



THE OUTLOOK

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A Final Salute for President Paul G. Gaffney II

BRETT BODNER
EDITOR-IN-CHIEF

After 10 years of being President of the University, Paul G. Gaffney II will be retiring on July 31. Many feel Gaffney has accomplished much in his time here and they appreciate everything he has done for Monmouth.

"I think President Gaffney was a phenomenal leader for our university because he's so connected to the students, faculty, and campus," senior Kate Nawoyski said. "He really showed students that he cared about us, and I felt so comfortable being at Monmouth because of that."

Oscar Sanchez, former Student Government Association President, said, "I have thoroughly enjoyed getting to know President Gaffney over my years on SGA. He is a president who puts the students first, is always open to listening, and has a desire to learn more about each individual beyond their student ID number." Sanchez added, "He has been such a pleasure to work with, and his dedication to SGA is going to be a tough one to match. As a mentor, leader, and role model, President Gaffney has exceeded all expectations."

Gaffney has seen a lot in his time here and he was able to bring new ideas to the University as well as expand on the plans made by Presidents before him.

"The University was always in great space with a great location. We had an opportunity to build some things, my predecessor had the MAC on the drawing boards and they had been talking about it for ten years," Gaffney said. "I would say Sam McGill (President 20 years ago) and Becky Stafford (President 10 years ago) got us on a really good track to be a University, to be a Division IA program and keep enrollment up between five and six thousand. They had good ideas and I just sort of kept them going and added some new energy to good ideas."

In his time here, the University has seen the addition of several new buildings like the Multipurpose Activity Center, Mullaney Hall, Rechnitz Hall and many more in progress. The University was able to afford these new buildings due to President Gaffney seeking out donors who were willing to help.

"He's been quite masterful at philanthropy and fundraising," Ed Christensen, Vice President for Information Management said. "We've put up a lot of buildings with

a lot of fundraised money and some were built entirely from funding that was able to be set aside."

The first one of these donors was Norma Hess, wife of Leon Hess, who President Gaffney grew close with and admired. "When you see a name like Leon Hess with gas stations all around the world, oil drilling, and he was such a great philanthropist and a great man not only in this area but internationally. I think the fact that Monmouth University attracted that kind of support is good news," Gaffney said.

Naming the Business School after Hess is what Gaffney feels is his greatest accomplishment as President.

Under President Gaffney, the University has taken many strides from an athletic stand point, especially with the opening of the MAC in 2009.

Marilyn McNeil, Vice President and Director of Athletics, said Gaffney believed in athletics and understood what it could bring to the University. "The first time somebody hears about Monmouth is in September on a football

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PHOTO COURTESY of Jim Reme

University Tuition: It's More Than Just the Flowers

JENNA INTERSIMONE
CO-NEWS EDITOR

ANGELA CIROALO
ASSOCIATE NEWS EDITOR

The University offers one of the lowest tuition rates of similar private schools in New Jersey, according to William Craig Vice President of Finance for the University. "The schools that are real competitors among that group, such as Seton Hall, Rider, and Fairleigh Dickinson all have tuition rates that are significantly higher than ours," he said. For the 2012 to 2013 school year, Rider University tuition was \$32,820, Fairleigh Dickinson tuition was \$32,852, Seton Hall tuition was \$33,740, while Monmouth University was \$30,390.

University tuition is consistently raised "about five percent," according to Dr. Robert McCaig, Vice President for Enrollment Manage-

ment, while tuition at other colleges can be raised up to 12 percent some years. He said, "I would like to stay a fraction percentage-wise higher than Seton Hall University, Rider University, and Fairleigh Dickinson University. A quarter percent, a half percent, just to catch up a little bit. But in doing that I wouldn't want to venture over that four to five percent average."

According to Forbes.com, the average amount of college debt incurred by a 2012 undergraduate was about \$27,000, a 58 percent increase since 2005.

It is due to factors such as these that propelled President Barack Obama to propose various tuition reform concepts for public and private universities in his State of the Union Address delivered on Feb. 12 of this year. The projected plan involves a series of changes; such as demanding colleges that receive federal aid to produce a "College

Scorecard" that gives actual costs, graduation rates, and probable earnings for graduates. The plan will create a \$1 billion fund to deliver grants to states that expand graduation rates and reduce costs, increasing campus-based aid to more than \$10 billion from the current \$2.7 billion, and punish colleges that control tuition by shifting money to other schools that do a superior job.

Basically, the plan here is to create a working "marketplace" where students are provided with the information to make responsible educational choices and colleges are forced to disclose real values and compete with one another to set forth the best tuition rates.

McCaig, commenting on the College Scorecard, said, "Although there is redundancy between the federal shopping sheet and what the state

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Outlook Wins ASPA "Most Outstanding Newspaper of 2013"

ALEXIS ORLACCHIO
EDITOR-AT-LARGE

The Outlook, Monmouth University's student-run newspaper, in a national competition, has been awarded "Most Outstanding Newspaper," in addition to first place with special merit, by the American Scholastic Press Association (ASPA) for the second time in the past four years.

The ASPA holds an annual competition for university newspapers, as well as contests for other publications. Papers are judged on content coverage, page design, general plan, art, advertising, editing and creativity. The Outlook scored a total of 955 out of 1,000 points, with perfect scores in content coverage, illustration, and creativity. One judge wrote, "You have an excellent

school newspaper, which shows the creativity and journalistic knowledge of your editors, reporters, writers, photographers, layout/graphics designers, and adviser."

"We try not to be satisfied with 'good enough,'" Morano said. "It's an honor to work with the students at the paper. I'm their biggest fan, and their biggest critic," he said.

University President Paul G. Gaffney II, an avid reader of the paper is proud of the students' achievement. "It (the award) sets us apart as a serious paper that looks like a real paper and seriously covers news like a real paper," Gaffney said. "It is hard

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All Time Low played to a sold out Multipurpose Activity Center on Saturday night.

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Club & Greek

PRSSA held a carnival outside of the Rebecca Stafford Student Center this past Wednesday.

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University Hosts Fourth Annual 5k Fun Run/Walk

BRIANNA MCCABE
STAFF WRITER

The University’s Political Science and Sociology Club helped collect about \$1,600 for the Kortney Rose Foundation with their annual 5K Fun Run/Walk on Friday, April 28 at 2:30 pm in front of Wilson Hall.

The Kortney Rose foundation was formed by secretary of the Political Science Department, Kristen Gillette. According to TheKortneyRoseFoundation.org, “[The organization] is a non-profit organization that is dedicated to raising funds to support research and education related to the treatment and cure of pediatric brain tumors.” The foundation was created to honor Kortney Rose, the daughter of Gillette, who passed away at the age of nine four months after being diagnosed with brainstem glioma in April 2006.

Raising awareness for brain tumors, the number one cancer-related death among children under 19, is the mission of the Kortney Rose Foundation.

This year’s race was dedicated to a local child named Alex who underwent surgery to remove a brain tumor. Gillette spoke to the mother of the boy a few days prior to the fun run/walk and said that she would dedicate this year’s race to him.

“We had over 100 people participate in this year’s event, which is our largest turnout ever at the University,” said Gillette.

“The Kortney Rose Foundation is definitely gaining awareness with the help of University students participating in our runs.”

Students, employees, alumni, and local residents were encouraged to participate in the 5K Fun Run/Walk. The race began in front of the steps of Wilson Hall and looped around various on-campus apartments and dorms, the Multipurpose Activity Center, and surrounding local streets.

The total raised for the Kortney Rose race was near \$1,600, with two of the largest sponsors being Joe Patten, Chair and Associate Professor of the Political Science Department, and Peter Reinhart, Director of the Kislak Real Estate Institute. Professor Patten donated \$10 for every participant who completed the race before him.

Freshman Trevor Carpenter participated in this year’s 5K. “I heard about the race from a few friends, and I was definitely interested. I did some research on the Kortney Rose Foundation and I felt that it was a great cause. I definitely wanted to help spread awareness.” Carpenter plans on participating and becoming more involved with non-profit organizations, especially the Kortney Rose Foundation, as he continues to grow at the University.

The fastest male runner was Alec Stabile who clocked in at 19:50 minutes and the fastest female runner was Jenna Intersimone with a time of 22:02 minutes.

Jenna Intersimone, senior communication major who has par-



PHOTO COURTESY of Nicole Sidari

The Annual 5k Fun Run/Walk raised \$1,600 for the Kortney Rose Foundation, a non-profit organization that raises funds to support research, treatment education and cure pediatric brain tumors. Pictured above are the top three males and the top three females.

ticipated in the 5K race for three consecutive years, said, “It is great to be able to combine a fun and physical activity along with charity. The Kortney Rose Foundation is a phenomenal organization. I am more than happy to do my part to support these children and their families.”

Efforts by the organization have helped name the month of

May as “Brain Tumor Awareness Month.”

The next event of the organization will be Kortney’s Challenge Two Mile Fun Run/Walk at Monmouth Park on August 26. Gillette encourages anyone willing to help out the cause to email her at kortneyroseorg@aol.com.

According to Gillette, although Kortney may be gone, her legacy

lives on with the foundation that was created in her honor. The foundation continues to grow and impact the hearts of many families, especially here at the University. “I am extremely grateful for the help and support of the political science and sociology club for helping my foundation continue to gain awareness,” said Gillette.

Traces of Asbestos Found Behind Birch Hall

ALYSSA GRAY
COMICS EDITOR

A small amount of asbestos was found behind Birch Hall this past Wednesday, April 24. The substance was quickly identified and removed when a University groundskeeper discovered it upon his rounds.

According to a memorandum sent out by the Vice President of Administrative Services, Patti Swannack, the groundskeeper immediately notified the Director of Compliance, Mel Dale.

Asbestos, a naturally occurring mineral with fibrous crystals, was commonly utilized in buildings in the late nineteenth century. Professor Claire Condie, a geology adjunct, states that “Because of its resistance to heat, fire, and chemical damage, [it] was used for insulation in buildings and as [an] ingredient in a number of products, such as roofing shingles and water supply lines. Typically the asbestos is [also] mixed with cement or woven into fabric or mats.”

Dale states that since the relative

bans on asbestos containing material (ACM) took effect, the University has not used any in recent building materials since; which explains the asbestos finding in Howard Hall last fall.

However, there is some asbestos remaining in older buildings, said Dale, but the amount is minimal and catalogued through the school’s Asbestos Management Plan. “All the remaining amounts of asbestos are inventoried as to their current condition so as to not pose any danger to the University students and employees,” said Dale.

Condie explained that the most common form of asbestos is chrysotile, a member of a family of sheet silicates labeled as serpentine, which often grow in rocks that have an abundance of magnesium along with silica and a source of water.

Freshman Carolyn Kutz, communication major and Elmwood Hall resident, worries about the asbestos finding being so close to her home on campus. “It’s crazy that it could happen on campus, but the fact that it’s so close to where I sleep makes

it a little more scary,” said Kutz. “I felt unaware and now wonder where else it could be on campus, or in a building on campus for that matter.”

It’s not a secret that asbestos health hazards are prime concerns, seeing as that all forms of asbestos are carcinogenic to humans. The World Health Organization (WHO) said that the material is a common cause for health risks such as lung cancer, including mesothelioma, a form of cancer that takes place in the lining of the body’s internal organs.

Sophomore Jasmine Fennal, chemistry major, is familiar with the effects of asbestos and notes that people are often exposed to it by breathing alone. “I know that the fibers can be released into the air when disturbed, like being hit, or loosened when it’s in use. It’s usually put into the air by demolition and construction,” said Fennal.

Because of these large health risks, testing was done post-discovery, confirming that the material was asbestos. Afterward, Swannack writes in the memorandum, “The asbestos material that was found was not removed from a University building. It is not known where the material came from. A complete remediation of the site will remove all of the material from the area,” and, “no one has been put in danger by this material being present and all necessary precautions have and will be taken.”

Minimal traces of asbestos were found within the soil behind the building and it was removed by an outside organization in compliance with all Occupational Safety and Health Administration (OSHA) and Environmental Protection Agency (EPA) standards, says Dale.

As a result of the finding, according to Dale, the University is working diligently to identify the source in this instance and is also updating the school’s Asbestos Management Plan as needed.

Outlook Wins Award For Second Time in Four Years

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to have the time, as full-time students, to thoroughly research complicated issues. Yet, *The Outlook* takes on the challenge.” Gaffney said he likes to read the editorials and the sports articles, he said he is a fan of student achievement articles. “I like seeing *The Outlook* around campus, especially when we are trying to recruit new students,” said Gaffney. “[It’s a] great example of student involvement and success.”

“It’s a bit of an unreal feeling. I never really expected as a freshman entering the newsroom, that

the way.

One problem he had to overcome was learning how to manage 12 editors and their writers and how to treat his friends as staff members. “It’s managing your friendships while getting work done at the same time. It was a big challenge for me,” he said. “But the perks of having your friends on staff are that they will do whatever they can to help you because there is a personal connection. And you, in return, would do the same because you care about them.”

Bodner is proud of the achievement, but credits others for their help. “I couldn’t have done this

“I couldn’t have done this without my staff. I have a really good staff that has backed me for my entire term.”

BRETT BODNER
Editor-In-Chief

I would end up editing the paper and we would gain national recognition,” said Brett Bodner, Editor-in-Chief.

Previously, Bodner served as the Managing Editor for two years under Gina Columbus, now a reporter with The Asbury Park Press, and took over the position as Editor-in-Chief after she graduated. “I learned a lot [from previous EIC’s],” he said. “I learned what to do and what not to do.” Bodner said he has come a long way during his year as Editor-in-Chief. He said he felt adequately prepared at the beginning of his term when it came to layout, copyediting and page design, but had to deal with some obstacles along

without my staff,” he said. “I have a really good staff that has backed me for my entire term.” Bodner has served one year as Editor-in-Chief and is set to graduate in May.

Taking over the position is junior Jacklyn Kouefati, who was Managing Editor this past year. “I’d like to keep up with the success Brett has achieved and hopefully win the ASPA award again,” she said.

“Great students in a good environment will do wonderful things,” said Morano. “A very skilled office manager, experienced graduate assistants, faculty and administration who make themselves available as sources and so many others all contribute to the paper’s efforts.”



PHOTO COURTESY of Alyssa Gray

Birch Hall is a dormitory located next to the Health Center on the residential side of campus. The asbestos material was found behind the dormitory by a groundskeeper.

President Gaffney: A Goodbye to a Decade of Hard Work

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score or soccer game so our athletes are out there sort of marketing Monmouth sooner than everybody else is. It was really important that we look good and that we play well and respectfully," McNeil said. "Dr. Stafford was terrific, but President Gaffney really made it relevant and made it important and so I think our sense of stature here went up."

Shane Carle, senior and captain of the track and field team, noted Gaffney's love for athletics and enjoyed the support Gaffney showed for each athletic team. "He would come to practice every once in a while, would always shake my hand and ask how things were. He always knew what we were up to and was always there to cheer us on," Carle said.

In addition to helping the school move forward from an athletic standpoint, people also admired the fact that Gaffney didn't spend all day in his office. Instead he would walk around campus as often as he could, creating visibility and availability.

William Craig, Vice President of Finance, said "Almost any campus event you would go to, he would be there," Craig said. "He would also just walk around the campus and stop and talk to students. He also made himself available for students to come to his office and discuss problems."

University Photographer, Jim Reme, admired President Gaffney's visibility. His favorite memory of Gaffney is when he would help first year students and their families unload their cars on move in day. "He's unloading cars and he's helping people move in and I'm shooting pictures and I ask people if they know who he is and they say no and I say that's the president and people don't believe me," laughed Reme. "He loves that stuff and loves to be out there. He is just like a regular guy."

Gaffney made sure his presence was not only felt on campus, but in the outside community as well.

"President Gaffney committed himself to improving relations with the local community and had tremendous success in enhancing the perception of Monmouth University as a good

neighbor. He immersed himself into the local community and encouraged others from the University community to follow his lead," Paul Dement, Director of Government and Community Relations said. "The result has led to a community surrounding the campus that is supportive, cooperative, and more receptive to our students while taking pride in seeing Monmouth University improve."

Gaffney said he is a firm believer that universities have a job both in and outside the gates. "I tried to do more things with our talent outside the gates, to get us more involved. The side benefit of that is that you get more well known in the region, the state, the governor's office, in congress, and around," Gaffney said. "That eventually helps enrollment and our reputation as well."

Besides being a presence on campus and bringing several new buildings to the University, Gaffney has also been known for his infamous hand shake, where he takes people by surprise by pulling them closer. Gaffney said it started about 30 years ago when he was still a commanding officer in the Navy. He had spent 300 days on a ship off the coast of Borneo, with about 200 sailors who he really liked.

"When you go up and shake hands with somebody, you know you're not going to hug a sailor, but you want to show a little bit extra and I started doing it," Gaffney said. "I did it at a ceremony one time and people noticed it and commented on it and I've been doing it ever since."

The handshake has frequently been seen at commencement. Gaffney admits he does worry that with the wrong kind of tug, the female students wearing high heels could fall over. Fortunately, no one has yet to take a tumble.

Gaffney also noted his high regard for the Board of Trustees throughout the years. He said that it was meeting the board members back in 2003 that made him realize that Monmouth was definitely the place he wanted to be.

"They're welcoming, kind, great people, and a great part of this job is working with them," Gaffney said. "They pretty much don't tell me what to do every day and we have a fantastic relationship."



PHOTO COURTESY of Jim Reme

President Gaffney and MU mascot Shadow pose for a picture outside of Wilson Hall. Gaffney was constantly showing his school spirit by appearing at athletic games, club activities and campus events.

Robert Sculthorpe, Chairman of the Board of Trustees, returned that feeling of respect and admiration. "We have enjoyed tremendously working with [him] and now his decade has come to an end. He's contributed mightily and has moved the University in so many ways down the road to the positive side of the ledger," Sculthorpe said. "We've had a terrific decade and a terrific president."

Following his retirement, Gaffney and his wife Linda will be moving down to Columbia, South Carolina which is located very close to the University of South Carolina. Gaffney is not sure what he is going to do yet, but he is sure once he settles down he will figure out what to do to occupy his time. Gaffney did state that he would not necessarily work at the University of South Carolina, but could still be a presence on their campus.

"I could sit at baseball practice, go to a play, go to a lecture, maybe take some courses," Gaffney said. "Maybe I'll be a journalist, you never know." As far as definite plans go, he looks to play some golf and do some traveling with his wife.

When Gaffney's term is up at the end of July, Dr. Paul Brown's

presidency will begin. Gaffney and Brown speak on a daily basis, as Gaffney wants the transition to be an easy one for Brown.

Gaffney's advice for Brown is that he continue Gaffney's tradition of walking around campus.

"You need to go to games, you need to go to practice, you need to go to concerts, go to the student center twice a day, need to walk through the dining hall every once in a while, show up in a lecture or class and you need to be seen on this campus because it is a real benefit of this job," Gaffney said. "When you're frustrated with paper work, you can escape in a minute to a very pleasant environment. Walk around, be seen, get people to know you and not be terrified of you and you also get to see what's going on."

The Dining Hall and Student Center have both been named after previous Presidents. Gaffney, however, does not wish to see a building named after him. He believes buildings should be named after donors who have been generous to the University. "People who give a lot of money, get their names on things. Some day if I'm a zillionaire, I'll give money to the University and I'll be happy to have my name on a building, but until then I think we should save all the real estate we have here for the big donors," Gaffney said.

He did joke that if the University wanted to name something after him they could name the first lane of the indoor track after him.

Gaffney said he has learned a lot over the last 10 years.

After years of telling everyone at the University to take care of yourself and take care of others, it is now time for President Gaffney to take care of himself and to have a great relaxing retirement down in South Carolina.

Here are some others who would like to wish President Gaffney a happy retirement:

Petra Ludwig Shaw, Director of Public Affairs: "I am amazed how much has been accomplished during President Gaffney's tenure. He has helped raise the profile of the University regionally. It has been a pleasure and honor to work for him. He has handled media interviews with charm, intelligence, and savvy. Reporters are eager to talk to him because of his expertise in a wide variety of topics including higher education, campus safety, ocean policy, Fort Monmouth, and even

weather forecasts. I thank him for all he has done for Monmouth University and the community."

Grey Dimenna, Vice President and General Council: "I will always remember the time he decided to hop on my Harley which was parked in Lot 9 to check it out. Since it weighs over 700 pounds it is a bit hard to handle if you are not used to it. I was afraid he was going to drop it but luckily for all he didn't. I told him he wasn't allowed to do that again. Admiral, sir, may I never see your name on the bin-nacle list."

Senior Sam Palmucci: "I feel really grateful that for four years I studied at an institution with such great leadership. There's something about a president who is so committed and invested in the students, someone who can be seen at a basketball game, an RA awards ceremony, a new student orientation session, a musical, etc. He really showed us what it means to be a Monmouth Hawk."

Alumnus Kevin Sanders: "Above all else, I remember President Gaffney as someone who went to work every day with the student's interests first and foremost on his mind. With all of his prestige and life achievements, he made a conscious effort to engage those who came to the school and understand their interests, accomplishments, struggles, and critiques. That level of care and dedication trickled down effortlessly through the rest of the administration and in the end, it made Monmouth a better university. Monmouth will move forward as a better place with Paul Gaffney having been its leader."

Vice President for Student and Community Services Mary Anne Nagy: "He's a terrific person and I've learned a lot from him. I've learned a lot from him from a leadership perspective and as a manager. I have tremendous respect for him and I am very happy that he will have some time to pursue some other interests that he may have. I have become very fond of him and he's been a great mentor and boss. So for me it's also a personal loss, but I think that it's always great when you can find some time to do the things that you want to do after you've worked a long career."

Additional reporting done by Alexis Orlacchio and Christopher Orlando.



PHOTO COURTESY of Jim Reme

President Gaffney could often be found at many different sporting events cheering on the Hawks.

The Effects of Obama’s Tuition Reform Bill on MU

Tuition continued from pg. 1

wants to do and the net price calculator, the point is still a good one: greater transparency. You don’t want colleges trying to hide, which some colleges still do. There is a difference between cost of attendance which includes indirect costs; car insurance, eating, personal expenses and direct costs; tuition, fees, room and board. We do cost of attendance.”

McCaig explained that some schools use direct cost, “They look better by a few thousand dollars until somebody explains to them you are looking at an apple and a pear. The point is everyone needed to be more transparent- public and privates- and that is being realized so we will take some of the redundancies and extra work because it’s better for all involved.”

According to Dr. Kevin Dooley, Dean of the Honors School and political science professor, some of the parts of the plan are designed to help students receive an education who would be less willing to take on the risk of college debt, which, in the past, has meant that these students were less likely to attend college. He said, “I think the bill has a chance to work for students who otherwise would not have an opportunity to attend college in the first place.”

Dooley said that some of the up-sides of the bill are the expanding of Pell Grant recipients, how the American Opportunity Tax Credit has allowed students to receive up to \$10,000 over a four year period, and post-graduation incentives like the Industry Partnership that provided almost \$1 billion to help community colleges offer career preparation. However, he also said that some of the downsides are how spending in a time of a stagnant economy will never be popular among members of Congress who are running for reelection in 2014, the bill does little to provide for the issues that are causing people financial hardships in the first place. The College Scorecard may contribute to a deeper customer service model of higher education.

President Paul G. Gaffney II said that it is too early to tell how the bill could affect the University. He said, “We have a pretty good handle on our expenses and we will be ready to address any federal mandate. I do worry that there could be pressure to reduce tuition without commensurate relief from the expenses of many required regulations. One can’t demand a cut in costs without some regulatory relief.”

Historically, the cost of four-year public college tuition has tripled

readily available. That means that as we try to control costs, there will be even more pressure in documenting what we do which paradoxically will drive up costs. We are trying to balance all of those things.”

The increase in tuition nationwide is somewhat caused by declining state support for higher education in

“We have a pretty good handle on our expenses and we will be ready to address any federal mandate...”

PAUL G. GAFFNEY II
President

the past three decades. Some of this is due to reduced government funding. Gaffney said that the University has missed out on about \$10 million in the last three years combined. According to *The Grapevine*, an annual report on higher education funding published by Illinois State University, 41 states reduced funding for colleges and universities for the 2011 to 2012 fiscal year. Of these, 14 states reduced funding by more than ten percent. As a result, students have turned to loans. In the last decade, federal college loan debt has more than doubled in the past decade from \$41 billion to \$103 billion, according to the College Board.

McCaig said, “I think the federal government needed to get involved because what we are doing in higher education isn’t sustainable. You can’t keep giving universities less federal and state money and expect them to charge less. Parents and students also expect more and more. You want to see flowers. Relatively new residence halls. A dining hall with some variety. We don’t have any classes over 35. This isn’t cheap. You have to do it [control tuition] in a responsible way.”

However, this is not the only reason why tuition rates have increased over the years. College is no longer a place where you go to class and then go home; instead, it is a complete social experience and students, understandably, expect more from their colleges than they did in the past. Craig said that some things that add to the cost of school are largely things that have become expectations such as technology, Internet, having cable TV in residence halls, and having fitness centers; all things that didn’t exist on college campuses 15 years ago. Craig continued, “The student demands affect price. The budget is pretty much balanced, and now if you say

and then leave again, that’s not good for them and it’s not good for us.” McCaig continued, “There is such a thing as a net price calculator, which is now mandatory in higher education, and now with a 95 percent effectiveness rate without your FAFSA, you can see how much scholarship you will get and how much you will have to pay out of pocket.”

The University is also good with scholarships, McCaig explains. “Close to 100 percent of our students get institutional aid from MU and they keep it for all four years as long as they don’t screw up.”

The University tuition and fees, not including room and board, will amount to \$31,018 for the 2013 to 2014 school year, an increase of \$1,308, according to Craig.

The University budget must be balanced each year to meet the increases and decreases in costs as well as fund projects, staff and activities. The budget will then determine the amount that tuition will increase. The budget is calculated based on a comprehensive budget model that has been followed for the past 20 years. The model allows the members of the committee to evaluate the sources of revenue, capital projects, expenses for the coming year, and available amounts for each department. The comprehensive budget model is based on a three-year plan that allows the board to plan financially for the coming three years. The University costs are then subtracted from the revenues and the remaining balance is distributed to each department. The costs in the University differ each year, causing the tuition increases. Costs such as staff salaries, health benefits, and medical insurance increase each year.

The purpose of the three-year budget program is to prepare for future projects that the University will need. The three-year budget program can also be an asset for parents and students. “We decided that we were trying to control tuition and keep tuition increases in a band that made it easier for students and parents to project where their tuition might be in the next four years, which not all colleges provide for students,” Craig concluded.

McCaig said that you could even argue that the University tuition cost is too low. “We are more than \$4,000 cheaper than Rider University, a school in which we rank higher than academically. That’s ridiculous,” McCaig said. “Our academic credentials are better than Drew right now and we are \$3,000 cheaper than them.”

Pearson said that when you compare the University to public institutions, if you factor in the various discounts offered, it compares well. “Some of the publics may be a bit less than us, but then there is the whole equation of the value of our degree. I think the important thing is what is the student looking for in a college education? Some students don’t mind being one of a number. If you go to a prestigious research institution to a named faculty, many times a student won’t develop a relationship with the member but here,

we pride ourselves on the rapport between the faculty, who are teacher scholars, and they also connect with students,” he said.

Pearson continued, “Another significant difference is that public institutions will cost less, but it takes longer to get through because of scheduling the classes where they have been hit by state cuts. There has been a cutback on instructional support which means it takes longer for students to graduate so you get the sense of yes, you may spend a little less but you will spend more time there and when you get out, will you have the support of a faculty member or other resources that a private school can provide?”

Another factor that must be considered when acknowledging college costs is added fees that schools are charging outside of tuition costs.

Over the years, the University has reduced a number of fees by absorbing them into the University budget, explained Gaffney. “We have tried to keep our fee structure as simple as possible and we have eliminated a number of separate fees while I have been here,” said Gaffney. These included the elimination of the Graduation Fee, Commuter Parking Fee, Motorcycle Parking Fee, Medical Technician Fee, Maintenance of Matriculation Fee, Workshop Fee, Transcript Fee, Summer Session Comprehensive Fee and Late Regis-

“We are more than \$4,000 cheaper than Rider University, a school in which we rank higher than academically. That’s ridiculous.”

ROBERT MCCAIG
Vice President for Enrollment Management

tration Fee. Rider University charges a \$125 technology fee, Fairleigh Dickinson University charges a \$800 technology fee and Seton Hall University charges a \$650 mobile computing fee, while Monmouth University has included technology fees in the budget which is paid for in tuition.

Alysha Zimmerman, sophomore business major, said that she wished tuition was lower. “I think we receive a better education than some of my friends do at public schools, but I still think we pay too much.” Zimmerman said that the University should take funding away from landscaping and put it towards clubs and organizations.

What many students are not aware of is how the University compares to other schools. “I hear that we are expensive, but when I show [students] a comparison of our price to other private universities they know, their concern usually evaporates,” said Gaffney.

“I believe that all college tuition is overpriced and I think any college student at any school will agree with me,” said Rocio Serey, freshman psy-

chology major. “I think the tuition set for the University is fair because of all the resources we are given, the fact it is a liberal arts school, and the surrounding community we are in.”

Louis Garbarini, junior communication major, said that he had a friend leave the University because she could no longer afford tuition. He said that if he were able to take funds from one area, he would choose landscaping and he would put it towards student activities.

Out of the \$152 million budget for the University for the 2012 to 2013 school year, about \$424,000, or about a quarter of one percent (0.28 percent), is designated to Buildings and Grounds, which funds the equipment, landscaping, supplies, plowing, utilities, road repair, and other similar costs for the University. Out of this, the flowers cost about \$10,000 per school year, which amounts to 0.0066 percent of the total annual budget.

McCaig said, “I am more nervous this year than I have been in the eight years I have been here. This year, for families who meet certain parameters and who have a high gap of unmet need will get around \$2,000 dollars in their package to meet this. The reason we are doing this is because we did two big studies last year and it showed that of the students who left us last year, 47 percent had above a 3.0 grade point average. That

kills me. When we looked at why, it was because their unmet need was above 50 percent after grants and scholarships so we are trying to give them a little extra because we don’t want good students to leave us.”

Many students complain that they think that landscaping is where a majority of University funds go. Pearson said, “When I came here 35 years ago, the place did not look very good. The building we were in; the roof would break open and the rainwater would pour in all the time and Facilities would have to come in and mop it up.” Pearson continued that the idea of tidying up the campus and having a good building plan is very important. People are more comfortable studying and working on a campus that looks nice and one in which they can consider their home.

McCaig said, “I don’t want to look like the other institutions because students are not getting the same education. You don’t go to places where you can walk to the beach and go to Philadelphia, have internship opportunities, and have a 3.38 average. Monmouth is a too-well kept secret.”

“I think the reality is that the Obama Tuition Reform Bill is going to put a lot more pressure on MU...”

THOMAS PEARSON
Provost

since the 1980s, which has outpaced both inflation and family income. According to *The New York Times*, from 1982 to 2007, tuition and fees increased 439 percent. In this same period, median-family incomes rose 147 percent. In the past year, student loan debt topped \$1 trillion and for the first time in history has exceeded credit card debt.

Provost Thomas Pearson said, “I think the reality is that the Obama Tuition Reform Bill is going to put a lot more pressure on MU. Most of the other data we provide is clearly marked and I think we are in good standings with the federal government in how we present ourselves. Even if you’re doing a good job, the pressure is going to be on institutions to do an even better job in terms of controlling costs, showing the added value, and making the information

I want to add to the expenses either you have to find an expense that isn’t as important and you take it out or you have to find some more revenue, and remembering in our case, 90 percent of our revenue is coming from the students. It probably means that the students are going to have to pay more if you do that.”

Some prospective students think the price of college is the listed sticker price, which tends to be around \$50,000 a year. However, few students attend these schools and even fewer pay the sticker price; eight out of ten pay an average of 40 percent lower, according to prospect.org. Also, financial aid is widely available. The maximum Pell Grant is over \$5,000. Tuition tax credits now reach \$2,500. A minimum of \$9,500 each year in federal student loans is available to every undergraduate

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It's Always Better When We're Together

JENNA INTERSIMONE
CO-NEWS EDITOR

During my too-short four years at Monmouth University, I think it's safe to say that I was involved. I wanted to immerse myself in campus life; I never wanted to say, *I wish I did that*. However, the only organization that became a part of *me* was *The Outlook*, not only thanks to the dignified quality in which we stand for as a newspaper but mostly thanks to the committed and oddly eccentric people that call our little office home.

In being a part of *The Outlook*, I found what I was looking for at our University; people who were passionate about journalism but also knew how to have fun. This staff is fun, outgoing, outlandish, devoted, and perhaps most importantly, all vastly different. From this, I think that we created our own dysfunctional family, one in which sometimes wants to go at each other's throats but deep down (sometimes really deep down) loves one another and always comes back together. Before I start tearing up thanking our *Outlook* babies, I want to thank some of the people who helped make this place my home from the beginning...

The Outlook Old-Timers

Gina, I will always credit you with being the one to bring me into this brilliant organization. To this day, I consider you my mentor and whenever I've grappled with a decision, I always know that you are the one who can put it in perspective for me. You and I operate on the same wavelength (one that often screams at Brett) and I truly look up to you. You were the one who brought this newspaper back and held us together as a family.

Tony, my big brother of *The Outlook*. You are always there to mess up my hair and make dumb short jokes (what a surprise) but most importantly, you are always there for me. I always know that you have my back even when you are trying to pretend you're such a hardass, which becomes even more evident when I somehow convince you to visit me... two hours away. (Did I say one hour? Whoops, sorry). We all know you're a big softie Tony, give it a rest. We also all know that in the midst of all of the practical jokes, you're a fantastic journalist and like everyone at *the Asbury Park Press* knows, you are destined for great things. I hope that soon enough, I can have a big-kid job like you... see you at the *Wall Street Journal*!

FISHER! I'll always remember you as the one who never got sick of my stupid questions when I was just a baby and couldn't for the life of me figure out how to work InDesign. The amount of commitment and enthusiasm you served for this paper is something that I know will follow you within your career as well. My favorite thing is when I come into the office and I see that there is a cartoon waiting for me (and my second favorite is seeing you do shots at the bar and dance with cougars).

Sandra, I couldn't be happier that we are living together next year, even though I know that you will unfortunately be bringing around that strange boy Tony with you. I know that we are going to have loads of fun, which was evidenced by the fact you had a whole itinerary of awesome things to do (and cheap!) when we went to Wildwood over the summer.

Jowanna, I can't believe you're all the way in beautiful North Carolina. This little state is a lot quieter without you and a lot more boring. Your often-inappropriate jokes were always guaranteed to bring laughs to our loud office and I miss having you around to tell us about your certain "movements" and get crunked on one beer with us.

The Outlook Babies

Bretterick, I guess you're not really a baby since you were in this office before I was. I see what you mean now when you said that when you were writing my part of your goodbye you started to tear up. I remember when you were just a quiet freshman in our Intro to Communication class. Who would have known that you would soon be the one to laugh me into oblivion with your eight million weird voices while simultaneously making me want to beat you for putting my phone outside on the ledge? Amidst your weirdness, you have been a great leader for this paper over the last year and you strongly held us together while keeping us laughing all the while. It's been a pleasure working with you for four years and I know that you will continue to be successful... and annoying... wherever you end up. GOD BRETT! There you have it.

My little Edward. I never would have thought you would be the one I would be with while Alex and I would try to make you eat pomegranates and ask if we could put makeup on you. You are the kindest, funniest, and most considerate person I have ever met and it's been a joy over this last God knows how many months. Thank you for sticking by me when I am being a nast (which is most of the time) and for being a world traveler with me and always being my constant amidst all of the craziness that is my life. I literally do not know how you put up with it, but I'm sure glad that you do.

Oh, Nicholas. I can't believe that the only reason I ever met you was because you and Greg were the loudest upstairs neighbors anyone could ask for. I'm so glad that we're friends and that I get to hear your too-honest commentary all of the time. You're always a blast to hang out with, whether its in the wilderness with the Outdoors Club or chilling in your awesome beachfront apartment, and I'm looking forward to seeing your stories in *Rolling Stone* when the time is right.

Kelbel, I'm so excited to be roomies next year and wreck havoc on Long Branch (which is obviously a given). We can make gourmet meals and harass Tony and basically continue to act as the both of us are still undergraduates (even though I'll officially be old while you still get to live the good life at Monmouth University, you lucky duck). It's hard to believe that you were once the quiet Ad Girl of *The Outlook* when now you're the Ad Girl who I consider the "manager" of this circus. Thanks for saving our sorry asses and being the game face for the ads of *The Outlook*. Without you, we would be sad, unorganized, and... hungry.

Angela, I couldn't be happier that I found you in Italy. You are the most diligent and motivated reporter I have ever met and I love that passion you have for this field. I know that is going to take you far in this industry, even if it first takes you a few more years to graduate! You have a real knack for news and I can't believe you manage to balance all of the different activities you are involved in while still producing such great content in our section and on the back page.

Alexis, I literally cannot believe you didn't find your way over to this

crazy office sooner because you fit in perfectly. Your funny (and awkward) stories always bring a smile to my face. Thank you for dealing with Viewpoint throughout the year. I'm going to miss you next year... hope you get that coveted job that you were so perfect for from Senior Seminar!

Jackie, you have been a fantastic partner-in-crime in our sometimes struggling section this semester as well as a great source of comic relief when we bond over the miracles that can sometimes happen in the news section... like when the space is filled. You're going to be a great editor-in-chief next year.

Wraggie, you are one of the sweetest girls that I have ever met and I'm looking forward to seeing you flourish as a journalist. Your friendly attitude and kind demeanor will make you successful in any work that you do. It's amazing to me that I didn't even know you when this semester began but you always went out of your way to chat with me, and now I can't imagine *The Outlook* being able to function without you.

Orlando, you have made the Politics section one of the strongest sections in this paper, if not the strongest, and it is a testament to how talented and smart you are being that you don't even study communication as your major. You really care about everything that goes on in this office and I hope you know that kind of commitment and care doesn't go unnoticed. I know that your work here will only continue to be successful, as will your work beyond Monmouth University, which is why you can definitely count on my vote for Christopher Orlando for United States President.

Alyssa! I guess it's only fitting that a girl with such big hair could have such a big voice... and a big heart. I look forward to your zealous GOOD MORNING when I struggle into the office to the coffee machine, which I know you can relate with when you ask, "If I drink the smaller cup of coffee does that mean it will be more concentrated?" Keep working hard and being loud. Seriously.

Kevin Holton, or should I call you Alex Chase, it has been interesting to

work with someone as passionate about literary work as you are. I've admired how you would never settle for being an "idea-er" as Professor Morano says, but instead, you are a courageous writer with talent both in *the Outlook* and within your novels. Write on, traveler.

Nicole, it has been exciting to see you grow from when you wrote for the Honors Newsletter to your position now as the Entertainment editor. Week-to-week, you produce great work and always make sure that Entertainment keeps it exciting even when things get rough.

Casey, you did a fantastic job taking over Features this year and I'm glad I was able to pass down that wonderful section to someone so talented and driven. I know that you will continue to excel as a student and as a journalist with the motivation and dedication that you possess.

Morganne, Netta, and ARem, thank you for putting up with our dumb questions and childlike habits and, most importantly, helping to make this paper fantastic.

Writers, thank you for selflessly devoting so many hours to making this newspaper great. Without you, we would be nothing. It has been a pleasure to work with you and to help you grow as journalists.

Our Outlook Parents

Sandy, what would this newspaper be without you? The drama we put you through is unreal and your title really needs something else besides "Office Coordinator"... I'm thinking "Savior" may be a little more fitting. Thank you for being the one to assemble us and always go above and beyond to ensure the daily workings of this chaotic organization.

Oh Evelyn. I don't know what I'm going to do without you to give me daily pick-me-ups. You always know just what to say and most importantly, how to say it. You always ensure me that things are going to be A-OK. Thank you for being my office mom throughout my years here.

Professor Morano, the amount of knowledge and skill you have in this field is admirable and I can only hope that one day I can have the pleasure to have as many titles and established publications on my resume that you do. Prof and Dr. Novek, I've learned not only from your classes and from your advising, but from the exciting stories you have told us. It is these stories and advice that have gotten me through obstacles I've encountered while working here. Thank you for always leading and sticking by *The Outlook*.

To the entire communication department staff, Monmouth University has a true group of gems residing in Plangere. This department has more than education on its side, but tried-and-true experience as well which students have and will continue to benefit from. Thank you for acting not only as professors and staff members as a career, but as people dedicated to their students.

My Family

Mother, without you, there isn't a chance I would be writing this right now, because you are the one who instilled a love of writing within me when I was littler than I am now. You never doubted my decision to be a writer and even in the midst of a failing economy and millions of unemployed post-graduates, you continue to believe in me. Never once

have you doubted me. Never once did you say, "Maybe you should try something easier," but instead you told me to follow what I love and to hell with it, drop that finance major. Thank God.

Dad, thanks for keeping my life interesting with the craziness that seems to follow us wherever we go, because without you, I wonder if there would be many zany tales to tell in the first place.

Grandpa, thanks for always believing in me and sticking up for me when the going got tough. You are always there to give me advice that's sometimes wise and grandfatherly but more often than not, is more in the realm of remaining courageous and to not take anyone's shit. You're one tough cookie.

Dona, you were one to tell me on our way to the Poconos, "Maybe you should think about journalism." Even from all the way in Nashville, you still manage to be a great bestie and I've always known you're only a phone call away, although I like it more when you're just a drive away. From Rites of Spring to road trips to Hilton Head and running from packs of bees, I know that we will only continue to make our moms nervous when we tell them about our next greatest idea.

Alex, I never thought the girl from my girl scout troop who wanted to help me catch aliens in my front yard would be the one who... I still do that stuff with today. We packed these four years full of more fun than normal mischievous college kids could have and I have you to thank for that. One thing is for sure, it's never been boring when you and I are together. Thanks for being my partner-in-crime and for never being the one to say "that may not be a good idea."

Chelsea, I couldn't be happier that you are a part of our Howland family. Together, the three of us have run rampant down Cookman, slept many nights in rented king beds, and dealt with the obscenities that are the gingerbread house on 18 Howland. I know you're going to do great down in 'Bama and I can't wait to road trip down to see you (so you can introduce us to all the country boys).

Last Words

Although I'm sad that my time at Monmouth University and *The Outlook* has come to an end, this proves to me that I made Monmouth a home and anyone would be sad to leave a place as close to them as that. I couldn't be more thankful to President Gaffney, the Honors School, the Annual Fund, the friends I have made, and the organizations I was involved with to making my time here the best four years of my life.

One of my professors once said, "College doesn't teach you what to think. It teaches you how to think." From this magnificent university, I have learned how to persevere through adversity, prove all of the pessimists wrong, follow my own passions in life, work hard and later on, play hard, find the truth and the good in an unpleasant story and situation, and ultimately, be comfortable enough in my own skin to trust myself to move onto the next great escapade.

I have as much faith in myself as I do in the dedicated professionals who taught me here. I know that I can aspire to the things I hope to achieve, which are, but are not limited to, being a columnist for *National Geographic Traveler*, editing *Marie Claire*, having my own talk show (*Just Jenna*), having my own explorer television show (*Jenna versus Wild*), and being a novelist on the beautiful Jersey Shore. I also know that Monmouth University will continue to prosper and I look forward to seeing how it grows within the coming years. For Monmouth, as well as myself, I know that this is only the beginning.



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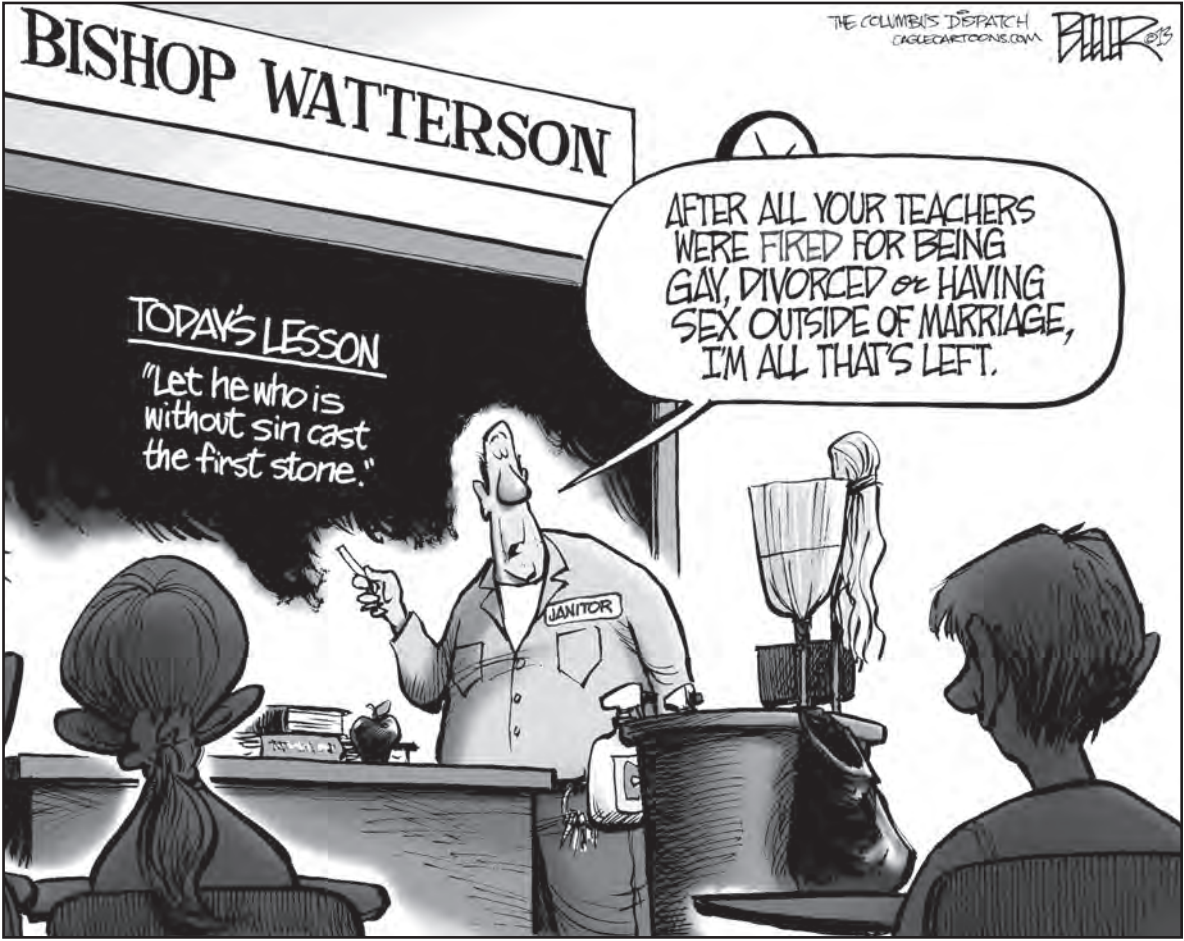
Thank You For Everything President Gaffney

THE OUTLOOK STAFF OPINION

As the school year comes to a close, some of us say goodbye to the University for good, while others simply say “see ya later.” However, this concluding school year is not only bittersweet for graduating seniors but at the end of May, President Gaffney will also be saying his final goodbye. Even though he will be missed, he will not be forgotten. Gaffney has truly left a lasting impression during his 10 years as President. Here at *The Outlook* we feel that he did a great job at making students feel they were important. He likes to keep the students’ best interests in mind. One example is when he chose to cancel classes before Superstorm Sandy even got close to New Jersey. He knew that students, along with the other members of the MU community, had to travel to all different places to be home with their families. One editor said, “He always put the students first above all else, which is rare to see in a President.” President Gaffney was sure to make himself visible, whether it was just walking around campus or an athletic event. Many of us at *The Outlook* remember seeing him at a football game, a basketball game or even a track meet that was three hours away in Maryland. Another editor said he met Gaffney while he was wandering around Bey Hall. Gaffney told him that he had just been sitting in the back of a random classroom observing. Any time he passed a student organization having a fundraiser,

he was sure to donate what he had in his pocket. Students could find Gaffney absolutely anywhere. A President being so present is not always common when it comes to other schools, but our University was fortunate enough to have this experience. During his 10 years here, he has helped produce a variety of advancements to MU. These contributions consist of the Multi-purpose Activity Center (MAC), Mullaney Hall, Joan and Robert Rechnitz Hall, the purchase of the University Bluffs (previously known as the Diplomats), renovation of the Guggenheim Library, the Information Management addition to the Edison Science Building and the soccer lighting project which added 84 1,500w lighting fixtures to the soccer field. Upcoming projects that he played a major role in starting include the new residence hall that will be built in place of Lot 6 and a bowling alley that will be built in Boylan Gymnasium. *The Outlook* has established a phenomenal relationship with Gaffney as well. He is the first person to congratulate us when we win any type of reward. Any time we need an interview, he is always willing to speak with us. Even if we ask him last minute for a quote, he is more than happy to help. Staff writers also felt comfortable enough to approach him and never complained once of having a difficult time getting in touch with him. His willingness to help shows how much he wants us to grow as reporters. Other schools and universities do not even know the name

of their President and do not get to know him on a more personal level. Other Presidents won’t even talk to the school newspaper. We are truly grateful for the incredible relationship we have with Gaffney. So, thank you to Gaffney for always being there whenever *The Outlook* needed him. He never came off as an intimidating authority figure, but he was still highly respected. It did not matter who you were or what title you had at the University, Gaffney treated everyone with respect and would listen to anything anyone had to say because he genuinely cares. He made every member of the MU community feel special. One of our senior editors at *The Outlook* says that he is really looking forward to the Gaffney-handshake at graduation. For the graduating seniors who may not know what the Gaffney-handshake is, be prepared. And for the senior girls wearing heels to the commencement ceremony, consider changing your shoe choice. This is a quality we are not pointing fun at. It is just one of the many things Gaffney is known for. Dr. Paul Brown will be taking over for the 2014 academic year. *The Outlook* is looking forward to seeing what he will bring to MU and we are hoping that we will be able to develop a relationship with him similar to the one we have with Gaffney. We feel that it is safe to say that Gaffney is the gold standard of college Presidents. It is truly sad to see him go. However, we wish him the best during his retirement.



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The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers. Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center. All copy must include the author’s full name and contact information. The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.

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Jobs Can Wait, Your Youth Can’t End of Semester Guide

ALEXIS CEPONIS
STAFF WRITER

Four years ago, I was graduating from high school, bringing 13 years of education to a monumental close. I headed to MU the following fall to begin my education as an undergrad. I remember feeling like anything was possible. I would graduate from MU, get a great job, make good money, eventually go to graduate school, and that would be that. Don’t get me wrong, I still expect those things to happen, but who says they have to happen the day after graduation?

One weekend during this semester when I was overloaded with schoolwork and barely had a second to breathe, it occurred to me that after I graduate, I have been in school for 17 years. That’s practically my whole life. I nearly had a panic attack thinking about how my life is basically over.

After I graduate, I will start working until I’m way too old to enjoy life or my successes.

Then I thought, if only I had just a few months where I could do nothing. No work, no school, no anything. Just relax.

I’m a firm believer in taking time off after graduating college before starting a career. When I say “time off,” I don’t mean time off from job searching, I just mean time off from working a typical summer job, and of course, schoolwork. I also don’t mean a year. I think that’s much too

long and employers view that negatively. I believe a few months of leisure, fun and relaxation while job hunting is a reasonable tradeoff.

My parents own a house in Santa Rosa Beach, Florida, so I thought to myself, wouldn’t it be perfect if I could live there for the summer? I would continue looking for job opportunities, but I would be doing it on a gorgeous beach in Florida. It seemed like the perfect plan to me.

When I asked my parents, they were quick to say “no.” They insisted that if I wanted to go to Florida for the summer, I would have to bring my brother or sister. They also added that by no means will I live there for the entire summer. I explained to my parents that my brother and sister have jobs so they are unable to take off even two weeks to go to Florida with me, thus proving my point that this opportunity will never arise again.

It scares me to think that I will never have this time back. I will not be in my 20s forever, and I will never have another opportunity to spend an entire summer in Florida. Careers, family, children, money, and graduate school will all eventually force me to settle down, likely back in my hometown of Montgomery, New Jersey. I’ll then begin a repetitive life of a 9 to 5 job, trying to balance my money while paying back my student loans, and all spontaneity and excitement in my life will be lost.

I guess I’m just not ready to dive



IMAGE TAKEN from singletripadvisor.com
Some seniors choose to begin careers immediately after graduating, but others choose to spend some time relaxing.

into the job market just yet. I don’t think I’m being lazy. I am excited to work, I just think it’s necessary to take advantage of this time in my life before it’s too late. It may not be the right thing for everyone.

All I know is that I would hate to look back at this time in my life and regret not taking advantage of this allotted “me time.”

The way I see it, I have the rest of my life to work, only eight more years to be in my 20s, and only three months to have a summer completely to myself.

RACHEL GRAMUGLIA
STAFF WRITER

There is a light at the end of the semester; it is called summer. Now is the time when students are itching to get out of class and get to the beach. Despite craving to make it out of the semester alive, we have to buckle down and finish the semester strong.

End-of-the-semesteritis has to be an actual term, at least in the college world. The end of the semester is the toughest part. Students have projects, term papers, presentations, homework, and let’s not forget the whole sleeping and eating thing.

Students have so much on their plate that it could satisfy someone’s hunger just by thinking about it. All of the projects, presentations, papers, and internship deadlines are looming over our heads, blocking our view of summer at the end of the semester.

But wait just a flip-flopping sun-screened second. There are ways to fight end-of-the-semesteritis. First things first, breathe. I’m not talking quick short breaths as you experience a nervous breakdown. I’m talking deep slow breaths. The quicker you breathe, the less carbon dioxide you give off, so in moments of hyperventilation, your body uses less oxygen, you’ll feel weak, and you won’t be as productive as you would be if you just breathe. So when you do find yourself getting stressed, remember to sit down and breathe. You’ll be able to clear your mind and it’ll help you

buckle down and focus on the tasks you have to do.

Another thing that can help you see that summer light at the end of the semester is time management. Plan out all of your deadlines in a planner, and anytime you complete a task, cross it off, and the pay off will feel so good.

Last, but certainly not least, take study breaks. Giving yourself short study breaks allows for the information to sink in, and it is perfect for giving yourself a breather from all of the academics you’ve been inhaling for the past hour and a half. After an hour or so of studying, take a break, a sip of Juicy Juice, listen some music, and chill out for 20 minutes. You’ll feel refreshed and ready to get back to work.

MU students are trying to beat end-of-the-semesteritis and some students are looking forward to the end of the semester to start new opportunities during the summer. Anna Chamberlain, sophomore, is focusing on getting her work done in order to start her internship in the summer.

“As of now, I just need to get my work done,” said Chamberlain. “But I’m looking forward to the summer because I’ll be interning, and I’m so excited to get started.”

So, breathe because it is almost over. Summer is fast approaching and we are all ready for it. We just can’t get too ahead of ourselves. So get to work on your presentations, projects, study guides, and papers. And don’t forget to do the whole sleeping, eating, and showering thing.

Staying Jersey Strong

ANNA CHAMBERLAIN
STAFF WRITER

In October, our state suffered one of the worst storms that it had seen in a century. After Sandy had hit, it looked like it would be a while until we recovered. I remember seeing houses gone, debris everywhere, and people looking so lost, as they had no idea what to do next.

However, out of this natural disaster, I saw something that I had felt disappeared for a long time: our community spirit. After winter break, I couldn’t help but notice that my fellow students were more empathetic and aware toward one another.

Along with other communities banding resources together to rebuild, Monmouth stepped up to help. As soon as school was back in session, our student body came together to do what they could to aid the community that we all have become apart of. Greek life held multiple fundraisers, we held different types of food and clothing drives, and at every one I saw my fellow students, along with myself, giving what they could.

“I think that people are helping out each other more, and a lot of people are giving. People have been giving money to help those in need, which I think is great,” said Alex Lustig, sophomore. “I really feel that the community is stronger and that has carried through the semester.”

Even though it was a horrible tragedy, I feel that a positive change came out of this. Along with a strengthened bond among our student body, there was a change of heart among our students. I see people being a bit friendlier, including myself, and the petty ideas that used to bother us are now moot points.

We have seen what is truly important after dealing with situations out of our control where we had to rely and focus on each other in order to pull through.

One aspect I saw that really showed a shift in our school was the faculty. From the moment I

stepped into my first class after we returned, every teacher was asking how we were all handling the situation. Each one of my professors offered extra office hours, textbooks, and modified their syllabi in order to help students reach the end of the semester successfully.

Even professors who lived further away from the school were making sacrifices to make sure that every student who needed help had access to it, and I think other students would agree that it made the transition back to class much easier after Sandy. Even now they are still acting as a support system for students affected by the super storm.

“Last semester, even though we only missed one meeting for my child psychology class, my teacher was more concerned about safety than about being in class. She sent me the lectures because she knew people were not going to be there,” says Nicole De Fonzo, junior social work major. “Most of them [the professors] asked [this semester] if anybody was impacted by Sandy. I know that some professors were impacted, as well. So they understand what everyone has been going through.”

Even though it has only been six months, so much has been rebuilt. There have been groups of students and adults braving the cold weather to help repair the destroyed communities and beaches to be ready for spring and the upcoming summer. Even citizens from out of state have been here rebuilding the boardwalks. Sandy was a storm that impacted us all, and I’m sure an event that we will never forget.

However, from this I have seen people grow closer, and act a bit more kind as this even a created a large attitude shift in our community. Now every time I see a “Restore the Shore” shirt, or a “Jersey Strong” bumper sticker, I can’t help but feel a sense of pride at how far we have come since October. We, Hawks have truly flown together through this storm and have emerged stronger.

Adventures of Me and My Kruizer

VICTORIA JORDAN
STAFF WRITER

Graduation brings goodbyes. Farewell to professors, dorm rooms, classes, and an invincible attitude. It also brings about a change in friendships. The classmates of four years, the roommates you lived with, and the friends you went out with are no longer right across the hallway from you. I have a different kind of story with something I consider to be one of my best friends. With it, I have not only made unforgettable memories but also hilarious life lessons that I am thrilled to share. These are the adventures of me and my beach kruizer.

I was given my beautiful orange beach kruizer on my 19 birthday, the summer before sophomore year of college. I know I said that this story is about the four years of college, but I had a mountain bike my freshman year and that just doesn’t add any interest to this story.

On my birthday, I knew that this bike would be the pride and joy of my next three years at MU. I would ride it everywhere: class, the beach, Dunkin Donuts, friends’ houses, the gym, you

name it and that bike was with me. As I finish my last two weeks as a college student, my bike is still by my side. The two of us have learned many lessons of everyday life.

“Late” is not a word in my vocabulary. There have been numerous mornings where I find myself rushing to get to my 8:30 class. By 8:25, I am zooming by everyone on the road and through campus. By 8:27, my bike is locked. By 8:29, I am sitting in my seat with my notes out ready to go.

Not only do I have to thank my legs for pedaling so quickly, but I also learned that time management does not always mean balancing several responsibilities. It can simply mean making sure I am not rushing myself to get somewhere important.

Although I will be taking a train into work from now on, I realized that being rushed isn’t always the safest option. The good thing about riding a bike everywhere is that I wasn’t operating a vehicle going 60 mph in a 35 mph zone, so I would never get pulled over for how fast I was going. This brings me to lesson number two.

People cannot drive, at all. When you are in a car, you can beep, yell,

curse, or turn up the radio when your blood starts to boil. When on a bike, it’s not that easy. I have learned how to swerve, jump curbs, and speed across the street.

My reaction time has improved about 100 percent because of the many times I’ve had to do so. I witness more things when biking down streets than people driving ever will, such as how four out of five cars are driven by people that are either texting or eating. Right turn signals seem to be out of style too. I’ve had to slam on my brake pedals countless times because apparently I’m invisible to the drivers that fail to see a bright orange bicycle crossing the road. Slamming on bike brakes isn’t a pretty sound, and I’m surprised I haven’t broken my chains yet. Not only am I grateful for the many times I’ve gotten lucky making it across the street safely, but I’ve also realized how much more conscious I will be when I get behind the wheel of my car again.

Safety come first on the road. I should probably invest in a helmet. Speaking of people not being able to drive brings me to my last point.

A baby can crawl faster than people can walk. This is partially because babies aren’t physically capable of texting. It still amazes me how many times I’ve come close to slamming into someone because they cannot choose on which side of the walkway to stay. Surprisingly, I have only biked into someone once, and it was one of the funniest moments of my life. If you are one of those people that is constantly staring down at your phone while you are walking, please occasionally look up to check out the world around you. You may not realize the beautiful rainbow above you or the speeding bicycle riding behind you. Although I am guilty of the occasional text-walk-and-don’t-look-up syndrome, I’ve learned to consider my surroundings both while I’m walking and biking. It’s a safer world for everyone that way.

Even though these three lessons aren’t the most life-changing, they have really defined the most memorable experiences on my beach kruizer. My bicycle is the one thing I will not have to say goodbye to when I graduate, but I hope to kiss those crazy experiences farewell for good.



PHOTO COURTESY of Victoria Jordan
Victoria Jordan (above) has learned more about life while riding her beach kruizer than she could have while driving.

Tsarnaev Charged as American Citizen: MU Reaction

BRITTANY HARDAKER
STAFF WRITER

As alleged suspect, Dzhokhar Tsarnaev, 19, lies in a hospital bed awaiting police interrogation just two weeks after the 2013 Boston Marathon bombings and several days after the manhunt that resulted in his capture and the death of his brother Tamerlan, 26, questions have turned to motive.

As the investigation commences, a new question arises as to whether the surviving Tsarnaev brother, a naturalized American citizen, should be tried as a U.S. citizen under the American legal system, or as an “enemy combatant.”

Dr. Michele Grillo of the Criminal Justice Department explained that the term “enemy combatant” is a general category that includes two sub-categories: lawful and unlawful combatants.

She described that while lawful combatants receive prisoner of war (POW) status and the protections of the Third Geneva Convention, a treaty that defined humanitarian protections for prisoners of war, unlawful combatants do not receive POW status or the full protections of the Third Geneva Convention.

In the case of Tsarnaev, Grillo expressed, “Many in the U.S. government wanted surviving suspect Dzhokhar Tsarnaev to be treated as an unlawful enemy combatant. As such, he would not receive protections under the Third Geneva convention, nor the civil or federal laws of the United States.”

The Obama administration has retired the term “enemy combatant,” used by the Bush administration to justify the indefinite detention of terrorism suspects after September 11, 2001. However, the President has retained the right to detain indefinitely those who provide ‘substantial support’ to the Taliban, Al Qaeda, or associated forces.

The Obama administration announced on Monday that even though Tsarnaev is being prosecuted under American law, the F.B.I plans to delay reading him his Miranda Rights, citing a public safety exception.

The exception will allow law enforcement officials to first ask Tsarnaev questions relating to any other terrorist or violent attack that could compromise the safety of the American public.

Grillo described how she was relieved to learn that President Obama determined that Tsarnaev was not an enemy combatant, and would be prosecuted under the U.S. civil law.

“When I first learned that Dzhokhar Tsarnaev might be considered as an enemy combatant, my immediate reaction was

there is no way the U.S. could legally do this. I also felt that the U.S. would be taking this case too far, thus setting an improper precedent for the future,” she said.

She further explained, “Tsarnaev is a U.S. citizen, and U.S. citizens cannot be tried in military court. Military commissions lack jurisdiction unless a suspect is defined as an unlawful enemy combatant.”

“The U.S. cannot consider a citizen as an enemy combatant, unless the government could prove there is a direct link to a terrorist group, such as Al Qaeda,” she said.

Grey Dimenna, Vice President and the University’s General Counsel, stated his personal belief on the matter.

Dimenna said, “It appears that the White House is correct that under current law, because Tsarnaev is a United States citizen, he must be criminally prosecuted as such and not as an enemy combatant outside the regular court system.”

Dimenna, a graduate of Syracuse University College of Law, who has been practicing law for 34 years, explained that even if there were no law on this matter, he would still support Tsarnaev’s prosecution under the court system as opposed to an enemy combatant.

He said, “One of the bedrocks of our great country are the rights that we enjoy under both federal and state constitutions and laws. Those rights extend to all citizens, including those accused of criminal activity. That includes the concept of innocent until proven guilty and those rights are available to all, even those for which there is little doubt of their guilt.”

Dimenna described how these rights set us apart from many of the terrorist groups who seek to attack the United States, groups who do not believe in such rights and often come from countries that do not extend such rights to their citizens.

“Unfortunately, we have seen over the course of our country’s history that in the face of a crisis that threatens our security, a rush to curtail our constitutional and other rights in the name of protecting ourselves,” he said. “I see the country going down a dangerous road where individual rights are trampled in the name of security.”

Dimenna expressed, “In my mind there needs to be a balance between security and citizens’ rights under the Constitution and laws. One of those rights that I believe needs to be preserved is the right of every citizen charged with a crime to be tried under our judicial system.”

In the wake of the Obama



IMAGE TAKEN from <http://stmedia.startribune.com>

The three victims of the Boston Bombing (from left to right) Krystle Marie Campbell, Martin William Richard and Lü Lingzi, as well as MIT officer Sean A. Collier, who died during a shoot out with the suspects, are being remembered at multiple services across the country.

administration’s decision to try Tsarnaev as an American citizen, he has admitted to authorities that he and his brother were planning to drive to Manhattan and detonate their remaining explosives in Times Square, an article from *The Washington Post* explains.

Unable to speak after being wounded in a shootout with Watertown, MIT police, the 19-year-old college student regained consciousness Sunday night and began answering investigators’ questions in writing. He stopped talking, however, after lawyers were appointed for him, the article described.

Christian Klein, a senior business management major, believes that Tsarnaev should be tried as an enemy combatant. “He just gained full citizenship on September 11th of last year. While yes, he is technically an ‘American’ he is not a native. He and his brother both had no American friends and tried to shadow Chechen/Muslim acts of terror on American citizens.”

He explained his Tsarnaev is being tried for weapons of mass destruction (which is a federal charge and carries a punishment of a death sentence, even in states like Massachusetts that do not allow capital punishment) and also which is rarely ever used on an American citizen.

“I think Timothy McVeigh was the last one to be tried like this for the Oklahoma City bombing. This animal should not be given the option. In my eyes, he waived his citizenship and his status as an American when he chose to harm innocent people and take peoples lives and limbs,” Klein said.

Michael Rosas, a junior communication major, said, “It would be dangerous to make exceptions on certain citizens. Setting that precedent, the ability to make exceptions could have awful consequences.”

He explained how we have put domestic terrorists in jail and have given them the death penalty in the past, and doesn’t see why this case should be any different.

Rosas said, “I think the best idea would be to treat this person as a citizen, not to protect him, but to protect the rights of all citizens because you never know if and when society will turn on you.”

Dr. Gregory Bordelon of the Political Science Department explained that during times of war, the president’s power has become increasingly unilateral despite Congressional efforts to curtail it. Yet, he described, “The American people seem content with this disproportionate balance in times of international hostility.”

He referenced Supreme Court case *Ex Parte Quirin* (1942), in which German-born U.S. residents, who were Nazi sympathizers, were arrested before they could commit acts of war on the behalf of the Nazi regime, setting a precedent which broadened the scope of executive discretion during times of war.

“This discretion encompasses the processes by which enemy combatants can be tried and the President can elect to have military tribunals to try them in lieu of the civilian court system,” Bordelon said.

He mentioned that Tsarnaev, if held as an enemy combatant, would make it the first time that an American resident was arrested for an alleged terrorist act that took place on American soil that seemingly has no connection to the fight against terrorism or Al-Qaeda.

“We have a strong presumption in our American justice system that all alleged criminals are innocent until proven guilty,” Bordelon said. He explained how the fate of Tsarnaev’s case now ultimately lies with the discretion of the Judicial Branch.

Politics Quiz

1. Who are the two United States Senators from New Jersey?
2. How many justices are on the United States Supreme Court?
3. How many amendments are included in the Bill of Rights?

ANSWERS: 1. FRANK LAUTENBERG AND ROBERT MENENDEZ; 2. NINE; 3. TEN

Presidential Quote of the Week

“A nation that is afraid to let its people judge the truth and falsehood in an open market, is a nation that is afraid of its people.”

PRESIDENT JOHN FITZGERALD KENNEDY
35th President of the United States

New SGA President and Vice President Hope to Tackle: Priority Registration, Perspectives Courses and Others

CHRISTOPHER ORLANDO
POLITICS EDITOR

Kelly Craig and Alexandra Tuyahow have been elected President and Vice President of the Student Government Association for the 2013-2014 school year and are looking to take their prior experiences and apply them to their new positions.

Craig is a 21-year-old junior political science major from Monroe Township. She is currently a residential assistant and a member of the Political Science Club on campus. Next year, in addition to being SGA President, she will be co-captain of the University Debate Team and will serve as President of the political science honor society, Pi Sigma Alpha. She also works for human resources on campus.

When Craig joined SGA in her freshman year, she was involved in the "Giving Tree" Campaign. During her sophomore year, she was chairperson of Spring Fest and named historian, which is an executive position for SGA. This year she served as Vice President with Oscar Sanchez, senior communication major.

Tuyahow is a 20-year-old sophomore business/accounting major from Farmingdale, NJ. She is currently a member of the sorority, Delta Phi Epsilon and works for Student Services on campus.

Student issues that Craig and Tuyahow want to deal are priority registration, the reasoning behind the perspective courses that seniors are forced to take and to focus on their relationship with Aramark. Both Craig and Tuyahow invite students to approach them with their thoughts on these issues so they can speak the students' minds.

One of the major problems that Craig and Tuyahow hope to combat is student involvement.

One way that Tuyahow mentions is the "Open your MonMOUTH" campaign, which allows students to connect to SGA. Tuyahow also hopes to eliminate rumors, such as the amount spent on landscaping and wants to encourage more students to join SGA as

general members, which any student can be.

Craig agrees that she would like to see more students become general members. She wants to get more students involved in the Fresh-Start program which is a program to help freshmen contribute to SGA. Craig does say SGA has increased its amounts of general members in the past year.

Lack of school spirit is one of the issue that Craig and Tuyahow said SGA has attempted to address in years past, especially athletic games. However, Craig said, "We are trying to encourage people to support the student-athletes, but we need the student-athletes to support student leaders. We need an overall support of each other and that will come from working with other clubs."

Craig said that student school spirit must come from the freshmen to the seniors. "School spirit must be a from-the-ground, grassroots movement." Craig said that one of the main areas they need to focus on is getting the freshmen involved earlier. However, Tuyahow said that school spirit comes from students who are more involved. "The more involved you are, the more school pride you have," said Tuyahow.

Tuyahow said that another great reason to join SGA is the professional opportunity it offers. Tuyahow said that multiple members of SGA meet with deans, vice presidents and members of residential life. Tuyahow invites all students to come to one meeting to "see what gets done."

Craig said that students come up to her inquiring about events or issues happening on campus, but said that "There may be a student in your class that is part of SGA who can assist you as well."

When Tuyahow joined SGA in her freshman year, she assisted in planning the "Holiday Bizarre." This year she was chairperson of "The Big Event" and now serves as PresidentPro-Tempore.

Craig believes she is prepared to be president because she has gone through every part of SGA and has

risen through the levels. Craig said this gives her a knowledge to what every person is going through. She said that the other roles that she has had contributed to her having a well-rounded knowledge of campus.

"The other roles I have had on campus gives me a knowledge of campus. Being an RA, I get to have that residential side, but then working with human resources I get a connection with the faculty. Being in my academic area, I get to understand more of the academic side and understands what all students are going through," said Craig.

Tuyahow has also gone through every level of SGA and wants to be the person that members of the Senate can turn to aside from Craig.

Tuyahow said that her job at Student Services has given her an advantage for next year. "Working for student services, I see everything our secretary Betty, our secretary does. I get to see everything that happens behind the scenes and that's something I feel a lot of members don't get to see," said Tuyahow.

Craig said that even though it may be corny, the University is her second home. She does admit that after freshman year if it were not for SGA, she may not have stayed. She wants the chance to give that same opportunity to someone else. "This job gives me a chance to reach out to many different groups on campus," said Craig.

Tuyahow said that SGA is her main priority over any other campus activity and wants to inspire other students involved in SGA. She said, "I want to be the leader that inspires the leaders."

One of their goals for next year is to reach out to multiple clubs and get a lot of them involved such as the "Wave of Hope" benefit concert, which according to Craig, had eight or nine clubs involved and raised over \$1,000 for Sandy charity. Craig also wants to strengthen bonds with alumni and administration.

With a new President coming in for the 2013-2014 academic year, Craig and Tuyahow hope to have a similar relationship that they have had with

President Paul Gaffney II, who will retire after this year concludes. They hope to sit down and discuss campus issues with Dr. Paul Brown, the new president, early in the 2013-2014 school year.

"He [Brown] seems like he supports the students, which is what we are here to do and hopefully it will open more doors to us because it will help to have someone with a fresh outlook and new ideas," said Craig.

Another issue facing SGA is the state of the economy. Craig and Tuyahow said that they are given a budget every year to allocate funds to the clubs on campus. However, this year SGA was not given an increase in the budget, but clubs and organizations are asking for more money due to the rising costs of traveling and food, among other needs.

Oscar Sanchez, current SGA President, said that he expects great things from Craig and Tuyahow and offers some advice.

"I would tell the ladies to remember that as hectic and stressful as times may get, SGA is also an organization

where great memories and relationships could be built. If it's all work and no play, they'll miss out on those opportunities," said Sanchez.

Vaughn Clay, Director of Off-Campus and Commuter Services and co-advisor of SGA said he is very confident in Craig and Tuyahow's ability to lead SGA.

"I am confident that they will continue the tradition of serving as the voice of the Monmouth University study body and in promoting the concepts of engaged student leadership," said Clay.

Mary Anne Nagy is Vice President for Student and Community Services and co-advisor of SGA with Clay. Nagy has been working with SGA since 1994.

Nagy said that the best advice she has for Craig and Tuyahow is to keep an open mind like they have in prior positions in SGA.

"They may be particularly passionate about an issue but they are also open to all sides and that's very important when you move into a leadership role," said Nagy.



PHOTO COURTESY of Kelly Craig

Kelly Craig (left) and Alexandra Tuyahow (right) will be President and Vice President of Student Government Association (SGA) for the 2013-2014 academic year.

LSAT Prep Classes: What Advantages Do They Offer?

DYLAN MAYNARD
CONTRIBUTING WRITER

As a prerequisite for all law school applications, the LSAT is important in evaluating a student's ability to place in the best legal program possible.

Many people believe that the LSAT is a test on the law; this is not the case. The LSAT is an exam that primarily tests one's skills in logical thinking and critical analysis.

With "Logic games," logical reasoning, and reading comprehension, the test focuses on three main sections in addition to a writing sample and an experimental section, and is scored from 130 (lowest) to 180 (perfect). As the test draws closer, many students have a myriad of questions regarding how anyone should prepare for the LSAT. Generally, there is no specific time one should begin preparation. Many students begin their training at different times before test-day.

The most popular test dates are in June and October, according to Dr. Gregory Bordelon, lecturer of the political science department and the pre-law advisor for students at the University. Bordelon explains there are several reasons he pushes for students to take the LSAT in June.

"First, the June test will allow a reportable score to come back before the fall semester of the student's senior year starts and that

way, the student has more time to realistically research law schools, look at historical LSAT scores of those schools prior admitting classes, speak often with their pre-law advisor, and really do their homework on whether law is for them."

Bordelon continued, "The June test puts students in the most attractive position with a highly selective process known as early admit decisions where some of the more elite schools open up a few

"Success on the LSAT comes from being able to spot the question types and managing the question prompts and answer selections."

DR. GREGORY BORDELON
Pre-Law Advisor

seats for potential candidates before regular admissions decisions begin."

"If the student would have to take the LSAT over [which, if they prepare the way they should the first time around, hopefully not!], they could in October without getting too deep into the admissions cycle to lose a competitive status," said Bordelon.

He goes on to explain that achieving success on the LSAT is differently than other exams.

"Success on the LSAT comes from being able to spot the question types and managing the ques-

tion prompts and answer selections – all under timed conditions. These skills are what students need a regimented preparation period for," said Bordelon.

The most popular form of LSAT preparation comes in the form of classroom instruction. With well-known companies like Kaplan, it is easy to gain the assistance of professionals who have, scored highly on the LSAT. Many believe the courses to be advantageous due to planned time the class provides. It

forces students to contribute their time instead of procrastinating or neglecting their studies.

Senior political science student Lexi Todd, who is set to attend St. John's University School of Law fall of 2014, attributes her success on the LSAT to the Kaplan course.

Todd said, "Kaplan's prep course was extremely helpful in preparing for the LSAT. I took an eight-week course that met twice a week for three hours over the summer. The actual classroom experience was a major plus because it forced me to set aside time to study. The course ran up to about a month before the

October test."

Todd continued, "During that month, I continued to prep on my own with all of the practice material Kaplan had provided. Kaplan also has each student take multiple full-length and timed LSATs throughout the course to measure students' progression. From start to finish, my score improved 12 points."

The only visible drawback of the Kaplan course can be witnessed in its price. Running at \$1,400 for the

"I put in a total of about ten hours of prep for the LSAT. When I did prep, I looked at LSAT questions and their answers and attempted to understand the reasoning in a way that made sense to me. I do not believe [the] Kaplan [course] would have been beneficial to me because they teach ways in which to understand the LSAT by their terms," said D'Amore.

D'Amore continued, "However, I do think I could have benefitted from their lessons on logic games. That was my weakest section, and it is a bit more difficult to understand independent of instruction. I have always read, and I believe that was why the logical reasoning and reading comprehension came so naturally to me. You dissect those problems like you dissect any piece of literature," said D'Amore.

Although Kaplan provides students with testing materials, it is easy to see that past tests and questions are easily available to students and can aid greatly in independent study.

With drawbacks on both fronts, there is no clear answer to the most beneficial method of LSAT prep. Individual preference dictates what will be most helpful for students to obtain the highest score possible. To gain a better understanding of what your preferences are and where to start, students should contact Bordelon or Dr. Enoch Nappen, who are the pre-law advisors at the University.

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The Monmouth University Board of Trustees*

“It’s Something Unpredictable, But in the End is Right”

BRETT BODNER
EDITOR-IN-CHIEF

It’s hard to believe that it has been four years since I stood beside my best friends at high school graduation. I never thought things would get better than those times even though I was always told that college would be the best four years of my life. After going through it, all the people who told me that were one hundred percent correct.

Monmouth has been an unbelievable experience for me. I got to do so much and meet so many great people. Some of whom, I’ll be friends with for the rest of my life. There’s not enough time or ink to write down all I want to say about the people I’ve met, but here are some shout outs I was able to fit on one page:

Mom: Thank you for your unwavering support through everything over these four stressful years. You’ve always been there for me and have helped me get through whatever obstacle I had to face. You’re not only my mom, but you’re my best friend and I’m lucky to have the greatest mother in the world. I just hope you’re prepared for me to move back in for the first time in three years, haha. Love you!

Professor Morano: I learned so much from you in the past four years and since I’ve come to college, you’ve helped me increase my writing skills. You’ve been a great advisor to me and have given me many life tips that I will always remember. Thank you for all the help and aid throughout the years and I hope to still keep in touch with you after graduation.

Brothers of Phi Kappa Psi: Hey jerks. I know I wasn’t around that much this year, but that doesn’t change all of the great times we had over the past four years. From the beta class to the Bod Zone, the memories and stupid stuff we did will always be something I cherish. Gregg, Kyle Evans, Kyle Walter, Matty Ferns, Brandon, Shane, Casey, Miggs, Jeff, Tom, Decarlo, Deeg, Sean, Kinsella, Crazy John, Fichera, and everybody else, I love you all. Live ever, die



never boys.

Andrew/Arod: Where do I begin? You’ve been my best friend since the fifth grade and now we’re graduating college together. You’ve always been there for me through the good times and the bad. You transferring here freshman year when things weren’t really going great for me, really helped me through that time. I may be an only child, but you’ll always be the brother I never had.

Cody: Codyyyyyyyyyyy. I bet you never imagined you’d meet a person as strange as me or have a little who is out of his mind. But you do. There are way too many good times to discuss here, but I think it’s fair to say, college would not have been the same without you. You taught me a lot over these past four years, like how to handle my alcohol and at times, maybe not handle it so well. Regardless, you are and always will be one of my best friends and I couldn’t have

asked for a better big. I know I can always count on you and you’re always there when I need someone to talk to. Gotta love the code breaker (Holding up a C).

Sandy: Mornin’! I always said you’re like my mom away from home and I meant that. Whenever I had an issue I would turn to you and you would always listen. We all know you would fight a war for any person in that office and are always looking out for us. Thank you for all that you’ve done for me over these last four years and I’m going to miss you a lot. Although I’m sure we’ll stay in touch and we’ll all grab the occasional beer at Johnny Macs, haha. Love ya Sandy.

Evelyn: Hey Mama. You’re the first and probably the last person who will tell me that I better wrap my s*** with aluminum foil. Like Sandy, you’ve been like a mother to me, one with no filter lol. That’s fine by me though because I wouldn’t want it any other way. Thank you for everything you’ve done for me over the past four years and I hope to still be close with you after graduation. Love you Evelyn.

Gina: Ahaha! Wahoo! This year was so weird without my favorite giggling person. But you trained/prepared me well for this year and I couldn’t have done it without you. You’re the sister I never had, I love you and thank you for letting me vent to you all the time. Hopefully I’ll get the APP job and I can go back to driving you insane once again. #Waboba.

Anthony: Can you believe we might be working with each other once again? Maybe you can treat me to lunch one day if we do. Don’t worry I won’t hold my breath Mr. cheap skate. See you soon.

Joanna: OOOOOWANNAAA. Love you and thank you for making my college experience great, especially with all the craziness of last summer haha. Keep doing great things and I hope you come back to the tri-state area soon.

Matt: Comics editor! One of the purest and greatest people I know. I can’t wait until you become the next Roger Ebert or the next Stan Lee. It’s only a matter of time before you make it Matt. Keep being you and great things will happen.

Frank: Ah, the first person to take me under their wing in college. I have so much to be thankful for from you. You taught me a lot when I joined *The Outlook* and you introduced me to Phi Psi. I’m forever grateful for these two things and you still continue to be a very good friend of mine who is always open to helping me when I’m in need. We’ve had our fair share of arguments, but our friendship has survived it all. Thanks for everything you’ve done for me.

Commando: Streak! You’ve grown a lot since you first stepped into your position last year. No longer do you just have a grasp on journalism, but you have developed an understanding of journalism as well. I know you’ll play a huge role in keeping the quality of the paper up. Good luck being the only male on staff next year and try to keep your streaking to a minimal.

Angela: The backpage savior. Thank you for all of your hard work this year and I know you’re gonig to be an amazing News Editor next year. Best of luck to you and I hope you keep in touch.

Nana: Nana! Thank you for doing a awesome job this year. I really hope you have a great time studying abroad and that you come back to the paper in the spring. You’re a great writer and I wish you the best.

Netta: Netta! We missed you this semester, but I just wanted to thank you for all you’ve done over the past four years. You will always be the God of Photoshop in my eyes and hopefully our Devils don’t suck again next year. Keep in touch buddy.

Morganne: Khaleesi! It was really

nice working with you over the years and yes you still intimidate me and scare me haha. But, really you were so helpful this year and I couldn’t have run this paper without you.

Nicole: Oh, the person I fear the most on staff haha. But, really thank you for keeping me in check this year and for yelling at me when it had to be done. You did an unbelievable job being a section editor and you have really come into your own. I wish I can be around next year to see how you could make the section grow even more. Thank you for all your hard work and for putting up with my weirdness. I’ll miss you, but I’m sure we’ll keep in touch. P.S. Just because I’m gone doesn’t mean you don’t have to stop calling people out. Someone’s going to have to do it next year. See you soon Don’tmessabrook.

Maggie: Hi wraggieeeeeee. I’m sad I won’t be seeing you all the time anymore. You really are the truest and kindest girl I’ve met at Monmouth. Don’t ever change the way you are and I know you’re going to be a great sports editor. Just be sure to give every sport some love. If you ever need anything I’m a phone call away and I hope we stay close. I still don’t understand how you never got annoyed with me all year after the constant wraggie comments lol. You are one hell of a strong person. Be a good wraggie and I’ll see you soon.

Alex: It’s sad to see you step down as an editor of *The Outlook*, but I really do wish you the best of luck with your writing. I hope to see you at a book signing one day when you’re on the best sellers list and you can elegantly tip your hat to me. It’s been a pleasure working with you, making you shake your head on numerous occasions with the outlandish things I say and I wish you all the best going forward.

Alyssa: HI ALYSSA. FOR YOUR GOOD-BYE I FIGURED IT HAD TO BE IN ALL CAPS. I’VE SAID IT SEVERAL TIMES AND I MEAN IT. YOU’RE MY FAVORITE AND I’M REALLY GOING TO MISS YOU, YOUR LOUDNESS, AND YOUR WEIRD CACKLE/LAUGH. YOU COMPLETELY REVAMPED COMICS AND MADE IT YOUR OWN. YOU’VE GOT A GIFT IN DRAWING AND THERE IS NO DOUBT IN MY MIND YOU ARE GOING TO BE SUCCESSFUL IN WHATEVER IT IS YOU DO. I’LL MISS YOU! (IMITATING YOUR LAUGH) “NOBODY ASKED YOU BRETT!”

Casey: Ow OOOOOOOOO. Oh, the silent but deadly Wolfe. It’s been really nice working with you these past two years and I’m pretty sure you’re still confused how my brain works lol. I’ve always thought you were the quiet one, but this year you proved that you have the characteristics of a leader. I would not be surprised if you were next in line for Editor-In-Chief when Jackie graduates. Anytime I needed help with anything you were always one of the first to step up. Keep working hard and making me proud. Thanks for everything and just try to avoid the office when the moon is full. “Stop it!”

Jackie: AOA! To say we’ve had our highs and lows would be an understatement. It’s been a very interesting year, but we got through it. I hope you feel that you’re prepared for next year and I know you’ll be fine as the new boss. Keep pushing the paper forward and make it even better than it already is. Best of luck to you and be great. If you ever need help or any-



thing, remember I’m always a phone call away, even if I move to Canada lol.

Alexis: Alexass! Yes, that’s actually how I started my goodbye to you, but did you honestly expect anything less? You went above and beyond for this paper and I’m very grateful for everything you did this year. I know we’ve had our ups and our downs, but I look at you as a very close friend and I really hope us graduating doesn’t change that. I know I’m going to miss annoying you on a daily basis. Good luck with your job and I know you’ll be great at it, just try not to speak to people with the puppy voice. Always remember, “Do good.”

Ad Girl: ATG. GTA. Barter. Who’s Kelly? Your life is going to return to normalcy in that office when I leave and people may actually begin to call you Kelly again lol. We’ve grown very close since you first scowled your way into the office. From talks about life, hockey, and half page ads we’ve been through a lot. Thank you for being one of the best friends I’ve met in college and for always being there for me. I know we’ll stay close after I grADuate and the Rangers will always play second fiddle to the Devils. Ad that Girl. Girl That Ad.

ED!: The king of the sports! Can you imagine what college would have been like without having your name screamED every time you walk in the office? It would probably have been a normal experience. Anyway I’ve said it before and I’ll say it again, you were a much better sports Editor than I was. You did great work this year and you made me proud. More than that, you’ve been one of my best friends these past two years. From “What beers do you have on tap” to Game of Thrones talk to adding those girls, it’s been a great past two years. I hope your RG3 recovers and gets you and your rEDskins a Super Bowl title. I look forward to us both becoming sports writers and to seeing you be successful.

Nick: HICK! NODGE! I bet you can’t wait to not hear that every day. But let me be serious for a moment. Ever since the first day you walked into *The Outlook*, our friendship has grown. We bonded over good tunes

and of course the occasional beer. I know you say that friendships always change, but I really hope ours doesn’t. I look at you as one of the best friends I’ve met in college, even though I’m sure I drive you and everyone else crazy most the time. I’ve said it before and I’ll say it again, if you apply yourself I truly believe you can be one of the greatest writers/journalists there was between your people skills and writing skills. Always remember that.

Jenna: Had to save you for last and I’m not going to lie I teared up writing this lol. I still remember being a scared little freshman who commuted and knew nobody. Then I went to intro to communication and that’s where I met you and Goldie. I’m sure you liked me better then because that’s before I annoyed the crap out of you, but I still look at you as the first real friend I made in college. As much as I drive you insane, you’ll always have a special place in my heart and you showed me that Monmouth wasn’t such a scary place after all. It’s been amazing working with you over the years and I’m really going to miss you. Thank you for everything and for not killing me for imitating your voice for the past four years. Oh and one more thing...JEN-NNAAAAAAAAAAAAA.

I also wanted to say thank you to Dr. Novek, Professor Harmon, Professor Foster, the First Year Office, Conference and Event Services, and Athletics for everything these past four years.

As I walk away from Monmouth on May 22, I will do so with amazing memories and no regrets. A majority of these amazing memories were made in *The Outlook* office. This newspaper has gotten me through so much over the past four years and has introduced me to some of the greatest people I have ever met in my life. I will always be grateful for *The Outlook* and for how it has prepared me for the rest of my life.

There’s an old saying that goes, when one door closes another one opens. It’s now time for me to walk through a new door. It’s been real Monmouth. You’ll be inside my heart always.



Engineering E. coli to Make Diesel

SHAHARYAR AHMAD
SCIENCE EDITOR

As the endeavor to mitigate our overdependence on fossil fuels reigns forward, there has been a significant investment in synthesizing biofuels that are structurally and chemically identical to the fossil fuels they are trying to replace. This focus on synthesizing petroleum-replicas was substantiated by a team of researchers at the University of Exeter in the UK who have developed a method to make the bacteria *Escherichia coli*, found in our intestines, synthesize diesel on-demand.

“Producing a commercial biofuel that can be used without needing to modify vehicles has been the goal of this project from the outset,” said Dr. John Love, who led the research at the University of Exeter.

“Replacing conventional diesel with a carbon neutral biofuel in commercial volumes would be a tremendous step towards meeting our target of an 80 percent reduction in greenhouse gas emissions by 2050,” said Love. As the global energy demand continues to rise, the prospect of a fuel independent of the fluctuations of global oil prices and political instability has become increasingly attractive. The work of Love’s team was published in the journal *Proceedings of the National Academy of Sciences* (PNAS) on April 22.

Shivam Patel, junior biology major, said that using bacteria to make biofuels is an amazing discovery due to the rise of gas prices. “E.coli strains can easily be cloned to large quantities by

laboratory techniques, and will probably be more used in the near future,” he added.

The significance of developing a method to synthesize a structural and chemical replica of the hydrocarbons found in petroleum is manifold. The issues faced by contemporary biofuels, such as biodiesels and alcohols like ethanol, can be sidestepped for instance, because these biofuels require a considerable amount of downstream processing and are not compatible with most modern vehicles that use internal-combustion engines, according to PNAS.

To synthesize the petroleum-based hydrocarbons used in retail fuels, Love’s team genetically engineered *E. coli* to harness the genes from the insect pathogen *Photobacterium luminescens*, the cyanobacterium *Nostoc punctiforme*, and the camphor tree, *Cinamomum camphora*. Using fatty acids as the starting material allowed for the production of branched unsaturated hydrocarbons, called alkenes, as well as selective control for hydrocarbon chain-length so the synthesis could be fine-tuned.

So how does *E. coli* actually produce diesel? The exact mechanism by which the bacterium does so is currently unknown. “We don’t know how they got there yet,” admitted Love, according to magazine *Scientific American*. His team found the molecules in the bacteria’s growth medium, suggesting that the microbes were somehow secreting the hydrocarbons from their cells once produced.

If Love’s synthetic process becomes more streamlined in the future,

it may pave the way for industrial-sized fuel production from bacteria to provide a novel venue for circumventing the use of fossil fuels to drive our trucks and boats.

Alexandra Ferrara, senior clinical lab sciences major, found the finding of using *E. coli* strains to produce diesel to be. “Extraordinary since it explores how bacteria can be used to fix our energy crisis, since the supply of biofuels will only keep diminishing around the world. With the help of these *E. coli*, it may be possible that one day diesel fuel can be synthesized in the lab to provide the energy needed for everyday activi-

ties without destruction of the environment by drilling or building pipelines.”

Synthetic diesel made on domestic soil could help the United States curb its dependence on foreign oil and become more energy independent. It can also hold a “positive impact on fuel prices since the synthetic fuel would not need to be imported and refined,” added Ferrara.

Nick Kulka, junior biology major, believes, “This advancement in biofuel technology is an example of the promise of us-

ing microorganisms. It shows that many resources exist in the world that have yet to be tapped in to. Endeavors such as this are the key to a brighter future.”

The results of Love’s research team demonstrates what could be the next chapter for sustainable energy: synthesizing artificial molecular pathways to produce renewable fuel. This application has again showed us the prospects the nascent field of genetic engineering is capable of, for in the upcoming years, its pervasiveness into other aspects of ordinary life may become just that-oh so ordinary.



IMAGEN TAKEN from neogen.com

Escherichia coli bacteria can be genetically engineered to produce diesel that can be used to fuel trucks, without additional additives.

Student Spotlight: DJ Salvation

CASEY WOLFE
FEATURES EDITOR

Sophomore communication major Sal Liberato from Summit, NJ has been on the music scene since he was sixteen-years-old. Liberato found his passion for music in DJ-ing and reinvented himself as DJ Salvation.

“When I was younger my cousin was a DJ and he kind of got me into it,” said Salvation. “And every event needs a DJ so I just started doing it.” Salvation has performed at bars, pubs, parties and sweet-sixteen birthday parties. He said his favorite experience has been playing at the Draft House on Brighton Avenue in West Long Branch.

Being a disk jockey consumes most of Salvation’s free time. In addition to playing at different venues every weekend, he also hosts a radio show at the University’s radio station, WMCX. Salvation enjoys ca-

tering to his listeners tastes. “I like to play house music, pop music and whatever is new and on the radio. That’s what people want to listen to, so that’s what I play,” said Salvation.

Salvation said that he would like his music career to continue to grow. He aspires to play bigger venues, following in the footsteps of his inspirations, DJ Hardwell and DJ Afrojack. He believes he is well on his way since being booked for bigger local events. Salvation’s biggest accomplishments include his show on WMCX and his performance at the Empress Hotel in Asbury Park for the 2013 bar crawl.

Besides his radio show on WMCX, Liberato is also a wide receiver for the University’s football team. Going by number 83 on the field and Salvation 908 on Facebook, Liberato hopes to someday be number one in the DJ industry. Listeners can find his music on djsalvation.wix.com/salvation.



PHOTO COURTESY of Sal Liberato

Sal Liberato, also known as DJ Salvation hosts his own radio show at WMCX and plays live at local venues.

The Evolution of College Expectations

WESLEY BROOKS
STAFF WRITER

It seems that today’s colleges are getting much stricter when it comes to things such as class attendance, SAT scores and the number of activities a student is involved in to get a good job after graduation.

Krysten Brannick, sophomore, believes both attendance and high involvement are necessary. “I do feel attendance is too strict but it is also necessary to be successful nowadays,” said Brannick. “I also think that getting involved on campus is the best thing someone can do in order to create a positive experience for college.”

Brannick said that there are great ways for students to get involved at the University. “I think because we have over 90 clubs and organizations on campus there are plenty of opportunities to be successful. I also feel like events like Greek week, for those involved in Greek life, is a great way to allow friendly competition on campus while ensuring everyone is having fun.”

Kaitlyn Muller, senior education major, thinks, while involvement is important, students should not be held to a strict attendance guideline. “I think involvement definitely boosts a resume,” Muller said. “It shows the interviewer that the interviewee is willing to participate and get involved within their company.”

Muller continued, “I absolutely hate the attendance policy. I believe that at this level of schooling,

students need to be responsible for their own actions. If students are not mature enough to attend class and get their schoolwork done, maybe they are not ready for college yet.”

SAT scores are also still a factor. Junior Leah Torres, who works in the office of admissions, offers the following advice, “SATs are not accounted for as heavily as they were in the 1990’s, but they are taken into consideration for academic scholarships and have a weight along with the GPA from high school to consider one for ac-

“When I was in school a ‘B’ was viewed to be really good and a ‘C’ was average, but now that same grade is viewed as if it is a failing mark.”

LISA VETERE
English Professor

ceptance.”

Professor of English Heather Brown went to college in the late 1990’s and said that the outlook on attendance and involvement was not any different from that of today. “I was in college from 1998 to 2002, and yes, extra-curricular involvement was encouraged.” She continued, “They [attendance policies] were taken very seriously because professors cared a great deal about their students’ success.” SAT’s were not a heavy deciding factor but significant emphasis was put on extra-curricular activities.

Lisa Vetere, an English professor, said that one thing that has changed is students’ views on the grades compared

to when she attended college in the 1980’s. “Students go way to crazy over grades,” she admits. “When I was in school a ‘B’ was viewed to be really good and a ‘C’ was average, but now that same grade is viewed as if it is a failing mark.”

Sophomore Rachel Fox is in two clubs and also has a 4.0 GPA so far. She knows that this will help her chances of finding a job after graduation. “I am very proud and hope to keep my average high,” Fox said. “I know my classes will be harder next year and I also got an additional award from the English department as a result of my hard work.”

Competition is increasing and so is the number of students who are seeking study abroad opportunities. “I strongly encour-

age students to study abroad,” said Chair of the English Department, Susan Goulding. She tells her students that it makes them stand out on the resume and that it was very uncommon to be able to do this not so long ago.

Grades are taken into consideration by employers to see that students are keeping up while exploring and taking time on their own as well. While it is not yet required at the University, other schools make this mandatory for certain majors as a result of increasing competition.

College has become even more competitive now than it was only a few short years ago. Grades and extra-curricular activities count more than ever before in a globally competitive society.

Why Stretching is Necessary Before Physical Activity

TAYLOR MANTHEY
STAFF WRITER

Sure, we were all instructed in school to stretch before gym class, or told to spend 15 minutes during warm-up by a coach, or perhaps it was the advice of a personal trainer; but let’s be honest, how many of us know really know why stretching seems to be so important and why we should continue doing it? Have we only stretched when we’ve been told? Maybe you “stretch” like me; a couple bends here, a few lunges there, and we’re ready to go! Perhaps part of the problem, is that we are not fully educated on the action of stretching as a whole? There are several important reasons why we should be limbering up before and after physical activity or using it as a stress reliever.

Dan Del Guercio, 26, has been a Personal/Group Trainer at Impact Training for the past two years. Del Guercio said, “I take warming up and stretching very seriously for my own training as well as my clients. I take about 5-10 minutes before exercise to warm up the muscles I plan on targeting.”

He added, “I use various techniques such as dynamic stretching (moving stretches) and cardio drills to ensure my clients are warmed up properly.” His passion for fitness and wellness was obvious when he shared that he not only encourages his clients to stretch, but requires it. He refuses to begin any session until the warm-up is performed.

Del Guercio continued, “Proper warm-ups help to ensure your body is primed for physical activity and is crucial for injury prevention. Stretching at the end of a workout is equally important.”

He also explained lactic acid

build-up when going through resistance training. “Stretching at the end can help break down lactic acid build-up, which defends against Delayed Onset Muscle Soreness (DOMS) and general muscle tightness.”

In other words, your muscles are most flexible after your workout. It is much easier to increase flexibility and mobility when your muscles are already warm. Therefore, spending about 5-10 minutes post-workout, stretching the working muscles (muscles utilized during the workout), is ideal and will help enhance your performance or workout.

“As you begin any workout, gradually warming up your body by starting with low intensity movements is crucial.”

JOE COMPAGNI
Track and Field Head Coach

However, sometimes it seems that stretching “cold” is not helpful at all. “As you begin any workout, gradually warming up your body by starting with low intensity movements is crucial. Many days, our athletes do a dynamic warm-up, a series of drills and exercises that generate heat in the muscles, promote flexibility and create functional strength in areas that are vital to their event. This dynamic workout can take another 20-40 minutes,” said Head Coach of the University’s Track and Field, Joe Compagni.

Enhancing muscle development, reducing risk of injury, increasing range of motion, and even improving posture, are just a few perks to stretching. “Stretching is probably the most important part of your work out; no actually, it definitely is,” said track athlete, Allyson Cardullo, senior. Stretching is a successful

method for exposing the muscles to oxygen and encouraging blood flow, which essentially, allows you to preform better. “Believe me, I can feel a huge change in my body when I decide to not stretch before workouts. It’s worth the 15 minutes,” Cardullo added.

Regular stretching makes a world of difference; it decreases tension amongst the muscles, improves circulation and body awareness, sharpens agility and muscle development, and can even increase physical and mental relaxation while enhancing the neurological system. “Warm-

ing up and stretching thoroughly has a number of benefits for both recreational and competitive athletes. That increased range of motion may mean a few extra yards on a golfers’ drive, being able to ‘make the play’ in an intramural game or being able to compete at a higher level as a Division I athlete,” Compagni added. That being said, avoidance of the activity seems nonsensical if you ask me.

Stretching is, of course, a continuous issue in the world of sports and exercise and although it poses as extremely advantageous, the key is to be well educated on the topic. There are various stretching methods and techniques that have been created and tailored to fit each specific activity or sport. Just like most things, in excess or if done improperly, you can find yourself experiencing some of the downfalls to stretching: tears or pulls.

Del Guercio described it best.

“Think about your muscle like a rubber band. When your muscles are not warmed up properly they are like tight rubber bands. If you pull too hard on a tight rubber band, it snaps. When your muscles are warmed up properly they are like a much looser rubber band. The looser you are the greater range of motion you have, and the less susceptible to injury you are.” According to the website, TheScienceofSport.com, studies have shown that 50 percent of sports injuries could have been prevented with stretching.

Compagni explained that flexibility usually decreases with

forward and touch the floor with your feet.

Immediately roll back and resist before your head touches the floor), and the hamstring stretch (lie on your back and place a rolled up towel or resistance band around the bottom of one of your feet. Raise your leg and pull the towel at the same time until a comfortable stretch is felt. Repeat with the other leg).

“Stretching is everyone’s least favorite part of exercise. Just grit through and it will make all the hard work you put in that much more worth it,” said Del Guercio. It is important to remember that you do not have to do an hour long, total body stretch at the end. Just take care of the muscle you broke down during your workout for a few minutes and “you are good to go.”

Stretching can help sustain relaxation and reduce stress for the mind, body, and soul. By nurturing worked joints and muscles and enhancing mobility and overall performance. “Whatever activity you prefer, it is absolutely worth it for many reasons to spend a few minutes warming up and stretching at the beginning, and cooling down and stretching at the end of each session,” advised Compagni. Five minutes of research can open a new door for both your health and performance.

Hopefully, this useful information to get you started will inspire others to add the commonly overlooked warm-up to their day-to-day workout routine. Regular stretching is as equally as important as regular exercise. So next time, be smart and don’t skip the ten-minute step; a daily stretch can nourish your mind and body tremendously and just might be the reason you win your next game or run an extra mile at the gym.

Bands and Beats: The Life of a Well-Rounded Musician

ED MORLOCK
SPORTS EDITOR

I walked in the door and through the living room. Sixty red Solo cups were scattered throughout, the room filled with an aroma of stale Keystone Light. With each step, I could feel my white Nikes sticking to the floor. I heard the piano playing from his room, and there he was.

Chris Adcock, a goofy redhead who has been playing the piano since he was eight-years-old, was sitting there shirtless fooling around with a new tune on his piano. Besides piano, he can also play the bass, guitar, mandolin, saxophone, banjo, harmonica and drums.

“The lady across the street was offering free lessons in piano when I was in second grade,” the senior music industry major said. “I figured I’d try it out, and I had a free teacher for eight years.” The lessons proceeded to jumpstart Adcock’s young music career.

“I was always playing with my brother,” Adcock said. “For a talent show sophomore year, a friend of mine played drums. So we got him and my brother together. And another friend of ours played guitar. And we just started writing some music, me and my brother, and we brought it to the other guys and we worked at it for a while.”

The Bridgewater, N.J. native then started a band, 4normandy, during his sophomore year of high

school. The band was named after his grandma’s beach house in Normandy Beach, N.J. They wanted to call the band Normandy, but that name was already taken by The Normandy, the indie-rock band from Orlando, Florida.

4normandy, the piano-rock band who is reminiscent of Adcock’s favorite band, Jack’s Mannequin, hasn’t made any money from merchandise or record sales, but they have won prize money. The group finished in first place and won \$300 at a battle of the bands at Farleigh Dickinson University and finished fourth, winning \$500, in the Jersey Shows Battle of the Bands at the Starland Ballroom. They played in front of friends from Bridgewater and Monmouth University at Starland Ballroom.

“We have some pretty crazy fans, who kind of support us and nobody else,” Adcock said with a laugh. “One of the other bands threw a shirt into the crowd, and one of our fans just picked it up and threw it back at them. He got thrown out.”

“They’re great live,” said Brett Gilmartin, a senior marine biology major, who saw 4normandy at Starland Ballroom and a year later in 2010 at the Brighton Bar in Long Branch, N.J. He said, “Their music just makes you feel good. It’s really relaxing and easy to listen to.”

Once Adcock put on his Creedence Clearwater Revival t-shirt, the two of us drove to Asbury Park, N.J. for fried chicken and pizza for our monthly lunch. Adcock, the lead

singer of 4normandy, plugged in his iPod and played some of his favorite rap artists, such as Kanye West and Jay-Z.

The 22-year-old also raps as his alter-ego “C Rhymes.” He started rapping and writing beats during his freshman year of college in 2009 with his best friend Pat Ruffa, or “DJ Pat,” who attends the University of Delaware. Adcock uses Garage Band on his Macbook Pro to put the raps and music together.

“I did it to pass the time in the dorm rooms,” Adcock said. “I had to cover my mouth sometimes, because I didn’t want my roommate to hear me as he walked in... Just sitting there... rapping in a dorm room...”

Although he enjoys rapping as a change of pace from his normal music, “C Rhymes” hasn’t recorded anything in a year. 4normandy hasn’t played since their Brighton Bar gig two years ago. Adcock moving to Florida put the band’s production on hold.

Chris Adcock, a founding father and the scholarship committee chair of the Alpha Kappa Psi business fraternity, plays piano for at least an hour a day writing new music. He said that he just writes stories about what happens in his life.

“The last song I wrote was about a lady down the street who is homeless and driving a motor scooter,” Adcock said. “She was carrying a dog.”

“I’m just trying to expose the lower-middle-class kid from college,”



PHOTO COURTESY of Chris Adcock

Chris Adcock, founder of the band 4normandy, plays the piano, guitar, banjo, drums, and raps as his alter ego “C Rhymes.”

Adcock added.

Adcock plans on taking a month off after graduation in May of this year to write music on his piano.

“I’m going to write what I can,” he said. “So if it ever came down to it, and I have to present music to somebody, then I would have a plethora of tracks to fall onto.”

The 4normandy pianist’s goal is to live in New York City and write

music. “I would like to be writing music for a network,” Adcock said. “I’d like to write for either TV or movies.”

“C Rhymes” usually freestyles for me a little bit after fried chicken in Asbury, but he was in a rush this time. Just like any other lower-middle-class kid from Jersey, once in a while he has to take his headphones off and hit the books.

Singing Hawk Soars

DANIELLE RAKOWITZ
CONTRIBUTING WRITER

While most kids in second grade enjoy riding bikes and playing kickball, Sarah Gulbin found her love for singing. Grade school started as a place for education and evolved into learning that not only did she have a passion for singing, but she had a voice that could carry it.

Gulbin, a junior at the University, has been yearning to perform ever since she joined the school chorus in second grade. That same year, after competing and earning first place in her first talent show, performing "Singing in the Rain," she began to realize that this was something she wanted to do as her career.

The Staten Island born singer/songwriter was startled by her success after realizing the talent she had and the devotion towards music. As years progressed, so did her interest in pursuing her calling as a performer. Her little girl dream was slowly turning into a reality.

Gulbin is a part of the University's very own record label, Blue Hawk Records. She began as a volunteer; being involved in the re-

cording, public relations, and artistic aspects of the label. Gulbin said, "I was able to record my own songs, which was an amazing experience. I've been basically just helping the label move forward to the best of my ability."

The record label started this year and has been growing ever since. With four artists signed to the label, Blue Hawk Records is devising plans and strategies to move forward into making the label a huge success.

Bryan Haring, a member of Seasons and an artist signed onto Blue Hawk Records, added, "We've got four fantastic artists on the label, which only adds to the excitement of the whole project. After accomplishing all of this in only a few months, I can't wait to see where the next few weeks will take us."

Guy Battaglia, member of the band 99 Regrets, who is also signed to Blue Hawk Records, complimented Gulbin by saying, "Sarah's song 'Trouble' is incomparable to anything else. It is so unique and fresh to the ears with a sharp attack and a catchy chorus. I think the real question is: What artist compares to Sarah?"

Blue Hawk Records has put together a free live performance on

May 1 on the Student Center Patio from 1 p.m. to 4 p.m. It includes performances from Gulbin and the other three artists that are signed to the label. Promotional copies of the label's Spring 2013 Sampler will be available and all proceeds will go to the VH1 Save the Music Foundation.

"I realized my passion for music at a young age," Gulbin expressed. "Singing definitely became more than a hobby in my late years of high school when I figured out that this is what I wanted to do for the rest of my life."

The way Gulbin finds inspiration to write songs is depending on the topic of the lyrics. She considers herself a very emotional person which helps her along the way when trying to piece together the right wording. Gulbin often writes about love but finds herself writing about moments that occur throughout the day.

She says, "Life itself is so influential and inspiring, it's hard not to take advantage of it by creating your own expressive masterpiece."

Prior to this upcoming performance on May 1, Gulbin has played in cafés in Asbury Park, including The Twisted Tree Café and The Saint, while also singing for sport-



IMAGE TAKEN by Nicole Massabrook

Sarah Gulbin will be playing on May 1 at 1 pm on the Student Center patio.

ing events at her former high school.

Her love for all kinds of music made it hard for her to pick a favorite genre. If she were to ever become famous she would want to be considered either a pop or R&B artist.

Professor Joe Rapolla, of the University's Business of Music and Entertainment Media program, said, "I compare Sarah to somewhere between a Sheryl Crow and Sara

Bareilles. Little poppy, little earthy with a smooth melodic style. Sarah is someone with something to say, a story...and a voice to deliver it."

To hear Sarah Gulbin, find her music on YouTube or come watch her live on May 1 at the student center.

Gulbin said, "It's been a really awesome experience and I wouldn't trade it for the world."

Only Living Boy visits WMCX

NICOLE CALASCIBETTA
STAFF WRITER

Lead singer and guitarist Joe Cirotti of the gritty blues trio, Only Living Boy, discussed their new record on WMCX 88.9 FM this past Tuesday.

Dripping with influences of Hendrix and other raw blues elements, *Cool Collected Headcase* dropped April 30 after their CD release show at the Asbury Lanes this past weekend.

Cool Collected Headcase will be the first of two consecutive EPs released by the band.

"This first one is pretty much straight ahead rock and roll, and the second one has more melodic and softer tones, more acoustic guitars and stuff like that, but we intentionally made this one more straight forward," said Cirotti.

While the two EPs will be released separately, they are intended to coincide with one another and in the future will be debuted under one vinyl record.

Cirotti explained, "The thought process behind that I guess is instead of releasing one record a year, one big one, we would split it up. Just releasing more material over a period of time, trying to stay fresh and always have something to look forward to and something different to hear."

He added that both albums are strong enough to stand on their own

and when listened to side by side, they cohesively fit together.

Engineer Billy Perez tracked *Cool Collected Headcase* within two days at SST studios in Weehawken, NJ. Cirotti talked about how the space and engineer ultimately enhanced their record.

"It's got this huge cathedral ceilings, it's just this massive open room. We try to go for a really roomy, earthy sound. So this place is perfect."

Cirotti continued, "Plus, Billy Perez is a total bad ass behind the board. He used really cool engineering techniques, like we had a microphone thirty-five feet in the air above the drums, just to get the biggest sound."

Following their full-length *Hide Nothing* in 2011 and two-track EP *Spread Your Butter/Scrambled Eggs* in 2012, Only Living Boy appeared to achieve a heavier level of rock and roll with each release.

"It's a pretty eclectic taste, I guess. We kind of got more focused now. We were kind of all over the board when we started," said Cirotti.

The singer mentioned how their first release included hints of reggae, but has since gone in a different direction.

Based out of Hackettstown, NJ, the trio started playing together around the age of ten years old and eventually fell into a natural rhythm as a group.

"Growing up, we were always

into Hendrix and Zeppelin and the classics, but also real into the 90's alternative scene, like Soundgarden, Smashing Pumpkins, Nirvana, Queens of the Stone Age and lots of stuff like that," Cirotti described.

As for their writing process, Cirotti stated that he brings the primary idea to the table and from there it becomes a joint effort.

"It's become a lot more fun and more collaborative for sure. They're like my brothers, we're always on the same page," said Cirotti.

After sharing the stage with bands such as: JET, New York Dolls and The Parlor Mob, Cirotti confessed there weren't any stories he could share that were appropriate for radio, but Only Living Boy was definitely impacted.

"Parlor Mob was a blast to play with them, Paul Richie, the guitar player, produced *Hide Nothing*, our second record, and he did such an unbelievably awesome job. He's such a cool dude and they're all cool dudes and they're talented as all hell, you know? So we learned a lot from them," he explained.

Towards the end of the interview a physical copy of *Cool Collected Headcase* was given away to a caller from Shrewsbury. For more on the band's upcoming tour dates and to listen to their new album, check out www.onlylivingboy.com.



PHOTO COURTESY of Nicole Calascibetta

Only Living Boy, a local blues trio, went on WMCX to promote their newly released EPs.

Academy Award Nominee Brings Impossible Screening

NICK SEGRETO
STAFF WRITER

Sam Green was at Pollak Theatre for the visiting artists showcasing *What We Need Is The Impossible*, a collection of his various documentaries on Monday, April 22.

The full film is 80 minutes long and consists of seven short documentaries that cover a wide variety of subjects.

The first documentary was *Utopia 3*. The eight minute long film was about the world's largest shopping mall, the New South China Mall. It was the most interesting of the short films seen, most of the documentary showcases the vast emptiness of the mall.

The New South China Mall is located in southern China in the city of Dongguan. Not only is it too "out of the way" for most shoppers, those that do come to the mall are the working class locals, who don't even have the money to make purchases. As of now, the mall is considered a dead mall and will soon be torn down.

The next documentary was *Pie Fight 69*, another eight minute film that used found footage of the independent film company Grand Central Station starting a pie fight at a film festival.

A more humorous topic, the pie fight was orchestrated by Grand Central Station to get publicity and hopefully funding, but unfortunately all the company got was 15 minutes of fame.

The next eight minute documentary was *The Fabulous Stains*, showcasing how an initial failure for a movie showcasing a wannabe feminist punk rock band eventually turned into a cult classic.

The story behind the film was fascinating, considering it was finished but ultimately never saw a big screen release and was doomed to late night cable television. However, it developed a cult following which ultimately led to it getting an official video release.

The last of the eight minute documentaries was *Lot 63 Grave C*, a much more serious story about the tragedy of Altamont.

Altamont was meant to be a west coast version of Woodstock, featuring famous bands playing live, which included groups such as The Rolling Stones.

However, the concert was cut short when a man was murdered in the audience. That man, Meredith Hunter, would be buried in an unmarked grave.

The next documentary was *The Universal Language*, the story of Esperanto, the ambitious created language meant so that anyone can speak it and communicate with people of completely different ethnicities. The story of the rise and fall of Esperanto is tragic, but many hold out that the idea behind Esperanto; unity of all people, can still be achieved.

The last two were short two minute films. The first, *N Judah 530*, is a silent film of a train leaving a station. It was definitely the most eyebrow raising as the message is unclear since the only sound heard is from the train. The second is *Clear Glasses*, a short story about the anti-war activist Mark Rudd, and the glasses Rudd sent to Green.

Andrew Demirjian, specialist professor of communication, was in attendance as the introducer for Sam Green.

"I like the subjects that he chooses and his poetic handling of the material," says Demirjian.

The wide variety of topics Sam Green chooses to cover for his documentaries ensures that they are always fresh and interesting.

Green was nominated for an Academy Award in 2004. The Best Documentary Feature nomination was for *The Weather Underground*, a film following a radical group called The Weathermen.

If you ever have the chance to see one of Green's documentaries, I highly recommend you do so. Check the filmmaker's website, samgreen.to, for more information and instant downloads of documentaries.

Monmouth Catches 'Spring Fever'

All Time Low, Pierce The Veil, Mayday Parade and You Me At Six Sell Out The MAC

AMY GEIS
STAFF WRITER

The Spring Fever Tour made its one and only NJ stop at the University on Saturday, April 27 in the sold out concert at the Multipurpose Activity Center (MAC).

Crowds lined up hours before doors opened, wrapping around the building, to get a good spot to see their favorite pop punk bands live.

The first band was You Me at Six, a bunch of boys from the UK who started before the whole line was even in the venue. They have a huge fan base in the states and were able to charm the non-fans in the crowd with their British accents between songs.

Mayday Parade took the stage to play a more emo, soft rock set, but that didn't stop the crowd from dancing. Lead singer, Derek Sanders, with his signature long hair and bare feet, kept the crowd's energy high by jumping around and throwing the mic.

The crowd was singing louder than the speakers during Mayday's song "Jersey." They serenaded the crowd with a cover of Gotye's "Somebody That I Used to Know" and were joined on stage by Pierce the Veil (PTV) singer, Vic Fuentes.

With a jaw-dropping stage design full of neon colors, spinning gears and fat monsters, PTV's entrance was greeted by thousands of screaming fans.

The band is made up of the Fuentes brothers, Vic Fuentes (lead vocals and guitar) and

Mike Fuentes (drummer), along with Tony Perry (guitar) and Jaime Preciado (bass). Vic introduced the band as "a bunch of Mexicans from San Diego."

PTV's musical styling comes equipped with screaming and fast-finger metal riffs. A smidgen different from the other bands on the tour, but that wasn't an issue for the crowd that was full of PTV fans.

Vic asked the crowd, "Is everyone having the time of their lives? Because that's our job up here." With flying confetti, blinding lights and loud music, PTV didn't upset.

"I'm Low on Gas and You Need a Jacket" was played acoustically. Almost none of the floor crowd was left standing after Vic said,

"Let's see if we can get everyone to sit down on this." When Vic spoke, everyone listened.

During a song break where Vic was chatting, mosh pit monster Johnny Gonzalez from Philly was boosted on four shoulders to hold a sign asking to sing "King for a Day," their closing hit and duet song with Sleeping With Siren's singer, Kellin Quinn.

Vic said, "This guy's been at like the last five shows and he's f***** awesome," as he told security to bring him on stage. Gonzalez was able to sing [technically scream] the end of the song and became a rock star for a minute.

For Gonzalez, this was his sixth show of the tour [he was going to eight all together].

"I got extremely lucky that they remembered my face," Gonzalez said. "For them to bring a stranger up on stage with them, I have the utmost respect for them."

All Time Low (ATL) band members, Alex Gaskarth (lead vocals and guitar), Jack Barakat (guitar), Rian Dawson (drums) and Zack Merrick (bass) were introduced separately in a humorous wrestling match mockery. Intros like, "Half of you don't know he's in the band and the rest of you think he's a potato" and "only slightly heavier than Macaulay Culkin in *Home Alone 2*" got the fans laughing and eager for the set.

They opened with their high-energy hit "Lost in Stereo," causing an immense mosh pit to break open and crowd surfers to start flying through the air.

Inappropriate joking banter among band members continued between songs. Between the vulgar language and talking about porn stars, Barakat told the crowd, "Alex is a better singer than Taylor Swift." The loud cheering was the audiences' way of agreeing.

ATL is notorious for getting bras thrown on stage.

Barakat picked up a gigantic blue bra and said, "There are babies smaller than this."

Gaskarth followed up with saying, "It's a baby hammock for twins."

Their fifth studio album, *Don't Panic*, was released late last year and on this tour they were able to showcase new songs such as "Backseat Serenade," "If These Sheets Were States" and "Outlines" live for the first time.

Before ATL started their last two songs, fan Katherine Aroste from Rahway, was injured badly by a crowd surfer.

Gaskarth immediately stopped the show and ordered the crowd to part to make room for the medics. For ten minutes, the venue was silent and the crowd took a knee. They began to applaud for Aroste as the medics took her out on a stretcher.

After having someone dropped on her neck, Aroste heard a loud crack going down her spine and couldn't feel anything for a few seconds. The rest was a blur for her until she arrived at the hospital. The x-rays revealed only a strain on her neck.

"Now that it's the next day, I just feel like I got run over. My whole neck down to my lower back is in pain," Aroste said. "I'm just glad it wasn't anything worse."

The show ended with ATL's biggest hits, "Weightless" and "Dear Maria, Count Me In" sending the crowd in an all-out frenzy. Barakat was running around stage with a Spiderman mask on and got carried off stage being swaddled by Merrick.

"All Time Low always puts on a good show. Saturday was definitely a night to remember," said Michelle Nardelli from Clark, NJ.

The crowd surfing, mosh pits and flying bras made this sold out show nothing less than perfect for their dedicated fans. Now cue the post concert depression.



IMAGE TAKEN by Brittnee Onstad

All Time Low's Alex Gaskarth sang his heart out on Saturday at the Spring Fever Tour's only NJ stop.

PINE BARONS PROVE STRONG ON DEBUT ALBUM

PETER QUINTON
STAFF WRITER

"Children of the Forest; Concealed by the root. Lived by vascular contraptions." So describes Pine Barons, an up-and-coming indie rock band from South Jersey. Oh wait, maybe they're talking about the forest. OK, now I'm confused.

Indeed, the band does take its name from the dense, expansive woodlands close to their home territory, but the band has much more to do with the forest and the description above than location. The group's self-titled debut album is a rustic, sprawling affair that fits comfortably amongst the weathered bark and towering leafy canopies of their namesake.

It's clear that Pine Barons present themselves as a big "nature" band, and, to this respect, the group's sound appropriately conveys this.

The group's debut is packed front to back with dense arrangements and open, reverb-soaked guitars.

Although their name is rooted in the forest, Pine Barons' music travels across wide open ranges and some rather rocky terrain, offering an interestingly mixed, yet fully organic, bag of influences and surprises.

Helping to convey the nature-bred, animalistic tendencies of the band is the wily vocals of lead singer Keith Abrams, who also pens the lyrics and plays guitar. Abrams quivering, unhinged vocals – often reminiscent of indie

rock bands like Wolf Parade – sound wild and untamed one moment yet heartbroken the next, which really help to bring out the viscerally human side of the group's music.

Describing exactly what kind of band Pine Barons is can be admittedly a bit tricky, as the group's members each bring aboard a slew of unique influences from the previous projects of Abrams, drummer Collin Smith, and guitarist Brad Pulley.

Vestiges of jangly indie rock, country, folk, progressive rock, and even touches of jazz manage to sneak their way into the tight pockets and open landscapes of Pine Barons, often within the same song.

And trust me, keeping up with some of these tracks takes a lot of effort. Though the songs on *Pine Barons* aren't that long (most do not exceed the five minute mark) the band finds a way to stuff as many ideas as they can within a four to five minute time frame, with some tracks ending miles from where they started.

In a sense, I have to congratulate the band on being so restless and unabashedly ambitious with their song craft. You really get a sense that the band is just doing whatever they want: Should a twangy, harmonica-tinged folk-rock ditty end with a minute of random whirrs and delay effects, as the track "Smile America" does? "Why not?" they may reply.

Of course, this formula is only bound to work sometimes, not

always, and while some tracks, like the bouncy opener "Carnival," can pull this trick off quite well and come off as engaging. A track like "Black Matter," which moves from a spacy intro to a peppy rock jam to a mathy little guitar jig in less than two minutes, can feel more daunting and unnecessary.

Not all tracks prove to be so convoluted, however, "Alpha-Igloo-Bet," for instance, features a number of memorable riffs. Despite the interruption of

a few proggy guitar leads, builds steadily and triumphantly, pushing the track far but not letting it lose sight of where it began in the first place.

The group also proves with their debut that they can write singles as well.

"Since I've Been Away," the track that seems best fit for single-status, is probably the most concise and straight-forward statement the group makes on *Pine Barons*. Built on a classic country western riff and carried

by light vocal melodies, the track feels like the type of old west sing-along you'd want to belt with your friends at an old dive bar, or better yet, a campfire out in the old frontier.

More interesting is "Chamber Choir," a weathered lo-fi folk oddity that feels somewhat out of place on the record, yet proves to be its most emotionally impacting and finest moment. Featuring little more than airy acoustic guitar chords and Abrams' yearning falsetto buried under tape hiss, "Chamber Choir" may be simple and sweet, but it is probably the track I will be returning to the most as time passes.

The album's biggest moment, however, comes at the very end, as the stratospheric closer, "Don't Believe What They Told You," closes out the record with a serious bang. Though beginning as a solemn piano ballad, the track is pushed far beyond its boundaries with Abrams' unhinged screams of "Jesus Christ," along with a nice forward push by the band, allowing for the bottom to fall out just in time for a climactic finish.

Pine Barons isn't a perfect album, and the band definitely has to work out a few kinks in the "trimming the fat" department before they can make a truly great record. But while its weak spots show need for improvement, its bounty of strong qualities definitely prove that Pine Barons has something quite formidable going for them, and I'd be interested to see where they take their rugged sound in the future.



IMAGE COURTESY of Ben Fillion

Pine Barons is an appropriately named indie rock band from Vincentown, NJ.

The Circus is in Town

PRSSA Hosts Second Annual Carnival First Silent Auction

TAYLOR COPP
CONTRIBUTING WRITER

On Wednesday, April 24 PRSSA hosted their second Spring Carnival, in conjunction with their first Silent Auction. The Carnival and Auction were held on the patio of the Rebecca Stafford Student Center from 11:00 am until 4:00 pm. The festivities included games such as ring-

toss, baggo, and mini-basketball; while slushies, cotton candy and baked goods were sold for \$1 apiece. The Silent Auction, however, drew the largest crowd during the event. With over 100 people partaking in the Spring Carnival, it helped the University PRSSA Chapter raise over \$700 to go towards their chapter and the National Eczema Association. The

event was made an official Facebook event, promoting it through social media channels. Flyers were also made and distributed throughout the University. Victoria Jordan, CEO of PRSSA, felt the addition of the Silent Auction to the Spring Carnival was a great idea and that they both complemented each other, bringing about the tremendous success of the Carnival overall.

For the silent auction, all the gift baskets were donated by local businesses, Jordan's favorite part was "seeing so many people get excited to see the baskets, bid on items, and have a fun competition to win. Everyone was so impressed to see so many baskets totaling to be worth thousands of dollars." President of Fundraising & Event Planning for PRSSA, Alexis Ceponis, said, "We began planning our carnival and auction right at the beginning of the spring semester. It's our biggest fundraiser of the year so it required a lot of planning. It also had a lot of different parts, like the food, games, and auction items, so it was important to start early and stay organized."

Although this was not the first time the PRSSA Chapter has hosted a Spring Carnival, planning the event came as no easy task. The event planning for the Spring Carnival was in the works for months. Members of PRSSA felt it was imperative to start planning early because of all of the different aspects of the event. Between games, food and gathering sponsors for the event, without proper planning, the outcome would have been a lot different.

Ceponis went on to say, "This was the first time we have ever done a silent auction, and the support from local businesses greatly surpassed our expectations, it was the most successful fundraiser our chapter has ever had in terms of money raised. The students and faculty both seemed to enjoy the auction and the high attendance rate of University staff and students was a contributing reason for the over-

all success." Kristi Silver, PRSSA President of Finances spoke as to the reason why the National Eczema Association was the philanthropy of choice. "I have suffered from eczema my whole life and unfortunately there is no cure. I recently connected with the National Eczema Association and am the chair for the second ever Itching for a Cure eczema awareness walk that will be held at Monmouth on June 8. [The] walk raises funds and awareness to improve the life of eczema patients and their families." For more information about the Itching for a Cure Walk, or even eczema in general, visit www.itchingforacure.org.

The University PRSSA chapter has done many community service activities, fundraisers and other events this year and as the academic year comes to an end, PRSSA will be hosting a Beach Cleanup on Saturday, May 4 from 10:00 am to 12:00 pm on the beach at Pier Village. They are joining efforts with the Outdoors Club to support their Beach Bash, also at Pier Village on Saturday, May 4 from 12:00 pm to 7:00 pm. PRSSA will also be assisting SGA with Springfest.

If you would like to get involved with PRSSA, there are general meetings in The Jules L. Plangere Center for Communication building during meeting times. President Victoria Jordan urges anyone who wants to attend to feel free. "We have so many events, fundraisers, community service activities, client teams, and writing opportunities for everyone to be a part of, and that is what I love most about PRSSA."



PHOTO COURTESY of Taylor Copp
The Silent Auction gave students the chance to bid for different gifts from businesses throughout the area.

Seeing Eye to Eye in Order to Make a Difference

Club Offers Mentoring Program to Children with Learning Disabilities

DEENA HALUZA
STAFF WRITER

Dana Oppenheim brought the program Eye to Eye, a mentoring movement for different thinkers, to the University this past

year. Eye to Eye is a program for children with learning disabilities/ADHD. Their mission is to improve the life of every person with a learning disability. The mission statement says, "We fulfill our mission by sup-

porting and growing a network of youth mentoring programs run by and for those with learning differences, and by organizing advocates to support the full inclusion of people with learning disabilities and ADHD in all as-

pects of society." Eye to Eye can be found in 51 colleges and high schools throughout the country, and is growing every year. In New Jersey, Eye to Eye can be found at The Pennington School & Cambridge School, New Jersey City University and here at Monmouth University; this makes our program the only one like this in the southern half of the state.

Dana Oppenheim and Christina Gonzalez are the head coordinators and they operate under a national coordinator who is based in the National Eye to Eye offices in NYC. Currently, there are three mentors who work with the mentees here at the University. Skip Carey, the Director of Disability Services for Students, is also heavily involved in the organization.

Oppenheim said, "I brought the program to the University with the hope to provide for kids through Monmouth County that are normally just swept under the rug and give them the ability to build their confidence by interacting with college student who were just like them when they were younger."

She also points out that although there are many other tutoring and learning programs available to children and student's these days, Eye to Eye stands apart from the other programs because they send the message to the children that it is possible for them to set and achieve goals in every aspect of their life. Oppenheim went on to say, "Although they think differently, it does not have to

hold them back and prevent them from being successful in anything they want to do in life."

According to Associate Professor, within the English department, Dr. Stanley Blair, "Eye to Eye provides effective support for students' crucial transition from high school to college. Eye to Eye is one of those rare endeavors that is good for all the students involved, both on and off campus, and for both of the institutions involved. It is a way that the Monmouth University community demonstrably enhances this region."

"One of my favorite, and I feel most important, part of the programs is that we really urge the mentees to set goals for themselves, which is something most kids with learning disabilities/ADHD are not usually encouraged to do. Because they struggle in school they often are given the stigma that they will not be successful in high school or make it to college, and too often they start believing it themselves which causes them to stop trying," added Oppenheim. "Through Eye to Eye we provide the support they need to overcome that stigma and set goals for themselves such as applying to college one day or going to law school. Even the smallest goals, for example, completing their English paper a few days before the due date instead of waiting until the last minute, are significant steps in the right direction to success."

For more information and ways to get involved in the organization, visit eyetoeyenational.org.

CLUB AND GREEK ANNOUNCEMENTS

Running Club

Thanks to all those who were involved with the Running Club this semester. Please come out to support the Men's & Women's Track & Field team as they host the NCAA Division I Northeast Conference (NEC) Championships for the last time ever, this weekend May 4 & May 5. Events will be held on the track from 9:00 am to 5:00 pm on Saturday, and 10:00 am to 4:00 pm on Sunday. Stay fit this summer, and look for more events from the Running Club this fall.

LASO

The Latin American Student Organization is looking for someone to teach our Latin dance lessons next year. We prefer someone who has a professional background in Latin dance. Lessons will be held every other week, dates TBA. Please contact president Tess La Fera at s0779102@monmouth.edu if you are interested!

Outdoors Club

This Saturday from 12:00 pm to 6:00 pm, Outdoors Club will be hosting a beach party at Pier Village, co-sponsored by SGA and PRSSA. Please join us in celebrating the end of the school year with food, games and music. This event is FREE and shuttle service will be provided from the Health Center/Birch Hall loop. There will also be a general meeting this week on Wednesday at 3:30 pm in Bey Hall 133. On behalf of ODC, we hope you have a wonderful and adventurous summer!

Dance Team

Dance Team try-outs will be held on Sunday, May 19 starting at 9:30 am in Anacon Hall. For more information, please contact Kristen at ki-saksen@monmouth.edu.

Graduate School & Comm Dept.

The Interactive Student Hunger Banquet (Learning about Food Insecurity in U.S. and around the World) will be held Wednesday, May 8. Registration begins at 6:00 pm(6:30 banquet) at the Magill Club Dining Room. The event is free and open to all and will be hosted by graduate students in Comm 509 class and co-sponsored by the Graduate School and the Communication Department. We will also feature guest speakers from Soul Kitchen and Food Bank of Monmouth and Ocean Counties. Please RSVP at hunger-banquet@eventzilla.net to guarantee seating!

A Little Help From My Friends

NICK HODGINS
SENIOR EDITOR

The Outlook.

Many of you out there see this newspaper every week. Some of you walk by it; others may pick it up and check out the front page; and some of you beautiful folks even open it up and read through it. Without you, the reader, this is all pointless, so thank you.

I suppose I should begin with the professors.

Professors make my life crazy. It is because of them that I have so much work to do all the time. But it is also because of them that I am able to write to you in this newspaper today.

Professor Morano, somehow I managed to wander over from the computer science department to the communication building one day and end up in your class. Me being a newly declared, “undeclared” major, I wasn’t sure what to do. I sat in intro to journalism and listened to you tell us why we should listen to you and trust that you know what you’re talking about. You told your story and I felt inspired. Thanks for that. I’ve heard that story four times now and every new class I have with you I look forward to it. For all the help you have given me, things you have taught me and times you have guided me; thank you.

Dr. Novek, in your editorial writing class I realized that to be a journalist, to really do this, I’d have to step up and really work hard. Thank you for that lesson. Ethics reminded me that every person is an individual, every action has a reaction and we need to be aware of that, both as writers and as human beings. You’re door has always been open for me and you’ve always given me honest advice. Gracias.

Dr. Ferg, every class I have taken with you has been a blast. You’ve introduced me to so much music and opened my eyes to the behind-the-scenes aspect of the music industry. I always look forward to class with you and it was awesome to meet Jacob after reading his book. Rock on.

Well, after that first intro to journalism class I walked over to *the Outlook* and found out how I could write.

Jenna, thanks for deciding to give “one of the noisy boys from upstairs” a chance to write for you. We’ve been around each other a lot since then and you went from my bossy editor to my bossy friend. You always put up with my shit and were always there to listen to me rant, or watch some homeless dude show us how we can become billionaires by blogging. Can’t wait to see where The Traveling Circus ends up.

The Outlook became a family to me. A family full of all sections of people, from politics to entertainment, and we all shared a common canvas. Each week we work hard to come up with dozens of stories for you to read, and we do our best to package them between the catchiest front and back page we can.

And on Wednesday mornings you get those papers. I know you do, because not only do I help put them together, but last semester I helped deliver them. And I have to say, waking up at 7:00 am every Wednesday, tired from Jack’s the night before, for minimum wage... is totally worth the opportunity to zip around campus in a golf cart for two hours. To Eric Kai-ghn who is still going strong this semester, thanks for all the great times. And Ryan Clutter who so graciously took my spot, thanks for taking over the wheel (literally). It’s been fun slaving away over papers with you these past few weeks. Drive safe dudes.

Eventually, I took over the section you are currently reading right now, the Club and Greek section. I never really was into Greek life, but I must admit I think it’s awesome what a great community you all have and



it has been a pleasure being able to share a part in that. Same goes towards all the clubs on this campus who bring together strangers and inspire friendships through a common interest. Turns out those “grown-ups” had it right when they told us to “get involved.”

The entire 2011/12 *Outlook* staff. What we had in this office was pretty special, pretty weird and pretty great. The Applebees trips, Seattle, the weird amount of jokes that might make us seem like escaped mental patients who somehow found ourselves running a college newspaper... the sleepover, Seattle (worth saying twice). What a year we had.

Gina, I’ve seen you giggle and I’ve seen you cry over this newspaper and you’re passion is inspiring. Thanks for taking me on board, making me feel at home and always being there to answer a question for me, no matter how ridiculous. You’re the strongest person I know and I’m so grateful I can call you my friend, and who knows maybe one day you’ll even be my editor-in-chief again.

Anthony, “Bee...oh...dee...” the Wall Street Journal still hasn’t called, but your leads at the press inspire me every day that there is hope for me in this profession after all. You are the laziest, hardest-working cheap-skate I’ve ever met. A great man once said, “I say let’s let bygones be bygones. If you took the raisins, if you didn’t take the raisins. They weren’t even my raisins. I was just curious because it seems like a strange thing to do, to walk into a room, audition, and walk out with a box of raisins.”

Matt, you could always make me laugh, where it was an actual funny joke or just an awkward attempt at a lackluster punch line is irrelevant. It was always reassuring to know there was someone in the office I could talk to about any form of entertainment and have a guaranteed conversation. By the way, I loved watching Community and I love it.

Jooo00oOOO00aana, I always loved hearing about your daily bowel movements and yelling your name in the most obnoxious way possible. I’m glad you’re having a good time in NC.

This year has been equally as crazy. With the 2012 class leaving us we suddenly found ourselves in charge. I certainly didn’t expect to be here when I walked into this office three years ago, but I couldn’t be happier with how things turned out.

Brett... god dammit Brett. I can’t even write your name without shaking my head. You started out as the other dude my age who was cool enough to have a “Devil Wears Prada” sticker and a Warped Tour flyer right next to each other. I knew we would get along and I think you did an awesome job running this newspaper, I know it wasn’t easy. From Say Anything concert’s to rocking out to The D, dude... I’m totally gonna miss you.

Edward Morlock, THE KING A THE NAWTH! How can I possibly sum up our friendship in a small paragraph buried in the Club and Greek section? All the happy hours, parties, times in the office, times in Morano’s class, times talking about Morano’s class, (did you do the reading?), War and Peace, THRONES, zebra pants, la-la-la. It’s been fun, it’s been a lot of fun. Ya hear that?

Ad-girl, Kelly, ATG, GTA, Barter-queen, Broccoli, kellybrocket! Sharing this corner with you all year has been a blast. I love rocking out with you and our similar music tastes, (except when you put on country). I love bothering you, bartering you. Most of all I’d like to thank you for supplying us with food every week... I mean for being such a great friend.

Alexis, you were my first real writer. You might be the only writer I’ve had that I’ve actually met in person. You were a magnificent assistant editor, I can’t write that without laughing, god dammit Brett. You’ve been a great friend, always full of energy and craziness. If you ever lose your keys and need help just give me a call. Alexis, I’m sure you’ll always have great things ahead of you, and at the very least great things behind you.

The Outlook ladies, Nicole, Alyssa, Casey and Nana. Thank you for keeping Orlando in line, I know it’s been a hard job. Nicole, thank you for keeping me out of a state of depression when Sirius Black met his demise, it was a very rough time for me and I’m glad you were there to talk me through it. Alyssa, the loudest artist I know, the office really wouldn’t be the same without you, I’ll never forget our art critique of that painting of a house we saw when we were in San Fran. Casey, I’m not quite sure when you decided to embrace your inner wolfe, but it’s hard to imagine there was a time when you were quiet in the office. Thanks for letting me use your Global Comm book. Nana, the fact that you somehow always manage to stay calm when all hell is breaking loose in this office is remarkable, I enjoy your visits when you need to staple your papers.

Maggie, you are one of the nicest and sweetest people I know. Between Greg seducing your entire suite and you being a staff member at *the Outlook*, it’d seem me and you were destined to be friends. I’m going to miss you a ton next year. Never stop being you.

Orlando, keep up being awesome. You’ll be running this country soon enough. It’s been a pleasure getting to know you, sharing classes, this office, and your friendship. God bless you next year, the girls in here are lunatics. Hopefully they don’t see that, but in case they do, you’re all beautiful and special. And Chris, that’s when you would tell me “nice save.”

Ray Bogan, thank the rock gods that you happened to play that first open mic I covered. You’ve been a great friend and a great musician. Looking forward to our jam sessions every Thursday has helped get me through each week. Here’s to many more.

Alex Chase, I never met anyone who changed their name before; I’ve also never met anyone who can pull off wearing a fedora so brilliantly. I can’t wait to read your novel this summer. Keep up the flawless comma placement.

Jackie, good luck next year. You’re going to do great. I know Brett and I haven’t made your life easy as of lately, but if you can deal with us you can deal with anyone.

Sandy, we’ve certainly been through a lot. Thank you for always being on my side, always giving me the card and never being afraid to

shake your head at me and call me an idiot. I don’t know what myself, or this office would do without you. I don’t know what else I can say except thank you, thank you so much for everything.

Evelyn, mi Puerto Rican mama. Gracias por todo. Tu es bonita... okay I don’t know enough Espanol to type out your paragraph completely in it. But, thank you for raising us these past four years. I wouldn’t be who I am today if not for you and I’m blessed that somewhere down the line you ended up working in this building at the same time as me. Thank you for everything you’ve ever done for us, for me and for this University.

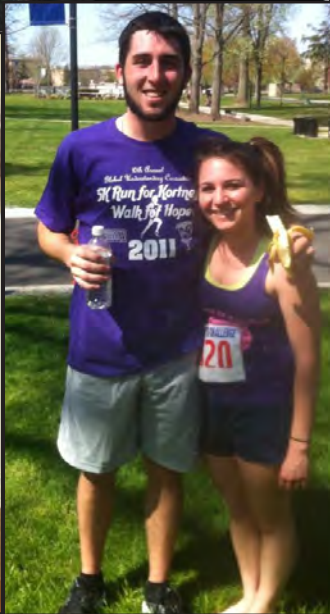
Finally I have to mention two very important people because without them I don’t know where I would be today. My roommate, my best friend, my brother, Greg Cenicola. I won’t get too personal here, but Greg, I couldn’t be more proud of you and honored to call you a friend. This has been one hell of a time. And Nicole Sidari, my other best friend, my girl. We’ve sure been through a lot at this school; it’s been incredible growing up with you and experiencing all aspects of life together, I can’t wait to see what comes



next. You two are my family, thank you for always being there for me, through thick and thin. I love you both more than words can describe.

What a ride it has been at Monmouth. It’s sad, you spend four years trying to establish a life for yourself and once you finally have it it’s time to leave. I’m lucky to have had the privilege of ending up at this beautiful school. The squirrels, the hawks, the golf carts, the dining hall, Pinewood, Nintendo 64, Redwood, the 6:00 am basketball game, spring-fest, random nights at the beach, the Brighton ave fire, Stop and Shop, the phoneathon, 22 Cedar and finally *The Outlook*.

I’ll never forget a minute of my time here because it has made me who I am today. The tour is over, we survived.



‘Girl Code’ Just An Elaboration On Stereotypes

ALYSSA GRAY
COMICS EDITOR

It has often been said that sugar, spice, and everything nice is the common formula required to create the perfect girl. Often executed in the form of pigtails, glitter, and all things pink, girls are also expected to follow a special social set of rules, simply labeled “girl code”; the laws which have served as the inspiration behind several online blogs, publications and now a brand new television show on MTV called “Girl Code.”

In a recent article published in the *Journal of Personality and Social Psychology*, Bobbi Carothers and Harry Reis created a test in order to see whether men and women should be set in separate interest categories. The results showed that college men and women do, in fact, often have different hobbies. Activities such as boxing, construction, playing golf, playing video-games and watching pornography were more interesting to guys. In contrast, taking a bath, talking on the phone, scrapbooking, watching talk shows, and cosmetics were more interesting to girls.

It would appear then that the laws, and the several stereotypes that accompany them, have gained a mass following and power status amongst the female populous. So much media attention aids in furthering the two sexes, especially in the cases of relationship expectations, the notable difference in sports interests, and, of course, where and how their money is spent.

1.) Relationships and Icebergs

Usually women are the ones branded as overly emotional in relationships and come off as expecting too much from their significant others, whereas men are the calmer type with the lackadaisical attitude about most matters which often cause alarm in women.

To top off the emotional turmoil that accompanies a women’s per-

ception of relationships, there are the added girl’s code guidelines such as never dating a friend’s ex. He can possibly have female friends, but not too many if he knows what’s good for him. And god help him if he texts a girl later than he is texting you.

If everything falls well within the code, then there should be smooth sailing along the seas of love. As Melissa Buchanico, a sophomore criminal justice student, can attest, “I think relationships are wonderful, I’m in a relationship now and I have been for 21 months now. I think my boyfriend is great and I’m extremely grateful I have him.”

However great a relationship is though, one can’t help but won-

der about the stereotypes involved within the inner workings of it all. Lisa Dinella, assistant professor of psychology, stated that women are often perceived as more nurturing and should be caretakers, emotionally and physically. Though this explains their stereotypical positioning within the relationship, there could be some negative connotations that arise from these preconceived notions within the girl’s professional life.

2.) Sports Let Me Wear My Cute Little Jerseys

When the topic of sports is tossed into the ring, the statement that women are from Venus and men are from Mars becomes prevalent- or so it is thought. Men are supposed to be the ones drinking all of the beer, spitting expletives

leads them to seek careers that allow them (not men) to have flexible schedules to care for their household, children, and family overall. These types of careers have lower pay. There is nothing wrong with wanting this type of a career--- but that men are not socialized with the same values leads them to be the breadwinners—and thus women are often more financially dependent on their husbands.”

According to Janice Stapley, an associate professor of psychology, the term ‘mesearch’ is used to describe the type of girls who are, essentially, tomboyish in nature. Having personal, firsthand experience with this mindset, Stapley sees that these stereotypes and girl codes are being broken more and more as the generations go on. “My grandmother loved football, and if you had given her a choice she would have picked watching a

when she feels she looks good she will purchase food to celebrate- and dare anyone to tell her otherwise that the process doesn’t make sense. That’s just the way girls are “supposed” to work. Well that’s wrong. Stapley herself stated that in regards to shopping she, “would rather have a gun to her head.”

Sophomore Alex Giorggio, an English major, stated that his love for shopping rivals most females that he knows. “Most girls I know don’t really even want to get up or get dressed to go out and buy a new outfit. I think right there shows that shopping isn’t just strictly set for girls, guys can enjoy it too- maybe even a little more,” Giorggio said.

It would appear that the girl code isn’t something as concrete as initially thought. The stereotypes that the codes rely on are being shattered every day. The Carothers and Reis article found there was no evidence suggesting that men and women should be lumped into discrete categories, or following gender specific codes; especially in areas concerning sexuality, friendships, gender related dispositions and intimacy.

However, Stapley disagrees on the basis that today’s culture puts too much emphasis on gender. “I’ve been watching my children’s twenty-something [year old] friends start having children and they stereotype before the kids are even born,” Stapley said. “I think we stereotype more than we did even thirty years ago.”

No matter how one might see it, whether the stereotypes are coming down quickly or being built up higher than before, it would appear that the code originally thought to be a basis for girls of all ages is evolving along with the idea of gender itself. Perhaps that is a good thing, or maybe not, but whatever the fact may be, something is underway within the psychological makeup for the female; hopefully one that will prove positive instead of a femme fetal.

“Most girls I know don’t really even want to get up or get dressed to go out and buy a new outfit. I think right there shows that shopping isn’t just strictly set for girls...”

ALEX GIORGGIO
Sophomore

der about the stereotypes involved within the inner workings of it all. Lisa Dinella, assistant professor of psychology, stated that women are often perceived as more nurturing and should be caretakers, emotionally and physically. Though this explains their stereotypical positioning within the relationship, there could be some negative connotations that arise from these preconceived notions within the girl’s professional life.

“My research on this area with my colleagues Drs. Erica Weisgram and Megan Fulcher, show that the more men and women identify with the stereotypes about how men and women should act, the more they express interest in stereotyped careers,” Dinella said. “Our research also shows that women being socialized to place more emphasis on ‘nurturing’

at the opposing team or those ‘stupid stinking referees’, and belching. Women are supposed to sit cross legged, serve their guests, and laugh merrily instead. This is what the girl code further reinforces through its stereotypes.

In this turn of the century ideal-gender crossing age, the traditional boundaries are being trespassed by new wave thinking by girls and guys alike. It is not uncommon to find a girl wearing an oversized jersey, lounging on the couch eating wings while rooting for their team like one of the guys.

Take for instance freshman Olivia McDaniel, a psychology major. McDaniel grew up with two sisters and a brother, yet while her sisters would play dress up and paint their nails, she found herself playing soccer and relating more with her brother. “I love to

football game over going shopping in a nanosecond,” Stapley said.

It is because of these crosses in the barriers that left Stapley with the notion that a lot of the recent gender dialogue is not necessarily masculine vs. feminine anymore, but instead is much more androgynous.

3.) Don’t Need It, But I’ll Buy It

And then there was the ever popular topic of shopping. It is no secret that advertisements and the media play off of the woman shopaholic stint more than they do any other stereotype; primarily because it is so easy to sell a product for any sport, relationship improvement advice, or for any insecurity for that matter.

The tale goes that if any girl thinks she looks fat, she will buy clothes to hide her body, and then

Guy Code: Reality or Fiction at the University

CHRISTOPHER ORLANDO
POLITICS EDITOR

So the cat is out of the bag. The MTV hit show, “Guy Code” has revealed every male secret... or have they? The show examines multiple facets of the lifestyle for a mid-20s male college student but how true are these stereotypes in relationship to MU students? Take a second and think. How do you associate college males at the University when it comes to relationships and love, sports, or how they spend their money? These three topics will be looked at and classic stereotypes will be confirmed or will be removed from “the code.”

Johanna Foster, instructor of sociology, believes that there is too much weight put on certain aspects of a male’s lifestyle. “On top of that underlying taboo in the culture of hegemonic masculinity is the overvaluing of wealth, power and prestige as primary signs of appropriate manhood, and the willingness to use, or at least unequivocally support, the use of aggression and violence in order to achieve those culturally prescribed goals,” she said.

1.) Relationships

Relationships are difficult for anyone, but college men are portrayed as solely partyers and are expected to be having sex with as many people as possible, according to Dr. Deanna Shoemaker, associate professor of communication. But as Dr. Jack Demarest, professor of psychology at the University, said it is more about

competition when it comes to relationships, which may be why college men are shown as to only view women as sexual objects.

“Mothers tell their daughters to find a lawyer or a doctor to marry; they never brag that their daughter is dating a garbage man. Boys and men may objectify girls as sex objects, but girls and women objectify boys as status and success objects. The winds that govern same sex friendships, romance and career choices, like sports, are formed initially by competition between guys but they blow most forcefully by this competition between the sexes,” said Demarest.

Samuel Maynard, junior political science major, believes that there are no real “differences” when it comes to each gender and their relationships, but it is used as a topic of exploitation by certain media outlets.

“There is no inherent difference in the way men and women deal with relationships, only socialized myths that are projected on individuals in our highly stratified and misogynistic society,” said Maynard.

Maynard also said that these roles that have been placed on relationships seek only to keep male dominance in relationships.

2.) Sports

Some men treat Super Bowl Sunday as the second coming of Christ. Some men wait all year for

their company’s softball league to start up again. So what appeals to men about sports?

Sophomore political science major Dominick Mascitelli said that men view sports as an opportunity to bond more than anything else. Mascitelli explained, “It’s the epitome of competition between teams, and bragging rights and possibly money if bets have been placed. Throwing around a football bonds friend together in a way that’s inexplicable.”

Demarest explains that men are very competitive in general, not just with sports. “As we age, we find that sports provide an oppor-

they should in order to exercise privilege,” he said.

Ryan Kinghorn, sophomore health and physical education major, said that men are not the only ones who get into sports. “I know some girls who are die hard [fans] that will be yelling at the television more than I will at times during the game,” said Kinghorn.

3.) Money

Money seems to be an object that no one, men or women, seem to have enough of these days, especially with the state of the economy. So what do men spend their money on?

Demarest said that men are often judged on what they earn and how financially secure they are. “Girls are taught they have economic choices, boys are taught they have financial obligations.

Consciously or unconsciously, we learn that we are evaluated by society and, especially, by desirable females as interchangeable ‘success objects,’” said Demarest.

Even though “Guy Code” can be fun, it can also be dangerous. Shoemaker warns about the possible negative effects, some of which are encouraging sexual assault of women, alcohol poisoning, intense social pressure around sports, bullying, among others.

“While ‘Guy Code’ uses very talented comedians to poke fun at gender stereotypes, the show may also unintentionally reinforce ste-

reotypes that don’t serve young men well,” said Shoemaker.

Shoemaker offers her advice to college-aged men of her own. “One: work to resist and break harmful gender stereotypes with critical thinking and by speaking out against harmful stereotypes that demean people. Two: respect young women (and all women) as equals and don’t reduce them to sexual objects (i.e. don’t confuse “sexy” with “sexual object”). Three: respect yourself and figure out who you really aspire to be as a man in spite of what popular culture tells you.”

Linda Dinella, assistant professor of psychology, said that each person needs to be treated as an individual, not as a social group. “Men and women are more similar than they are different. We need to respect each person as an individual and not try to force them into an ill-fitting category,” said Dinella.

Demarest agreed that the “code” is more for acceptance than an actual guide. “‘Guy Code’ is just code for how to adapt, fit in, and avoid conflict. It is a set of rules for men and boys when bending the rules is risky and does not get you very far.”

Demarest said that in a changing world, these codes seem to maintain the status quo.

“It stresses and reinforces the very stereotypical limitations that our society has valued for millennia for men and for women,” he said. “It is easier to live our lives in a way that does not rock the boat.”

“Men act this way because society says they should in order to exercise privilege.”

SAMUEL MAYNARD
Junior

tunity to bond with other boys/ guys even as we also learn not to get too close or express too much of our emotions (with the exception of anger/aggression) among other guys,” said Demarest.

Mascitelli said that he believes there are three rules to participating in sports. “You got to heckle your friends if his team is losing, in good taste. Know your facts/ stats when debates come up and keep it friendly, don’t make things personal,” said Mascitelli.

Maynard believes that men and sports are another stereotype that may not be necessarily true. “Men act this way because society says

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“Move It to the Exits, I Hope You Have Found a Friend”

ALEXIS ORLACCHIO
EDITOR-AT-LARGE

The past few weeks I have just been looking forward to warmer weather and some free time. I have almost been too busy to get nostalgic or sentimental about my years at Monmouth... and then I started writing this article. I remember thinking that I would never graduate eight grades – that time was a figment of my imagination.

When I got to high school I felt the same way, but when I graduated I was relieved that the next four years of my life were already planned out. Now here I am, weeks before graduation and no yearlong plans set in stone, no time allotted safety net. Realizing I am about to finish my last full week of classes as a college undergrad puts a knot in my stomach.

I have had a vast amount of personal growth over the past four years here. There are a number of people I would like to take the time to thank:

There are a lot of people who have helped me get to where I am today, and I am grateful for each one of you.

First would be my family. My father: for encouraging me to pick a profession based on my passion and not the paycheck, and for being a prime example of just that. For stressing the importance of education, no matter the cost, and making sure I had a strong foundation for my future. Although one of his biggest regrets was knowing that he would not live long enough to see me graduate college, I have a sense of pride and accomplishment knowing that in just 23 short days, I will walk across the stage of the PNC Bank Arts Center in my cap and gown.

My mother and my sister: for being the strongest support system and the best friends a girl could ask for. Mom, you are my rock and the world's most awesome woman alive. I am so lucky to have such a close bond and great friendship with you. Thank you for letting me call you up to ten times a day just to say “hello” or just because I feel like it. Nicole, I cannot believe that you used to hate me and wanted to be an only child. Thank you for realizing how awesome I am and always having my back.

My brother and his family: For calming me down, helping me to relax, and making me realize that I do not need to have my entire life figured out right after graduation. That graduation does not mean my life is over, but that it has just started and people would kill to be in my position. For supporting me no matter what career path I choose to pursue, even if I want to join the circus.

Professor Morano: Words cannot express how grateful I am for everything you have taught me. I realized while taking your “Introduction to Journalism” class that I picked the right major. I understand that the times you have pushed me only mean you think I am capable of more. Thank you for always believing in your students, for being a wonderful advisor, and for always being patient with me when I burst into your office without an appointment, hyperventilating about a certain assignment or problem I am having.

To all of my professors whose class I was ever enrolled in: I have learned something valuable from all of you. Thank you for all that you do. You do not get enough credit or appreciation for the difference you make in this world. I feel like the professors,



particularly in the Communication department, have gotten to know my personality and I have never felt like just another nameless face in a sea of students.

My friends at home (Corey, Chelsea, Jessica, and Jillian): for understanding that my work load and stress levels are the reason why I have been a hermit... and waiting patiently for me to graduate so we can hang out again. You are the weirdest, craziest girls I have ever gotten to know with the most distinct personalities of any group I have ever been a part of and I would not change anything about any one of you. You are the most beautiful girls I know, inside and out. I am insanely blessed to have you ladies in my life, friends like you are hard to find.

Nick: My whole *Outlook* experience started with you, so I cannot thank you enough. I am disappointed we did not become friends earlier since we have the same taste in music and television shows, who else can carry on an hour-long argument on My Chemical Romance albums? Or talk conspiracy theories with Clutter? I had a blast serving as your assistant editor last semester and think we work well as a team. I am going to miss all of your random thoughts, quotations, and unique logic on everything. You are super easy to get along with and I can never predict anything you are going to say. Any staff will be lucky to have an employee like you to bring humor and great energy to the team.

Brett: You have forever changed the way I look at the English language. Meeting you let me experience what life would be like if I HAD younger brother... and made me thank my parents that I am the youngest. I know we constantly rag on each other, well, you constantly rag on me, but I know it is because we are so close. I can't imagine working in an environment without the person next to me mocking my voice, laugh and mannerisms (among other things), poking or throwing

things at me, or screaming random words in my ear. I am still available for venting/Advice giving/problem solving chats after graduation. You stress way too much about things you shouldn't – but that just means you care that much. You are going to do an amazing job wherever you are hired, so relax! Thank you for being a great leader and an even better friend. See? I was sentimental... you thought I was going to call you an ASShole, didn't you?

Kelly: Also known as AD Girl, Ad that Girl, ATG, GTA, but we'll stop there. I have learned so much about you over the past year. Thank you for being the only one who would come see *Titanic 3D* (our first date) with me... and enjoy it. You are one of the strongest people and hardest workers that I have ever met and I am convinced you are indestructible. You are amazing at what you do and Starbucks should pay you for your advertising skills since you have converted the whole office into frappuccino addicts.

Maggie: You are one in a million. I am truly going to miss you next year. You are the sweetest person on the staff and I am so glad I have had the chance to become friends with you. You have given my abdominals a work out on multiple occasions and made me cry from laughing so hard. You know how to lighten any somber mood without even trying just by being yourself. I have nothing but good things to say about you. I promise I will visit you and the girls next year!

Jackie: You are by far one of the funniest girls I have ever met. I am so lucky to have met you in Italy over the summer. You tell the funniest stories and are one of the most welcoming and friendliest people on the staff. No matter what, you can make any staff member in the office smile and make a joke out of any stressful situation. Congratulations on your internship at *Redbook Magazine* and on taking over the

position as Editor-in-Chief. Enjoy your year in the throne and push the paper to even greater heights, I know you have it in you and will do an amazing job.

Ed: Morlock the Warlock. It was established earlier this year that we are the male and female version of each other; it goes without saying you're a pretty cool kid. You are hysterical and I know I can count on you to finish any “Boy Meets World” quote I choose to randomly recite. “What's Eric's favorite fish?” “PENGUIN!”

Jenna: My only wish was that you weren't in Italy for the fall semester so we could have hung out more! You are fiercely motivated and your talents will take you far. I love reading your travel blog, so don't stop writing it. You are the cutest little nugget and always make me laugh. Thank you for laughing at all my corny jokes and random thoughts about mundane topics.

Casey: I'm so glad you have come out of our shell since the beginning of the semester. You have some of the greatest one-liners I have ever heard. I will miss getting stuck in the Wilson hall elevators with you twice a week. Thank you for choosing to be seen with me in public and sitting next to me in class, even after I slipped on a single drop of water in the Plangere lobby, am a constant mess on the way to class, and have no idea how to operate an umbrella.

Orlando: The future President of the United States of America. The world needs more people as sweet and genuine as you. Thank you for always offering to help me with anything I needed and defending me when Brett would just make fun of me. I have no doubt that you will continue to bring great ideas and a great work ethic into the office next year.

Alyssa: Loud one. You have the most amazing lung capacity of anyone I have ever come across. I'm so glad I have been lucky enough to see you grow as

a staff member this year. You are an amazing artist with increasing journalistic talent. You are such a hard worker and I know that you will come up with some spectacular questions for viewpoint. And if people don't answer or want to get their picture taken I know you will combat their failed compliance with, “NOBODY ASKED YOU!”

Nicole: You are the most laid back and down to earth girl I know with the most unique taste in television shows, music and movies. I loved reading your reviews, no matter subject you were writing about. You are an amazing entertainment editor and I know you will do well in the future.

Alex: My fedora fiend. You were always willing to help me with any of my InDesign errors and I thank you for that. I can always count on you to make a scientific or literary-rooted joke and then have you explain it to me. I wish you the best of luck on your novel, I know it will be fabulous and I still want a signed copy.

Nana: You are the most normal *Outlook* staff member and I thank you for accepting us the way we are. Have an amazing time in London, I hope you continue to write and edit when you return home.

Evelyn: My Puerto Rican mama. You are truly a breath of fresh air. You have an amazing outlook on life and are always upfront and honest, the world needs more people like you. Thank you for always being a positive person, offering help whenever it was needed, and teaching me to stand up for myself.

Sandy: The office would fall apart without you and you are always there for any member of the staff. Thank you for all that you do, your hard work does not go unnoticed.

Angela: The savior of the back page. We were in trouble when Netta left and you came into the office at the perfect time to save us.

Italy: Hands down the best month of my life. I am so lucky that I was able to travel with such a awesome group of people and get along with all of you so well. This trip changed my outlook on life and how I want to live it. I love that you all were part of such a special time in my life.

Sarah: I still mean it when I say I cannot have hand picked a better roommate to study abroad with. We clicked instantly. Some of my favorite memories are times I have spent with you; like our weekend trip to Elba Island and skydiving in Switzerland. I'm bummed we don't see each other anymore, but we always agreed that people are brought into our lives for a reason, even if they don't stay forever. I know you are the reason I had such a blast in Italy.

My McLoone's Crew: for accepting my odd, quirky, and awkward personality and quickly letting me into the family. You make 12-hour shifts and entire weekends stuck at work bearable, and I look forward to spending the summer with you all.


It's hard to believe that I almost didn't attend Monmouth University. But as cliché as it sounds, I believe that everything happens for a reason. Everyone that I have ever met at Monmouth has made an impact on me some way, and I am forever thankful. I am proud of the person I am today and the person that I continue to become. I will have nothing but good memories to look back on after graduation. In the words of Mr. Feeney, “Believe in yourselves. Dream. Try. Do good... I love you all, class dismissed.”



Civic Engagement Honorees


On Wednesday, April 24, 2013, the Center of Student Success held the Civic Engagement Recognition Ceremony celebrating students' leadership and commitment to the community.

Among the many volunteers on campus, 24 students and clubs were nominated. We are proud to announce the nominees:



5678 Dance Club
Vinny Bruno
Alexandra Casares
Tiffany Cox
Kelly Craig
Jessica Curbelo
Darlene Curtis
Christina DiBartolo
Amanda Divita
Tyler Driscoll
Bryan Duarte
Rachel Gramuglia
Sheila Harvey
Jennifer Hom
The International Club
Chelsea Kramaritsch
Jessica Kostenblatt
Ashley Kristoffersen
Meredith McCabe
Renee Oleniacz
Public Relations Student Society of America (PRSSA)
Sigma Pi
Liz Stankiewicz
Caitlin Tompkins





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Beach and Adj NY ferry! Mint Cond with WB Fireplace.
Magnificent views of Sandy Hook and NY skyline. Perfect for prof. Approx. 09/03/13 – 05/20/13
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\$1,750 for the right person. (\$2,450 Mkt Value) Hi credit score req. No FEE. No dogs.
Contact: g.lubin@live.com (917) 656 0305



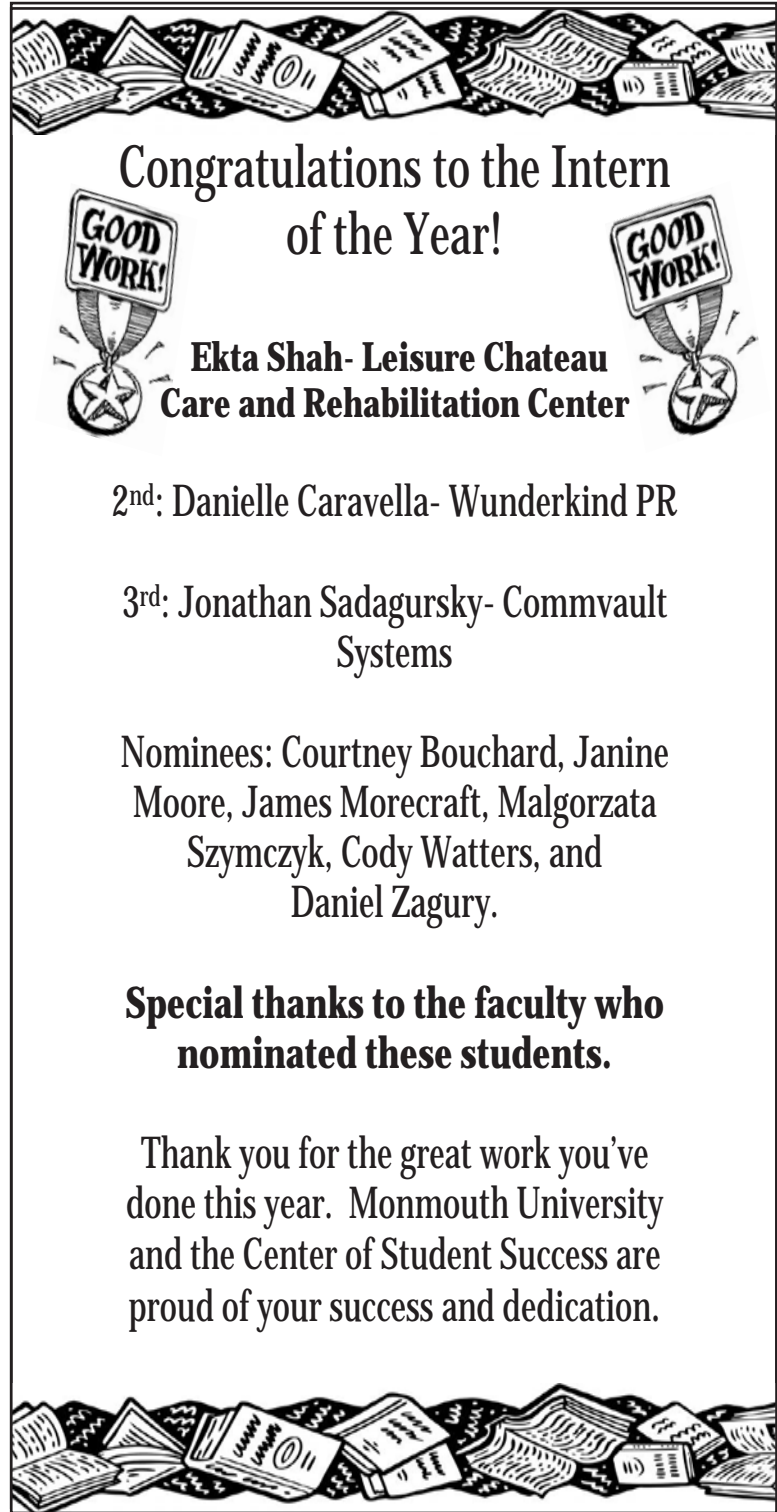
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Where: Patio of the Student Center
When: 11 am – 2 pm
Why:
To raise funds for life-saving childhood cancer research!




St. Baldrick’s FOUNDATION
Conquer Childhood Cancers
StBaldricks.org | 888.899.BALD (2253)



Congratulations to the Intern of the Year!



Ekta Shah- Leisure Chateau Care and Rehabilitation Center



2nd: Danielle Caravella- Wunderkind PR

3rd: Jonathan Sadagursky- Commvault Systems

Nominees: Courtney Bouchard, Janine Moore, James Morecraft, Malgorzata Szymczyk, Cody Watters, and Daniel Zagury.

Special thanks to the faculty who nominated these students.

Thank you for the great work you’ve done this year. Monmouth University and the Center of Student Success are proud of your success and dedication.





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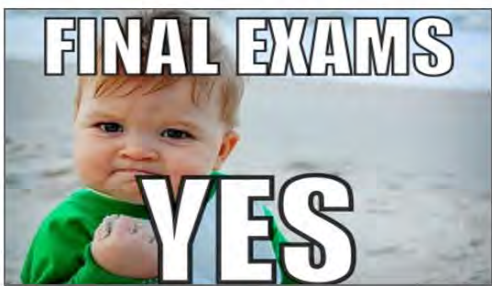
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Don't You (Forget About Me)

ED MORLOCK
SPORTS EDITOR

When I first arrived at MU in September 2009, I wasn't happy. Just about every weekend included a 75-minute drive to Maple Shade Friday afternoon, and a 75-minute drive to West Long Branch Sunday night.

It wasn't until I joined *The Outlook* in the beginning of my sophomore year that I really started to enjoy the University.

I still remember the sunny day that I walked up to the newspaper's table at the involvement fair and started asking questions. The next Monday I attended my first writers' meeting and was assigned a story. Ever since that men's soccer article, I've written nearly every issue.

The weekends no longer included a drive to South Jersey and I started meeting people; first my suite-mates, then their friends, and their friends, and so on. Before long, I had a solid group to hang out with and the "college experience" that I had been dreaming of all through high school was coming true.

Since that time, college has been the best years of my life. Every day is filled with fun and I can't believe there was a time that I considered transferring to Rowan. Without *The Outlook*, I may have switched schools.

The last three years have been nothing short of amazing, and there are a number of people who I need to thank.

My Family

Undoubtedly, I would have transferred if it weren't for my family. My sisters told me to stick it out and my parents told me they would support any decision I made, but they wanted me to give MU another chance. Thankfully, I listened.

I also never would have joined the paper if my dad didn't push me towards it. The conversation went something like, "You're going to school for journalism. Join the paper or find a new major." This was the best advice I ever received.

My cousins, aunts, uncles and grandparents all deserve some credit too. They always made such a big deal about my articles and kept my confidence high.

The Outlook

I might as well start from the top, and thank professor Morano. Prof, you probably don't realize the impact you've had on me as a journalist. The first class I had with you was "News Writing" and I immediately wished that I had taken "Introduction to Journalism" with you. You always gave (and still give) great feedback on how I could improve my stories and who some new sources could be. You also helped me a lot with the decisions I had to make as sports editor. I've really enjoyed the relationship that we have built and hope it continues after I graduate. Thanks for everything you've done. You've asked me many times and I will finally answer: Yes, it makes sense.

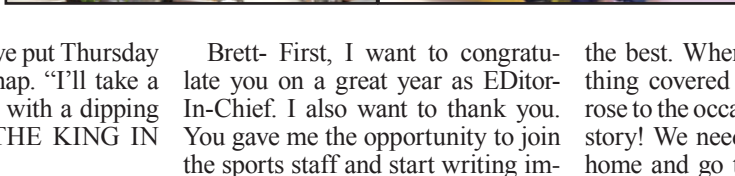
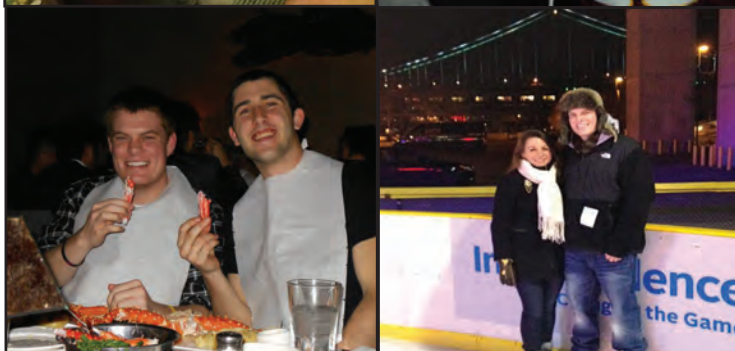
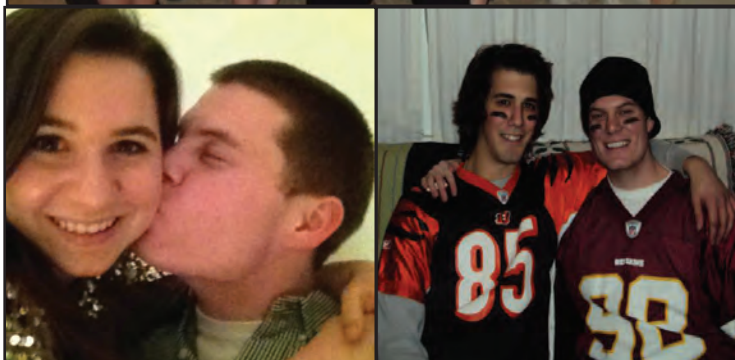
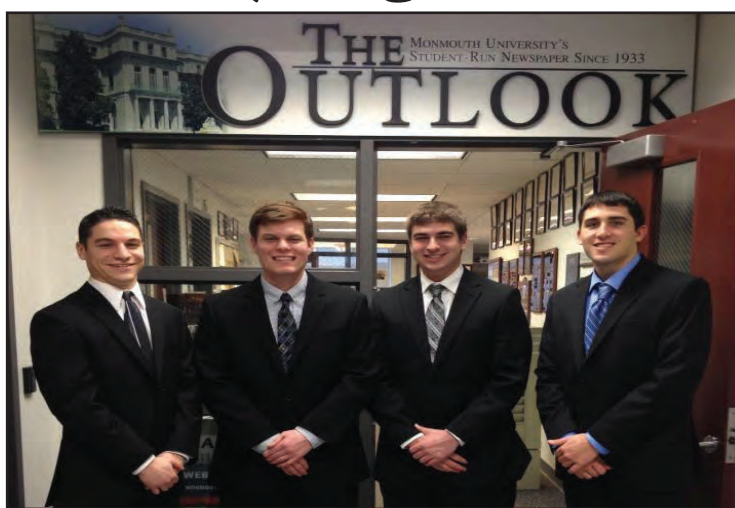
The 2012 graduates helped me a lot as well.

Anthony- The man, the myth, the legend. Can you believe I'm graduating?! Is that a Nike outlet? Left over right. Wrist blang, got a condo up in Biscayne. I always think of you whenever I write a lead (the lead to my goodbye is 35 words). One day we will all be reading your Wall Street Journal award-winning stories. Gina- I was able to get over my initial fear of you and tried to duplicate your journalistic dedication. I'm not sure if I was able to match it, but you really helped me commit myself to *The Outlook*. Matt- it's great knowing that we can always discuss movies and *Game of Thrones*. Plus I always enjoy reading *Couch Potato Central*. Sandra- We weren't really too close when you were part of the paper, but I'm glad that has changed. I hope there are more trips to Wildwood and The Lobster House in our

near future! Joanna- I haven't gotten to talk to you much this year, but that means you're busy and having a great time in North Carolina! Everything is going to continue to be awesome for you and I'm so proud!

Jenna- I don't even know where to begin here. There are so many ways that you have changed me for the better. Without you, I never would have learned In-Design or gotten an internship, so I wouldn't be graduating on time. Visiting Italy was one of the greatest weeks of my life and that never would have happened if you weren't studying abroad. Running 5k races is another thing I picked up from you (although I don't win like you do). We've been to so many cool places together, such as Italy, Seattle, San Francisco, Wildwood, Ocean City, New York and Philadelphia. Whether we are on a haunted ghost tour through cobble-stoned city streets or picking strawberries in the valley of vast lengths, I enjoy every little thing we do together. The last year-and-a-half has been amazing, from the Ponte Vecchio to the Garden of Eden, and I know that it's going to continue to be great for a long time. You're my best friend and I wouldn't change anything that's led us to where we are today.

Nick- Star reporter Hick Nodgins! You were really my first close friend in *The Outlook*. Who'd have known the weird kid in five of my classes junior year would be an editor? I never knew that you hated Led Zeppelin so much. Lets reminisce on our old baseball playing days. Rooming together in Seattle and San Francisco was awesome; we definitely had the best room. I could really go for some \$75 Alaskan king crab legs right about now. One day when you're writing for *Rolling Stone* and I'm covering the Redskins for the *Washington Post*, we'll be able to eat crab legs twice a week. Also, we put Thursday happy hour on the map. "I'll take a fried chicken bar pie with a dipping cup of hot sauce." THE KING IN THE NORTH!



Brett- First, I want to congratulate you on a great year as Editor-In-Chief. I also want to thank you. You gave me the opportunity to join the sports staff and start writing im-

the best. Whenever I needed something covered in sports you always rose to the occasion and wrote a great story! We need to hang out more at home and go to Phillies games and

mEdiately. After that, you always gave me the best assignments (football and men's basketball). Thank you for trusting me enough to be the sports Editor after your promotion. Now that all the mushy stuff is out of the way... wait for it... ... ED! I'm really going to miss all of your ED! and AD! jokes in the office. For the rest of my life I'm probably going to put emphasis on those two sounds. I always enjoy talking sports and Thrones with you. We could talk about Adam Sandler movies for hours. With two awesome internships and all of the positions you held for *The Outlook*, I'm sure you're going to have a great journalism career and probably run your own newspaper one day.

Kelly- Who's Kelly? A.T.G. Adius. Kell. K Brock. K.B. The Barter Queen. The woman of a thousand names. I'm GLAD that you were always in the office to appreciate my 80's playlists. Even though we complained all the time, thank you for always putting food in our bellies on Mondays and Tuesdays. When I work for a newspaper in the real world, the AD! department won't compare to what I had at MU. Oh yeah, G.T.A.

Commando- Hellooooooooo. I can't believe that no one has clothed you yet. Your phone calls in the office are very inspiring. Vote Orlando 2036! I expect you to be in office before age 50. By then, you'll have already made trench coats fashionable. Keep up the good work and please try to put some clothes on.

Jackie- A.O.A. The tan editor is now going to be the Editor-In-Chief! I can't wait to see how the paper looks next year! I look forward to some Applebee's trips next year when you're no longer a baby and can get a drink!

Maggie- STEP- PIN! ON THE BEACH! Hi Wraggie. You're

the Jug.

Alexis- I am so happy that I found someone that is equally as obsessed with Boy Meets World as I am. Not many people would know Eric's favorite fish is a... PENGUIN! I look forward to talking for hours about the sequel when it debuts.

Angela- We've done some great things on the back page this year (mostly you) and it's been great working with you. I also enjoyed our time together across the globe in Italy! I know you're going to do great with a bigger role in *The Outlook* next year!

Alyssa and Casey- I expect the two of you to stop Lando from doing anything crazy next year without me keeping an eye on him. Alyssa I hope to see the Commano Chronicles and squirrel comics to continue into 2014! Casey I love your work ethic and think that you're going to go on to big things really soon!

Nicole and Kevin- Loved reading the entertainment section this year, you two always had cool designs! Thanks for giving me the chance to write about *Game of Thrones* Nicole! Kevin I want to see more fedoras when I come back to visit next year.

Nana- You're going to have a great time studying abroad! The opinion section always looked good this year, so I'm sure you will contribute a lot to *The Outlook* when you get back!

Sandy and Evelyn- You two are the best to talk to! I know that you will both tell me the truth even if it's something I don't want to hear. Whenever I hear someone whistling or keys jingling I'll always think of you Evelyn! When I visit next year, I may be looking forward to seeing the two of you the most!

Morganne and Netta- I can't imagine any grad assistants being better than the two of you. As the sports editor, I learned a lot from you two. Thank you both for bringing some real world experience into the office.

The Sports Staff- Everyone was great this year. I knew that I could rely on everyone to have their stories in by a certain time and I was rarely disappointed. Other editors worried about their writers, but I always had full confidence. I never needed to use an advertisement to fill space, I always had plenty of content. Sports was the best section of the paper this year, in my opinion, and it's all thanks to you.

The Athletic Department

As a member of the sports section, I worked with the athletic department for three years. Greg Viscomi, Chris Tobin, Jarred Weiss, Greg Ott, Eddy Occhipinti and David Cooper- you were all always able to help me with what I needed and did so in a timely matter. When other sections were struggling to put interviews together or get pictures, you guys were able to help me in a matter of minutes. The behind-the-scenes part of covering sports here at MU was so easy and I enjoyed working with all of you.

The coaches and players were great too. Football's Kevin Callahan and basketball's King Rice really made it easy for me to learn the trade of sports reporting. Even when I just started and probably didn't ask the smartest questions, you two were fun to talk to and always available whenever I wanted an interview.

My Roommates

Brett, Eric and Kyle- I love you guys. Everyone knows that "The Castle" is the best house in Long Branch. From *Pokemon Stadium 2* to "King of the Castle" competitions, we always have a good time. I couldn't have asked for a better group to live with during the best year of my life.

Final Thoughts

My time here may be coming to a close, but I will always keep *The Outlook* and Monmouth University near and dear to my heart. The relationships I've built and memories I've made will be with me for the rest of my life.

Second Straight NEC Crown for Women’s Lacrosse

EDDIE ALLEGRETTO
STAFF WRITER

The top-seeded Hawks won their second consecutive Northeast Conference (NEC) title over the weekend with wins against Mount St. Mary’s and Bryant. Senior defender Gianna D’Urso was named the tournament’s Most Valuable Player, leading a defense that allowed 8.5 goals over the weekend and she cause three turn-overs.

D’Urso was shocked that she won the MVP award. She explained, “I was really shocked honestly, it’s great but to be honest, I felt that our whole team deserved it. I truly believe that every single person on our team could have gotten it.”

The Hawks held on to defeat fourth-seeded Mount Saint Mary’s in the NEC Semifinal Friday afternoon on Kessler field by the final score of 12-9. MU was led offensively by the NEC Offensive Player of the Year, junior midfielder Kaleigh Gibbons. She had six points on three goals and three assists. Senior attacker Cassie Campasano found the back of the net three times, while sophomore mid-fielder Karlee Dean registered a pair of goals off the bench.

The blue and white wasted little time to score as they won the first four draws of the game, which all led to goals. NEC Rookie of the Year, freshman midfielder Marial Pierce, scored the first goal for MU, as she cut across the crease and ripped a shot past Mountaineers net minder Sarah Jane Leder.

After that, Campasano scored off of a feed from Gibbons. Dean scored back-to-back goals to force Mount to take a timeout. After the time out,

Mount’s Lindsay Diaz scored off a free position shot with 22 minutes remaining in the first frame.

The Hawks answered right back with three straight goals. The first two came from Gibbons and the third was from sophomore midfielder Allison Stathius with two minutes left in the first.

The Mountaineers tried to chip away at the Hawk’s lead with a minute left as Molly Morris scored with a shot past MU’s goalie Katie Donohoe. However, with 13 seconds remaining, Gibbons tallied her sixth point of the half with her third goal of the game to give MU an 8-2 lead going into halftime.

The second half began similarly to the first half as the Hawks scored 35 seconds into the frame with a goal from Campasano off an assist from sophomore midfielder Emily Barbieri. Barbieri scored her first goal of the game 1:10 into the half as she fired a shot that rang off the pipe and went into the back of the net.

Campasano scored again and senior attacker Erica Abendschoen scored back-to-back goals to increase their lead to 12-2. The Hawks were able to hold on as Mount’s Kaitlyn Larrimore sparked seven straight goals as the game ended 12-9.

Donohoe recorded eight saves for MU and Leder tallied nine for Mount. The blue and white outshot the Mountaineers 25-22 in the victory.

“I thought we settled in offensively and got a lot of great looks,” Head Coach Denise Wescott said. “We did a lot of good things, I thought Kaleigh played really well. When they slid she found the open player for us and if they weren’t tight enough she

slipped through and got some shots off. At the end, Katie made enough saves for us and also ran the clock off for us, and I think she loves being under pressure; she seems to step up to the plate and make big plays when we need her too.”

The Hawks defeated Bryant on Sunday 9-7 to earn the NEC crown.

Campasano led the way with four goals and she was named to the All-Tournament team.

Gibbons, sophomore defender Gracie Williams and Pierce were also selected to the All-Tournament Team.

The crowd was restless as supporters for both sides cheered their teams on in this back-and-forth exciting game.

MU earns one of 13 automatic bids into the Division I women’s lacrosse championship. The 26 teams will be announced May 5 with first round play scheduled to begin May 10-12.

Wescott explained what the NEC title means, “This year was a more exciting victory for us because we’ve been looking at it since the last day we walked off the field as NEC Champions. We’ve been working at it for a long time. It was a fun win. More than anything, we won it because we played well together. We had so many players who made plays for us today. It takes a whole team to win a championship.”

The Hawks started off with a goal as Gibbons fed Campasano just 41 seconds into the game. Bryant’s Lisa Vendel tied the game up two minutes later as both teams fought back and forth all game long.

MU received back to back goals from Pierce and Campasano to push



PHOTO COURTESY of MU Photography
Junior midfielder Kaleigh Gibbons accounted for six points in the Hawks’ 12-9 semifinal win against Mount St. Mary’s.

their lead to 3-1. Lauren Descalzo scored for the Bulldogs and cut the Hawks lead to one. Campasano scored her third and fourth goals of the afternoon as she increased the lead to 5-2 with 8:16 to play in the first frame.

Descalzo and Vendel combined for a pair of goals to cut the lead to 5-4 going into halftime.

Bryant came out and tied the game less than a minute into the second half. Barbieri scored and gave the Hawks the lead again with 13:31 left to play. Then Pierce scored on a rocket shot off of a pass from Gibbons in which she called the “Hail Marial” due to the fact that she lobbed a pass from the left side of the crease over

the 8 meter mark, to the right side of the crease where it landed perfectly into Pierce’s stick.

Bulldogs’ Kimberley Sniffen cut the lead back to one less than a minute later. Pierce answered back again with an unassisted goal with 10:06 left to play. Dean added another goal as she pushed the Hawks lead to 9-6.

Sniffen scored off a pass from Descalzo with 4:27 remaining in the game. Donohoe stopped a free position shot with 1:43 left and iced the game.

The win marked MU’s twelfth straight victory, setting a new Hawks’ record. The blue and white have now won the NEC title five times: 2001, 2006, 2007, 2012 and 2013.

Jesse Steele Signs Pro Deal

DARIA DELUCCIA
STAFF WRITER

Senior basketball star Jesse Steele is adding his name to a growing list of athletes making it to the big leagues. Steele has recently signed a professional contract to play in his native Dominican Republic.

Leaving on May 1 for San Lazaro, he has come a long way since leaving Army to come play for the Hawks. Steele detailed how hard he worked in the offseason and all summer long, shooting and making 500 shots everyday. With that kind of hard work and dedication, it is no wonder why he has just signed a professional contract for a sport that he has had continued success in.

Throughout his time with the Hawks, Steele has left his mark on the University. The All-Star went

from being a walk on sophomore to a senior captain on scholarship. Through all of his accomplishments, he has ranked 9th all-time in career three pointers, 10th in assists with 286, 14th in steals with 110, and has ranked amid the league leaders in minutes played throughout his two full seasons on the team. Along with ranking across the board, Steele has also netted 939 points and 286 assists within two and half seasons, and hit 157 out of 187 free throw attempts.

Within the past season, Steele took his training and his hard work to the next level. However, aside from his strong athletic abilities, Steele is also very modest in how he describes his work ethic. “My shot was struggling a lot in the beginning of the season and Coach Rice gave me some drills to stay close to the basket,” explained Steele. “It got my shot and my confidence up.” Not being afraid to ask for help has clearly worked in his favor.

Teammate and fellow senior Ed Waite described the pressure that Steele was under after his first season on the Hawks, “Well when he first started playing for Monmouth he was relaxed with no pressure.” Waite explained how the pressure increased for Steele. “He grew up really fast because of all the work he put in the summer of senior year playing in the summer league in Belmar,” explained Waite.

Always a team

player, Steele values playing with each of his teammates and under Coach Rice. “I couldn’t ask for better teammates,” expressed Steele. “We’ve had some rough years but we all stuck together.” Playing so close and working so hard together on the court has led the Hawks basketball team to a strong bond off the court as well.

Regarding Steele, his teammates also look up to him while looking to him for help, “He can pass and shoot so you never know what he’s going to do because he’s moving so fast. I couldn’t ask for a better point guard than him to play with while being at Monmouth,” stated Waite.

During the season Steele hoped to sign for a team overseas. When asked where he would prefer to play, he simply replied Paris, France because that is his Mom’s favorite destination. Although Paris did not happen, his mother is “ecstatic” that he will be playing for the Dominican Republic. She’s from there too so she just cant wait. She’s going to visit again in June,” Steele said. Being born there, Steele has a dual citizenship, making it a lot easier to get on the team.

The team that Steele is joining won the Championship last year, and he is hoping to help lead them to another Championship win this year as well. Within Steele’s career with the Hawks, he has continued to grow and push himself towards success. Heading to San Lazaro this week, Steele is preparing to start a whole new chapter of his life. “I’m anxious. I’m excited. I’m nervous. I just want to get down there and start playing with the team,” expressed Steele. With the support of his team and the Monmouth community, Jesse Steele has a huge support system behind him wishing him the best of luck as he brings his basketball legacy to his new team in the Dominican Republic.



PHOTO COURTESY of MU Photography
Jesse Steele signed a contract to play professional basketball in his native Dominican Republic.











TRACK & FIELD CHAMPIONSHIPS

2013

Hosted By

MONMOUTH HAWKS

May 4-5, 2013

at E. Murray Todd Track / Kessler Field

FIELD EVENTS: Saturday 9:45am to 3pm & Sunday 9:45am to 2:30pm

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Softball Finishes Regular Season With Sweep of SFU

RAY MALASPINA
STAFF WRITER

The Hawks ended their final Northeast Conference regular season on Sunday by sweeping the home double-header against the Saint Francis University Red Flash, blanking them 6-0 and 7-0 respectively; going into the play-offs on a three-game win streak. Pitchers Lauren Sulick and Jordan Barnett pitched complete game shutouts earning them both their eleventh wins of the season.

While senior day took place during the double-header festivities honoring the six graduating seniors, Jordan Barnett, Tish Derer, Kate Kuzma, Christine Scherr, Lauren Sulick, and Kayla Weiser. “It was a great way to end a regular season, with two wins on Senior Day,” Head Coach Louie Berndt said. “I was very proud for all the seniors because they’ve contributed for the last four years and actually made the program move forward. I’m excited that everybody had a hand on both wins today.” That was not all of the celebrating MU had done that day.

The Hawks got things started in the bottom of the third in game one, where Kathleen Flores led off the inning with a bloop infield single to third base, followed by a single to right from Derer. After a walk to Alicia DeSanto and Katie Schmacher reaching base on a fielder’s choice to get the runner out at home, senior Scherr hit a two-run single to center to put the blue and white’s first two runs on the board. With runners on second and third, with two outs in the inning, Kuzma brought the runners home with a

two-run double to left.

That wasn’t all for MU. Two innings later, with two on and two out, Shannon Fitzgerald drilled a line drive to left, adding on one run to their already four-run lead. The Hawks tried to add a few more runs later in the inning when a dropped ball by the Red Flash third baseman allowed the inning to continue with the bases loaded, however, Kayleena Flores couldn’t connect and struck out looking to end the inning.

The Hawks added some insurance runs in the sixth when pinch hitter Raelynn Galindo ripped a shot over the right fielder’s head rolling to the wall, allowing Derer to score easily from second base. With runners on second and third with two outs, Kuzma flew out to left center to end the inning.

MU finished game one with 11 hits with four players having two hits each. Kuzma and Scherr had two runs batted in a piece with Scherr and Derer scoring twice as well. Senior Lauren Sulick earned the shutout victory in game one, allowing five hits, none of them being extra bases, and striking out seven while walking only one. The win is Sulick’s eleventh on the season and 58 of her career, passing the schools all time wins mark earlier in the week with the win at Rutgers.

The Hawks kept things rolling in game two, where Jordan Barnett took the mound for MU.

MU took a quick 2-0 lead in the bottom of the first, with DeSanto hitting a slow roller in front of the plate for a single, then advancing to second on the single



PHOTO COURTESY of MU Photography

Senior pitcher Jordan Barnett threw a complete game shutout in MU’s 7-0 win against Saint Francis. She earned her eleventh win of the season as she struck out four, walked one and allowed five hits.

to left by Schumacher. Both runners scored when the next batter, Vanessa Cardoza, hit a two-out line drive off of the right field wall.

Then in the home half of the fifth, DeSanto singled to left and was brought home by a triple hit by Cardoza to deep right center field. The very next batter, Scherr, then mirrored a triple to left, scoring Cardoza, to put the Hawks up by four.

With the victory only a few outs away, MU decided to keep the wheels in motion with Weiser leading off the sixth with a double to right center. Advancing to third when Flores hit a bunt single and eventually scored when Derer hit an RBI single to center. With two on and two out, Car-

doza hit her second triple of the game sending in both runners.

Cardoza led the way for the Hawks offensively, going 4-4 with two triples and five RBI as four other Hawks had two hits apiece. Pitcher Jordan Barnett pitched her way to a shutout victory allowing just five hits, one walk, while striking out four. The win was Barnett’s eleventh on the year.

The squad pulled out 13 runs on 25 hits between both games as the winning pitchers pitched complete games striking out a combined 11 batters while giving up just 10 hits and two walks with no runs scored.

Prior to Sunday’s games, the Hawks split the road game doubleheader with the Blackbirds of

LIU-Brooklyn losing game one 2-1, and bouncing back with a 8-2 victory in game two, both on the road.

The blue and white finished the season with a 15-5 NEC record and 30-14 overall currently sitting in a tie for second place in the conference. The Hawks’ next game will be in the Northeast Conference playoffs against a team to be determined in the double elimination playoffs hosted by the top seed, also yet to be announced.

“We’ll wait until next week to figure out what’s going on. There’s no sense trying to play it out because we don’t know. We’ll wait until Sunday night to figure out what’s going on,” Berndt said.

Baseball Takes Three of Four From Sacred Heart

MAGGIE ZELINKA
LIFESTYLES EDITOR

The baseball team won three games out of four against Northeast Conference opponent the Sacred Heart Pioneers in West Long Branch this past weekend. The team collectively scored 37 runs off 50 hits in the series.

Southpaw junior Andrew McGee began the series with a 3-2 loss in a 12-inning game this past Friday. After a 10-inning effort, and two earned runs, McGee was replaced by the sophomore submarine righty, Jeff Paglione. The Pioneers scored the winning run off Paglione in the twelfth after a debatable stolen base call was made in Sacred Heart’s favor, placing a base runner in scoring position.

McGee’s talent was evenly matched by Sacred Heart’s starting pitcher, Troy Scribner. Prior to the ninth inning, there was a mere ten hits in the game. Both McGee and Scribner pitched ten frames and surrendered two runs.

As the contest was mainly dominated by the pitchers, the Hawks’ runs did not come easy. It was not until the ninth inning that MU scored their first run. Senior first baseman Chris Perret homered down the right field line for his fourth home run of the season and tied the game at 1-1.

Sacred Heart responded with a run of their own in the top of the tenth, giving them a 2-1 lead. MU quickly retaliated in the bottom of the tenth with the hero once again being Perret. With sophomore catcher Kyle Perry on third, Perret sent a ball between the gap at first and second to earn his second RBI of the game.

MU was back in their usual

form for Saturday’s double header where they won both games, 6-3 and 18-4. Earning the start in game one was sophomore righty T.J. Hunt.

Hunt pitched five innings allowing two earned runs on four hits which was enough to earn the win. Both junior left-handed pitcher Stephen Frey and Paglione pitched an inning of work.

MU’s offense gave Hunt the insurance he needed early in the game as they scored five runs off seven hits all by the fourth inning.

The men would only add one more hit and one more run to the board when sophomore right fielder Craig Sweeney hit a round-tripper in the sixth.

Senior first baseman Owen Stewart went two-for-two at the plate providing the Hawks with two RBI and one run. Stewart currently leads the team with a .410 batting average.

“He’s a very smart player and I think it is starting to reap the benefits at the plate,” Head Coach Dean Ehehalt said about Stewart. “He’s a very competitive kid, a very seasoned player. He’s having a great year statistically and has been a big RBI guy for us. He’s being more aggressive.”

Perret and center fielder Steve Wilgus each had two hits in game one and scored two runs.

The blue and white won the second game, 18-4, with a fourth inning home run off Sweeney’s bat. The Hawks scored a run in every inning besides the second where they left two runners on the base paths, but they managed to have at least two hits in every frame.

Ehehalt changed the usual line-up by moving junior second baseman Jake Gronsky to lead-

off. The swap proved effective as Gronsky hit a triple in the first inning and provided the Hawks with their first run. Gronsky finished the day with three hits and scored three runs. Batting second was Wilgus, who also went three-for-five and scored three runs along with three RBI.

On the mound for the Hawks in game two was freshman lefty, Frank Trimarco. Pitching a complete game, Trimarco earned his fifth win of the season and surrendered seven hits.

MU won the final contest of the series, 11-6 with Chris McKenna pitching seven-and-a-third, earning his second win of the

season. The Hawks made sure to get on the board early once again as Gronsky crossed the plate in the first inning on a throwing error by the catcher.

The offense thrived in the third when they scored six runs off six hits and left a sole runner on the base path. Gronsky began the rally when he hit a single and eventually scored on a fielding error by Sacred Heart’s first baseman. The Hawks then scored a run in the fourth and three runs in the fifth to bring MU to 11 runs.

Gronsky and Sweeney led the Hawks with three hits a piece in four at bats while Perret lead the

team in RBI with two.

The Hawks now lie second in the NEC with a record of 17-7, 27-18 overall. The Hawks will next travel to St. Peter’s today, May 1, with a start time of 3:30 pm.

When asked if the team prepares more for any team in particular, Coach Ehehalt said, “We don’t go into the weekend thinking one weekend is better than the other, our goal is to win the series.”

They will have a chance to win another four-game series this weekend as they play in Smithfield, RI to face the NEC’s first place team, Bryant University.



PHOTO COURTESY of MU Photography

Sophomore pitcher T.J. Hunt picked up his fourth win of the year on Saturday. He pitched five innings and allowed two runs while striking out three against Sacred Heart.

SPORTS

THE OUTLOOK
MONMOUTH UNIVERSITY

The Monmouth University
Women's Lacrosse Team
Presents

TWO Rings
in a row ?!

BACK TO BACK



The women's lacrosse team won the Northeast Conference for the second consecutive season. They defeated Bryant 9-7 in the championship game.

Full story on Page 26