic diseases, such as asthma, diabetes, represent \$0.70 of every dollar. All of those things are preventable or at least manageable if people know what they are doing."

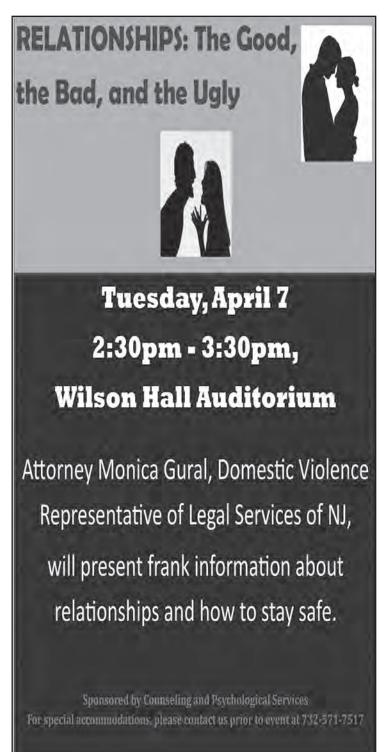
All of this debate will be for naught, pending the review of the Supreme Court in the case of King v. Burwell. Federal subsidies that are now available to all Americans who qualify may be ruled to only apply to those who purchase insurance through exchanges established by the state.

About a third of the states have created exchanges, and the challengers say the subsidies should be available only in those places. As the law authorizes, federal authorities have stepped in to establish exchanges where the states have refused.

The decision to hear the case, which will be decided by the end of the court's term in June, comes as the act's second enrollment period begins Nov. 15.

The impending decision could have "devastating" effects on the ACA said Vozos and could potentially be "catastrophic" to the reforms still operating in their





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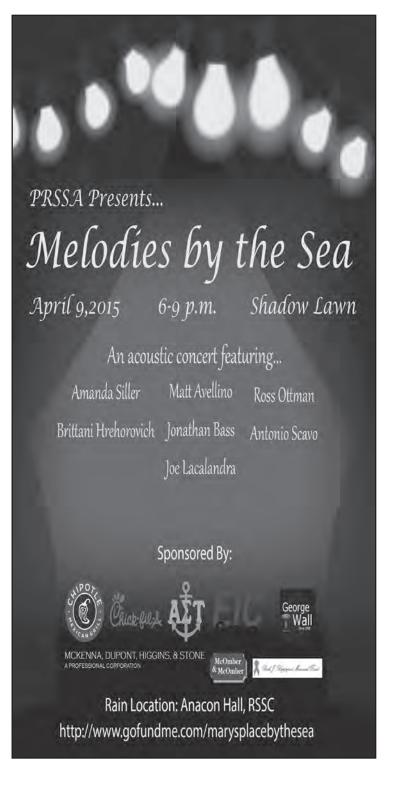
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ALLISON PERRINE

On Friday, March 20, Netflix released the new television series, Bloodline, for streaming. With the first episode alone inthe premise that "we're not bad people, but we did a bad thing," it is almost sure to be a success.

According to imdb.com, Bloodline is about "a family of secrets and scars are revealed burn family hosting a gathering at their resort, and the "black (Ben Mendelsohn), contemplating whether he wants to go or not. Eventually he does, and we with the family.

The pilot episode shows that not want to let him back into the family business (for a reain him, hesitating even to say something positive about his son during a toast. We are left wondone, which is the interesting hook of the show.

are flashes of Danny and his ten than women. brother, John (Kyle Chandler),

brothers to get into this crazy circumstance. Later in the episode, John is telling his brother that he has done a lot for Danny that nobody knows about, which also left me wondering.

John seems to be more on volving mystery, suspense, and Danny's side than his other siblings and family members, which may be because of the mysterious things that Danny has done for him. At this point in the episode, I was hooked. adult siblings who find that their But just when it seemed that the episode was over, there is a flash when their black sheep of a forward to John putting Danny brother returns home." The first on a boat, pouring gasoline over episode begins with the Ray- his body, and lighting everything on fire. I have no idea why this happened, but I cannot wait sheep brother," Danny Rayburn to find out. There were no hints alluding to this event, which is why it was so surprising.

There was another notable learn that he has had a troubling aspect of the pilot, which happast and a questionable future pened about halfway through the episode. In this scene, Danny is talking to John's wife, Danny has faced struggles in Diana (Jacinda Barrett), about the past because the family does the latest woman in his life. He describes a scene in which they were about to get intimate for son that we are unsure of) and the first time, and the woman his father is clearly disappointed asked Danny to hit her several times. When Danny refused, the woman hit him in the face, gave him a bloody nose, and kicked dering what it is that Danny has him off the bed. I thought that this was interesting because we hear about abuse happening Throughout the episode there from men in the media more of-

Aside from the intriguing swimming through water and plotline, I found the mechanics rain while carrying Danny's un- of the show to be appealing as conscious body. This made me well. The graphics were clear, wonder what happened for the sharp, and aesthetically pleas-

were brighter during happy moments and blander when the scenes were serious, which added to the tone of the show. It allowed the viewer to further invest in the emotions of the characters and scenery.

The writing of the show was well done and transitioned well. It involved the perfect blend of mystery and lightness, and in-

of the viewer, which helped me they had fun together playing pay attention to the episode. There was more of a desire for me to stay tuned in because it was enjoyable. The actors their characters, and it definitebe a family in real life. The ryline for the entire season was such as when the siblings were I highly recommend Bloodline.

ing. The colors in the scenes not exactly placed right in front fighting with Danny, and when games.

Altogether, I really enjoyed the pilot episode of this show. involved some thought, which The family seemed relatable because it dealt with sibling themselves also fit well with rivalry and family tensions, as many families experience in ly seemed as though they could life. It shed light on the realities of society, such as fights, abuse, characters were relatable and I and death. If anyone is looking troduced the plot well. The sto- could understand how they felt, for a new show to binge-watch,



IMAGE TAKEN from tygoodness.com

"Bloodline" stars Kyle Chandler (pictured), Ben Mendelsohn, and Linda Cardellini as members of the dysfunctional Rayburn family. The entire first season is currently available for streaming on Netflix.

Kendrick Lamar Releases a Winning Third Album

ALISON SILVERMAN CONTRIBUTING WRITER

According to the Huffington Post, the word "pimp" has not been used in an album title since 2006, and the word "butterfly" has not been used since 1997. And as graceful as the butterfly in his the last track, "Mortal Men," he album title, Kendrick Lamar has explains the meaning behind the done both—all while his new al- history making, off-beat, and enbum hit number one on the hiphop charts this past week. Better yet, Lamar has made history by including the word "pimp" on a chart-topping album, which has never been done until he came into the picture.

If you aren't familiar with Compton, CA native rapper Kendrick Lamar, you should get used to hearing the name. Lamar's new album, To Pimp A Butterfly, dropped March 16, gives a glimpse into Lamar's personal life. Between the track "For Sale? –Interlude" and the following song, "Momma," fans and new listeners alike are let into Lamar's childhood and early adolescence. With its mixture of sentimental tracks and traditional hip-hop songs like the single, "I," Lamar has taken his talent to the next level.

Even if rap isn't the first thing you'd turn on when you get into your car, To Pimp a Butterfly is worth at least a listen. Even the fan of hardest rock will enjoy Lamar's style. He mixes traditional elements of rap and hip-hop with a slight edge. Hints of jazz and R&B also play a role in Butter-"Wesley's Theory."

Lamar's new record is a game changer. Taking the original rap origin of poetry, the title of the album is actually a metaphor. In dearing title:

to the streets that conceived it/ fly, as seen on the opening track, Its only job is to eat or consume everything around it, in order to protect itself from this mad city/ While consuming its environment the caterpillar begins to notice ways to survive/One thing it noticed is how much the world shuns him, but praises the butterfly/The butterfly represents the talent, the thoughtfulness, and

"The caterpillar is a prisoner the beauty within the caterpillar/ self. In fact, he appreciates all But having a harsh outlook on life the caterpillar sees the butterfly as weak and figures out a way to pimp it to his own benefits." With his talent, Lamar is ready

to break rapping stereotypes. Learning from rap legends like Tupac and the influences of Biggie, he combines personal, original stories and reflects on himof his influences throughout the album. "Mortal Men" shows his creative talent and almost acts as an ode to Tupac through a dialogue between the two, reflecting Tupac's influence on how Lamar is the way that he is today.

The album is almost like a roller coaster—it has everything a rap album should have, and more. The highlight is that it goes to every end of the emotional spectrum. It tests limits with Lamar's traditional "hardcore rap" sound and also gets in touch with his sentimental side, which is something that is hard to find in the rap genre these days. The album is cleverly written and its collaborations are top notch, as seen in "Institutionalized," featuring Snoop Dogg, Anna Wise, and Bilal.

Snoop Dogg, amongst other rappers, has gone to accept Lamar and his originality, considering him a trendsetter and perhaps (some would say) the new king of hip hop; he has gained the respect of his fellow rappers through keeping a good head on his shoulders. Lamar knows where he came from and he knows where he's been. And he may not know where he's going exactly, but it will most likely be in the direction of moving forward.

That being said, get used to Kendrick Lamar—because he's going to be a household name.



IMAGE TAKEN from fitness.reebok.com

Kendrick Lamar told New York Times in an interview that for many fans, "I'm the closest thing to a preacher that they have. I know that from being on tour — kids are living by my music. [However] my word will never be as strong as God's word. All I am is just a vessel, doing his work.

Graphic Design and Animation Students Present First-Ever Senior Exhibit

TOM MORFORD CONTRIBUTING WRITER

The First Senior Exhibition of Graphic Design and Animation is being displayed in Joan and Robert Rechnitz Hall's Di-Mattio Gallery from March 27 to April 4; the work presented by the senior art students is to what or what not to do, the the product of countless hours in the studio to express themselves and what they are passionate about.

The DiMattio Gallery's first floor walls are covered head-totoe with beautiful and thoughtful pieces from graphic design students, and the second floor contains creative works from animation students.

Last Friday, the opening reception of the exhibition drew a crowd of about 150 people with positive energy, and the students really had the chance to show off their work and receive live feedback from an audience. All of the seniors involved in the exhibition had a story to tell; many of them have been working towards this moment for four years.

Marissa Clemente, a graphic design student, said, "I am really proud of what I accomplished, partially because I didn't really realize how much potential my work had until finishing last night at 1:30 am. Now I can stand back and look at everything I've done at Monmouth and I realize it's a many different styles. lot."

The various styles and forin their arsenal of skills were a book cover." unleashed in a beautiful display or even personal experiences.

Clemente said, "My grandfather was in WWII and he served tors. on the U.S.S. Cabot. I took im-

meshed them with not just pictures of war but hope as well. Sometimes you just get really involved in your work; I spent three weeks on that particular piece. It was so cool because you're diving into history."

With no restrictive theme as

ages from letters he wrote and ic design student, said, "I want- expression. ed everything to look appealing but yet professional. So I focused in my work to really have the work clean, well cut and organized.'

> towards a professional market, most of the art gave off the impression that it could be right

Russo said, "I came up with my logo design on my business card by fooling around with my signature a bit. I realized there is a triangle in the 'A' in By gearing some of the work my name and triangles act as a symbol of unity; it brings different pieces together from different angles. So every project

it up with after effects, then we make a video out of it and put it on the screens to show what we've done."

The compilation of animation work on the second floor looked highly professional and almost dreamlike.

When asked about influences for his work, Gorski said, "I wouldn't really say I have a set influence, I just go with stuff that I like, like space; who doesn't like space?"

The students had the freedom to express philosophical and current social issues in their

While referring to one of his works done with Photoshop, Gorski said, "This certain piece has a religious tone to it with the church in the background. I tried to depict two kinds of topics and show how you would see them, so I picked creation from a scientific standpoint and creation from a religious standpoint."

All of the students were very excited, proud of their work and eager to share with whomever walked by.

Gorski said, "I hope the department puts some of our new work on the TV monitors in the lobby so people walking by can really check out our stuff."

Patricia Creeson, an art and design professor that oversaw the event, said, "I heard many compliments from friends and family on the work; the general feedback was that this was a very professional and creative exhibit and many were surprised at the high level of work.'

The DiMattio Gallery is open from 8 am to 5 pm most days of the week and open to the public. Leave your preconceived no-Photoshop and elements from tions at the door, because this



PHOTO COURTESY of Monmouth University

Senior graphic design and animation students experimented with several different design techniques, such as book covers, logos, and short videos.

lenged by professors to try

thought I would do branding, a couple spreads for an electric mats the senior art majors have actual packaging, or designing

A lot of the work in the exof expression. Some seniors hibition will be used in the artwere influenced by other work ists' portfolios, which is the equivalent of a resume for most graphic designers and anima-

senior art students were chal- out of a magazine or on the I do now I try to approach from front of a cereal box.

When describing a maga-Clemente said, "I never zine layout, Russo said, "I did dance magazine in my graphic design class. It was a challenge for me because I've never done anything like that before, incorporating pictures on the page without it being an eye sore."

Most of the students displayed logo designs and brand Andrew Russo, senior graph- work as one of their avenues of the 3D work we did and shape mosphere.

different angle, even if that means taking a step back and trying something new."

Creating so many different kinds of work really showcases an artists' ability to adapt to whatever medium is available.

Matthew Gorski, a senior animation student, said, "I use Maya, which is an animators exhibition truly captures the futool on the computer. We take ture of art with its pleasant at-

CROBOT IS ROCKING BRIGHTON BAR ON APRIL 2

TOM MORFORD

NJ, on Thursday, April 2, to Bar on Thursday. promote their new album Something Supernatural.

Lead singer Brandon Yeagley's electric voice spreads like wildfire when combined with Chris Bishop's guitar. The Figueroa brothers, Jake and Paul, respectively lock down the heavy funk infused bass and a consistent beat of the drums.

Crobot's sound can be associated with the hard rock and heavy metal scene of Pottsville, PA, which is also where they formed the band and signed to Wind-Up Records in 2013.

Crobot is branching out in style since their debut EP, The more of a dirty groove that people can rock to.

of their new material like "Chu-Society, Buckcherry, and Filter. pacabra" and "Skull of Geronimo," but it is almost guaranteed the remainder of the tour with Hard rock band Crobot is that the audience will hear old one of high energy at a famous kicking off their 2015 tour at songs as well (such as "No- punk club venue." Brighton Bar in Long Branch, where left to Hide") at Brighton If the 2015 tour

> "We made a bold statement with this album and had a lot of people behind us who really believed in what we were doing."

CHRIS BISHOP About "Something Supernatural" in an interview with "Guitar World"

Crobot just returned to the Legend of the Spacebourne States from Lausanne, Switzer-Killer, and really found an or- land and many other European pared to Queens of the Stone ganic rhythm by laying down countries that they visited on tour. Before beginning their European set, the band played The band will be playing a lot with Limp Bizkit, Black Label miss out on Thursday's show!

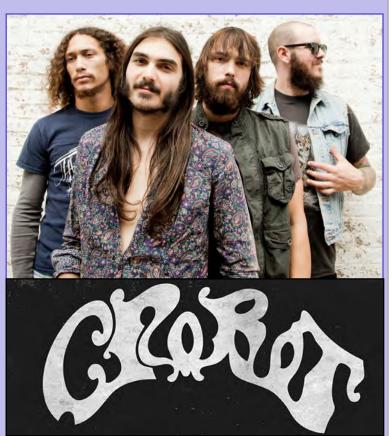
Brighton Bar sets the tone for

like previous sets, Crobot is going to be hitting a lot of different cities with a lot of different bands. Last year, Crobot toured with Chevelle, Clutch, The Sword, Truckfighters, Kill Devil Hill and many more.

After Thursday's show at Brighton Bar, Crobot continues on to the Hard Times Café in Hagerstown, MA. The 2015 tour has 42 scheduled shows, including a few festivals along the way.

Lead singer Brandon Yeagley's insane vocals captivate audiences and has a vibrant stage presence, the show on April 2nd should not disappoint.

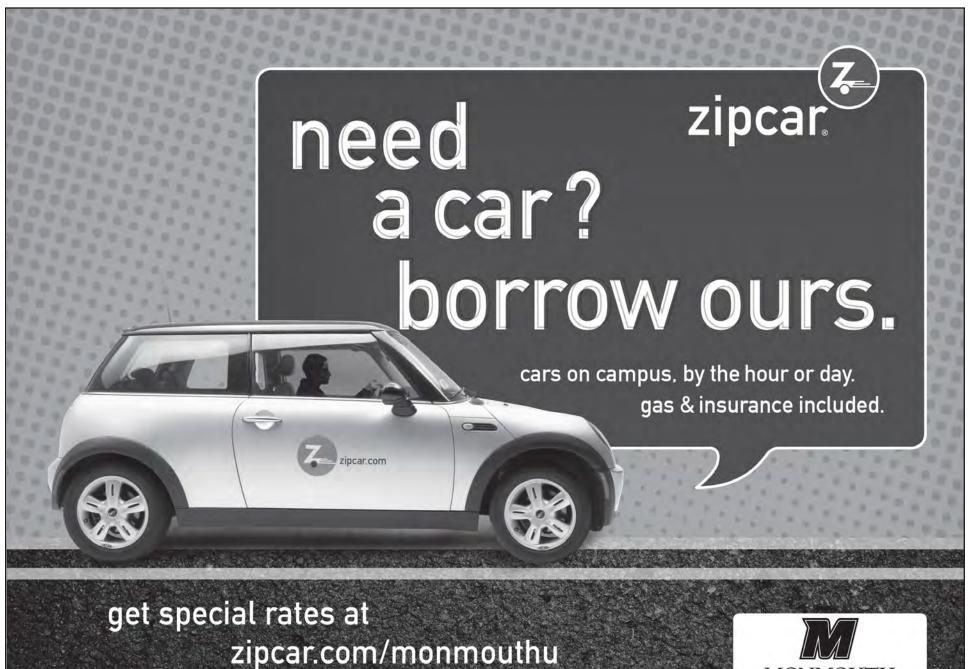
Crobot's style has been com-Age, Clutch, Soundgarden and Rage Against the Machine; if this is your style to then don't



IMAGES TAKEN from thatmetalstation.com and pop-break.co







you only need to be 18⁺ to join.



Unprotected Sex: Are Students Still Not Being Safe?



KELLY HUGHES OPINION/LIFESTYLES EDITOR

Sex. Mostly everybody's doing it, but is anyone really talking about it? No, I don't mean post-sex details in the locker room or gossiping in class. I'm talking about having that necessary conversation before sex takes place.

and are just annoying overall. I have some friends that don't wear condoms a lot of the time and they have had pregnancy and/or STD scares. I've told them this could have been prevented," he said.

their sexual partner is on the pill. to 24-years-old. Stanford Univer-

HIV. On the other hand, they do not provide full protection for STD's transmitted by the skin, like herpes, HPV and molluscum.

According to the Centers for Disease Control, each year half of Rubin said males often don't ex- the new 20 million STD's that are pect to wear condoms especially if diagnosed are of people from 15

"It's so easy to just do it and not think about the consequences, until something happens. It's one of those things that you feel will never happen to you, until it does."

> **NIKITA NOVY** Senior

that sex is mutually consensual first and foremost, "safe sex" is another pressing matter to be addressed. Assuring beforehand that sex will be protected seems to be a taboo conversation for college students, yet they are still jumping into bed together.

A spring 2014 survey conducted by the American College Health Association-National College Health Assessment (ACHA-NCHA) questioned 66, 9887 undergraduates from 140 colleges and universities in the United States. The findings include:

1) 17.3 percent of students have had at least three or more partners in the past 12 months.

2) 17.9 percent of students cited that they "never or rarely" used a condom in the past 30 days.

3) 44.2 percent of students answered "no" to whether or not they used a method to prevent pregnancy last time they had vaginal

4) 35.6 percent of female students are not on birth control.

The data proves that students are having sex and not always being smart about it, but why?

justice student, believes guys simply don't like to wear condoms. transmitted through body fluids

While students should confirm They resort to the pull out method and assume that is safe enough.

Director of Health Services, Kathy Maloney, attributed serial monogamy to this college sex culture. "This practice involves a person with a single partner at any given time. However, the sexual partner may only last a few months and then the person moves on to the next partner." Maloney said.

Perhaps this is why some students feel comfortable with no protection. An anonymous senior communication major said, "Unprotected sex has become a common theme in the college atmosphere. As a guy, I know that I prefer sex with no condom. I place complete trust in the girl that I'm

However, the obvious risks of unprotected sex are still apparent even if you believe it's just a two way street with you and your part-

"Sexual practices that involve multiple partners even with a serial monogamy scenario versus concomitant partners, still increase exposure to sexually transmitted diseases," Maloney continued.

Maloney pointed out that Brad Rubin, a senior criminal condoms protect against sexually transmitted diseases (STD's)

sity's Sexual Health Peer Resource Center, estimates that one in four college students has an STD or sexually transmitted infection

For students in relationships or who have a casual sex "buddy," there might be an agreement to not use protection. But for those who experience one-night stands or encounter a new partner, bringing up the use of protection can simply be forgotten in the heat of the moment. Many of us have been educated on pregnancy and STD's since high school sex education, so why are students still engaging in this risky behavior? "Both adolescents and young adults have a sense of invincibility and that 'it won't happen to them," Maloney

Alcohol can be a major factor in this as well. According to The Independent, a study linked each increase in blood alcohol level of 0.1 mg/ml to a 5 percent increase in the intention to participate in unprotected sex. Alcohol impairs your decision-making skills, so it's a no brainer that there could be a chance for more risky sexual be-

Whatever the reason that tempts students into having unprotected sex, they should be wary of the

"They take away a lot of the feeling like Chlamydia, Gonorrhea, and consequences. Nikita Novy, a senior health studies major, had a baby at 21 because of her decision to not use birth control.

"A lot of things changed once my son was born. I have a lot more responsibility now than an average college student. I went from living with my mom and having all expenses paid to moving into an apartment with my boyfriend (my son's father) and taking on the role of parents," Novy said.

Novy encourages people to use protection. Although she loves her son with all of her heart, Novy believes it would've been beneficial to wait a few years before having him. Unlike most young mothers, however, she feels mature for her age and is advantaged as she will be graduating with a bachelor's degree in December.

Right now life is hard, juggling school, work and my relationship all at such a young age. I am giving my son the best life he could have but I do think if I was a bit older and more well off, I could provide him with even more," she said.

Students can avoid these situations by always being prepared for safe sex. Erica Bonavitacola, a senior communication major said, "I suggest both girls and guys carry condoms. Some guys don't want to use them, so they purposely don't carry them.'

Condoms are available for free in the Health Center.

Rubin thinks society has constructed the notion that the guy must fill the role of responsibility being that his sperm is needed for a pregnancy, thus it is up to him to prevent conception. However, Rubin said, "A girl can equally give the guy or her sexual partner an STD just as easily as he can. The guy should ensure that he has protection. But that doesn't mean that the girl shouldn't do her part and take birth control or make an effort to ensure that her sexual partner has a condom."

Novy has a reminder for young Nikita Novy, a college people who are engaging in this risky behavior. "College students

see sex as a less serious matter than it is. It's so easy to just do it and not think about the consequences, until something happens. It's one of those things that you feel will never happen to you, until it does."

Sex is inevitable in college. Unplanned pregnancies and STD's don't have to be. Students should think before they act when it comes to safe sex.



senior, and her son, pictured

Nine Days of Service for 'Salud Y Paz' in Guatemala

CAROLINA RENGIFO

This spring break, myself and four other Monmouth students travelled to Guatemala as volunteers for an organization called Salud y Paz. The project consisted of teaching Guatemalan's studying to become community health care workers,

Guatemala is a country known for its outstanding culture, traditions and exotic environment. Therefore, in order to achieve both tasks assigned during this trip we had to first read and research about Gua-

The five of us attended a class called HE-398, Guatemala Public Health, which met once a week with Faculty Director of Study Abroad, Dr. Christopher Hirschler, to discuss several articles we had read about Guatemala's health care system, the needs within the country, the divisions of society, violence, history and the current situation.

All of this was fundamental in helping us understand all that we were going to experience. In addition the readings helped us empathize with the Guatemalans we would work with. This trip wasn't about us, it was about the people who were in need of opportunities that would help them escape or overcome the extreme poverty they lived in.

An important aspect of this experience was the language. I am lucky to be fluent in Spanish. Even though it is not a requirement for the course it is recommended. Being able to socialize with the Guatemalans we worked with added richness to my experience. Being bilingual opens a large range of opportunities for travelling, learning and providing you about health and helping to build a with different perspectives of what is considered normal or common.

> Melissa Sparacio, a senior biology student, said, "I wish I was fluent in Spanish so I could have communicated with Guatemalans and widened my experience abroad.'

> Learning a new language is not only about new words and different word order: language is about another way of socializing, it's about people and cultural enrichment.

> Our trip took us to different villages and cities in Guatemala, giving us a broader perspective and point of view of the social divide and the needs of the Guatemalans. First we headed to Chichicastenango where we witnessed the largest open-air market in Latin America. On market day the whole city was covered with all the colors of the rainbow from black to pink, orange, yellow, white, blue and purple. The clothes of the Guatemalans, and even the cemetery, were full of color. It was both sad and impressive to see how the children had to earn money by selling hairbands and bracelets.

Once you exited the hotel, a group

of kids surrounded us and presented themselves in English and tried to make us promise that we would buy them something later.

I had the opportunity to talk with Marisol, a 13-year-old girl who sold bracelets in the market. She handled school, studies, sports, selling and helping at home. (Her father had died half a year ago, her mother wanted her to quit school and she got bullied when she wore pants instead of a skirt.)

Getting to know the people at the market gave me a first hand of information of what life is like for many Guatemalans. It also left me with a sense of sadness and impotence, because the needs were so great and I could only help them by listening or buying their goods.

The next day, we went to camp Lemoa, a village next to a beautiful lake where Salud y Paz offered free health, hygiene and illness prevention classes three weeks a year in order to train mostly indigenous women from the highlands to become health promoters in their communities.

Jenies Grullon, a junior health studies student, said, "It's definitely an experience that anyone interested in healthcare as a whole could benefit. It made an impact on how I view global healthcare and made me rethink my career goals."

It was rewarding to contribute to the education of Las Amigas (a group of men and women from the to learn about edible wild plants, Mayan culture, traditions and their methods for water purification. Being able to give my presentation in Spanish and later on interact and understand what the professor taught them was important for me. It gave me a better understanding of what they were learning and how religion, both Mayan and catholic had a great

say in all that was being learned. One of the moments I remember the most occurred when we talked to a man that was making adobe bricks on the shore of the lake in Lemoa. I will never forget his expression of surprise when I asked him how to do it. It was unconceivable for him that we didn't know something as basic and as building a house and knowing what materials to use or where to find them.

Sometimes, we feel that what we do and know is the normal thing to do or the rule to follow, just because it's what we know. Simple details such as that moment made me rethink our culture and education. If you think about it, would any of the people in the developed countries be able to survive in the forests next to their houses? We are losing our survival skills, and we have an overreliance on society and machines to do everything for us.

The rest of the trip was held in Camanchaj, Panajachel, in the construction site and then in Antigua visiting the city. At the clinic we

age 16 to 65). In addition, we got were constructing, there was also a school. We got to play with the children. who were no older than seven vears old.

In addition, I got to talk with the local contractors and learn the basics such as making cement or laying tiles. On our second morning of construction we took a boat in the Lake Atitlán to see the sunrise. It was a breathtaking view: the sun, mountains and three enormous Volcanos surrounding the lake. On our last day we hiked the Pacaya Volcano, an awesome active volcano near Antigua and two days before we got to see the sunrise from the Lake Ati-

Nine days were not enough and I hope to go again and continue helping Salud y Paz. There is still so much to do there and so many other places within the Guatemalan mountains to be discovered.

Dr. Hirschler said, "An expression we use at the clinic is 'poco a poco' – little by little. Over the five spring breaks that I've been working in Guatemala we've made significant improvements to the clinic and imparted valuable health education."

Service-oriented study abroad programs are fantastic experiences. People can discover new horizons and get to know themselves better. I encourage everyone to do a service trip at least once. However, I warn you that if you do, you are not going to want to stay still in one place anymore.

Cut it Out: When it's Time to Cut Out Toxic Friends

VICTORIA KEENAN FEATURES EDITOR

Let's face it: sometimes, friends fight. Your best friend might have stolen a shirt you wanted to wear out. They might chew with their mouth open and you just can't take it anymore. It's only normal to get annoyed with the friends in our lives. But sometimes, a friendship goes south and it's time to cut that person out, for the better of your

As a 21-year-old woman, I've had plenty of friends come and go. Some I got into catty fights with and things were never the same. Some I just grew apart from; life gets busy and you can't keep in touch with everyone. The most consistent friends in my life I've known since elementary and middle school. Those are the friends that I can count on no matter what happens, and no matter how long we've been apart or haven't talked. But some friends I matic and loves to start trouble. cut out on purpose, because I knew they were toxic in my life and the friendship would end eventually anyway (probably badly).

There comes a time in everyone's lives, I believe, where you realize some people around you just aren't really your friends. You know the ones. They're the people that will talk about you behind your back as soon as you leave. They're the people that do things that purposely make you angry. You might try to save the friendship, but I'll give you a word of advice: these people aren't your friends anyway. So why try to fight for something or someone that wouldn't do the same for you? Keep these types of 'friends' in mind when you are deciding whether or not to cut someone out of your life:

There's one in every group. You could have surfed a 100-foot wave and done backflips on the board and this 'friend' road a 250-foot wave AND won a contest for it. Guess what? These people are usually liars. Think about it. Everything you've ever done, they've done the same thing? Did they live your life too? Were they there? Chances are, the answer is no.

These people just want to be the center of attention and want all the praise for themselves, and no one likes or needs these kinds of people. Sometimes, you did do something great and deserve all the attention and praise. Don't ever feel guilty about that. There's a huge difference between a friend that appreciates what you did, and maybe tells a story that relates to yours, and a 'friend' who is just trying to one-up you. Trust me, you'll know.

2. If your 'friend' is overdra-

I'll be the first to admit that I can get a bit dramatic sometimes (okay, a lot). But I know how to hold my tongue (okay, sometimes) and I usually know how to pick my battles. This 'friend' does not. Someone looks at their significant other? That person needs to get hit. They don't like someone? This is solely the only things that come out of their mouth for months, regardless if the person deserves it or not. Now, we've all done this. We've all talked badly about someone we didn't like or someone that did us wrong. But if the person didn't do anything wrong...what's the point? Sometimes people piss us off, but this 'friend' will never let it go, and expects you to hate the person just because they do. Guess what? You can like whoever you want.



IMAGE TAKEN from fitbie.com Toxic friends make your life more stressful and should be cut out for the better.

3. If your 'friend' does more bad than good for your friendship, or your life.

Friendships shouldn't stress you out or make you angry. Your friends are the people you're supposed to be able to go to when you are stressed or angry. But if a 'friend' only provides these two feelings, there is an obvious problem there. If you only have bad experiences with a 'friend' then there is really no reason to keep that person around, for your own sake. They may be leading you down a destructive path, which is an obvious reason to cut them off. They may just not be providing you the love or respect you deserve. After awhile, enough is enough.

major, said, "People should be cut out of your life when they do more negatives to your life then positives. If people don't love you for who you are and don't give you the respect that you deserve, then they don't deserve to be in your life."

4. If your 'friend' only uses you for their benefit.

Does your 'friend' only text you when there's a party going on, or a bar they want to go to? Does your 'friend' make sure you have money, or food, or a ride home at night? This person may be taking advantage of you, and no one deserves this. These kinds of people feed off of everyone else, yet bring nothing to the table, which isn't fair in any sort of relationship.

Keri Mullin, a senior accounting student, said, "I think you should cut others out of your life when they keep you from reaching your full potential. Any relationship should be equally balanced between give and take and it takes a toll on the person if they are doing all the giving and not receiving the same appreciation in return."

Mullin added, "It can be exhausting trying to keep anyone in your life when they make it obvious that they don't care about you or what you do for them. No one deserves to be treated any less than they are putting forth."

5. If your 'friend' always wants you to be there for them, but are never there for you.

As a good friend, you should always be there for your friends when they are upset, worried, or confused about something. Everyone needs someone to listen to them, no matter how big or small the problem is. Even if there is no advice or reassurance given out, sometimes it's

Rachel Fox, a senior English just nice to have someone to talk to. These 'friends' don't do any of this, but expect you to always be there for them. If you have a problem, it needs to wait, because their problem is obviously much more important.

But when you finally get a word in edgewise, you can count on the fact that this 'friend' will not be sharing any heartfelt advice. In fact, they'll probably be sitting on their phones or ignoring you in some other way, because their problems were already solved and yours don't matter. But they do. Never let people make you feel like what is wrong doesn't matter; we all have the right to have problems and we all need advice sometimes.

Casey Allocco, a senior communication student, said, "There comes a point in your life when your friends should be quality over quantity. Pick the friends who you know are in it for the long haul, everyone else isn't as important."

Sometimes, friendships don't work out. People may realize that they don't get along, they may realize they have too many differences, or they may just grow apart. Some friendships hurt to lose, but there are times in life where it is better to give up a friendship, especially a toxic one. Everyone deserves friends who love and care about them, who are there to listen to their problems and make them laugh while they're down. No one deserves to be treated unfairly, or be ignored or disrespected, especially in a friendship. There are hundreds of ways someone could be a bad friend. But if you have any kinds of 'friends' that match the criteria above, it may be time to look closer at the friendship and realize that you are probably better off without this person anyway.

Different Ways to 'Spring' into Easter Celebrations

KELLY COFFEY STAFF WRITER

1. If your 'friend' is a story top-

Coloring Easter eggs, jellybeans, Peeps, chocolate bunnies. It only means one thing. Easter Sunday is around the corner. Everyone has his or her family traditions, but why not change it up? There are tons of different ways you and your loved ones can celebrate this Easter Sunday. Try one of these ways to switch things up holiday season.

#1. Celebrate with your family, not with the candy. Families, especially those with little kids, tend to get caught up in the traditional Easter egg hunts and the Easter baskets, but it is not all about the candy.

Rebecca Zidik, a senior communication student, said, "In my family we used to celebrate Easter and when I was younger I would be in charge of a big Easter egg hunt. As I got older we moved away from the egg hunt unfortunately because my mom thinks its 'bad' that we don't actually practice a religion. So instead of Easter, we celebrate springtime with the same Easter candy bunnies, baskets, eggs, etc. basically we "celebrate Easter" but we call it 'Springtime celebration."

Juliann Fiorentino, a junior studying communication, said, "My family and I, every year, go to the Point Pleasant boardwalk to have lunch at the Snack Bar and play all the games in the arcade. It's sort of a tradition."

the family. It is a holiday where you and your loved ones can fienjoy being with one another.

Kevin Moedt, a junior study-

family and I spend Easter at my documents, or piled up junk in resurrection of Jesus symbol-

to melt. It is the perfect time to of Easter and how it ties into great way to get some fresh air get started on cleaning out the planting new trees and flowers. ing communication, said, "My house. Start going through old Dr. Campbell said, "Just as the



PHOTO TAKEN from texas.gov

Easter celebrations are very different around the world, and can be celebrated in different ways other than the traditional jellybeans and egg hunts.

with family. My nephew spends the day hiding Easter eggs for his sister. He likes the hiding part more than the finding part!" Family is the most important thing and Easter is the perfect holiday for families to enjoy quality time together.

#2. Start your spring-Easter is a day to spend with cleaning. Why not get a jumpstart and begin to clean out the house? The weather is changing tory and anthropology profes-

aunt's house, just quality time the kitchen, or even clothes that ized the beginning and hope don't fit anymore. Start cleaning out the house and make room for all the new things that will be bought this year.

#3. Give a new life. Planting flowers, trees, vegetables, and even fruits are a great ways to keep the Earth alive and healthy. Not only will it benefit the world, but it'll benefit you.

Dr. Kenneth Campbell, a hisnally push the stress aside and and the snow is finally starting sor, discussed the background

of a new life for Christians, so the coming of spring speaks as well to the renewal and celebration of life, welcoming the blossoming of spring back from the death of winter. This would tie into the planting of trees and flowers, and in earlier times, with the planting of the year's crops.'

So why not gather a group of friends, or your family, and go out and start planting. It'll be a everyone!

and spend some bonding time with your loved ones.

#4. Commit to personal changes. Once Lent is over, people tend to immediately go back to their bad habits. Why don't you try and make a permanent change rather than a temporary one? Even something as small as giving up soda or candy can benefit you in the long run and make you a better, healthier person.

#5. Have a big, family brunch. Like I said before, celebrate this holiday with your family and why not spend it with them by eating? Gather the family together in the kitchen and get cooking. Have each family member assigned to a different task, and not only will you be cooking brunch, but you will all be able to spend time together. You can catch up on things, share a few laughs, and cook up a perfect Sunday family brunch.

#6. Go to church. This one is pretty traditional, but there is nothing wrong with that! Lauren DeSantis, a senior business management major, said, "My family and I go to church every Easter Sunday, but before church, we usually cook breakfast together at home." Even with a traditional celebration, you can make your own unique traditions as a family, even if it's as simple as cooking breakfast together.

So if you have your Easter Sunday traditions with your family, why not try and change it up this year? Start a new tradition, and remember what is most important. Happy Easter

Is There Room for Love in the Life of a College Student?

ROBERT ZADOTTI

In the life of a college student, much of his or her time is spent studying, relaxing with friends, or working. This may seem to leave little time for a committed relationship, but some couples make it work.

Others, however, seem to believe they can't be bothered with something serious, and prefer not to get involved with others romantically. It can even be said that students might be scared to fall in love, due to the potential havoc it could wreak on their social lives. Or even the question of is falling in love even worth the trouble when devastating heartbreak is always a possibility? As always, the only way to get an answer is to ask the students themselves.

"I really don't think you need a relationship in college," said Katie Pedernera, a freshman. "You should be more focused on yourself. Relationships can happen; you just shouldn't go looking for them."

"There is no definitive answer. If love were safe and not scary, it would cease being love, and then be nothing more than lust. Love is scary, beautiful, and taxing. Students can't control if they fall in love during college, they might or they might not."

> MICHAEL MOTTOLA Sophomore

People often have trouble seeing what's really there, meaning the ability to distinguish love from infatuation. It can be a hindrance to spend time on what ultimately won't yield any lasting results, so it may just be better to not go looking for love

But as in life, what about when things just happen? We should be prepared for the unexpected, so what should students do if they find themselves truly smitten with someone?

"It all depends on the person, really. Some people are more into commitment than others. Also everyone has different views of the meaning of the word love," said Jessica Schue, a sophomore business administration student.

Life and love are hard and difficult to explain. What works for some might not work for others, and overall it is different for everyone. "But in my opinion no matter where you are whether you're in college, high school, or in your career path if you fall in love you should cher-



Finding love in college shouldn't scare students, if they find someone that they care about, they should try to make it work.

ish it," added Schue.

This rings true for everyone of all ages. Despite our personal views on the subject, people tend to come to the consensus of love being a precious thing. Too many people spend their lives being angry at others, but love is something special. If you're with the right person, you should pursue that relationship.

Love is scary. Sometimes, you may not want to go through with it because you can't imagine not being on your own any longer, but it has to be given a chance, because you might miss someone who would make you truly happy.

Look around campus, and put aside your own dislike or personal feeling on relationships, and take a look at a couple in public. It's not that unlikely to see two people truly happy to-

gether. It's completely acceptable to be nervous about starting something when there's no way to see how it will end, but it's absolutely worth it to try.

Alexander Gilvarry, an artist in residence in the English department, said, "There's sides to both of it, commitment's hard since students are young. At the same time I think if you can be committed you get a jumpstart in serious relationships."

Gilvarry added, "I don't think that it's just a problem with students, I think it's a problem with people of all ages, with commitment. It's not limited to

As far as being "worth it," that question is the most difficult of all. Love can make people get hurt in the worst and most vulnerable way: emotionally. As no idea how wonderful it could we are beings who fear what we end up being.

cannot know, it can certainly seem a viable solution for students to avoid love entirely. But as previously stated, there is no way to know for sure.

Michael Mottola, a sophomore English student, said, "There is no definitive answer. If love were safe and not scary, it would cease being love, and then be nothing more than lust. Love is scary, beautiful, and taxing. Students can't control if they fall in love during college, they might, or they might not."

As stated, love is mysterious, and students tend to know that. Whether by ignoring it, embracing it, or simply being content to understand it, love is a powerful thing that will find its way to everyone one way or the other. And the best part is: you have

When Hitting Your Alarm Clock Becomes Problematic

CLARE MAURER STAFF WRITER

When students come to college, they leave a world of 6 am alarms and sleepy rides on dirty busses behind them. Now, they have the power to control when they wake up for class, if they decide to attend that day.

For many students, it isn't possible to hide from the inevitable 8:30 am class. Students also have the choice to go to classes at the prime 2:30 pm spot, or even take classes that stretch from 7-10 pm once a week. With all these options, plus the sleep deprivation and mounting stress students face, it isn't easy to pinpoint which time students are more likely to be late, but the majority of students feel that the morning classes are the culprit.

With clubs, sports, work, Greek organizations, community service, textbook readings, group projects, going to the gym, doing laundry, and occasionally eating and sleeping, a college student's schedule is packed. Each class comes with high stakes of expectations and assignments. For classes that apply to one's major, skipping or tardiness arent as common.

Students understand that these classes are instrumental to their lives post-college. But for that Intro to Geology course on Friday morning... skipping doesn't seem like a big deal. Sometimes, I will give myself a pep talk into skipping a class like this. I'll tell myself, "Hey, you deserve



IMAGE TAKEN from nbcnews.com

Students missing or being late to class may not see it as a big deal, but the missed work and information can catch up to them.

week and realize I didn't learn about the bone structure of dinosaurs, I'll regret those two extra hours of slumber. Skipping class offers students a way to control their daily lives more so than in high school, and the precipice of whether to skip or not, to show up half an hour late or not, is steep.

One of the reasons students skip or come late is because the consequences aren't as dire as in high school. The Vice Principal isn't going to call your mom at work or leave a message on the home phone. No one has to know you stayed in to catch up on "Grey's Anatomy!" The conthis. Go back to sleep." But then, sequences, of course, come down

when I roll into Edison the next the line, when you aren't prepared for the pop quiz during the next class.

> When students are bogged down with all the work and activities college throws at you, waking up in the morning isn't easy. There are no mothers knocking on your bedroom door to wake you up, and it sure isn't your roommate's job to be your alarm clock. So you sleep in. You give yourself a half hour to nap it out, and roll into class in your sweats. When polled on what time they were more likely to be late to class, the answer of "morning" was overwhelming. Not one student claimed afternoon or evening.

public relations major, explained. "In the morning I'm more likely to oversleep, but at night I'm up and ready to go."

Danielle Romanowski, a sophomore in the PR field, agreed. "[I'm most likely to be late in the] morning, because I never want to get out of my bed," she

While rolling into class late doesn't seem like a big deal, it can lead to a bad habit. If a student skips once, they are more likely to make skipping or tardiness a habit. College is supposed to prepare students for the workforce, and if you don't feel like coming in to the office at 9 am. you can't just cruise in at 11 am Jackie Giacalone, a sophomore and expect no consequences.

It also is frustrating for professors, who fill up their allotted class time with as much as they can. A student coming in halfway through disrupts the flow of the class, and shows the professor that the student doesn't really care. Jennifer Mantle, an instructor of the English department, points out that a big reason students come late or not at all, is poor time management.

"It disrupts the class," she said of when students come late. If students could achieve better time management skills, perhaps that could help with students coming late. After all, "They know from the syllabus it could affect their grade," Mantle adds. From a professor's point of view, Mantle prefers that students come late, rather than not at all, but not if they are going to miss half of the class.

"What bothers me is the disrespect for their classmates," she concluded, referring to the fact that if a student bursts in in the middle of a lecture; it can throw off the focus of the students.

While hitting the snooze button a few times in the morning seems like a fine idea, it's vital for students that they don't let it become a habit. If they skip and ask a peer what they missed, they will usually get the reply "Nothing much." The student will assume this is true, and then once the test comes around, they'll realize they missed out on a lot of information. College students have freedom and the power to choose, and what we need to do more, is choose to come to class.

Theta Xi Raises Major Bucks for Philanthropic Causes

"Miss Monmouth" Brings in over \$2,500 for Multiple Sclerosis and Habitat for Humanity

SAMANTHA BARNWELL CONTRIBUTING WRITER

Theta Xi fraternity held their annual "Miss Monmouth" competition Monday, March 30, in Pollak Theater. The \$2,568 raised from event went towards the fraternity's philanthropies, multiple sclerosis and Habitat for Human-

The "Miss Monmouth" event is beauty pageant of University women from all types of organizations. Anthony DeFede of Theta Xi and Alessandra Buonincontri of Phi Sigma Sigma (PhiSig) hosted the event, with Theta Xi's ticipate." Jonathan Baron as DJ. The judges were Dylan Riley of Sigma Pi (SigPi), Jennifer Carter of Delta Phi Epsilon (DPhiE), Yazan Souso of Theta Xi, Matt Miller of Tau Kappa Epsilon (TKE) and Frank Digangi of Tau Delta Phi (TDPhi).

James Pipitone, Monmouth" Committee Chairman for Theta Xi, planned the entire event. "We plan for this event by coordinating with the school for a location, microphones and tables," Pipitone said. "We ask each Greek organization and anyone outside of Greek life to par-

Jon Buchalski, Assistant Director of Student Activities for Fraternity and Sorority Life, had high expectations of the event, "I would like it to be appropriate, entertaining and for it to be exciting fun for everybody.'

The show started off with the contestants coming out in their casual attire, escorted by brothers of Theta Xi, followed by a formal round, and lastly a bathing suit round. Each round also contained a series of questions for each contestant. The questions included everything from what their dream

date would be to what made them out with a wetsuit and boogie the angriest. Jessica Kuck, a sister of Zeta Tau Alpha (ZTA) and a University dance team member, was asked what she would tell her 8-year old self. Kuck responded, "I would tell myself not to eat that cookie."

The night included a few surprises from contestants. Jennifer Daughtery of Alpha Omicron Pi (AOPi) and the University cheerleading squad performed a back handspring on stage as the crowd cheered. PhiSig sister Nicole De-Sarno took a different spin on the bathing suit round when she came board.

The show even included a half time performance. Anthony Acurso and Adam Powers of Theta Xi performed a Red Hot Chili Peppers rendition on their guitars The audience seemed to really enjoy it. DPhiE sister Bethany Pacifico said, "I thought they did a really good job! I was impressed."

Anna Caruso of ZTA won the title of "Miss Monmouth," with DPhiE's Kelly Loebs in second place, and ZTA's Jessica Kuck in

What Does it *Mean* to be a Responsible Greek Member?

Greek life continued from p. 1

and sororities is to provide programs and services that actively assist fraternities and sororities in shaping students' leadership, scholastic, and personal development. "It is our goal to ensure all members have a safe and exciting fraternal experience at Monmouth University," stated the release.

Buchalski said, "I believe that fraternity and sorority members should always represent their organizations to the best of their ability. Especially during these times when society is looking to our members for answers that we should prove our worth by going above and beyond to express our values that we have been taught through our organizations.'

The use of good ethical and moral decision-making will create an impact in the community, explained Buchalski, which exemplifies actions speaking louder than words.

Genna Moscato, former Alpha Xi Delta President, said that to be a responsible Greek, it is mandatory for members to raise money for their philanthropies, invite new members into the brotherhood or sisterhood in an appropri-

ate manner, and maintain the required grade point average (GPA). According to "The Fall 2014 Fraternity and Sorority Community Academic Report," the average GPA of all combined sororities and fraternities on campus is currently a 3.108.

Additionally, Moscato stressed that Greeks need to realize that they must be responsible and diligent members of the community; otherwise, he warns that consequences, such as suspensions, will become effective.

"As Greeks we are responsible for not only ourselves, but our letters," said Molly Gordon, a sister of Alpha Sigma Tau. "It's more than just a t-shirt," continued the senior photography student.

If one member of an organization is at fault for committing a crime and/or violating a University policy, Moscato said that not only is the individual at fault, but the whole organization on a national and local level, as well as the college or university, can be deemed responsible as well.

Gordon believes that although she is held to a higher standard as a Greek, being an active sister of Alpha Sigma Tau has allowed her to reach out to new people, pave

the way to leadership opportunities, and provide a positive outlet upon the community as a whole, despite some stress that can be incurred due to responsibilities.

An anonymous student advocated for Monmouth's Greek life in February 2013 and posted on colleges.niches.com, "If you don't wanna be a loser sitting in your dorm playing video games with your spare time and only making acquaintances for friends, then you'll stop being a b**** and join Greek life... The only way to have solid lifelong friendships at Monmouth is by joining a fraternity or sorority or else you will not have fun and you'll not make as close of friends as you thought you would. You can't be popular here or have a large group of friends if you're not on a sports team or in Greek life. Go Greek, don't be

A non-affiliated Greek senior business student, who wishes to remain anonymous due to maintaining social relationships with Greek friends, said, "Greeks are constantly talking about social responsibility, but from what I see, some of them barely do it. It even seems that some sororities and fraternities at this University

get suspended all of the time because of this, yet it is a taboo to talk about for some reason."

The senior continued, "Alcohol poisonings here, party busts there, fights breaking out at a house one weekend . . . $\bar{\mbox{\ I}}$ understand they do 'good' with their philanthropy events, but that can get overshadowed by their undeniable, sometimes drunken, mistakes. Some of these members need to really learn to become better members of our community. But don't get me wrong, there are some really great role models that emerge from these fraternities and sororities. It's just a shame that there are other members who continue to darken these shameful stereotypes."

Madelynne Kislovsky, President of the Greek Senate (the governing body for Greeks at Monmouth University), serves as the leading force on the judicial board that handles charges brought against any of the current 921 active fraternity and sorority members at the University, and determines the repercussions. "We make sure students are implementing and upholding the standards of service, Zeta Tau Alpha sister commented.

"A fraternity or sorority's values, philanthropy, and brotherhood or sisterhood is what makes us who we are. We should respect that," said Gordon.

Regardless of students' opinions of Greek life, Moscato believes that the recent events portrayed in the media can serve as a reminder to students bearing Greek letters across their chests, as well as those looking at them from afar, to maintain their integrity and be the absolute best version of themselves that one can possibly be.

Kislovsky said that although there are scandals in the news that "seem terrifying and not worth the risk of joining," she assures students that joining Greek life was one of the best decisions she could have made at the University. The junior communication student reflected, "I'm so lucky to have been provided the opportunities I have and I can't wait to see what other opportunities my organization will provide me with. Being a part of a sorority allowed me to become part of something bigger than myself, to become a better version of myself than I thought I would ever be, and it taught me community, and attendance," the more about myself than I ever thought I'd learn."

CLUB AND GREEK ANNOUNCEMENTS

ACCOUNTING SOCIETY

The Accounting Society WIII noid its 2nd Annual Accounting Society Networking Event on April 28th in the Versailles and Pompeii Room of Wilson Hall from 6PM-8 pm. All accounting students are welcomed. If any one has any questions or would like to RSVP, please contact, Maria Carvalho at s0774450@monmouth.edu We hope you can make it!

RUNNING CLUB

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

THE OUTLOOK

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

IEEE/ACM

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

MOCC

Did you know public speaking is the #1 fear? Fight the fear with the help of the Monmouth Oral Communication Center. Contact lschmidt@monmouth. edu to make an appointment.

ALPHA XI DELTA

The sisters of Alpha Xi Delta will dents interested in writing, graphic be tabling this Wednesday, Thursday, and Friday from 10 am to 4 pm on the Rebecca Stafford Student Center patio for Light it up Blue Week in support of our philanthropy, Autism Speaks. Every year, one in 68 children are affected by Autism. Please stop by for baked goods, ribbons, hershey kisses, and "Pie a Xi" to help support a great cause.

MU SURF CLUB

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

BOOM ROASTED PRODUCTIONS

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

HUMAN RESOURCES CLUB

Want to learn about careers in human resources? Come to the Career Panel Event and hear from professionals in the exciting and rewarding field of human resources on April 9, 6-7:30 pm in Magill Club Rooms 107 & 108. Meet club members and network with Human Resources professionals. Please email Ellen C. Reilly at ereilly@monmouth.edu with any questions. All majors are weclome!

MONMOUTH REVIEW

Call for artwork to be published in the Monmouth Review. Please send submissions to Brittany Bowling s0906852@monmouth.edu.

MOVE FOR HUNGER

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

CIRCLE K

The University's Circle K will be hosting an open mic night in the Rebecca StaffordStudent Center, fireplace lounge, on April 11 from 6-11pm. Come out and support! We are also still looking for more people to sing at the event!



TOP LEFT: MONMOUTH'S ACAPELLA GROUP, THE SEASHARPS, AT RELAY FOR LIFE. (PHOTO COURTESY OF MARIAH TOUSSAINT)

CENTER RIGHT:

TEAM HOPE, TOMMY CHUNG, ERIN NEARY, VALERIE SIRA-GUSA, MIKE LEVY, AMANDA MICHKO, CLAUDIA ONDECKER, MOON HO KIM, CHRISTINA MICELI, AND NICOLE INGRAFFA, AT RELAY FOR LIFE. (PHOTO COURTESY OFMICHAEL LEVY)





BOTTOM:

MONMOUTH MEN'S CLUB SOCCER TEAM HAD THEIR FIRST HOME GAME IN THE HISTORY OF THE CLUB AGAINST RIDER UNIVERSITY, AND WON 3-2! (PHOTO COURTESY OF YAZAN I. SOUSOU)

QUOTE OF THE WEEK

"ALWAYS REMEMBER THAT YOU ARE ABSOLUTELY UNIQUE. JUST LIKE EVERYONE ELSE."

-MARGARET MEAD



IN SPIRIT OF APRIL FOOLS, HAVE YOU EVER PULLED A PRANK ON SOMEONE?

COMPILED BY: KIERA LANNI



Aashna Freshman

"For my senior prank, we would tie people to chairs with a cable tag without them knowing, and they would walk away with a chair on them."



Lena Senior

Lena does an old classic. "I hide behind walls and scream boo."



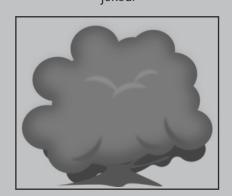
Erin Sophomore

Erin's family once had an ant problem, so she pranked her dad by screaming, "there's ant everywhere!" and he got upset to find she was joking.



Courtney Sophomore

When she was in second grade, on April Fool's Day, Courtney's teacher picked her to tell the custodian that someone 'threw up,' but it was really fake vomit made of glue and other gross things. "I felt devious." she joked.



Heard from the bushes

"My friends put Saran wrap on toilet seats."

Softball Team Splits Series at Rider

MELISSA PRAVATA CONTRIBUTING WRITER

After Monmouth's first loss against the Broncs Sunday afternoon, junior Jill Freese hit a home run, two doubles, three RBI's and three runs in Game 2 securing the Hawks' second win at Herb and Joan Young Field.

Rider brought in three runs during the bottom of the sixth inning to win Game 1 with a The game was at a standstill unscore of 3-1. The Hawks then came back with a 12-9 win. With the split on Sunday, MU now stands 5-12 overall and 1-1 in the conference.

Senior Vanessa Cordoza, se-Emma Hill all added three hits the middle which brought in the each during the doubleheader. Hill also saw the plate twice and added an additional stolen base an early lead in Game 2 thanks as well as an RBI. Freshman to Emily Cottrell's two-out RBI Ashalynn Umiamaka added two hits as well as doubling, driving in two and scoring once. Sophomore Rachel Shotzbarger also runs. had two hits, an RBI and one run scored.

scored a run while sophomore Justine Reyes added a base hit, two RBI's and a run of her own. came up to the plate. Junior Raelynn Galindo helped the cause with a two-run single.

Sophomore southpaw Sydney

was awarded the save in Game and white. 2 with a bases loaded, no outs situation during the sixth inning. Overall, she gave up four run to left field by Freese. Rider runs. Game 1 saw the Hawks pull ahead of Rider in the top of the first with a 1-0 lead courtesy of Hill's movement on the base path. The junior from Montana run homer while teammate singled, stole second base, took third then found home plate with a RBI from Umiamaka. til the Broncs plated three runs in the bottom of the sixth. With runners on second and third, Rider's Gina McCool tied the game with a single to right field. With two outs, Rider's Allysen nior Kayleena Flores and junior Breeden hit a two-run single up Broncs' victory.

It was the Broncs who gained single to left field. MU kept silent until the top of the third when they brought home four

The third inning rally was ignited by Shotzbarger's single. Freshman Chloe Howerth Freese then brought Shotzbargdoubled, drove in two and er home with an RBI double which tied the game. The bases were loaded when Howerth

> opportunity for Freese to advance the Hawks' lead, but that

unearned runs, however, she run of the inning for the blue

MU added two more runs in the fourth off a two-run home replied immediately with four runs in the bottom of the inning to edge MU, 6-5.

Breeden connected for a two-Dana Sensi followed with a two-run double.

Breeden hit a two-run home run to left and Dana Sensi later delivered a two-run double to left center. Head Coach Louie Berndt then pulled Amanda Riley from the game.

Relieving Riley was senior Breanna Sniffen who issued one walk before closing the in-

The top of the fifth had Reyes walk with one out and a two-out infield single by Flores which set up Shotzbarger who hit a single to right increasing the Hawk's lead to 7-5.

The top of the sixth saw three more runs for MU. Cardoza and Hill each had a single to begin the inning before moving to second and third with a Howerth groundout.

A walk from Umiamaka loaded the bases while a groundout from Reyes gave MU an 8-5 A fielder's choice created an lead. Galindo then hit a twoout, two-run pinch-hit single to left to increase the Hawks



PHOTO COURTESY of Taylor Jackson Sophomore Sydney Underhill (above) has an ERA of 4.39

and is 2-7 for the Hawks season.

Fortunately for the Hawks, Underhill pitched eight innings opportunity took Hill off the lead to 10-5. Rider made a very the Broncs failed to add another Wednesday, April 1 for a nonthroughout the two games. Durbase path. A fielder's choice on profound threat as Cottrell hit a run while MU added two more conference game hosting Drexing Game 1, she allowed three Reyes' at bat created the final grand slam to cut MU's lead to insurance runs making the final el at 4 pm at MU Softball Park.

score 12-9.

The Hawk's return to the field

Baseball Wins First Conference Series of the Year

KYLE WALTER
ASSISTANT SPORTS EDITOR

The University's baseball team took two of three from Manhattan over the weekend to improve to 5-12 overall (2-1 in the MAAC) on the season.

MU first got an extra-inning win over the Jaspers on Saturday, March 28. The Hawks came away with a 5-4 win in thirteen on an infield hit from Jacobson innings, and the victory was to put MU in front 3-2. also Head Coach Dean Ehehalt's 600th of his career.

However, Ehehalt, currently in his 22nd season at Monmouth, wasn't too focused on the milestone.

" 600 is great and I'll talk about that in a couple years, but I don't get caught up in all that stuff," Ehehalt said. "Right now I'm happy for our guys. They battled, and that was a wild both sides."

but their defense was sloppy at points. All four of Manhat-Hawks committed three errors for the game.

Senior Chris McKenna got the innings. start for MU and allowed only three hits over eight innings of work, including six strikeouts, while freshman Justin Andrews pitched in with four innings of work in relief. Andrews struck out two and allowed one unearned run on two hits. Freshman Mike Brambilla was the ninth inning a little bit betthird MU pitcher used, and ter," said Ehehalt after the win. managed to get the win after one scoreless inning in which he allowed one hit.

Leading the way offensively for MU was junior DH Cary Jacobson. Jacobson was three Dan Shea and Shaine Huges the afternoon.

the third the Hawks found themselves down 2-1 before taking the lead in the inning. Seniors Steve Wilgus and Kyle Perry got things started for MU when they reached base on errors. Hughes then advanced the two runners into scoring position where Wilgus eventually scored on a Chris Gaetano groundout and Perry

After each team was held scoreless over the next four plus innings of play, MU was able to push across an insurance run to increase their lead to two in the bottom of the eighth. The Hawks loaded the bases behind singles from Jacobson and Hughes, and Grant Lamberton then drew a bases loaded walk to give MU a 4-2 advantage.

The Hawks were unable to game with great plays made on close out the victory in the final inning of play, however, as The Hawks' pitching was Manhattan manufactured two very impressive for the game, runs behind one hit and an MU error to tie the game at four. Despite threatening in the bottom tan's runs were unearned as the of the ninth, MU could not push across the game winning run and the contest went into extra

> Neither team mounted serious threats through the first three extra innings, but in the bottom of the thirteenth Lamberton drew another bases loaded walk to plate MU's fifth run of the game and give them the victory.

> "We have to close out our "They are extremely tough and they scratch and claw till the last out, but we were real fortunate today and I was happy for our guys.'

The Hawks and Jaspers were for six with one RBI, and also right back at it the following scored two runs for the Hawks. day when the two teams met for a doubleheader. Similar to each chipped in with two hits on the first contest in the three game series, both of Saturday

Heading into the bottom of afternoon's matchups were hard record multiple hits for the game used a leadoff walk, sacrifice fought and close battles. MU came away with a 3-2 victory in the opener before falling by two runs in the series finale.

TJ Hunt was masterful for the Hawks on the mound to start the day as he went the distance to earn his second win of the season. Over seven innings the senior right hander allowed just two runs on three hits and struck out four.

Gaetano was the only Hawk to long; however, as the Jaspers

with two while also recording two RBIs and a run scored.

MU jumped out to an early lead in the bottom of the first. With two outs in the inning Hughes got things started with a screaming double into the gap before Gaetano put the Hawks on the board by blasting his second home run of the year to give his team a 2-0 lead.

Manhattan didn't trail for

bunt and two base-hits to tie the game at two in the very next

Following two scoreless innings the Hawks managed to regain the lead in the bottom of the fifth inning. After junior Robbie Alessandrine walked and moved to second on a sac bunt, Wilgus lined a double over the head of Manhattan's right fielder to knock him in and put MU in front 3-2.

That proved to be all the Hawks needed as Hunt shut down the Jaspers in the sixth and seventh innings to give MU the victory.

Things looked promising for the Hawks early in the second game of the double header. A Hughes RBI single gave MU a 1-0 advantage in the first, and it appeared the team was on its way to sweeping Manhattan for the weekend. Unfortunately, for MU, they were unable to hold on and eventually fell 4-2 in eleven innings.

Errors were the Hawks undoing as Manhattan pushed across two unearned runs in the fifth inning which allowed the game to go into extras.

Junior left hander Anthony Ciavarella got the start for the Hawks and pitched well. Ciavarella went seven and two thirds innings allowing two unearned runs on six hits while striking out seven. Fellow junior Frank Trimarco got the loss in relief, and gave up two runs on two hits over three and a third innings of work.

The Hawks will look to use the series win as momentum as they travel to Piscataway to take on in-state rival Rutgers this Wednesday. MU then gets back into conference play when they return home for a three game series against MAAC foe Quinnipiac this Friday, April 3. First pitch is scheduled for 12 pm.



PHOTO COURTESY of Taylor Jackson

Senior Chris McKenna (above) pitched well on Saturday, striking out six and only allowing three hits in his eight innings of work.

Track and Field Begin Outdoor Season

The Monmouth University men's and women's outdoor track and field teams hosted the 20th Annual Monmouth Season Opener on Saturday, March 28. Several Hawks displayed good performances, as the men won the overall event and the women finished in second.

The men went 11-0 in dual meet scoring to extend their home win streak that started in 1996. The women finished 10-1 in the dual meet scoring, falling only to Bucknell.

"This was a great early season test where we had to deal with the elements as we always do outdoors," said Head Coach Joe Compagni. "The times and marks will improve a lot in the weeks ahead, but in most places our team competed with the intensity that we need."

Junior Geordan Ferguson won the 400 meter hurdles on the men's side in 55.43 seconds. "This was a great opportunity being at home. Even with not so ideal weather conditions the team tried their best as a whole which shows a lot about us," Ferguson said.

senior teammate Jalen Walker in the 110 hurdles, as the pair in fourth with 4:02.27, while finished in 14.59 and 14.81 seconds consecutively.

Senior captain Ben Boyd took Malcolm Chavis in third. The Ahmier Dupree running 10.85, also took first in the 4x400. freshman Bryan Sosoo in second at 10.91, and junior Eric moved inside due to weather Kahana at 10.94. Dupree and conditions, this alteration did Kahana placed first and second not fault senior Erik Anderson again in the 200m, finishing in who came in first as he cleared 21.88 and 22.16 seconds.

helped MU stay dominant in the tied for fifth in the pole vault. meet as he took first place in the Junior Liam Vogt claimed 10,000 meter run at 32:29.47. second in the long jump with Junior Domenick D'Agostino 20'6.5". Vogt was also sixth in sophomore Nia Driver finwon the 3,000 meter in 8:45.12. the triple jump.



Geordan Furguson won the 400 meter hurdles in 55.43 seconds.

He then went one-two with In the 1500 meter run, junior Graham Huggins-Filozof came senior Khari Bowen placed sev-

Freshman Ben Dillon and first in the 400m in 48.70 sec- senior Tommy Darlington finonds, with freshman teammate ished third and fourth in the steeple with times of 9:35.54 top three finishers in the 100m and 9:43.88, respectively. The were all Hawks, led by junior MU men won the 4x800 and

Although the high jump 6'6.75". Sophomore Bobby Sophomore Matt Nelson Fisher and junior Tyler Poland

Senior captain Taylor Bernstein finished second in the discus at 157', and junior Spencer Dimock took seventh. Sophomore Troy Andretta took second in the hammer with 177'9". Senior Zach Torrell and freshman William Civatte went three and four in the javelin. Bernstein won the shot put with a mark of 55'7", and junior Tevin Kirby-Stewart took second at 54'8.25".

On the women's side on Friday's hammer throw, senior captain Taylor Johnson finished fourth with a throw of 158'8. Senior Melanie Lewis came in second in the 100 hurdles with a time of 15.16. In the women's 400 hurdles, sophomore McKished third, running 1:04.79 weekend.

and 1:05.05 respectively, while senior captain Kate Frye took sixth. Coakley also finished fourth in the high jump with a jump of 5' 3".

The MU women's 4x100 relay took third, finishing in 49.51 seconds. Sophomore Antoinette Isekenegbe won the 400 meter dash in 57.91 seconds, winning the field of 42 participants. Freshman Domoah Kutu-Akoi won the women's 100 meter dash with a time of 12.54 seconds. Kutu-Akoi also took third in the long jump with 16'6".

Sophomore Maggie Hanlon took fifth in the 5000 meter with a time of 18:35.

In the 3000 meter run, sophomore Jenna Cupp came in second, followed by freshman teammates Danielle Leavitt in fourth and Allie Wilson in sixth. Cupp ran a time of 10:22.09. Sophomore Molly McKeon took sixth in the 800 at 2:20.91. Junior Amanda Fasano took sixth in the steeplechase, running 12:28.66. The women won the 4x800 with a time of 10:02.95, and the 4x400 running 3:57.49.

The top three competitors in the pole vault, which was moved inside due to weather conditions, were all Hawks. Senior captain Lauren McDonald finished first with 11'3.75". Behind her was sophomore Casey Sturts in second and junior Brittany Papa in third. Šenior Kim Price took third in the triple jump at 35' 4.5". Senior Kelsey Reese took first in the javelin with a throw of 139'4".

"It was rough because of the weather but we still showed out," Reese said. MU won the top two slots in the discus as Johnson won with a mark of 156'6" tying her mark from last

Junior Aziza Ahmed was second with 137'10". Johnson also took sixth in the shot put.

The Hawks will next compete enna Coakley was second and at the Colonial Relays in Williamsburg, PA this upcoming

SIDE LINES

Former Hawk, Miles NFL Austin agreed to a oneyear contract with the Philadelphia Eagles on Moday, March

According to NFL Media Insider Ian Rapoport, Austin will receive \$2.3 million in base salary with another \$700,000 in incentives.

The men's tennis team recorded their third straight shut-out on Sunday afternoon at the Hofstra Outdoor Tennis Center. The 4-0 victory against Hofstra brings the team to an even 7-7 record.

Junior Ramy Bekhiet and freshman Ale Gomez Estrada secured an 8-2 win at No. 2, while sophomores Christian Vieira and Luke Adamus also had an 8-2 win at No. 3. Bekhiet pushed the Hawks to a 2-0 lead with his singles victory at No. 6. Sophomore Vidit Vaghela had a 6-2, 6-2 win at No. 4. Gomez Estrada clinched finished Hofstra off with a 6-1, 6-3 win at No. 3.

Sophomore Justin Robinson was named to the National Association of Basketball Coaches All-District I Second Team on Friday, March 27.

Robinson had reached doubledigits in scoring 24 times this season, had 120 assists and 56 steals. He averaged 32.2 minutes per game.

UPCOMING **GAMES**

Wednesday, April 1 WLAX at Quinnipiac* Hamden, CT 3:00 pm

WTEN at Wagner Staten Island, NY 3:00 pm

Baseball at Rutgers Piscataway, NJ 3:00 pm

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

Thursday, April 2 MTEN at Villanova Villanova, PA 2:30 pm

Friday, April 3 Track and Field Colonial Relays Williamsburg, PA 9:00 am

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

Saturday, April 4 Track and Field Colonial Relays Williamsburg, PA 9:00 am

Track and Field Liberty Collegiate Inv. Lynchburg, VA 10:00 am

WTEN vs. Niagara* W. Long Branch, NJ 11:00 am

WLAX vs. Siena* W. Long Branch, NJ 12:00 pm

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

Softball vs. Quinnipiac* W. Long Branch, NJ 1:00 pm Doubleheader

MTEN vs. Niagara* W. Long Branch, NJ 2:00 pm

W. Long Branch, NJ 3:00 pm

MLAX vs. Canisius*

*Conference Games

MU Surfers Hit Florida Over Break

RYAN GALLAGHER STAFF WRITER

Spring has sprung here in the Garden State. Yes, the greens and the snow is just as cold...

welcomed snowstorm, the lucky "Spring break led us to Flor-

boys from Jersey who spend their time studying at Flagler college," said freshman Andrew Moon as he recapped his journey. "We got super lucky and had a long period swell come through while we were there which allowed us to enjoy warm water accompanied by waves.

Moon travelled with a close friend and fellow Monmouth surfer, sophomore Tyler Sankey, who was just as excited about their experience.

"We surfed, hung out on the beach, and surfed some more. Overall good vibes, and good food there too, it was pretty cool seeing that part of Florida for the first time," said Sankey.

Despite leaving home for spring break, Jersey kept on doing its thing. While Moon and

the sun, freshman Paul Kelly home in NJ, but what's next? reaped the rewards of the final winter swells of the year.

"Luckily enough I found [some waves], and surfed all are greener, the sun is sunnier day with my brother and a few of my friends. For me it was While most of our friends at easily the best swell of the year, Monmouth University ushered it was so good at home, I still in the new season with an un- can't get over it," said Kelly.

ones headed south in search of school starts back up for the fi- rels there, it did not matter; a most is the same. Surfing when al stretch of spring semester.

ida, where we met up with the break for those that travelled; it and who knew that on Sunday making life interesting for the

Jersey did not take long to answer. Swell reappeared, just as

we all did for class on Monday morning (maybe not all of us). Friday yielded big barrels and proved to be a multiple session day for most of us.

It seemed like no matter where we all went, a good story The stories continue and would follow. Barrels here, barfeel-good spring day that felt the weather is good, travelling So what? It was a good spring like winter. Swell stuck around at any point that we can, and was good for those that stayed it would be time for yet another times in between.

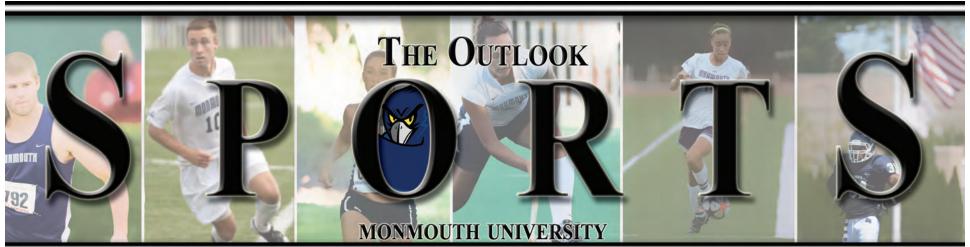
spring session. Those who came at the right time received nothing but smiles. Surfers beaming going in and coming out of the water, it was that fun. Not a worry in the world, just stoked, talking and chirping back and forth as they changed out of the rubber and into a warm pair of sweatpants.

Seasons have changed but



PHOTO COURTESY of Ryan Gallagher

Sankey enjoyed themselves in MU Surfers appreciate the waves NJ has to offer, but feel a desparate need to experience other shores.





The baseball team took two games in their three game series against the Manhattan Jaspers this past weekend. Kyle Perry (above) went 4-14 in the series with three runs and one RBI.