



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

# OUTLOOK



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## 'New Hall' Opens for Returning Students

MARISSA CONFORD  
CONTRIBUTING WRITER

The new sophomore residence hall on campus, simply named 'New Hall' for the time being, opened on Sept. 1 for move-in day. The new building is not 100 percent complete, yet it was ready enough for students to live in.

Patti Swannack, Vice President for Administrative Services, explained the name for the newly built dorm building, "We are referring to the building as 'New Hall' until such time as a donor may decide to name the building."

According to Ray Gonzalez, Associate Director of Housing Operations, 'New Hall' has a maximum occupancy of 196 people, including students, staff, and the building's area coordinator, Alicia Thompson.

With the 'New Hall's' completion, out of the ten residence halls on campus, this new building guarantees another living facility for sophomore students. "It's definitely been beneficial [to the Monmouth community]," Gonzalez said. "It provides students with the additional housing they are looking for."

Most of last year's school year, construction staff worked diligently, despite the setbacks of the weather, to bring a new residence hall into existence.

Swannack added, "As students may recall last winter was very unusual. We received approximately 70 inches of snow and frigid weather. In this environment you cannot construct a masonry building."

She continued, "As a result we lost over four months of the schedule and were advised by the contractor that the building would not be able to open until November."

"We said that was not acceptable and working together identified ways that we could bring the building on line for fall 2014," said Swannack.

Sophomore resident Courtney Davis, a music industry major, did not know what to expect from the new dorm she was moving into. "I would be fine with anything but Elmwood. I was just excited to move in and have a place to live. I thought the dressers would be bigger, but I can't complain."

"It's exactly what I expected," said Head Resident Assistant Nick Whittaker, a senior political science major. "The 'New Hall' is really nice, very well designed. You're always going to have problems with a newly built dorm building, but it looks great."

Sophomore resident and accounting major John Dixon added, "The new dorm is interesting because it provides a sense of renewal of the residential side



PHOTO COURTESY of Marissa Conford

'New Hall' was built in under a year and is now available for sophomore students. The dorm is nearly complete but was given a "Temporary Certificate of Residency" on Aug. 29.

of campus."

While 'New Hall' is built and ready for students to live in, not all of the building's amenities are completely finished.

"A temporary certificate of residency to occupy the building was received Aug. 29 which allowed Residential Assistants (RA) and pre-season athletes to move in on Aug. 30, while the rest of the second year students moved in a few days later," ex-

plained Mary Anne Nagy, Vice President for Student Services.

Dixon said there have been some issues regarding the final touches to the building. "I wish the whole thing was completely built and all details were finalized before people started moving in," he said. "These final touches are minor, such as planting and such," included Nagy.

Gonzalez has been receiving

mostly positive feedback about the new dorm but he wants residents to know that Residential

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## Blue Hawk Records to Hold 1<sup>st</sup> Open Auditions

AMANDA GLATZ  
ENTERTAINMENT EDITOR

Student-run record label, Blue Hawk Records, is holding its first open auditions for all Monmouth students; students can audition for its newest compilation record

in Woods Theater on Wednesday, Sept. 24 at 7:30 p.m.

Organized by Professor Joe Rapolla and Monmouth's Music Industry students in 2013, Blue Hawk Records was designed to give participants a first-hand

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PHOTO TAKEN from Facebook.com

Three students perform at a Blue Hawks Records event last spring.

## Synthetic Pot: A Dangerous Option

MAGGIE ZELINKA  
SPORTS EDITOR

Marijuana has been one of the nation's most talked about topics ever since Jan. 1 of this year when the state of Colorado legalized the drug for those who are over 21-years-old.

Now the substance is once again brought to light due to two instances; the rise of synthetic pot and the decriminalization of marijuana in Philadelphia, PA.

These synthetic drugs have been on the rise for the past five years and are commonly known as "legal highs" or "designer drugs."

The street names for these drugs are terms such as K2 and Spice which are both sold openly in stores across the country.

According to *Time* magazine, these synthetic drugs mainly

come from Asia and are created by actual chemists. While they are not manufactured from the actual marijuana plant, they are made to resemble a similar high and side effects. "Synthetics are chemical compounds designed to mimic the effects of naturally occurring drugs like marijuana and cocaine while staying just inside the law," journalist Eliza Gray wrote.

*Time* magazine also reported that a NIH-sponsored survey taken in 2013 showed that actual weed is the top drug of tenth grade students (29.8 percent) but the second most used drug for this age group is synthetic marijuana at 7.4 percent.

This may be for many different reasons. However, one of the main reasons people are leaning towards synthetic pot is because it does not show up on all drug tests.

"People report they will use

the synthetic version if they can't get the 'real thing' or in attempts to avoid a positive urine screen for drug test," Susanne Schaad, the University's Substance Awareness Coordinator, said. She mentioned that a few drug tests have been improved to detect synthetic weed, but not all drug tests can detect the man-made pot.

The first case of synthetic pot in America dates back to 2010 when it was found in Amarillo, TX. The town's news source, *Connect Amarillo*, reported last year that a nearby town passed an ordinance against these drugs in hopes to decrease the usage and deaths caused by the synthetics. Included in the ban was the sale, attempted sale, or any possession of K2 or Spice. On Jan. 31 of this year, *Connect Amarillo* reported a new weed

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"Meet the Greeks" draws a big crowd of underclassmen.

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# Synthetic Drugs Cause Concern Nationwide

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synthetic known as “Izms” had surfaced. According to the former ordinance decreed, the new synthetic was not illegal.

Although synthetic marijuana is one of the main “fake drugs” the nation has seen, others have been made up to imitate effects of cocaine or meth as well. *Time* magazine reported, “Substances typically labeled as glass cleaner or the now infamous bath salts are synthetic cathinones, stimulants that come in white powders that can be snorted, swallowed or injected to achieve a

cocaine or meth like high.”

The most notorious instances of these synthetic hard drugs was brought to light by Rudy Eugene, a man in Miami, FL. In 2012, Eugene ate the face of a homeless man and became known as the “Causeway Cannibal.” Although it cannot be proven, the initial speculation was he was high on bath salts.

According to *Connect Amarillo*, 53 synthetic drugs which mimic banned drugs have been made legal simply by switching a few of the chemicals.

Chelsea Chavez, a peer educator at West Texas A&M University, told *Connect Amarillo*

that students are unaware of the synthetics’ capabilities.

“We took a survey on our campus and realized people don’t think they’re dangerous because they’re manmade,” Chavez said.

Senior political science major, Michael Hamilton, also fears that society does not understand how dangerous these synthetics can be. “Synthetic pot is way more dangerous [than real pot] and even its creator says that it was not intended for human consumption.” Hamilton added that the synthetic cannabis was initially offered as a combat for AIDS and provided an alternative to chemotherapy.

Since the synthetics drugs market continue to expand in order to evade breaking the law, it may be possible that there would be a decline in synthetics popularity if real marijuana was sold.

“If marijuana was legalized, I think there would be less use of the mock drugs,” senior art major, Nicole Comito said. “The government could definitely take this business and make a profit, but I do not think they will.”

As of early this month, the city of Philadelphia was prepared to test this theory. On Sept. 8, Philadelphia officially

decriminalized the use of marijuana. In other words, if one were to be stopped by the police while possessing a small dosage of pot, it would be a \$25 fine rather than an arrest. City Mayor Michael Nutter was not initially in favor of the bill.

“I think the agreement ends up putting the city and our citizens in a much better place,” Nutter told CBS News.

He also made sure that his signature on the bill does not mean he condones the usage of marijuana.

In fact, it was not Mayor Nutter’s idea to create the bill; it was City Councilman, Jim Kenney’s.

“We’ve gotten to a place where it is out of the criminal realm. There’s no more handcuffs, no more bookings, no more criminal record,” Kenney said on Sept. 8. Police will not have to leave their posts and go to the station house to deal with this. People will pay a fine based on the offense: \$25 for the possession of anything under an ounce.”

Although Mayor Nutter has signed the bill, it has one more week before it becomes an official city law. When passed, Philadelphia will become the largest city in America to decriminalize weed.



PHOTO TAKEN from hightimes.com

Synthetic drugs are part of an expanding black market..

## MU Convenience Store Opens

FABIANA BUONTEMPO  
ASSISTANT NEWS EDITOR

The new convenience store on campus, POD, Provisions on Demand, located in the ‘New Hall’ will take the place of the C-Store that was located in the Rebecca Stafford Student Center. The old C-Store is currently closed and there is much discussion with staff, on what will occupy that space.

The new POD is much larger than the old convenience store. Patti Swannack, Vice President for Administrative Services reveals that, “POD is approximately 2,200 square feet, which is about two times the size of the C-store at RSSC.”

Mary Anne Nagy, Vice President for Student Services adds, “The POD will have designated parking spots for students to park if they need to quickly run into the store.”

“The store will be open seven days a week with convenient hours for students, which have been e-mailed already to the student body,” Nagy adds.

For those who may not want to take a walk to the other side of campus to access the store, similar items for purchase such as sandwiches and snacks are available at the food court at RSSC.

POD’s grand opening celebration is on Monday, Sept. 22.

# Wikipedia Encouraged By West Coast Universities

LARRY GORDON  
MCT CAMPUS

All through high school, Ani Schug was told to steer clear of Wikipedia. Her teachers talked about the popular online encyclopedia “as if it wasn’t serious or trustworthy” and suggested it only be used as a tip sheet.

Imagine her surprise this spring when her American politics professor at Pomona College assigned the class to write detailed entries for Wikipedia instead of traditional term papers.

Turns out it was a lot harder than the students anticipated. Their projects had to be researched, composed and coded to match Wikipedia’s strict protocols. Schug and her classmates wound up citing 218 scholarly legal and newspaper sources for their entry on a 1978 U.S. Supreme Court decision allowing corporate donations for ballot initiative campaigns.

Then came the really scary step: All their work was posted publicly on Wikipedia for reading and edit-

ing by a potentially immense audience.

“It felt more real that other people will be reading us besides just our group and the teacher,” said Schug, 19, who just completed her freshman year at Pomona. “It makes us feel more obligated to do a good job and present the facts in an unbiased way.”

Once the bane of teachers, Wikipedia and entry-writing exercises are becoming more common on college campuses as academia and the online site drop mutual suspicions and seek to cooperate. In at least 150 courses at colleges in the U.S. and Canada, including UC Berkeley, UC San Francisco’s medical school, Boston College and Carnegie Mellon University, students were assigned to create or expand Wikipedia entries this year.

The result, supporters say, has been better-researched articles about, for example, the causes of paralyzing strokes and the history of the American West. And, they say, students are becoming better prepared for a future of digital informa-

tion.

“Even the best research papers get buried in a drawer somewhere,” said Amanda Hollis-Brusky, the Pomona politics professor who assigned the Wikipedia projects. “These make a real contribution to the public discourse.”

When the not-for-profit Wikipedia was started in 2001, the idea was that anti-establishment volunteers \_ in fact, anyone who could access the Internet \_ would write and edit its mainly anonymous entries. An unbiased truth was supposed to emerge if enough contributors took part. By contrast, traditional encyclopedias hired expert authors.

But even as its popularity soared among the public, Wikipedia earned a reputation among academics as amateurish, peppered with errors and too open to nasty online spats over content. Wikipedia has tried to repair all that with better safeguards and a wider range of topics.

As part of that effort, Wikipedia has established a San Francisco educational arm that helps colleges tailor class assignments to the site’s tech-

nical demands. It trains “Wikipedia Ambassadors” like Char Booth, the Claremont Colleges librarian who aided the Pomona class.

Wikipedia “gets well-written articles from (college) students who are studying the topics and have access to the best literature on the subject and the expertise of professors who can guide them as well,” said Li-Anna Davis, a spokeswoman for the Wiki Education Foundation.

Pomona professor Hollis-Brusky and Booth taught students to meet the requirements of tight writing, neutral tone and abundant citations for their projects on such topics as the Federalist Papers, diamond importing laws and the electoral reform group FairVote.

The student groups presented their research to the class and displayed their Wikipedia pages on a large screen in a Hahn Hall classroom. The Supreme Court case entry showed that it had attracted about 2,000 viewers in a month.

Even with complaints of mistakes and incompleteness, Wikipedia has a powerful reach. Often the first site suggested by Google searches, it has about 4.5 million English-language entries and 496 million visitors a month worldwide.

Wikipedia “has essentially become too large to ignore,” said Berkeley’s Kevin Gorman, a former student who is the nation’s first “Wikipedian in Residence” at an undergraduate institution.

“It is certainly an initial source of information for a huge number of people,” he said. “For many people, it may be their primary source of information.”

Gorman guides students who are composing Wiki entries as assignments in UC Berkeley’s American Cultures program \_ requiring classes that deal with ethnic and economic diversity.

Gorman said it is important to expand the ranks of Wikipedia authors and editors beyond its early base of “basically techno, libertarian, white dudes.”

Further symbolizing peace with academia, professional scholarly

organizations in sociology, psychological science and communications in recent years have urged members to write Wikipedia articles and to assign students to do so. Other efforts include Wikipedia-writing marathons, such as one sponsored by CalArts’ online magazine, East of Borneo, that focused on topics about the Southern California art world.

Gorman also works with UC San Francisco’s medical school, where professor Amin Azzam runs a monthlong elective class for students to improve Wikipedia’s medical information. In the first such class at an American medical school, students have started or revised pages about hepatitis, dementia and alcohol withdrawal syndrome, among others, Azzam said.

The assignments, he explained, are part of young doctors’ “social contract to do good in the world and help patients” learn about health.

In revising and broadening the entry on strokes, medical student Andrew Callen experienced Wikipedia’s argumentative nature. A Wikipedia medical editor, apparently a physician, challenged some of Callen’s technical terminology.

Callen said his language was more precise but conceded after some back and forth that the distinction was not important for lay readers.

“I didn’t take offense at it,” he said. “In a way I appreciated it.”

Writing for Wikipedia, Callen said, is a good way to improve the explanation of complicated science to patients.” The more people we can get to edit it, the more accurate the information will be,” he added.

Some skepticism remains. Doug Hesse, vice president of the National Council of Teachers of English, said Wikipedia’s understandable insistence on neutrality doesn’t allow students to make reasoned arguments and analysis in term papers.

And its reliance on published sources eliminates students’ independent interviews, experiments and research, said Hesse, who heads the University of Denver’s writing program.



PHOTO TAKEN from commons.wikimedia.org

Wikipedia has had a bad reputation but is now having a large role in conducting research.

# Dr. Richard Veit's New Book Looks at History of Gravestones

JAMILAH MCMILLAN  
CONTRIBUTING WRITER

Dr. Richard Veit, an anthropology professor at the University recently published the book *The Archaeology of American Cemeteries and Gravemarkers*. Veit was newly elected as the Chair of the History and Anthropology Department in the spring of 2014.

Outside of class, he is a prominent NJ archaeologist and an established writer. In 1997 Veit earned his PhD from the University of Pennsylvania in Historical Archaeology and has since written several books, including *Digging New Jersey's Past: Historical Archaeology in the Garden State*, and *New Jersey Cemetery and Tombstones: History in the Landscape*.

Veit wrote *The Archaeology of American Cemeteries and Gravestones* with Sherene Bauer an archaeologist professor from Cornell University. *The Archaeology of American Cemeteries and Gravestones* was published after the duo was approached by the University of Florida Press (UPF). The UPF deduced that the research Veit and Bauer had been working on would be good in the form of a written work. Veit and Bauer were then asked to provide a proposal for a book. When the proposal was completed and approved, they began a two year literary journey collecting data and writing research for their publication. Veit said he loves writing and esteems to write another work in the future on NJ history.

The book was inspired by other known archaeologists who studied colonial gravestones.

sure, and documenting of gravestones from the 17<sup>th</sup> century to the present.

The book looks at the history of American culture through the use of gravestones. The research done for this book included gravesites from different parts of the country. Veit and Bauer traveled along much of the East Coast and other states such as CA and TX. Veit said, "In the past, through the use of gravestones, people were trying to say things to future generations."

Matthew O'Brien, an adjunct professor of History and Anthropology Department, said, "Dr. Veit is an accomplished scholar and an interesting individual who supports both his colleagues and students." It seems as though everyone who knows Veit has a good word to say about him, including President Paul Brown. "Congratulations to Dr. Veit on his new book. His scholarly achievements and his ability to share his passion for archaeology with students is inspiring. Scholar teachers like Dr. Veit play such an important part in the distinctive and personalized educational experience at Monmouth," said Brown.

When asked about his vision for the future of his department said, "I wish to encourage students to see the importance in their majors, and realize their career ambitions."

According to his students, this is something he needn't wish for. Roland Lytle and Jamie Esposito are two MU students who say they have purposefully taken Veit at least four or more times out of a love of his teaching method. Lytle, an MU graduate working on his master



PHOTO COURTESY of Richard Veit

Dr. Richard Veit (middle) poses during a History and Anthropology Department mixer. Veit is the Chair of the History and Anthropology Department.

**"I wish to encourage students to see the importance in their majors, and realize their career ambitions."**

DR. RICHARD VEIT  
Chair of History and Anthropology Department

Veit and Bauer's work however, included the photographing, mea-

of the arts in anthropology said, "Veit enjoys what he does. He

has taught me how to find fun in the classroom since he knows I want to teach." Esposito, an undergraduate majoring in history and anthropology said, "He is brilliant, passionate and he understands and cares for individual students." She went onto say, "He has unintentionally taught me to care about life and always be happy."

At a history and anthropology mixer on Friday Sept. 12, profes-

sors of the History and Anthropology department, along with their students had the chance to socialize and mingle outside of the classroom on campus grounds.

Food was provided and stories were shared on a sun laden brick patio connected to a reserved space beside the dining hall. T-shirts were gifted to the many students who attended and raffles were won.

Such social events are one of the new activities Veit envisions for his department. Veit said, "We have a strong department with excellent teachers and phenomenal students. In the future I hope to work on new opportunities for students such as trips, traveling, internships, and new courses. The History and Anthropology Department has a visionary holding its reins, and good things are sure to come."

## New Dorm Opens for Sophomore Students; Includes Traditional and Suite Style Set Ups

'New Hall' continued from pg 1

Life is addressing concerns as quickly as they can and he believes that once New Hall is 100 percent complete, everyone will be happy with it.

Despite some minor concerns, students for the most part are satisfied with their new living space. One of the main concerns with the new residence hall was the loss of parking spaces, but Gonzalez said that parking was not an issue. They closed off the parking lot last spring and they were all commuter spots, so there has been no impact on resident student parking.

**Additional information on new convenience store in "New Hall" on pg 2**



PHOTO TAKEN by Marissa Conford

'New Hall' features both traditional and suite style rooms with additional room for studying and relaxing. Pictured left is a traditional style dorm room and pictured right is one of the lounges in the building.

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## Involvement 'Faired' In No One's Favor

### THE OUTLOOK STAFF

The University held its annual Involvement Fair during the first weekend of school with the intentions of helping the on-campus clubs recruit new members and for the students to become more involved.

The event was given three main alterations from previous years: Instead of being held on a Wednesday, it was held on a Friday; instead of being held during the "meetings" time block, it was held from 4-6; and finally, the fair was moved from outside the Rebecca Stafford Student Center to the front of the Guggenheim library.

While *The Outlook* staff appreciates the effort to make the event bigger and better, such as the addition of free food, we feel the time and date caused an unwanted effect on the various clubs' recruitment.

*The Outlook* itself is used to recruiting an average of 100 new members via this event. This year, *The Outlook* gained less than 40 interested members. As *The Outlook* staff began to discuss the event with other clubs' executive board members, we noticed that our numbers were not the only ones which significantly decreased from years past as well.

Our staff believes that many of the freshmen, who are usually the majority of the attendees

at the Involvement Fair, went home for the weekend. It is understandable that after being away from their home for nearly a week, perhaps the longest any of them have been away without their parents, they would want to make a trip home.

Besides the fact most students may have travelled home for the weekend, the event was also held after classes on the library lawn. The time also caused trouble for those who are commuters and upperclassmen. By that point on a Friday, many commuters and upperclassman would have left campus.

The Involvement Fair in past years has been held in the middle of the day, in the center of the campus. This year, there was a lack of foot traffic that past years had brought. Despite the fact *The Outlook* staff liked the event being held on the library lawn thus allowing more space, the staff also feels this was one of the main reasons clubs saw a drop in signups. Yes, it was a rather convenient location if an attendee was living on the residential side of campus.

Unfortunately, none of *The Outlook's* executive board live on campus. As mentioned amongst the campus commuters on countless measures, parking is a problem.

Thus, if those commuters and upperclassmen did wish to return to campus for the event,

they would have ran into a parking problem since there are even fewer spots for commuters on the residential side of campus.

Also, not having the fair across from the Student Center like it has been in other years created an issue since all students cross the Student Center at one point in their day.

*The Outlook* staff ran into an issue with the addition of live music. Though the music created a lively atmosphere, it was very difficult for the tables near the music to intrigue students to join their respective clubs.

The final issue *The Outlook* had trouble understanding was why the Involvement Fair was held at the very beginning of the school year. It usually is held the second or third week of school, not the first week. If the goal was to allow clubs to recruit early in the semester, the goal was not achieved.

It was so soon after classes started that students were still getting situated, not to mention many students want to enjoy the beach while the weather is still nice.

It really felt like people were scrambling to get their class schedule into their head, gather their supplies and then go to the Involvement Fair on top of it all; it was too much for people, especially the freshman, to handle at one time.



"Let's do this!"

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# Can Athletes Still Be Seen As Role Models After Ray Rice Scandal?

BILL ROMBA  
STAFF WRITER

Will Ray Rice play football again in Baltimore? Quoth the Ravens, "Nevermore." After being suspended two games for beating his now-wife, Janay, new and more graphic video of the incident leaked this week by *TMZ*. This led the Baltimore Ravens to terminate the three-time Pro Bowl running back's contract and the NFL suspended him indefinitely. Now NFL commissioner Roger Goodell is embroiled in an investigation into whether he knew about this footage before *TMZ* leaked it and how much he really knew when he handed down that initial two game suspension. But this incident has also raised another issue that has not been touched on by most media outlets: Do athletes still make good role models?

I know as a kid, and a life-long Mets fan, I had several different t-shirts with Mike Piazza's name and number on them. I also knew many other kids who wore Derek Jeter t-shirts. The idea that either of these players, or any other popular athletes for that matter, was capable of things like steroid abuse or domestic violence never entered my mind. I only cared about how they performed on the field; how many home runs they hit or how many runs they drove

in. But with more and more athletes today being judged by how they act off the field, is it a good idea for children to idolize sports stars like Rice?

The answer is yes. What Rice did to his then-fiancé in that elevator was inexcusable, detestable, and downright unforgivable. There is absolutely no reason for any man to do that to

any woman, especially one he supposedly loves enough to marry. While Ray Rice isn't exactly role model material anymore, there was another story that came out of the NFL this week that didn't garner nearly as much media attention as the Rice incident - but it should have.

Cincinnati Bengals defensive tackle Devon Still showed this



IMAGE TAKEN from urbynloft.com

The media focus is on negativity in the NFL but there are still role model athletes. Cincinnati Bengals' defensive tackle, Devon Still is raising money and awareness for cancer research.

week that athletes can still be role models, even amidst all of the news stories that would have you believe otherwise. Still has a 4-year-old daughter named Leah who has been battling cancer at the Children's Hospital of Philadelphia since June.

After pulling a hamstring in the team's second preseason game, a 25-17 loss to the New York Jets, the Bengals elected to keep Still on their practice squad, allowing him to keep his medical coverage and enabling him to continue to care for Leah. The team also announced it would donate all proceeds from the sale of Still's jersey to pediatric cancer research and the Children's Hospital in Cincinnati.

Still has since been promoted back to the 53-man roster in time for this Sunday's game against the Atlanta Falcons, though it has not been decided if he will start yet. When asked about how Still handled the situation, Bengals' head coach Marvin Lewis told *NBCPhiladelphia.com*, "He's done everything he can to be a part of the football team. He's got himself back healthy again.... We'll continue to allow him to do what he needs to do as far as attending to her care because it's important."

When the same website asked Still his thoughts about getting healthy again, he simply said,

"This is a business." But at the same time, he said he wanted to use his celebrity powers for good and raise awareness for pediatric cancer research.

"I didn't want her to fight for no reason. I wanted to bring light upon every family and every child who's going through this same battle so they can receive help from outside people."

So just when it appears the sports world is full of athletes like Rice, A-Rod and Johnny Manziel, there are others like Still who show we can still aspire to be like our sports heroes.

While Manziel is known for his constant showboating and arrogance, A-Rod for being the latest baseball star suspected of steroid abuse, and Rice for knocking his now-wife unconscious in a casino elevator, Still is different. For him to persevere through not only a serious injury, but to do so while trying to stay positive for his 4-year-old daughter who is fighting something so much more serious? We should all aspire to possess that level of strength and courage.

I've been a fan of the Kansas City Chiefs for a while now, but I'll also be pulling for the Bengals and Still to do well this season. If his story proves anything, it shows that there are 'Still' good guys in sports and that it's 'Still' ok to look up to them.

## Broadway Musicals Are Making The Move To Be More Popular for the Masses

ALISON GOERKE  
STAFF WRITER

If anyone knows the musical, *Wicked*, they know one of the show's most famous songs, "Popular." Popular is one of the first songs sung by Glinda the Good Witch in the first act, and it begs one to question what makes a person popular. On the other hand, the music that is popular on radio stations and Billboard charts today begs one to question why this music is popular.

As a fan of Broadway and theatre music, I question why I like this genre so much, but when I

"Quiet" sung by Natalie Weiss. Weiss has been on Broadway and is now famous for teaching a workshop called "Breaking Down the Riffs". This song has the ability to change anyone's opinion of what Broadway is in a second.

Weiss will be coming to Monmouth's Woods Theatre on October 2<sup>nd</sup> for anyone who is interested in learning what contemporary Broadway has become.

If one was to turn on any top 40 radio station today, they would be able to listen to a mix of pop songs, some occasional ballads, and usually some rap.

lar on the radio stations and in the music industry today. It is just as good as what is popular in music today, and has the potential to really become much more popular than it is right now.

Some of America's favorite TV stars have musical theatre backgrounds, like *Modern Family's* Jessie Tyler Ferguson and Sarah Hyland, and *Orange is the New Black's* Lea DeLaria. Broadway musicals are even becoming the inspiration for television shows like *Smash* and *Glee* which uses a Broadway as a backing for many scenes on the show.

There has even been an in-

"Some of America's favorite TV stars have musical theatre backgrounds, like *Modern Family's* Jessie Tyler Ferguson and Sarah Hyland, and *Orange is the New Black's* Lea DeLaria. Broadway musicals are even becoming the inspiration for television shows like *Smash* and *Glee*..."

really think about it, it reminds me of the parallels between Broadway artists and some of my favorite Hollywood artists today.

Some people believe that Broadway music is just a bunch of song and dance, that it's full of tap and chorus lines. This is not the case anymore. The style of Broadway is changing. Yes, it is easier to get access to Broadway music from listening to soundtracks of shows, but there are contemporary composers who are releasing music just like a regular recording artists are.

Theatre music is not what it used to be anymore. Composers like Kerrigan and Lowdermilk, as well as Jonathan Reid Gealt are putting out CD's featuring some of the music industry's up-and-coming stars.

If you want to hear a singer put their emotion into a song and sing their heart out, listen to Jonathan Reid Gealt's song

Broadway music is a mixture of just that. One can go from listening to rap from shows like *In the Heights*, to ballads like "Always Starting Over" in *If/Then* sung by Idina Menzel. Broadway music is a mix of all of the music that is popular on the radio today, so why don't more people listen to it?

This genre takes inspiration from all types of genres. A fan of country music can get their fix by listening to the soundtrack of Bonnie and Clyde, and a fan of power-ballad singers like Adele would enjoy listening to Idina Menzel. Menzel has starred in many musicals like, *Rent*, *Wicked*, and *If/Then*. All of these soundtracks are available on iTunes. If you're a fan of rock music, you can also go to *Rent*, but have soundtracks from *Next to Normal* and *American Idiot* available to you.

Broadway music is becoming more in sync with what is popu-

lar in demand for live theatre being made more accessible. *The Sound of Music* was filmed in a live broadcast last year for television, as well as *Peter Pan* will be making its live TV debut this year. Since the success of *Les Miserables*, more musicals are being produced for the big screen. *Into the Woods* will be coming out on Christmas day of this year, starring Anna Kendrick, Meryl Streep, Johnny Depp and more. *The Last 5 Years* will come out on Valentine's Day 2015 and will also star Kendrick, and *Smash* star Jeremy Jordan.

As the cast of *Aladdin* would say, there's a 'whole new world' of theatre music coming to the forefront of our culture, waiting to be listened to. Musical theatre is something that is not wildly cherished by the masses, but if given the chance it deserves, it has the potential to become more popular.

## Rape: Mattress Message

RACHEL DEAN  
CONTRIBUTING WRITER

It would be strange to see a woman walking around campus dragging a mattress. It's arguably an interesting sight to see in any setting. Mattresses belong in one place: the bedroom.

If you venture to Columbia University's campus, however, you might spot Emma Sulkowicz, a student who is defying a social norm. Everywhere she goes, her mattress follows.

Sulkowicz, to the surprise of many, is dragging the mattress around of her own free will. She is attempting to make a sobering statement about the various facets of injustice in on-campus sexual assault cases.

Sulkowicz was raped in her own bed by a fellow Columbia University student. The administration and faculty at Columbia University were ineffective in properly responding to her case, and Sulkowicz felt that something needed to be done.

It is not uncommon to hear a story about another college campus assault case. The word "rape" has almost become desensitized. Yet, in stark contrast to the commonality of the issue is the absolute lack of change that it has inspired.

People love to talk about it, of course. Sulkowicz's story will be shared on Facebook and Twitter and across any other appropriate medium of communication for many more weeks to come. She has gained a lot of attention in the past few weeks. Major newspapers have covered her story, depicting her as the brave heroine who is standing up to her attacker.

But people will forget, as they always do. Eventually, Sulkowicz's story will become just another statistic, and her uniqueness will wear off. Once it does, we will again be faced with the challenge of rekindling another call to change.

As a college student, as a feminist, as a human, it's a depressing trend to acknowledge. So we cannot forget. We cannot forget

Emma Sulkowicz, or the facts of her case, or the injustices that her University afforded her.

According to journalist Jessica Valenti, in her article "Beyond 'no means no': the future of campus rape prevention is 'yes means yes'." Sulkowicz filed a police report and brought her case to a Columbia panel that was "so uneducated about the scourge of campus violence."

I was further concerned after reading last week's article by Casey Wolfe, MU Responds to National Focus on Sexual Assault. According to the article, "only three cases of sexual assault were recorded at the university" in 2013.

It is statistically unreasonable that this low number is because of the rarity of sexual assault on Monmouth University's campus. Instead, it is because the victims of sexual assault are not coming forward.

This can be attributed to a variety of factors. Maybe they are ashamed, humiliated, or frightened that their attacker will not meet necessary justice.

Most importantly, we cannot point fingers or shift blame. Instead, it is detrimental that Monmouth University administration, faculty, and students, stand as a united front when it comes to addressing sexual assault with the strictness it deserves.

There are small ways to help. Educating yourself on campus policies is one way. Familiarizing yourself with the MUPD phone number is another. If you see something, say something. It is simple to act as a catalyst for change when it comes to stopping another person from becoming a victim of assault.

As for cases like Emma Sulkowicz's, I can only hope that her attacker is brought to justice and she can return to feeling safe on her campus. After having such basic human rights violated, she deserves to go about her life without fear.

And as for Monmouth University, there is still room for change. I hope that when a student comes forward, his or her needs are met with the necessary resources.

# A Documentary, America's Backyard: Columbia

## The Longest Drug War

VICTORIA RODRIGUEZ  
CO-POLITICS EDITOR

We live in a world where communication is vital. The problem we face is the lack of communication between two groups. Whether allies or enemies, there is often a miscommunication somewhere between them that will catapult into a huge problem.

In Columbia, there are two groups: the guerrillas and the parliamentarians.

The drug war in Columbia has gone on for over 20 years. The guerrillas are screaming "let us grow and cultivate our coco plants" while the other in the interest of public safety is trying to get rid of them with any means necessary. Instead of the parliamentarians diplomatically engaging the opposition, the peasants/guerrillas get their plants mutilated.

There is a misconception that if something needs to be curtailed; guns and military officers are sent in to deal with it. Why jump to that right of the bat? why not have that difficult conversation and get a compromise worked out?

The farmers need a living and coco plants provide it. Yes it's illegal; however, put that aside

and look at what the country is lacking: the means to live a better life. Watching this documentary, I got a look at the conditions of peasantry lifestyles and how farmers want to do something different but it's the life they're forced into because of the lack of economic stability in Columbia.

Alvaro Bulletros, a farming community leader, said about the parliamentarians, "It's incredible to see a soldier putting the barrel of her rifle inside a woman's mouth telling her to 'start talking, to the guerilla snitch'" because they allege she's refusing to tell the whereabouts of the guerilla".

That's just one perspective on it. Then you have the parliamentarians who claim they want people to be safe and keep everyone working but under the restraint of doing something legal, for example mining, which is an alternative to the harvesting of the cocoa plant. But there are some severe drawbacks to "helping". While they are eliminating the areas where the coco crop has been emptied, they have damaged water and other natural resources pertinent to survival.

It concerns me that the only mention of the U.S. in this docu-

mentary should cast such a dark shade of grey. While Al Gore did give a promising address towards Columbia in the statement, "Counter-Narcotic Projects sustainable economic development, the protection of human rights humanitarian and stimulatory private investment and promoting Colombian economic growth."

It seems like the ball was dropped when Bush came into the presidency I can't tell whether we're the good or bad guys, which struck a disappointed nerve for me

It's not just a documentary saying that the U.S. has been less than cooperative in aiding Columbia's economic issue. An article published in *Huffington Post: Colombia Peace and Drugs* states: "The United States government, which has done so much to fuel the war, can do much to support peace".

Reaffirming the documentary's plea about the harmful tactics of the Parliamentarians of Columbia land, the *Huffington Post* says, "The United States Government should embrace the voluntary community-based vision for drug policy, without aerial spraying land in the drug policy chapter, and should fully transform its assistance from



IMAGE TAKEN from telesurtv.com  
A Dove In front of the Colombian Flag could mean peace for Columbia.

war to peace."

According to the *Huffington Post*, "Over 81 percent of whom were civilians—untold numbers have suffered violence,

and nearly 6 million have been internally displaced. This peace process represents the best hope for a negotiated settlement in a generation."

# Two Journalists Dead, Now ISIS Threatens Russia

## What's is Russia's Next Move?

BRENDAN GREVE  
STAFF WRITER

In wake of the beheadings of two American journalists by the radical Islamist group, ISIS, also known as the Islamic State or ISIL, news outlets from around the country and even the world have been covering America's response, led by President Barack Obama, to quell the new threat. With all the talk of President Obama's handling of the situation, ISIS has also challenged a familiar American foe, Vladimir Putin, and Russia.

According to *CBS Washington D.C.* local, on August 31 saying, "Vladimir Putin, these are the Russian planes that you sent to Bashar. Allah willing, we will take them back to your own turf, and liberate Chechnya and the Caucasus, Allah willing. Your throne is being threatened by us."

ISIS's threat to Russia is espe-

cially interesting considering the recent tension between American President Barack Obama and Russian President Vladimir Putin over Russian aggression in the Ukraine. In this case, will the enemy of our enemy be our friend?

With the Cold War aside, the United States and Russia have Disagreed on multiple issues in recent years. One example that Dr. Thomas Pearson, who is a professor of history and anthropology and outgoing provost at, referenced the Syrian conflict in 2011. While Obama wanted to force Syrian President Bashar Assad out of office and arm Syrian rebel forces for human rights violations committed against Syrian citizens. Putin disagreed and thought that ousting Assad would contribute to lack of stability. Pearson also added that the U.S. has always had a very pro-Israel stance in the Middle East while Russia has historical-

ly had ties to anti-Israel dictators from countries such as Egypt and Iran.

The most recent tension between the U.S. and Russia is because of Putin's aggression in the Ukraine. Many say that he is trying to reassert Russia as a world power like they were during the days of the Soviet Union. Adjunct of Political Science at Dr. Charles Cotton says that "there is definitely a power play."

He said that Putin is a very charismatic figure in Russia which is a country that has historically had "strong leadership" and wants to restore the "larger than life figure." Cotton also added that Putin would like to "reassert Russian Dominance in Eastern Europe." Dr. Pearson added that he believes that Putin would like to establish respect for Russia as a world power and said that "the more he keeps people guessing, the stronger he appears."

Despite the Ukraine issue still being unresolved, Russia and the U.S. still have seemed to find a common enemy in ISIS. According to the British news outlet *"The Guardian"*, on Monday, September 15, there was a conference in Paris where leader and diplomats from over 30 countries pledged to use "whatever means necessary" to stop the global threat of ISIS.

Of these countries, both the United States and Russia were included. With America still taking charge of the situation, France has hopped on board to support airstrikes and Britain is moving closer to military action. It will be interesting to see what Putin and the Russian's do.

Senior Tyler Vandegrift said that Russia "definitely has an interest in getting involved, although there is obviously tension between them and the U.S." Professor Cotton said that Russian involvement would probably

"complicate things but they will definitely be watching closely." Pearson said "Russia has historical political and economic reasons for being involved" and that the U.S. and Russian governments "should be on the same page."

Professor Pearson pointed out that he believes Russian governments have typically tried to "separate themselves from the west although they have historically been a protector of Christian nations." Cotton said that ISIS has the same hatred towards Russia than towards the U.S. because they both stand against their extremist beliefs. Pearson added that "both the U.S. and Russia are threats to ISIS." However he also noted that the U.S. has "spurned away" Russian decisions in the past so it should be interesting to see whether the fight against ISIS will help U.S. and Russian relations or the tension will continue.

### Russians Polled on Ukraine Options (in July 2014)

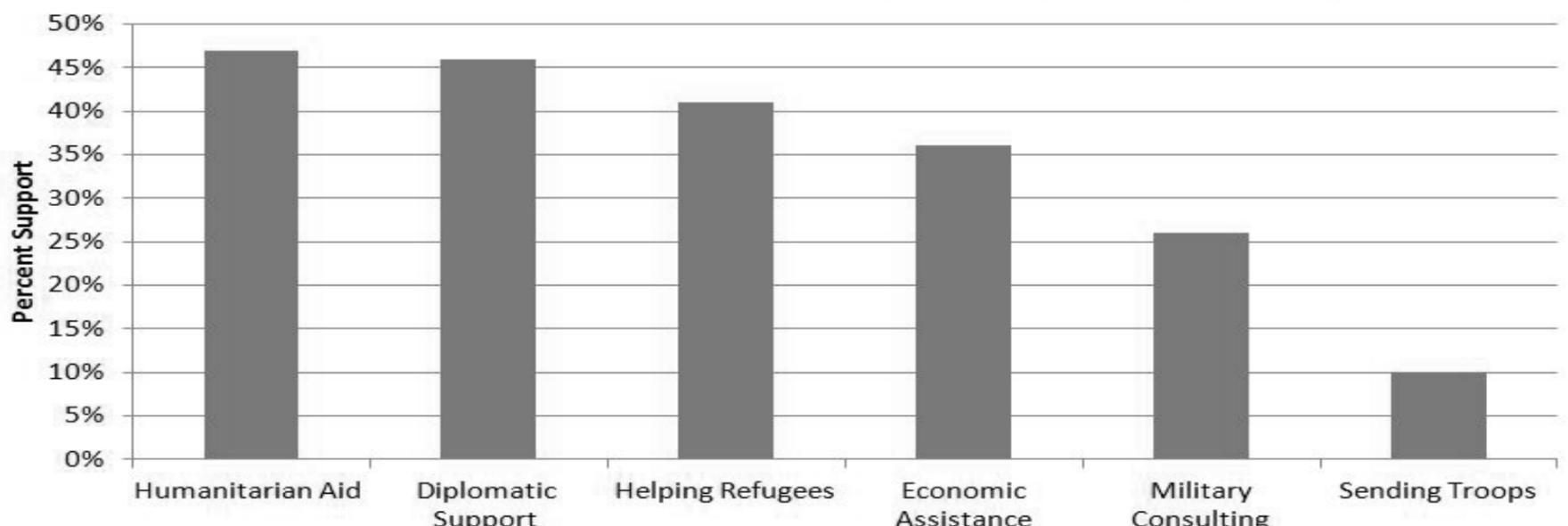


IMAGE TAKEN from USnews.com

Prior to Russia's involvement, there was a poll of what the Russian public wanted to be done in the Ukraine .

# New Jersey Kicks Off Sports Gambling:

## Monmouth Park Will Soon Expand Its Gambling Selection

BRANDON JOHNSON  
CO-POLITICS EDITOR

The Christie Administration took an initiative to revitalize the struggling casino industry by enabling casinos and horse tracks to permit sports gambling. The directive, allows gambling institutions to maintain sports pools “without criminal or civil liability,” and was issued Sept. 9, according to the Governor’s website.

Betting on sports teams does have some guidelines. First, wagering is prohibited on any of New Jersey’s amateur athletics organizations. Adding to this, the directive prevents wagering on any teams that are playing within the state. For example, if the Duke Blue Devils play a basketball game at the Prudential Center in Newark, NJ, betting is prohibited. However, if the same team plays in North Carolina, betting is permitted.

According to Dr. John Buzza, specialist professor of business, sports wagering could provide a much needed boost to faltering NJ casinos. Buzza said, “My feeling is that sports wagering is simply another way for the general public to spend their disposable income in a gambling mode. Will it have impact on the casinos? For sure!”

He continued, “Over 90 million dollars was bet in Las Vegas alone on the Super Bowl, so

there certainly is a market for sports betting, especially in the NY/NJ metropolitan area.”

Considering the prominence of professional sports in the tri-state area from major leagues including the NBA, MLB, NFL and NHL, sports wagering has the potential to bring casino closures to a halt.

Buzza expects Monmouth Park to be the first to offer sports gambling in order to gauge the market. However, if the federal government intervenes, Buzza said “the penalty might include closure of the track,” leading to a fate similar to Showboat Atlantic City.

This unilateral move by the Christie Administration is proving controversial. Despite its intentions to save a floundering market, legal troubles arise. Particularly the federal government’s response is paramount in determining the fate of sports betting in NJ.

Professor Gregory Bordelon, lecturer of political science, noted, “The state’s sports betting laws in the NJ statutes have been declared unconstitutional by the US Third Circuit Court of Appeals.” The legal ruling is based on the Professional and Amateur Sports Protection Act of 1992, which, according to Bordelon, “prohibits expansion (beyond the four states [OR, DE, MT and NV] that were grandfathered in in 1992) of

sports betting.”

JD Luca, a senior political science major, believes Christie’s motion is the proper response to restoring NJ casinos. He said, “From a state’s perspective [sports betting] is a great source of income.”

He continued, “So I think Christie is not necessarily looking at it person by person, but he has the impression it will provide a great sense of income toward the state.”

Angela Ryan, a junior political science major, agreed, adding, “I think sports betting in casinos and race tracks is an excellent idea. The state will be able to tax the profits can also regulate what is going on.”

However, Bordelon explained that although NJ’s political parties agree on the benefits from sports wagering, the Christie directive faces considerable backlash from both the federal government and professional sports leagues. NJ’s federal district court is set to rule on the motion on October 6.

According to Bordelon, professional and collegiate sports leagues “will likely challenge the court’s Oct. 6 decision if it endorses the governor’s plan to not prosecute private organizations that allow sports wagering.”

Regarding the federal government, Bordelon said, “the federal government’s authority under



IMAGE TAKEN from The Link News

Monmouth Park is expected to offer sports gambling pools in the coming weeks.

PASPA allows the Feds to take action against private individuals, much like the authority of the federal government to enforce drug prohibitions.”

The NJ casino industry is

fighting an uphill battle. Despite the economic incentive to incorporate sports wagering, national forces are likely to repress the Garden State’s attempt to save a dying market.

# Obama Delays Immigration Plan

JASMINE RAMOS  
STAFF WRITER

President Barack Obama made the decision to abstain from any immigration executive action until after the midterm elections On September 7. This caused a backlash in the Latino Community by contradicting promises Obama made earlier this summer.

During a speech on June 30, Obama said, “Today, I am beginning a new effort to fix as much of our immigration system as I can, on my own, without Congress.”

Obama reiterated the same idea during a naturalization ceremony in July at the White House. He stated, “I’m going to keep doing everything I can to make our immigration system smarter and more efficient.”

Obama said this after ending a week during which he slammed congressional republicans for inaction on immigration reform and promised to take executive actions. “We’re going to have to fix our immigration system, which is broken, and pass common sense immigration reform. We shouldn’t be making it harder for the best and the brightest to come here. We should be making it easier.”

Obama explained why this changed during an interview on *Meet the Press* in September. “What I am saying is that I am going to act because it’s the right thing for the country. But it’s going to be more sustainable and more effective if the public understands what the facts are on immigration, what we have done on unaccompanied children, and why it’s necessary. The truth of the matter is, the politics did shift mid-summer because of that problem.”

Maria Cardona, a political commentator for *CNN*, further explained Obama’s actions: “By June, public attention to the influx of unaccompanied minors was just starting to

hit a crescendo. And Republicans were masterly in injecting cynicism as well as downright lies into the discussion of the cause of the influx and the security at the border.”

This angered the Hispanic community, because the president based a lot of his political campaign on fixing the immigration situation in America. Molly Ball from *The Atlantic* said during *Inside Politics*, “The politics did become more heated given the border situation. But

**“Latinos are the reason Obama won two elections (2008, 2012) and they rightly feel he failed to deliver. In fact, he has been a disaster on the issue of immigration.”**

DR. KENNETH MITCHELL  
Associate Professor of Political Science

democrats did see some very scary polling out of some of the red states, where the idea of executive action in particular was not looking for some of these democrats that are hanging on for life as it is.”

She continued, “The immigration activists’ community feels more than just disappointment, they feel betrayed. We have been strung along and jerked around for so long every single time. We are the ones that have to wait every single time because something else is more important.”

Lecturer of political science and sociology Dr. Jennifer McGovern said, “Hispanic and Latinos are more likely to think that the government needs to act on immigration reform. This is because many of them have friends and family members who will be directly influenced by any changes. They would want to support legislation that helped make life better for family and friends-but also for themselves.”

She continued, “Even when His-

panic and Latino Americans are in this country legally, they are often subject to stereotypes and discriminatory behavior ... Therefore, many people who identify as Hispanic and Latino support reforms.”

Dr. Kenneth Mitchell, associate professor of political science said, “Latinos are the reason Obama won two elections (2008, 2012) and they rightly feel he failed to deliver. In fact, he has been a disaster on the issue of immigration. He has de-

ported more people than Bush or Clinton yet he has secured no new agreement with Congress. In short, Latinos interested in immigration can’t identify much that Obama has accomplished while record deportations occurred on his watch.”

House of Representatives leader John Boehner said, “There is never a right time for the president to declare amnesty by executive action, but the decision to simply delay this deeply controversial and possibly unconstitutional, unilateral action until after the election, instead of abandoning the idea all together, smacks of raw politics.”

During *Inside Politics*, host John King asked if this action from the president actually does work in favor for the democrats, to which Robert Costa from *The Washington Post* said, “I think it makes it better. I have spoken to about a dozen democratic senate campaigns. They are very pleased with the president’s decision. [For example], in West Virginia, where democrats had a

tough shot, they feel as if now they have a chance in winning the election. And in AK, LA and KY, you have democrats that have known they have an outside shot but the president not putting them under the gun and on the spot, they think they can go to other issues and have some strength.”

Dr. McGovern said, “If we look at polling data, Hispanics are increasingly aligning themselves with the Democratic party, partially because

of immigration. However, there are many other issues in the Hispanic community that would influence their votes. Therefore, while inaction on immigration might hurt Obama’s approval ratings among Hispanics, I think that Hispanics would continue to align with the Democrats in the future, unless the Republican Party changed their stance on a number of issues, including immigration.”

Natorye Miller, a sophomore political science major, said, “I find it to be a bit unfair that Obama did promise to do something about immigration and he is backing away from doing anything soon. This is a major issue that has been concerning the country for years now and not much has been really done. The only thing that we can do now is wait and see if he actually does something about it with Congress after the midterm elections.”

What could be a possible solution to the immigration situation

in America? *USA Today* mentioned on Sept. 14, “The nation desperately needs a comprehensive immigration law that would marry a path to legal status for undocumented workers with enhanced enforcement and reforms to the legal immigration system. Such a law passed the Senate last year with bipartisan support but has been bottled up in the House ever since by Republican leaders who refuse to put it to a vote because they know it might pass.”

According to *The Hill*, there are two immigration fixes that Obama can implement immediately. First, expand use of “Parole in Place,” giving more opportunity to foreign-born spouses, parents, and certain minor stepchildren of U.S. Citizens to apply for green card status in the United States.

Second, follow the 6th Circuit on Temporary Protected Status or TPS. This would mean allowing individuals with TPS to apply for permanent resident status through a U.S. Citizen relative, having this law apply nationwide and not only bidding to states such as MT, OH, TN, and KY.

This is not the first time that something like this has happened. Politicians of both parties have been pledging comprehensive reform for years without delivering.

During an episode of the *Colbert Report*, host Stephen ran a reel of Republicans who have promised imminent reform. President George Bush, former congressman Eric Cantor House Speaker John Boehner, Senator John McCain and Senator Lindsey Graham. Dr. Mitchell said, “Past presidents have all dealt with immigration in one form or another. President Reagan in the 1980s was the last to promote and get Congress to pass a large scale amnesty.”

# Everything in Moderation: A Balance Between Health and Alcohol

KYLE O'GRADY  
STAFF WRITER

You wake up after a long night of drinking. You feel bloated, heavier, and full of regret from all the unhealthy choices you made the night before. Yet, at the same time, you are filled with joy by how much fun you had with all your best friends last night. This is a repetitive scenario many college students of the legal drinking age face. It is a constant juggling act between staying healthy and creating incredible memories on the weekends.

It's no secret that drinking and weight gain are linked, as explained by Substance Awareness Coordinator, Suanne Schaad.

"Most people gain the first year 15 as a direct and indirect result of drinking. We all know that we can directly gain weight by drinking as our bodies consider it to be a carbohydrate. The indirect results are maybe even more significant... if we are under the influence and get the munchies from Nelly's late night... are we ordering a little side salad with no dressing? Heck no! We are probably ordering something yummy, fried, and fatty," Schaad said. "We are probably not making it to the gym the next day to work out because we may be a little hangover or tired from a night out drinking. If we do make it to the gym, my bet is that we aren't having the most productive workout. A hangover includes a reduced level of oxygen in our bodies causing us to fatigue earlier than usual."

While this is a vicious cycle, there are still ways to enjoy nights out and stay on track with a healthy lifestyle. Of course, there is no definitive healthy option for a night out drinking; there are only *healthier* choices.

Planning is one of the key aspects of balancing good times and a healthy lifestyle.

Senior social work major, Katie Agabiti said, "I balance both by planning my week so I know when I have the time to go out and when it's time to stay in and be prepared to workout."

Moderation is key; you can't go out every night and stay healthy, you have to pick and choose.

Besides planning out your week, it is important to prepare your body before you go out. Alcohol is a diuretic, so it slows down your metabolism. Anything you eat before a night out drinking will sit in your stomach twice as long, the longer it sits in your stomach, the more your body absorbs it. Eat something light with a natural fat content. Think Salads with nuts or avocado or a peanut butter sandwich.

Jackie Mosca, a senior finance and economics major said, "it's always a good time to go out with friends but it's also important to stay active throughout the day."

Keeping an active lifestyle during the day keeps your metabolism up which will help later when alcohol is slowing it down.

After carefully planning your week's schedule by staying active and choosing meals wisely before going out, it would be a shame to throw all that away with poor choices in drinks. Alcohol contains seven calories per gram, making it more fattening than protein or carbs.

Adjunct Nutrition Professor Amanda Enright Unanski is a practicing dietitian as well.

"I generally advise my clients that it's in their best interest not to drink their calories, as it's easy to lose track. A can of Miller Lite may be 95 calories, but if someone has more than one, those calories quickly add up to equal a Big Mac with fries!" she said.

Since these drinks also contain almost no nutritional value – no protein, no vitamins – they are calories that in no way benefit your body. Whereas a 200 calorie breakfast would be full of nutri-

ents that your body needs, these 200 calorie drinks add nothing. This is another reason why it is important to choose your drinks wisely.

This being said, beverages like a Twisted Tea or a Smirnoff Ice, at 260 calories each would take about 72 minutes walking, 30 minutes running or 40 minutes of cycling to burn off.

Wine is the most calorie friendly drink. It averages 20 calories per ounce, meaning 5 ounces comes in at 100 calories with no cholesterol, sodium or fat although it does contain more sugars than other drinks.

Hard liquor is higher in calories, ranging from 30 to 80 calories per 1.5 ounces. Although your first thought may be to mix these with sugary sodas, there are healthier options. For example, instead of mixing vodka with soda, use club soda and lemon.

"Mixed drinks are by far the worst offender. The juice or soda mixers alone are calorie bombs before the alcohol is even added- a 4-oz margarita averages 170 calories, while an 8-oz cranberry vodka can be over 200 calories per serving!" Professor Enright Unanski said.

To burn two of those mixed drinks off you would have to walk for two hours or run for 40 minutes.

Lastly, there is beloved beer. There are many light options that do not sacrifice flavor and slash calories in half, like Miller 64. Most beers average nine calories and .5 grams of carbs per ounce, regular beers range from 12 to 18 calories and 1.1 grams of carbs per ounce. Watch for carbs too, some beers can weigh in with 24 grams of carbs per serving.

While out, there is always the option, to burn calories as well by dancing. Dancing is a great exercise and can burn up to 300 calories per hour. No need to be a wallflower when you can sneak in a mini workout!

So the night is now over, you are heading home and you are hungry! Your first instinct is to reach for the chips or worse the telephone and order a pizza. There are better options though. Craving a burger? Grab a lean butter sandwich instead. If pizza is what you're after, cook yourself a grilled cheese. Hummus and pita chips are a great alter-

may be calling for greasy foods, grease does not cure any ill feelings in the morning. Replenish what your body lost after the long night out. Options like eggs, berries, melons are loaded with vitamins your body will need. Eating a healthy breakfast instead of a greasy one will put nutrients back in your body, which is what you are really craving.



IMAGE TAKEN from Cosmopolitan.com

Drinking and weight gain can happen in college. There are steps you can take to modify your habits to maintain your health.

native to chips and dip. Cereal, rice cakes, popcorn, and pretzels are all options as well that won't leave you feeling bloated the next day.

The next day do not reach for the bacon. Although your mind

There you have it, a complete guide to a less toxic approach to managing both your social life and health. Make the best out of this semester by replacing unhealthy habits with smarter choices.

## Yik Yak App Offers Students Option of Socializing with Anonymity

KELLY HUGHES  
OPINION/LIFESTYLES EDITOR

*Ride the Yak.* Ride the... what? You might be familiar with this phrase if you have already downloaded the app Yik Yak. Though it launched in December, the app has just begun to circulate amongst students on campuses across the nation and right here at the University.

Created by two recent college graduates, the app is designed to act as an online community and "virtual bulletin board." The app detects your location and creates a feed within a 1.5 mile radius.

This is why college students are grabbing a hold of it so rapidly. Postings are completely anonymous and a username is not required, so it makes it simple to share thoughts you might not necessarily share if people knew it was coming from you. After all, Yik Yak's motto is "share your thoughts, keep your privacy." The app encourages anyone within your location radius to post jokes, thoughts, questions, etc. without anyone having any way to find out who posted it. The post comes up in the feed as whatever you shared with two arrows next to it, which signals other "yaks" to either up-vote or down-vote it, basically like or dislike it.

Other yaks can reply to the comments as well. Yacking is similar to tweeting except it is unique in its anonymity factor. There is also "Yakarma" which is a numbered score the user gets

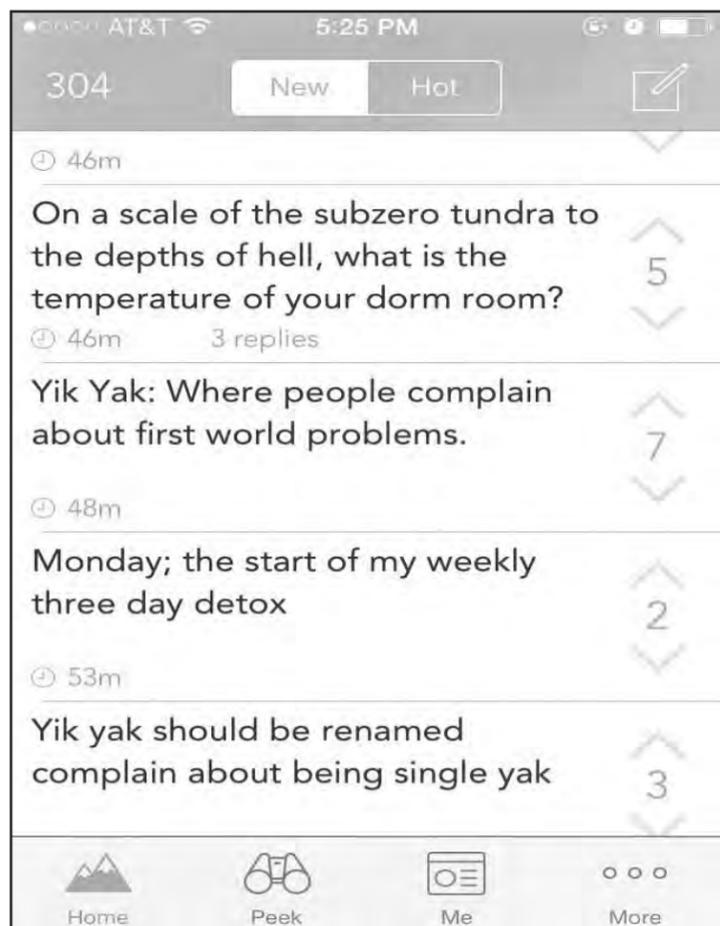


IMAGE TAKEN by Kelly Hughes

Yik Yak is the new anonymous social application that Monmouth students are quickly joining in on, as pictured above.

from up-voting other yaks or getting up-voted themselves.

Other features include specific types of yaks. These include content like "freshman tips" and "yik yak dating tips" which are often

sarcastic and meant to be humorous. Users can also browse popular yaks from other colleges in the country.

Freshman Erica Weever said, "I think yik yak is a cool app, but

that's only if people don't start to get all annoying with it and abuse it. It only takes one person to ruin things or make it not fun for everyone else, but for now it's pretty cool and I check it out on my phone when I'm just hanging around or whatever."

There are some rules to the app. Six listed terms of conditions which warn against bullying, offensive yaks, and posting private information are included in the app. There are repercussions for students who post private information of others and get reported. While Yik Yak does acknowledge cyber bullying, it still draws a fine line between whether or not it encourages it with ability to post anonymously.

Specialist communication Professor, Mary Harris said, "Virtually any social media website can be used for good or bad. The choice is in the hands of the user. With that, anonymous bulletin board-style social sites such as Yik Yak can indeed encourage cyber bullying because anonymity is the focus of the platform, so many users feel that there are no repercussions for their actions," Harris said. "From a PR perspective, some companies use anonymous apps to learn about human behavior and see what people are talking about. When it comes to anonymous apps, there is a positive side, but unfortunately since mostly trolling occurs, the positives are often overshadowed. Sues," she said.

The app was created with the

intention of being meant to socialize positively, however. It could benefit particular students in need of advice or just to share experiences that are common to other students.

"It's cool for freshman because if someone else says something that you think or have gone through you know you're not the only one thinking that way or going through that. And it's all anonymous so you have that whole thing playing into you being able to open up more and share your thoughts without being judged and stuff," Weever said.

The app seems to be more useful to freshman finding their way instead of upperclassmen who have established themselves.

Melissa Pravata, senior communications major, sees the app as helpful to younger students.

"I've never heard of Yik Yak. I think freshman are using it to stay more in loop with what's going on, it is a way to start conversation and become more familiar with Monmouth," she said.

The power of these apps can be frightening, but not if they are put to use properly.

"One main positive aspect of these platforms is that it can encourage people to discuss important issues and current events without the fear of being judged harshly," Harris said.

Whether you decide to participate in Yik Yak or not, remember to yak wisely. What you post in the virtual world can never really be deleted.

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## Did you apply for graduation?



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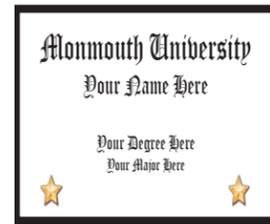
In order to be on target to complete your degree requirements and graduate, the ORR urges you to apply for graduation no later than 1 year prior to your anticipated graduation date. By applying early, this affords you the opportunity to receive an official degree audit from the Registrar's Office indicating if you are 'anticipated complete' with your registered courses. If you are not 'anticipated complete', having this additional time allows you the opportunity to register for any additional required courses or requirements.

Good luck with your coursework this semester!  
 The ORR

#### PLEASE TAKE NOTE OF THESE IMPORTANT DATES FOR THE JANUARY 2013 GRADUATION:

- ⚠ **November 1<sup>st</sup>, 2012:** Deadline to submit Graduation Applications through e-FORM's
- ⚠ **November 15<sup>th</sup>, 2012:** Deadline to submit any additional e-FORM's requests (i.e. Substitutions, Waivers, Declare/Remove Minor, etc.)

**\*\*Please note: e-FORM requests received after the deadline dates will not be processed\*\***



## THE OUTLOOK

### OPEN INTEREST MEETING

*New & old writers welcome!*

Come join the Outlook in  
 Jules L. Plangere Jr. Center  
 for Communication  
 Room 260  
**TODAY at 4:00 PM!**

Snacks will be served!

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**Offer Ends September 31st**

# OPEN HOUSE

Sunday, October 12, 2014  
 9am - 4pm

**Student  
 Workers  
 Needed!**

Share your Monmouth spirit and make some extra money!  
 Welcome prospective students and families  
 as they learn more about MU.  
 Attend one of the following  
 mandatory informational meetings:

Mon. Sept. 22 @1:00pm Student Center 202A  
 Wed. Sept. 24 @2:30pm Student Center 202B  
 Tues. Sept. 30 @1:00pm Student Center 202B  
 Wed. Oct. 1 @2:30pm Magill Commons Club Lounge  
 Fri. Oct. 3 @12:30pm Student Center 202A  
 Mon. Oct 6 @1:00pm Student Center 202A  
 Wed. Oct 8 @1:00pm Student Center 202B

OR  
 Contact Brielle Parady in the office of  
 Undergraduate Admission at 732-263-5875  
 or [bparady@monmouth.edu](mailto:bparady@monmouth.edu)

# Welcome to Shondaland

## Shonda Rhimes Launches Bold Thursday Night Lineup

VICTORIA NELLI  
CONTRIBUTING WRITER

"Thank God it's Thursday!" shouted one of the marketing executives at ABC, or so I'm assuming. When ABC announced their new Thursday night lineup would feature not one, not two, but THREE Shonda Rhimes shows, it's safe to say fans were beyond thrilled.

Rhimes is a force that can't be stopped, a hit-making machine that has officially taken over an entire primetime lineup. The three-time Emmy nominee started her work with ABC in 2005 with medical drama, "Grey's Anatomy." Fans instantly swooped in on this mid-season pickup and made it the powerhouse it is.

Now going into its 11th season,

stakes are high for Meredith (Ellen Pompeo) and Derek Shepherd (Patrick Dempsey), as they set to work out their living situation and whether or not they will move to D.C. so Derek can work at the White House. (Possible Scandal crossover? We hope so!) Geena Davis has been confirmed as a guest star this season, and though there are no details on her character just yet, she apparently works with Callie (Sara Ramirez) and Arizona (Jessica Capshaw) a lot, and plays a pivotal role in their relationship.

Another bomb that was dropped in the season finale was the discovery of Meredith's half-sister, Dr. Maggie Pierce (Kelly McCreary). It was revealed in the last few moments of the Season 10 finale and came as a shock to viewers. How Dr. Webber (James

Pickens Jr.) and Meredith deal with the news that they are related to her will be riveting to watch this fall. Fingers crossed for another Ellis Grey (Kate Burton) flashback!

Jake (Scott Foley), where did you take Olivia (Kerry Washington)? Is Olivia even with you? If she's not, can I go with you? These are the questions I and I'm sure about two million other people asked themselves as they watched the teaser for the new season of the smart and contagious political drama, "Scandal."

We left off Season Three with President Fitz's (Tony Goldwyn) son, Jerry (Dylan Minnette), being poisoned and passing away. We also left off with Harrison's (Columbus Short) life being in danger. Rhimes and other members of the cast and crew have hinted that Harrison will not be making it out alive, and Short will no longer be appearing in episodes.

But the big question is, where is Olivia Pope? The teaser featured the fashionable fixer lying on a beach with a wine glass in hand. That question and so many more will be answered in the premiere.

Another question us Scandal fans are all hoping is answered: what is going on with Olivia's parents? Is her father (Joe Morton) bad? Is her mother (Khandi Alexander) the one to blame for everything? I can't keep track anymore. I need some answers!

Suspense, murder, law, and



PHOTO TAKEN from theberkeleygraduate.com

Breakout ABC drama "Scandal" features Kerry Washington as Olivia Pope, an accomplished White House problem-fixer.

Viola Davis: just a few reasons you MUST watch Rhimes' newest creation, "How to Get Away with Murder." This most recent addition to the Thursday lineup focuses on Annalise Keating, a professor at a prestigious law school, teaching a class aptly titled, How to Get Away with Murder.

Professor Keating has this sense of mystery about her, almost as if you want to believe she lives a normal life, but at the same time you know that's impossible. She is clever and quick, and could take you out like a gust of wind.

The pilot introduces her savagely-hungry and determined law students, and shows us how they will do just about anything to get what they want. However,

the pilot doesn't just introduce you to this world of lies and secrets - it catapults you into this intriguing and addictive place that you'll never want to leave.

There's no doubt that ABC's Thursday ratings are going to dominate all other networks this season. With Rhimes behind these three shows, there is no telling what will be in store for us.

One thing is for sure: we need to prepare ourselves for one of the most diverse, brilliant, riveting, and entertaining seasons of television we've ever seen. All three shows premiere on September 25th, starting with "Grey's Anatomy" at 8 pm, followed by "Scandal," and then ending with "How to Get Away with Murder."

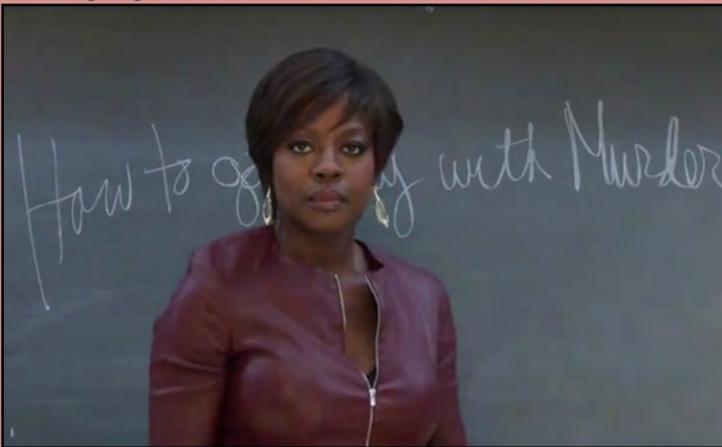


PHOTO TAKEN from adweek.com

Academy Award-nominated actress Viola Davis stars as cuthroat professor Annalise Keating in one of the fall's hottest shows, "How to Get Away with Murder."

## Blue Hawk Records to Hold Open Auditions

*Will Be Held at Woods Theater on Wednesday, Sept. 24 at 7:30 p.m.*

Auditions continued from pg 1

look at what it takes to write, produce, and distribute original music. This unique experience allows education to transcend the classroom, and provides students with the opportunity to better understand the industry they hope to be a part of in the future.

Blue Hawk Records acknowledges the various career paths that can stem from a love of music, and thus encourages students to pursue the area that interests them most; these areas include talent scouting, artist promotion and development, live music and record release, as well as artwork, packaging, sales, and marketing material.

In putting together three previous diverse compilations from scratch, Music Industry students have gained invaluable insight and expertise useful for a future profession. This semester, Blue Hawk Records will extend this experience to any Monmouth student willing to audition for the label's fourth EP next week in Woods Theater. Acts will be judged by a panel of senior student record executives and Professor Rapolla. Chosen artists will be offered a spot on the compilation album, and any students not selected will be offered other ways to become involved

with the campus music scene, like playing shows through Blue Hawk Records' sister organiza-

our team to gain a more realistic experience, sourcing talent from a much larger and diverse group

auditions will help Blue Hawk Records operate on a more professional level. "It'll be more dif-

music production very seriously. "Students will not only get the chance to showcase their talent," she says, "but they'll get the chance to record in a professional studio and learn the ins and outs of recording."

Upon being accepted to the label, participants will be invited to Lakehouse Recording Studios in Asbury Park, NJ to record and produce their material. Blue Hawk Records has used Lakehouse Recording Studios to produce its last three EPs. Jesse Leigh, Applied Music Industry 3 student, adds that participants "will work with a crazy talented producer that just worked with Lorde."

With this new project, executives and participants of the organization hope that the record label will really take off on campus. Blue Hawk Records is constantly adapting to the music industry, and as Belonis says, "It's all about keeping up with the times and rolling with the punches."

As Blue Hawk Records continues to improve and give participants a unique, real world experience, students are encouraged to get involved. If you are interested in trying out for the album, email the Blue Hawk Records team at bluehawkrecords@gmail.com, or sign up on the label's Facebook event.



PHOTO TAKEN by Francesco Furlone

Members of Blue Hawk Records traveled to Italy over the summer to collaborate with students from the Italian Academy of Music and hold live performances for audiences in villages throughout the country's Abruzzo region.

tion, the Music Alliance.

Mike Burke, President of Blue Hawk Records, thinks that opening auditions is a huge step in the right direction for the organization.

"It allows artists as well as

of musicians," he says. "We're hoping to get more involvement from many of the singers and songwriters across campus that may not have had a way to develop their material beforehand."

Burke also adds that holding

difficult to get a song developed and recorded, but the reward will be outstanding for the artist," he says.

Rosie Belonis, General Manager of Blue Hawk Records, encourages students to audition because the organization takes

# TOM PETTY AND THE HEARTBREAKERS ROCK MADISON SQUARE GARDEN

CONNOR WHITE  
CONTRIBUTING WRITER

On tour promoting their newest album, "Hypnotic Eye," Tom Petty & The Heartbreakers took to Madison Square Garden on Sept. 10 for a one night stand in New York, at what Petty described as one of the greatest rock venues in the world.

As I was walking through the streets of Manhattan en route to the show, the city seemed to have an eerie feel about it, almost as if a dark cloud were looming atop the outstretched buildings watching those below. This being the night before the 13<sup>th</sup> anniversary of the September 11<sup>th</sup> terrorist attacks on the World Trade Center, the atmosphere of the city was dull and lugubrious. One could feel the tension in the city rising as the fear that comes with this yearly reminder of tragedy settled in.

Walking into The Garden, the sense of uneasiness was heightened by the process of the workers bag-checking and frisking every person that entered the building. Never having been to a concert there before, I couldn't help but wonder if this was a regular Madison Square Garden safety precaution, or an extra security measure because of

the date. Either way, I'm sure everyone there felt safer, more comfortable, and ready to rock.

After voyaging up five sets of escalators and stopping for an over-priced basket of chicken fingers, I was finally making my way up the rows to my seat.

Steve Winwood, Petty's opening act for the tour, was finish-

ing up his set when I sat down. Winwood received a standing ovation for his performance, concluding with one of his more known songs, "Higher Love," which, with its blaring organ sounds and upbeat tempo, had the fans singing along sounding like the choir at a church sermon.

As the stage was being set for

Petty to make his entrance, the air was filled with the sounds of a buzzing crowd, and the screaming thoughts in my head that I really gave a 63-year-old performer 110 dollars to sit ten rows from the back wall of the venue. All I could think is that he better play every single one of my favorite songs. Which, eventually, he did, and the pressure in my head would fully decompress.

Like a train schedule, the minute the clock struck nine the house lights went out and the band took the stage. The crowd bellowed as Petty started with "So You Want to be a Rock n' Roll Star," a high-energy cover of the hit written by The Byrds in 1967. An interesting start to what would prove to be an amazing show.

Petty controlled the stage not only with his music, but also his charm, reciting a coy "thank you very much" after each song, in a Southern drawl that after a while had the crowd chuckling along and saying it with him. Dressed in blue denim jeans tucked into his tan cowboy boots, purple button down shirt hidden by an olive green army jacket, and a loosened tie around his neck, Petty gave off a contagious vibe, often raising his

arms out to the side at the crowd, and being greeted with a shriek of screams.

Playing only four of the 11 songs from "Hypnotic Eye," Petty seemed to be wary when he decided to jam out to some of his new work. "We're gonna play another one from the new album," he would say with a distant tone, sounding nearly neurotic, as if he thought the announcement would be followed by a series of groans or boos.

Conversely, the crowd was more than accepting of the material off the new album, which has the energy of the band's early days but with veteran experience trickled on top, giving it a new perspective. With Petty feeding off the life of the crowd, a heavy applause for these new pieces was a fan's way of saying, "You still got it, Tom."

Finishing his twenty-song set with a three-song encore, Tom Petty & The Heartbreakers proved the statement that Petty made that night to be true: "Rock and Roll is still alive." And for those two hours on the eve of a day that no one wants to remember but no one will ever forget, Tom Petty & The Heartbreakers set the minds of New Yorkers free of any burden.



PHOTO TAKEN from brooklynvegan.com

Tom Petty's newest album, "Hypnotic Eye," was released on July 29, and has since become his first album to debut at number one on the Billboard 200 charts.

## "TEEN WOLF" FINALE IS ALL BARK, NO BITE

VIOLETA PIETRONICO  
CONTRIBUTING WRITER

When MTV's *Teen Wolf* first premiered in June of 2011, its first season was surprisingly successful, despite low expectations based on the mere fact that it was a show called "Teen Wolf" on a network that does not exactly carry the best reputation when it comes to producing high-quality television.

If one were to survey fans of the show (which includes myself), they would most likely say that the success of the first season was mainly due to the fact that it focused heavily on its charming characters, such as the incredibly selfless Scott McCall (Tyler Posey) and his rather sarcastic best friend, Stiles Stilinski (Dylan O'Brien), and the relationships that they held. Although the first season had its share of intriguing plotlines and conflicts, the show never seemed to stray from what was making it a hit—the teens themselves.

Now, three years later (as I sit here and contemplate just how long I have dedicated my time to this show), *Teen Wolf* finishes up its fourth season. Unfortunately, this particular finale was just another underwhelming addition to an overall disappointing season.

This season, fans followed their protagonist Scott as he came to terms with the fact that he is now the Alpha (or "leader") of his own wolf pack, which now includes a very young (and very

"...the show should place more of a focus on its endearing characters, their relationships, and their more personal struggles as they continue to balance high school and the supernatural world."

moody) freshman boy named Liam that Scott bit himself.

In addition, Scott must also deal with a budding relationship with fellow supernatural being Kira (Arden Cho), along with this season's baddies—including Peter Hale (Ian Bohen), who is hungry for the power of a "True Alpha," and the seemingly indestructible Kate Argent (Jill Wagner).

As mentioned above, *Teen Wolf*'s initial success was simply due to well-written, relatable characters with loveable personalities. This not only included Scott and Stiles, but also original-Alpha Derek Hale, (Tyler Hoechlin) whip-smart Lydia Martin (Holland Roden), as well as many characters that have since left the show.

However, after the Season Four finale, it became evident that *Teen Wolf* has strayed from its roots. In a season that was supposed to focus on the developing powers of Lydia (according to various writers of the show) she was essentially pushed into the background for a good portion of the episodes. Even fan-favorite Derek suffered a similar fate, as he took a back-

seat during most of the season's action.

The addition of completely new characters, including Stiles' love

interest Malia (Shelley Hennig), also perpetuated this issue, since their storylines seemed to take precedence over most others.

Along with the issues of character development and the overwhelming amount of new additions, *Teen Wolf*'s fourth season suffered from an over-abundance of conflicts and villains. Each episode seemed to contain a different struggle or problem for the characters, leading to confusion as to what the actual, overarching conflict of the season was.

In addition, the decision to in-

clude both Peter Hale and Kate Argent as this season's baddies just seemed unnecessary, and contributed to the frenetic feeling of the season as a whole.

Simply put, *Teen Wolf* needs to return to what made it successful in the first place.

Instead of hyping up intense plotlines and physical confrontations, the show should place more of a focus on its endearing characters, their relationships, and their more personal struggles as they continue to balance high school and the supernatural world.



PHOTO TAKEN from zap2it.com

"*Teen Wolf*" is loosely based on the cult-classic 80's film of the same name starring Michael J. Fox. After concluding its fourth season on Sept. 8, the show is expected to return to MTV sometime in 2015.

# A Realistic Attempt at a Week of Positivity

VICTORIA KEENAN  
FEATURES EDITOR

As a nation, every time we turn on the news or go onto social media sites, terror, war and disease fill our screens. Rarely is there a story majorly publicized about happiness or good deeds. Even when there are stories of love and hope, people suddenly forget about them when something terrible happens. In a world surrounded by and focused on negativity, it would do people good to find the positives in life.

After I put some deep thought into this concept, I decided that I should spend my week trying to be more positive as well. Don't laugh, Mom and Dad. If you know me, you will know that I might not always be the most positive person. My family and friends may even call me cynical, but I'd like to think of myself as just being realistic. There is nothing I like more than seeing pictures and videos that "restore faith in humanity," so I figured I would give positivity a go, and took my friends on the trip with me.

Alyssa Healy, a junior health studies major said, "I always try and make sure to smile at people and go out of my way to say hi. Giving people compliments and saying hello really does make

people happy, it really is the little things," says Alyssa Healy, a Junior Health Studies major.

"If someone is struggling with something, I try to help them as much as I can and always just try to believe that everything happens for a reason."

Chrissy DiLiberti, a senior communication major, made an effort to stay positive at work throughout the week. "My waitressing job can be hectic and customers can be rude a lot of the time, but I realized smiling through it helps."

"There is an old saying that goes kill them with kindness and doing this is a way I can remain positive throughout the rest of my shift and not let my attitude be negatively affected. In the end, it helps me do my job the best I can," said DiLiberti.

Associate professor of communication, Doctor Eleanor Novek said, "I do non-violence work in prisons and community settings. I've met so many people that have done very bad things but want to change themselves around, and that is very uplifting to be around."

As I ventured through my first full week of classes and work and other responsibilities, I tried to stay positive and not over stress. I would take everything day-by-day, hour-by-hour, and feel relieved whenever I ac-

complished another task without stressing out. Whenever things got too overwhelming, I would sit down and take a breather. I would walk around and get a snack or text a friend who I knew would make me laugh. I was determined to keep a positive and happy head on my shoulders.

Then I had another thought as I was scrolling through Instagram investigating the "100 happy days challenge." There were pictures of friends and family laughing and smiling. There were pictures of food and drinks. There were pictures of jewelry and clothes and sunsets and concerts and cars. Don't get

me wrong, I was happy that my family and friends found things to be happy about for 100 days straight. But is that really believable? Does everyone just want to appear happy and positive on social media for the likes? As a normal, everyday person, is it possible for someone to truly be positive and happy all day, everyday for 100 days straight?

I think not. But then I realized, that's okay. It's okay to not always be positive. It's okay to have a bad day, to be angry about a bad grade or a parking ticket or being stuck in traffic. That's what makes us human. If we all tried to bundle up being

upset or angry and just tried to be positive about everything, we would likely all explode.

Being positive all the time is hard at any age, whether you're in middle school or college or a full time adult with a nine-five job. Being positive at school can be hard, being positive at home can be hard, being positive at work can be hard. It's normal if things make you upset or make you angry or make you stressed out. No one's life is perfect, we all have little ups and downs throughout each day.

You may now be agreeing with my friends and family that I am cynical. I still think I'm just being realistic. I do have to admit that I did find a lot of things in everyday that made me happy and kept me positive. I do also have to admit that though I tried, there were still things that happened each day that made me upset or stressed out. Being a constantly positive person is not something that happens overnight, and that's okay.

I may not have learned how to be positive every hour of everyday and I'm not sure I ever will, but attempting a positivity challenge did teach me a little more about life. And at the end of the day, life isn't so bad. No matter what happens, there really are many things to smile and be positive about.



PHOTO COURTESY of blogspot.com

There are many benefits to staying positive at school, at home, or at a job.

# Inside The Biggest Celebrity Hacking Scandal in History

CLARE MAURER  
CONTRIBUTING WRITER

The Internet blew up when the biggest celebrity hacking scandal in history occurred recently. Over 100 celebrities' iCloud accounts were hacked, revealing scandalous photos of starlets like Jennifer Lawrence, Ariana Grande, and Kate Upton. While some of these celebrities have denied the photos were real, others spoke out,

Jennifer Lawrence's rep stated, "This is a flagrant violation of privacy. The authorities have been contacted and will prosecute anyone who posts the stolen photos."

This scandal has started a wildfire of comments, with celebrities coming to the victims' defense. Emma Watson, though not involved in the photo leak, took to Twitter to offer her support, "Even worse than seeing women's privacy violated on social media is reading the accompanying comments that show such a lack of empathy".

Many people believe these starlets should never have taken such intimate photos in the first place.

"It's their freedom of expression, anyone should be able to take pictures of themselves and trust that no one will hack into their phone," disagrees Samantha Marella, a sophomore Marketing major.

"I feel really badly for the celebrities who were violated because we should not live in a society where people are actively trying to invade people's privacy."

Some websites, like E! and Vox, have come to the womens' defense, saying the scandal is about the fact that "women in pop culture are under attack" and reflects how "society treats women in the public eye". Yet

others have lashed out.

Thousands of comments across websites made accusations like "You girls better hold on to your careers. You never know who's waiting in the shadows to destroy you, and for your sake, stop taking selfies,

and a new service for making purchases wirelessly via Apple devices. Now there is a spotlight on the company's ability to protect its customers' private information."

Cyber-security experts are pointing out a flaw in Apple's

tos? Or is the negative backlash just another way of saying women are "asking for it"? This scandal has people asking all kinds of questions about sexism and representation.

Jules Polenetsky, the executive director of the Future of

who profit from it".

Having a private account hacked is a very serious scare that is now a worry to many people—especially since some of the leaked photos were from years ago. One of the actresses hacked, Mary Elizabeth Winstead, took to twitter to voice her grievances.

"To those of you looking at photos I took with my husband years ago in the privacy of our home, hope you feel great about yourselves. I can only imagine the creepy effort that went into this."

Professor Scott agreed, "I believe the reason this is rapidly becoming such a hot topic has to do with growing concerns regarding our potential violation of privacy. Theft is a criminal act. Distribution of someone's privately recorded images for financial gain without their permission is also becoming a significant problem".

Peggy Drexler at "CNN" puts full blame on the perpetrator: "Certainly, the surest way to avoid ever having your most private photos shared publicly is to not take them in the first place... Trust no one. Share nothing. Even better: Take nothing. While we're at it: Don't leave the house. After all, you could get mugged, or raped. You'd better not fly on a jet, either, what with all the terrorism and overworked pilots. Swim in the ocean? No way: sharks! It's ridiculous logic."

This photo scandal has raised many questions and has people pointing fingers in every direction. Now, the world has to wait and see: will the hacker release anything further? Will Apple tighten security? And will men and women alike ever feel safe again that their private photos will remain private? Only time will tell.



PHOTO TAKEN from mybroadband.ca.za.

The Apple iCloud is said to have been hacked, and many female celebrities nude photographs have been leaked.

naked at that."

Stephanie Merlis, a sophomore business marketing major, said, "I don't see the purpose of nude photos because they're bound to end up in the wrong hands. Celebrities should be more careful about it."

Robert Scott, a specialist communication professor, points out that the scandal came at a bad time for Apple,

"The hacks occurred on the eve of Apple introducing new health monitoring technology

"Find My Phone" app that let the hacker access celebrities' data stored in the iCloud. While this overwhelming privacy breach was a shock to many Apple users, a company spokesperson, Nat Kerris, said, "None of the cases we have investigated have resulted from any breach in any of Apple's systems. We are continuing to work with law enforcement to help identify the criminals involved."

Should these women be blamed for taking intimate pho-

Privacy Forum, an advocacy group based in Washington, argues that this scandal "should be treated like a sex crime, a privacy invasion taken to an extreme."

Professor Scott agreed that "the situation has once again raised important questions about electronic privacy and whether or not this type of theft and use of websites for distribution is comparable to a major crime such as sexual abuse, especially when there are those

# New Study Asks: Can We Train Our Brains to Eat Healthier?

MOMNA AYUB  
STAFF WRITER

Are we capable of actually training our brains to choose healthier food options? Researchers from Tufts University in Massachusetts have presented promising research suggesting the possibility of just that.

Why is it that we are always so tempted to choose the pizza and soda option over perhaps a salad? Why is it so easy for us to munch away on a bag of chips instead of cutting up some fruit? Beyond the simpler explanation that unhealthy foods tend to appeal more to our sense of taste lies the more complex and often nebulous

mechanisms of the human brain. Certain regions of the brain have been designated part of the 'pleasure center' of the brain, namely the limbic system, which involves our emotions and desires. The use of functional magnetic resonance imaging, or fMRI, has shown stimulation of the limbic system when an individual consumes unhealthy food.

The researchers of Tufts University observing this effect chose to manipulate the cause that eventually leads to the stimulation of the brain's pleasure centers. They were successful in conditioning the brains of eight variable subjects to become stimulated with the idea of healthier food. The

researchers accomplished this by subjecting the variable individuals to an intervention involving a strict diet particularly high in protein and fiber.

Following this intervention, the pleasure centers of the variable subjects' brains showed little to no change when presented with the idea of less healthy food. The extent of the conditioning was such that a number of the variable subjects reported having cravings for the healthier food options.

Jen Zuczek, a junior chemistry major, said, "I found it interesting to learn that a person can train their brain to find healthy food options more appealing by just a simple change in diet."

**"By making smarter, low calorie food choices, individuals may have the ability to re-train their brains into believing they actually prefer the lower calorie foods, over a high calorite food selection."**

JOANNE MCCGURL  
Nurse and Health Professor

Zuczek adds, "Gastric surgeries may do some good in weight loss but a person isn't learning what they should eat to lose that weight. It really does have to be a learning process to see the best outcomes."

A gastric bypass surgery involves a reduction in the functional size of the stomach which results in weight loss due to decreased consumption of food. However, this surgery and others like it often modify the patient's personal satisfaction for eating certain foods because many foods become much less appealing to them.

Nurse and Health Professor Joanne McGurl said, "This research appears to provide promising implications in the development of improved behavioral weight loss interventions."

"By making smarter, low calorie food choices, individuals may have the ability to re-train their brains into believing they actually prefer the lower calorie foods, over a high calorie food selection. Future studies are needed since the researcher's claims are based on one small pilot study with 13 participants conducted over a 6 month period. As a woman who has per-

sonally struggled with trying to lose weight, I find this research encouraging." McGurl added.

Kerianne Fuoco, a Clinical Lab Science major, said "It makes sense that linking healthy foods with a stimulated 'reward center' in the brain has more of an effect than traditional diets."

Kerianne also brings up a good point in saying, "Now dieting can become more of a positive experience than one that is often dreaded by many."

Merrily Ervin, coordinator of chemistry and physics, said, "The results of this study are certainly encouraging...it is a long way from something we can count on, but it will be interesting to see if people who want to lose weight can actually condition their brains to pick healthier options."

While this research is only in its beginning stages, the promising results collected by the researchers of Tufts University provide ample hope. Perhaps we will soon live to see a day where it is not only easier for individuals to eat healthier and lose weight, but also more enjoyable.



IMAGE TAKEN from bbc.com

Promising research shows subjects craving healthier food as opposed to unhealthy food, even if they possessed previous unhealthy habits.

**Sept 3 & 4**  
11:00a-2:00p  
**Wellness Tables**  
Stu Center Patio

**Tue, Sept 30**  
7:00p-8:00p  
**SCREAM THEATER**  
Wilson Aud.

**Wed, Oct 1**  
6:00p-7:30p  
**Take Back the Night**  
Shannon Lawn

**Thur, Oct 9**  
11:00a - 3:00p  
**Mental Health Screening**  
Afflito Room  
3<sup>rd</sup> fl, Stu Center

**Tue, Oct 21**  
11:30a - 1:00p  
**Coming up for Air**  
Afflito Room  
3<sup>rd</sup> fl, Stu Center

**Thur, Nov 13**  
2:00p - 3:30p  
**True Hate & Bias Crimes**  
Wilson Aud.

**Tue, Nov 18**  
6:00p - 8:00p  
**SANDPLAY**  
Afflito Room  
3<sup>rd</sup> fl, Stu Center

**Wed, Dec 17**  
1:00p - 4:00p  
**De Stress Fest**  
Anacon Hall  
2<sup>nd</sup> fl, Stu Center

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& Dec 10  
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**Yoga**  
Cedar Basement

**Weds 3:00p-4:00p**  
**Thurs 11:00a-Noon**  
Sept 3 -17  
**Snack & Chat**  
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Lower level, Stu Center

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## ZTA Volunteers at Mary's Place

EMILY SHAPIRO  
CLUB & GREEK EDITOR

The University's chapter of Zeta Tau Alpha (ZTA) volunteered at the Ocean Front Bash "Let's Build It Together" in Ocean Grove, New Jersey for Mary's Place by the Sea on Saturday September 6, 2014.

ZTA is well known for their support with breast cancer awareness as well as education. This year, they decided to raise the bar and support more local communities by volunteering at new events off campus. Their first goal of the year was to find an organization that helped others in their own community.

"We were introduced to Mary's Place by Jon, the Greek life advisor," said ZTA president and senior communication major Erin Ally. "They were having this event, and were looking for organizations that were willing to volunteer."

"Let's Build it Together" was held by Mary's Place by the Sea as a fundraiser to raise money to build a new 10-bedroom handicap accessible home. Mary's Place helps women empower themselves while going through cancer. They are offered one on one counseling, art therapy, and even nutritional counseling. Each guest is also offered light spa services, and are able to stay overnight at the home which is located on Broadway Avenue in Ocean Grove.

ZTA spent their night setting up the event, interacting with the attendees, and working throughout the event. An hour before "Let's Build it Together" was set to begin; a storm took out a lot of the previous work that had already been finished.

Tease Gould, Senior Systems and Technology Administrator at Monmouth University, is one of the founders of Mary's Place. She said, "We were all hands on deck to redo what had been setup before



PHOTO COURTESY of Zeta Tau Alpha

Members of Zeta Tau Alpha gather for a picture while volunteering at Mary's Place by the Sea in Ocean Grove, New Jersey.

the winds and rains took everything down. These ladies jumped in and began wiping down everything. We were up and ready to greet our first guest of the evening on time."

The girls who volunteered at the event were Erin Ally, Lisa Jacobs, Rachel Brochhagen, Kelsey Comyack, Ayla Yildiz, Carly Swanson, Krista Delia, and Morgan Celiano.

"When my sisters and I volunteered at Mary's Place by the Sea I had no idea what to expect," said Lisa Jacobs, a junior communications major with a focus in public relations and journalism. "When we got there we were greeted by women who shared their stories with us. It was extremely motivating and made me want to help out Mary's Place by the Sea as much as I can. The women there really appreciated everything my sisters did. I learned so much from these women; they are truly inspirational."

Founder Michele Gannon was overwhelmed by the turnout and support for Mary's Place.

"Our Ocean Front Bash was an incredible event filled with generosity, gratitude and LOVE!" said Gannon. "This community motivates us and inspires us each day to work

hard for women on the journey with cancer. It is an honor to be a part of this mission."

All proceeds of the night will go towards the two million dollars needed to build the new home. All the services offered are free to the guests and are raised by various fundraisers and donations.

ZTA is now in the process of electing a Local Philanthropy Chair within the chapter. This person will then be the main contact between the sorority and Mary's Place.

"Once we have that line, you'll be seeing ZTA support Mary's Place in each and every way possible," said Ally.

ZTA host several fundraisers throughout the year including Big Man on Campus, and a Think Pink Volleyball Tournament in October. They also attend events like the Think Pink Giants and Jets Tailgate to raise money.

If any student is interested in learning more about ZTA at Monmouth University, they can check out their website at [Monmouth.zetataualpha.org](http://Monmouth.zetataualpha.org). They can also contact ZTA president Erin Ally at [s0837569@monmouth.edu](mailto:s0837569@monmouth.edu) or Amanda Caruso at [s0890274@monmouth.edu](mailto:s0890274@monmouth.edu)

## Monmouth Palooza

IVAN MARINOS  
CONTRIBUTING WRITER

No amount of rain could stop SAB from pulling off Monmouth Palooza over the weekend. The event, which was originally set to take place on the residential quad at 4pm on Saturday September 13th, was relocated to Anacon Hall due to the inclement weather conditions.

After an admirable effort by the Students Activities Board to try and ignore the rainy weather, and instead create an atmosphere in which students could enjoy themselves, Monmouth Palooza seemed to be a success. The relaxed, beach-themed environment of the event was complete with a mechanical shark to ride on, snacks, a chance to create your own "stunner shades," and a live band.

Royal Blend, band chosen to play the event, combined elements of island reggae, classic rock, along with the use of electric piano and British lead singer. Devon Ribsam, a senior English major and member of the University's Ice Hockey Club, happened to personally know two of the members of Royal Blend and stuck around Monmouth Palooza to support the local band.

"I'm having a good time," Ribsam said when asked about his experience there. "This is actually one of the first SAB events I've been to."

Brian Zuber, the father of one of the band members, attended the event with his wife in support of their son, and was pleased by the turnout.

"It [Monmouth Palooza] is great. It would probably be better if it was outside so it could attract more people, but I think the band sounds good," Zuber said.

According to members of SAB, this year's Monmouth Palooza went well, but it could have been even better had the weather not been a factor. Taylor Carson, a junior international business and finance majors, and the concerts chair of SAB, rated the event as an "8" on a 1-10 scale.

"We had a rock wall we were going to set up on the Quad, as well as a DJ stand," Carson explained, "but because of the weather we were forced to relocate and we couldn't fit those into Anacon Overall I think we did a good job."

Carson went on to explain that Monmouth Palooza, which was planned by SAB Festivals Chair Jeff Singh, was co-sponsored by Phi Kappa Psi, who generously assisted with the setup and breakdown of the event, as well as manned the sand candy station.

Students came and went throughout the day, a lot of whom who had just stumbled upon the event without prior knowledge that it was even being held. Most students seemed to gather around the mechanical shark, or play a quick round of volleyball with their friends.

"The mechanical shark was definitely the favorite," said Carson. "People were having contests to see who could stay on the longest."

Monmouth Palooza proved to be a way for students to get escape from the sporadic New Jersey weather to a tropical, tiki-themed event. It also provided a chance for people to catch up with one another, meet new people, and get excited to be back at school.

SAB holds events throughout the year. Their next events include Dakaboom Comedy Duo on September 26th and a psychic fair on September 27th.

# CLUB AND GREEK ANNOUNCEMENTS

### Residence Hall Association

Battle of the Buildings competitions will take place from Friday, September 19- Sunday September 21. Check your email and the RHA Facebook Page for more information.

### The Verge

Do you love to write? Dream of seeing your work published? Then The Verge is the place for you!

Please join us at our interest meeting Wednesday, Sept. 17 at 2:30 in JP 206.

For questions contact Caitlyn Bahrenburg at [s0904759@monmouth.edu](mailto:s0904759@monmouth.edu).

### Chabad

MU Chabad has sushi every Wednesday in the student center from 3:30 - 4:30 pm. We have Friday night dinners at 8 pm and a grill and chill every Sunday from 5 - 7 pm. Contact our president Liz Perkel with any questions about MU Chabad at [862-485-8865](tel:862-485-8865) or [s0939767@monmouth.edu](mailto:s0939767@monmouth.edu)

### Alpha Xi Delta

We hope everyone is enjoying being back on campus! On September 27th we will be holding a flag football event open to all students. Teams of six are encouraged to sign up for \$7 a person. All proceeds go towards our philanthropy, Autism Speaks. Sign ups will take place in the Student Center Wednesday, Monday, and Tuesday. We hope to see you all there!

### MUPNA

The Monmouth University Professional Nurses Association (MUPNA) is a networking resource for all nursing students at Monmouth University. A big welcome and good luck to the Class of 2018 students who are beginning their journey in the brand new pre-licensure BSN program. MUPNA would like to invite all nursing students to our Fall Social on Monday, Oct. 6 at 6:30 pm in the Club Dining Room where we will be discussing Nursing Leadership and Political Power. Please RSVP to Keilynn Alicea, MUPNA President, at [s0772872@monmouth.edu](mailto:s0772872@monmouth.edu).

### The Running Club

Those interested in distance running- we are meeting every Monday and Wednesday at 4:30 each week in front of the MAC to go for a run. Those interested in sprinting and other track and field events - we will begin meeting regularly in a few weeks in preparation for the indoor track season. If you would like to support the cross country team, they will be competing at home at Holmdel Park on Saturday, Sept. 20 in the 20th Annual Monmouth Invitational. Races are at 10 AM (men) & 10:45 AM (women), and admission to the park for spectators is free.

### Pre-Law Club

The Pre-Law Club will be holding its first meeting of the semester on Wednesday, Sept. 10 (today) at 4 pm in the Student Center, room 202B.

If you're interested in law school, how your undergrad experience leads you to law school, inter-collegiate mock trial or moot court competition among other legal profession things, stop by and sign up for the pre-law club!

### Catholic Campus Ministry

Catholic Campus Ministry would like to welcome all new and returning students! We hold mass every Sunday at 7 pm at the Catholic Center (located behind the Health Center) and daily mass at noon in Withey Chapel in Wilson Hall

If you have any questions, please contact club president Eryn Siddall at [s0834614@monmouth.edu](mailto:s0834614@monmouth.edu).

### Human Resources Club

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

### 5678 Dance

Do you love to dance? An interest meeting of the 5678 Dance Club will be held soon!

For more information email club president Hannah Hilbrandt at [s0947700@monmouth.edu](mailto:s0947700@monmouth.edu).

### Zeta Tau Alpha

Welcome back to school on behalf of the sisters of Zeta Tau Alpha! We hope to see you at our Breast Cancer Awareness events throughout Pink Week, held Oct. 5-11.

### IEEE/ACM Student Chapter

The IEEE/ACM Student Chapter would like to welcome new faces to our introductory session.. Find out what we have done recently, what we have to offer in the future, and meet some of the best and brightest students in the CS/SE department! Open to all those with an interest in Computer Science, Software Engineering or Information Technology Wednesday at 2:30 in Howard Hall Room 208.

# Meet The Greeks Entices Many Underclassmen

ERIN ALLY  
CONTRIBUTING WRITER

All Greek organizations had a chance to get to know the new faces on campus at Meet the Greeks last Tuesday, Sept. 9, in the Multipurpose Activity Center (MAC).

Meet the Greeks gives students who know little about Greek life at the University an opportunity to find out what it truly entails.

Cassie Fortunato, a social work major who is a first time recruitment counselor said, "Meet the Greeks is a very positive experience, as is getting involved in Greek life in general. Going Greek, you get involved on campus and meet new people, while making lasting friendships and connections."

Each fraternity or sorority is assigned their own table to fill with information. This is an opportunity for all of Greek life to gather in one spot and show new interested students how different each group of Greeks really is.

Over 500 people attended Meet the Greeks according to Kendall Bohannon, Vice President of Panhellenic Recruitment and homeland security major. The majority of those who attended were freshmen and sophomores, but upperclassmen and transfer students made an appearance as well.

"Meet the Greeks is a great opportunity to meet the upperclassmen involved in Greek life, and have a chance to get comfortable with all the organizations," said freshman nursing major Anna Caruso. "It was such a good experience and I got so much out of it, you learn so much and meet

so many genuinely nice people." Students were able to ask questions to sisters and brothers about recruitment, social events, and Greek life as a whole.

Zeta Tau Alpha Recruitment Chair and communication major, Amanda Caruso, said that Meet the Greeks is not only beneficial for new students, but for organizations as well.

"We like to be a friendly face for new students to turn to as a resource to campus," said Caruso. "We also like to know who on campus is interested in Greek life so that we can get a better idea of who will be coming out for Spring Recruitment. We are always looking to better our chapter with each new member class."

Recruitment counselors are also a resource for new students to use to get to know more about Greek life.

Fortunato said, "Many of the girls were very relieved when I went up to them to see if they had any questions because they really did not know what to do. It was a very good experience for me because it was really nice being able to answer questions and help them with what they needed."

Entertainment was provided by some of the multi-cultural organizations on campus. Alpha Kappa Alpha, Lambda Theta Alpha, and Lambda Theta Phi all contributed with different dance and chanting routines.

This year, Meet the Greeks had two new organizations join them: Delta Tau Delta and Tau Delta Phi. More options meant more students attending the event.

"At first, all the fraternities



PHOTO COURTESY of Erin Ally

Interested Students gather around tables to see what each sorority and fraternity has to offer before they make the decision to pledge.

and sororities in the same place, was a little overwhelming, just because there were so many people," said Caruso. "Then when I started to talk to the girls in all of the different sororities it became less overwhelming and more fun."

In previous years Meet the Greeks was held in Anacon Hall, which caused the event to seem even more crowded with such limited space. With the extra

room given in the MAC, sororities and fraternities have more room to spread out with their boards, t-shirts, and members.

While this is the first step in getting involved with Greek life, sororities and fraternities have specific dates set aside for recruitment. Students must be able to attend all recruitment sessions to get all the information needed to join Greek life. Students should keep an

eye out for e-mails with these dates. If a student was unable to attend Meet the Greeks, they can look for information on who to contact on the University website, or bring all contact information to the Student Life offices.

Meet the Greeks is an event that is held once each semester so if an interested student did miss the fall event, there is always another chance come spring.



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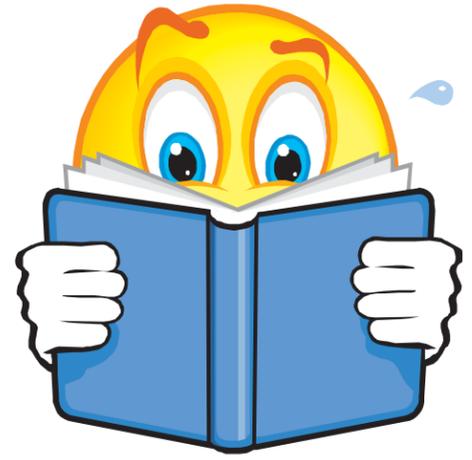
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<b>SOUTHSIDE JOHNNY &amp; THE POOR FOOLS</b> NOV. 14		<b>ANI DIFRANCO</b> NOV. 18	
<b>MARY CHAPIN CARPENTER WITH TIFT MERRITT</b> NOV. 20		<b>DAVID LINDLEY &amp; JOHN HAMMOND</b> JAN. 30	

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# MOMENTS AT MONMOUTH



**LEFT:**  
TWO STUDENTS HAVE A BLAST AT ONE OF THE SUPERHERO THEMED PLA TRAINING SESSIONS. (PHOTO COURTESY OF BEA ROGERS)

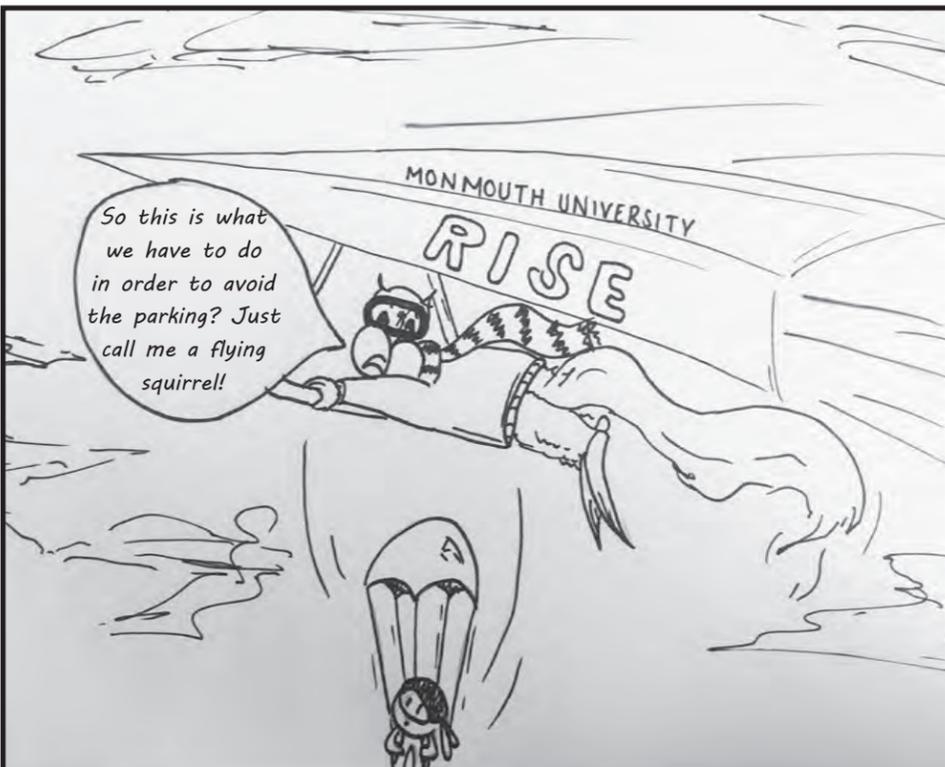
**CENTER LEFT:**  
SENIOR BRIAN MARTIN AND DR. JUDY NYE SPEAK ABOUT 'MINDFUL MOMENTS' TO A GROUP OF PEER LEADERS. (PHOTO COURTESY OF BEA ROGERS)

**BOTTOM LEFT:**  
STUDENTS GET TO KNOW ONE ANOTHER DURING A GROUP ICEBREAKER SESSION. (PHOTO COURTESY OF BEA ROGERS)



## COMICS

"MISGUIDED UNDERSTANDINGS" BY ALYSSA GRAY



So this is what we have to do in order to avoid the parking? Just call me a flying squirrel!

A SO-YOU-SAY COMIX #48

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## HEY MONMOUTH!

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## Soccer Posts Second Shutout

MAGGIE ZELINKA  
SPORTS EDITOR

The University's men's soccer team improved their record to 3-1-0 this past Saturday with a 2-0 win over the Holy Cross Crusaders who now post a 0-2-1 record.

The Hawks capitalized the second half as senior Dom Sarle put the blue and white on the board in the 61st minute of play while senior Bryant Avalos furthered the score in the 81st minute. Eric Klenofsky recorded his second shutout of the season.

"Our defense played very well overall, but we did a great job possessing the ball, and as a result, we were able to keep the ball away from our end of the field which really helped limit their opportunities," Head Coach Robert McCourt said. "By possessing and keeping control of the ball well, we forced their defense to step up and get out of posture which gave us a lot of chances on the offensive end."

The Hawks dominated their opponent in the first half as they outshot Holy Cross, 5-0. MU applied the pressure around the 20th minute of first half play. Within a three minute span, the Hawks had four shots on goal and two corners kicks.

"Not every chance turns into a goal," McCourt said of the many opportunities his team had. "We may not have registered too many shots on goal,

but we had a lot of crosses into good positions. It's nice to score goals, but I was happy overall with how we played offensively."

Four minutes into the second half, the Hawks already had a corner kick and a shot on goal. The Crusaders bounced back as they took three corner kicks in a five minute span. Junior captain David Acuna-Camacho was handed a yellow card in the 58th minute of play; however, this only built the Hawks' momentum.

With 60 minutes on the board, Sarle was able to find the net and give his team the advantage. Sarle currently leads the Hawks with three goals for the season.

Around 20 minutes into the second half, MU's offense was on the frontline. Junior Dan Pizzimenti began the charge with a shot on net at 65:18. At 67:28, Acuna-Camacho sent in a corner kick followed by a shot from Sarle. Unfortunately for the Hawks, the Crusaders' goalkeeper was able to find the ball.

MU's persistence did not waiver and at 68:29, junior Derek Luke tallied another corner kick. Two minutes later, Acuna-Camacho accounted for the blue and white's seventh corner kick on the night.

Holy Cross powered back with a shot by defender Diego Ceron; the crossbar provided MU with the save.

Shortly following, MU soph-

omore Dave Nigro was given a yellow card while MU as a team was given a red card one minute later.

Once again, the Hawks' gained momentum from the cards and got off a shot on net within the minute. With 10 minutes left to play, Luke took MU's eighth corner kick of the game.

Thirty seconds later, Acuna-Camacho took a corner kick from the opposite side. Avalos was able to place the ball in the net providing the Hawks' second and final goal of the game. The goal was Avalos' second of the season and Acuna-Camacho's first assist.

The team will embark on a three game journey starting with Rutgers in Piscataway, NJ; Villanova in Villanova, PA; and Seton Hall in South Orange, NJ.

"It's always difficult playing on the road in college soccer, and the fact that we're playing some local rivals makes it even more of a challenge. These schools recruit a lot of the same guys we do and all of the players know each other pretty well so it adds another dimension to the game. Ultimately, we want to go out there and keep playing well and do whatever we have to pick up some wins," McCourt said.

The Hawks will return to The Great Lawn on Tuesday, Sept. 30 to play in their first Metro Atlantic Athletic Conference game of the season against Canisius College.

## Lady Hawks Win Four in a Row

JOE RUGGIERO  
STAFF WRITER

The Hawks took on the Leopards of Lafayette on a cool night at The Great Lawn on Sunday, Sept. 14. MU controlled the game as they recorded their fifth shutout of the year with a final score of 3-0. Sharing the ball was key in MU's victory as three separate Hawks scored. Goals were made by freshman forward Rachelle Ross, sophomore forward Alexis McTamney, and junior Monique Goncalves.

The Hawks gained an early lead thanks to one of their rookies. At the 16th minute mark, Ross sent a shot toward the Lafayette goal and connected with the net. "[Erica] Murphy took a

touch in, and I just trailed her. With her great pass, I was able to finish," Ross said. The goal counted for Ross's fourth of the season and her third goal in three games.

Ross currently leads the Hawks in scoring at four goals and points at nine.

McTamney gained her second goal of the season towards the end of the first half. She was able to control a flying ball off the foot of senior back Kristen Brett by heading it into the back of the net giving the Hawks a 2-0 lead. McTamney, no stranger to scoring, punched in eleven goals over the course of twenty-one games during the 2013 season.

The Hawks continued to pile on the goals; in the second half,

Goncalves relieved forward Murphy from the game and wasted no time as she scored a goal off her back heel. The ball which trickled into the net counted as her first goal of the year.

Teamwork was a big part of the Hawks' offense on Sunday night. Murphy picked up an assist by sending a precise pass in the box that Ross finished off. Brett and Goncalves both picked up assists on the McTamney goal during the 36th minute. Ross got back into the action with her first assist of the year in the second half, when she played the ball into the goal line where she crossed it over to Goncalves who placed it in the net.

Recording the shutout was senior goalkeeper Jocelyn McCoy who also picked up her first win of the season. McCoy started over transfer graduate student Nicole D'Agostino.

Head Coach Krissy Turner made the change in net to give D'Agostino a rest for the first half since D'Agostino recently played Friday night against Fairleigh Dickinson. McCoy faced one shot on goal while her relief D'Agostino faced three shots in the second half.

The Hawks outshot their opponent 21-4 with 12 of those attempts made in the first half. MU also posted more corner kicks with a total of nine to Lafayette's one.

MU's defense prevailed throughout the game, as they were able to hold the Leopards giving the offense an abundance of chances to score.

"We're working really well with the defense in practice and its shows in games," Ross said.

The team is back in action on Sunday, Sept. 21 when they take on Hofstra in a matinee game. After that game, MU begins conference play.



PHOTO COURTESY of Greg Ott

Sophomore Erica Murphy helped get the Hawks out in front on Sunday when she assisted on Rachelle Ross's opening goal.

## R.I.P. to the Pit

RYAN GALLAGHER  
STAFF WRITER

With our ocean resembling a lake for the first week of school, the predicted swell for this past week had MU's surfers frothing. High winds, a ripping current and massive Monday and Tuesday waves saddened surfers across the board.

Wednesday morning, as I found my way to an 8:30 am class, the sun was shining and the wind was nothing more than a soft reminder of the previous days. I smiled to myself as my professor let us out ten minutes early and immediately notified others who like to surf of the day's conditions.

Wednesday ended up delivering chest high barrels to local surf spots. Surfers beamed as they walked down to the beach, nothing but board shorts and a surfboard under their arm. A warm September sun shone in their eyes as surfer by surfer paddled out to the lineup. All day, surfer's schedules consisted of surfing, eating and more surfing. On Thursday morning, the waves lasted for only a short period but surfers on dawn patrol rejoiced to find clean, sizeable waves during that time. Conclusively from Wednesday morning to Thursday morning, there were waist to chest high waves at most spots around our area.



PHOTO COURTESY of Chris Norcross

Sophomore Tyler Sankey dropping in on a bomb down at a local break called Tak.

One spot in particular has been very quiet this year after it was recently dredged. Before it was dredged, the Pit, was a go-to spot for many surfers last year.

"Dredging is the process of removing bottom sediment in the ocean for several different purposes. navigable waterways must constantly be maintained at a certain depth to allow for passage and must be dredged to do so," senior marine and environmental biology and policy major Amanda Billotti said. "In addition dredged material is used to replenish beaches that are eroded. The problem with dredging is it disturbs the benthic ecosystem and the sediment may contain toxic chemicals and metals that have previously settled."

At the Pit, MU surfers were sure to find a familiar face and a solid wave. Late last spring, the town began to dredge the beach, and buried the rock jetties with sand to extend the beach. The jetties that once made the waves break were turned into a non-factor and in the end ruined the once prosperous surf spot.

For example, the jetties made the beach a point break; this means that swell would break off of the rocks, allowing waves to form. This is not the first time that something like this has happened nor will it be the last. All

across the state's beaches, the surrounding towns take sand from the ocean floor and add it to the beach in order to lengthen them. This could be helpful to towns in our area to protect against the rising waters of any possible hurricane.

Many places also dredge in order to commercialize their beaches. By making their beaches longer the town of Long Branch can advertise their beaches that can now fit almost double the amount of people that it once did. Beach dredging demolishes the work that Mother Nature has done to give surfers a surfing beach.

Around the University, not many people are happy about the new look at the Pit. "I'm not a big fan that they dredged the Pit. Without the jetties in place we don't really have that point break anymore. I miss the smaller more secluded beaches; they're too big now," said Tyler Sankey after seeing the Pit for the first time since last semester.

Not only do surfers feel animosity toward the dredging but also so do the spongers. To clarify, sponging is the same thing as boogie boarding, but basically more 'rad' than the average six-year-old playing in the shore break on a broken piece of foam. Either way, spongers love to get pitted just as much as any surfer does.

Connor Perzely, a student sponger said, "Definitely a bummer how they dredged the place. The jetty is gone and the break is crumbly. The beach is massive now and there's a lot more people around. [It is] definitely a different scene."

For a surfer, sponger or anywhere in between, it is obvious that the dredging can have an affect on anyone who loves to visit the local beaches. Moving past that, while one cherished surf location has been destroyed, there are still waves to be had. This coming week, a hurricane named Eduard is moving up the Atlantic coast. Currently, Eduard is stationed in the middle of the Atlantic and is not planning on making any appearances on our shores.

Instead, Eduard will run along parallel to the coast, close enough to deliver us with swell and far enough to have little to no impact on our weather. Eduard is presently a category one hurricane but could possibly strengthen to a category three by mid-week.

Consequently, Wednesday and Thursday this week are looking like the best days to be a surfer. Eduard should give NJ clean, chest high waves from Wednesday afternoon to Thursday afternoon. Having said that, don't get too down about the Pit; find a new spot, get stoked, and get out there.

# Basile's Interception Seals Wagner Nail-Biter

ALFRED TILLERSON  
STAFF WRITER

In a tough fought game, the Monmouth Hawks' football team was able to close the deal on a victory over former Northeast Conference rival, the Wagner Seahawks with a final score of 21-16 thanks to the late-game heroics of freshman Mike Basile. With the victory, the Hawks improved to 2-0 for the season while the Seahawks fall to 1-2. The Hawks have now won three consecutive games against the rival from Staten Island.

"First of all I have to congratulate our team," said MU Head Coach Kevin Callahan. "I thought that they did a great job. We knew that this game was going to be one that would go down to the wire. Every game against Wagner seems to have done that. It's always a full four-quarter football game. It's always back and forth and you've got to take advantage of opportunities and I thought that our team did an excellent job on both sides of the ball of taking advantage of opportunities, of coming up big in some tough situations and overcoming some adverse situations."

Two weeks after showcasing an offensive clinic in the season opener against Delaware State, a game in which the Hawks accumulated 553-yards on 92-plays in a 52-21 victory over the Hornets, this football contest against a familiar foe was dominated by the defense. Both teams delivered bone-crushing hits and made huge impact plays for the full 60-minutes. When it came to who would make the big play to seal the fate of the game, an unlikely hero emerged in freshman safety Mike Basile.

With a little more than a minute remaining in the game after a failed fake punt attempt by the Hawks and the Seahawks driving for the go-ahead score, Basile intercepted Brian Gehring's pass to the left corner of the end zone to seal the victory for the Hawks. Basile, who was nominated as the Big South conference's Defensive Player of the Week and Big South Freshman of the Week, also contributed four tackles to go along with the game-clinching pick. It is worth noting that the Brick native now has two interceptions in the first two games of his collegiate career.

"We were playing man-to-man

and it was a tight end matchup," said Basile. "I just tried going up there and attacking the ball."

"It was a big play. It was a big play in a pressure moment with the game on the line. Mike played two college football games and he's made some big plays," Callahan added. "Looking at it from where I was on the sideline, it looked like Mike was in a good position as the ball was thrown. It's going to be in the corner of the end zone, there's two guys going up for it and I'm hoping our guy comes down with it, that's for sure."

The Hawks' defense, which ranks sixth against the run amongst the FCS (formerly D-1AA) ranks, made a living in the backfield during the course of the entire game. The line-backing duo of juniors Tyler Thompson and John Sieczkowski led the way with ten tackles apiece

a swing pass from 14-yards out for the Hawks' opening score.

Asante, known mostly for his running prowess, got involved in the passing attack with four receptions for 41-yards and the opening score. He also added took 20-carries for 81-yards and a 13-yard touchdown rumble in the fourth quarter.

When asked about his involvement in the passing game, Asante said, "You never stop getting better. This offseason, we worked on that because we knew we'd be throwing the ball a lot, too. I just wanted to make that a part of my game and just try and get better."

Hill completed 20-passes for 215-yards and two scores on 33-attempts while spreading the ball around to eight different receivers. Darren Ambush, a sophomore receiver, led the way with four catches for 61-yards.

Hill said, "Hakeem came off of a playing receiver so he's a very diverse tight-end. He can get up and down the field so he has mismatches all the time when they put backers of even safeties on him. He brings a different aspect of the game with him on the field and he made some big plays today."

When asked about spreading the wealth to a deep stable of skilled position players, Hill said, "When I'm on the field, I'm just looking for reads. Whoever's out there, it could be [Matt] Choi, it could be Romeo [Harris], it doesn't matter. I think they're all capable and I like them matched up on anybody. I have faith in these wide receivers to get the job done."

The Hawks will resume play this Saturday when they travel to Pittsburgh to play Duquesne, another former NEC foe. The



PHOTO COURTESY of Taylor Jackson

Running back KB Asante scored two touchdowns in the win against Wagner. He leads the team in touchdowns with four on the season.

while senior defensive lineman, Eric Macik, chipped in with five tackles and a sack. Sophomore defensive back, Kevin Butler, also added 5-tackles and also forced a fumble that set the Hawks up for their first score of the game in the first quarter.

Following Butler's forced fumble on Gehring and senior Nick Carroll's recovery on Wagner's opening possession of the first quarter, senior quarterback Brandon Hill found fifth year senior running back KB Asante on

Senior Hakeem Valles, a converted receiver-turned-tight-end, caught three passes for 25-yards, and added an 11-yard touchdown grab from Hill in the second quarter, his first touchdown of his career.

"It felt really good. I feel like all of these years are finally paying off. Brandon [Hill] had a lot of trust in me, a lot of faith in me. It felt really good," said Valles.

When asked about Valles and what he brings to the tight end

next three weeks will be a Tour de Pennsylvania for MU, as they will play on the road against Duquesne (Pittsburgh), Lehigh (Bethlehem), and Robert Morris (Pittsburgh) before finally returning home on Saturday, Oct. 11 to host Columbia University for the campus's homecoming game.

MU, who is 2-0 for the first time since 2006 when they won the NEC conference, will look to keep up their winning ways as the weeks come and go.

## SIDE LINES



The field hockey team was shutout 3-0 by Old Dominion, who is ranked 17th, this past Sunday, Sept. 14. With the loss MU falls to 2-3 on the young season. Old Dominion managed to score more goals than the Hawks got off shots, as the blue and white registered only two total shot attempts for the contest.

MU looks to bounce back this coming Friday, Sept. 19, when they return home to host Northeastern.



Freshman safety Mike Basile was named the Crons Brand Big South Freshman of the Week this past Monday, Sept. 15, for his performance in the teams win over Wagner. Basile made the play of the game for the Hawks when he intercepted a potential go-ahead pass from the Wagner quarterback in the endzone to seal the victory. He also recorded four total tackles in his second career game.



Freshman forward Rachele Ross was named the MAAC Wilson Offensive Player of the Week this past Monday after recording 7 total points in two games for the women's soccer team. Ross scored two goals in a Hawks win over Farleigh Dickinson, and added one more score and an assist in a win over Lafayette.

## UPCOMING GAMES

- Friday, September 19**  
MGolf at Rutgers Invitational Piscataway, NJ 8:00 am
- FH vs Northeastern  
So Sweet A Cat Field 3:00 pm
- Saturday, September 20**  
MGolf at Rutgers Invitational Piscataway, NJ 8:00 am
- CC at MU Invitational  
Holmdel, NJ 10:00 am
- Football at Duquesne  
Pittsburgh, PA 1:00 pm
- MSOC at Villanova  
Villanova, PA 1:00 pm
- Coed Sailing Club at Central  
Fall Fleet Race Qualifier 2:00 pm

- Sunday, September 21**  
WGolf at US Naval Academy Annapolis, MD 8:00 pm
- FH at Davidson  
Davidson, NC 12:00 pm
- WSOC vs Hofstra  
The Great Lawn 1:00 pm
- Tuesday, September 23**  
WTEN vs St. Peter's  
W. Long Branch, NJ 3:30 pm
- MSOC at Seton Hall  
South Orange, NJ 7:00 pm
- Wednesday, September 24**  
WSOC vs Siena  
The Great Lawn 7:00 pm
- Friday, September 26**  
MGolf at Columbia Invitational Tuxedo Park, NJ 8:00 am
- FH vs Fairfield  
So Sweet A Cat Field 4:00 pm

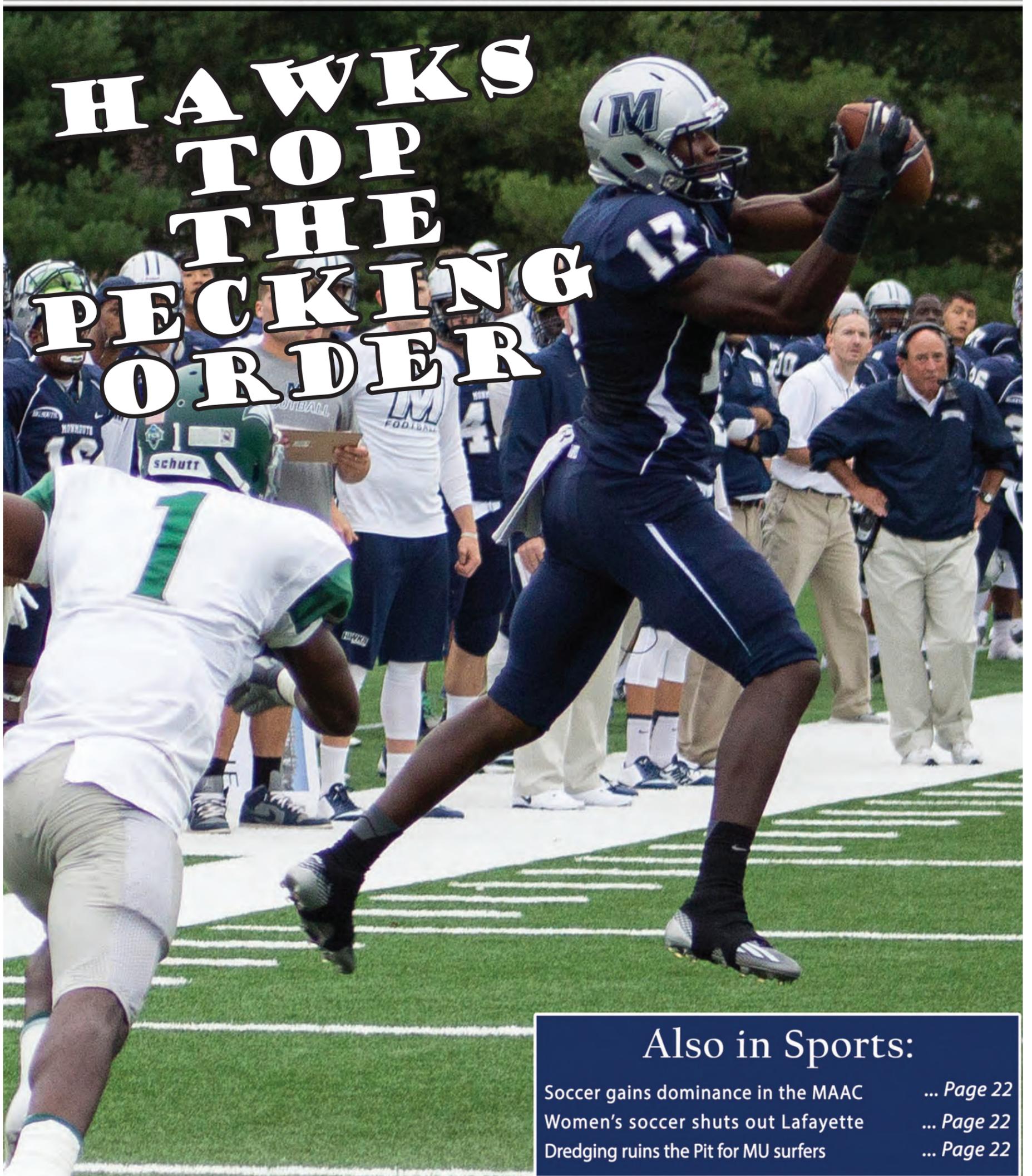
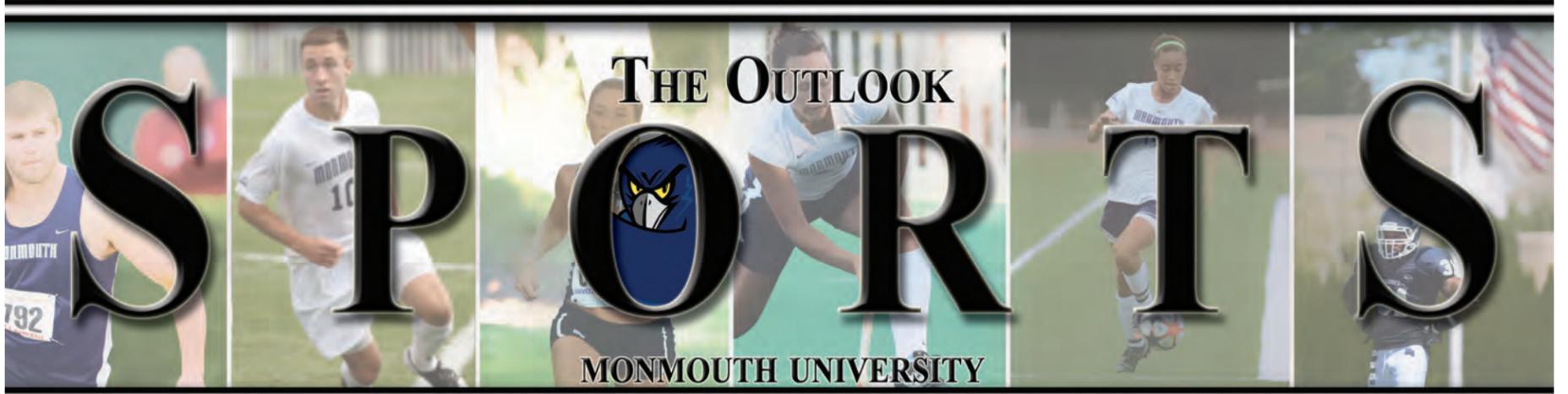


Away	Denver Broncos	Washington Redskins	Houston Texans	Green Bay Packers	San Diego Chargers	Chicago Bears
Home	Seattle Seahawks	Philadelphia Eagles	New York Giants	Detroit Lions	Buffalo Bills	New York Jets

### WEEKLY NFL PICKS

#### WEEK 3

Maggie Zelinka Sports Editor (5-3)						
Charlie Battis Staff Writer (1-7)						
Kyle Walter Asst. Sports Editor (5-3)						
Claude Taylor Athletics Professor In-Residence						



# HAWKS TOP THE PECKING ORDER

**Also in Sports:**

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Dredging ruins the Pit for MU surfers	... Page 22

The Hawks defeated the Wagner Seahawks, 21-16, in a comeback win on Saturday afternoon. The Hawks improve their record to 2-0 for the season and will play their next three games on the road.

*Full Story on page 23*

Picture of Senior Wide Receiver Neil Sterling  
Photo taken by Taylor Jackson