

URBAN COAST INSTITUTE GETS \$5 MILLION CHALLENGE GRANT

BRIANNA MCCABE ACTING EDITOR-IN-CHIEF

The University's Urban Coast Institute (UCI) has received a \$5 million challenge grant from an anonymous donor who has committed \$3 million to support a new Marine Science and Policy Initiative, if the University can secure commitments for an addition \$2 million by Dec. 31, 2014.

"A challenge grant is a special opportunity created when a gift is presented by a person(s) or an organization with the requirement that additional gifts be received within a certain period of time to fulfill the challenge," defined Michael Palladino, Ph.D, Dean of the School of Science. Palladino is confident the University will raise the additional funds for their initiative and meet the challenge.

According to Tony MacDonald, Director of the University's UCI, this donation marks the UCI and School of Science's first challenge grant and one of the largest in the University's history.

MacDonald said, "The successful completion of this challenge grant will enable UCI to step up to another level and plan for a sustainable future." The mission of the UCI is to inform coastal and ocean policy and management decisions with the best available science.

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Recent graduates (from left to right) Alaina Jawidowicz and Erika Lanfranchi gently handle a clear nose skate for research purposes in a marine biology class.

University Weighs Options for Food Services



ALYSSA GRAY ACTING MANAGING EDITOR

The University is looking to provide other on-campus dining options through possible contracts with other food providing companies to assist in the supply and demand of the campus community. ARAMARK, the present contract holder, is still being considered as well.

According to Mary Anne

change before it is approved.

There are two renewable periods in which ARAMARK submits bids to the University that essentially goes over every one of their prices, including the increases, Nagy said. "In both instances ARAMARK proposes a price increase and it could be across the board, it could be on certain products, it's really up to them but they have to explain

why," she said.

MU Ranked Top 40 Best Colleges in the Region

BRIDGET NOCERA CONTRIBUTING WRITER

The University was recently ranked among the U.S. News and World Report's "Top 40 Best Colleges in the Regional Universities North" category for the third year in a row, and was also named "One of the Nation's Best Institutions for Undergraduate Education" by the Princeton Review.

"We are delighted to be recognized by U.S. News & World Report as one of the best colleges in the nation,' said President Paul Brown. "One of our core values, and strengths, is offering a highly personalized and transformative learning experience which prepares our graduates to be life-long learners.'

Currently ranking 37th on U.S. News and World Report's list, the University has ascended since its original listing at 76th in the region in 2005.

"Everyone on this campus should be incredibly proud," said Mary Anne Nagy, Vice President for Student Life and Leadership Engagement. "This suggests that Monmouth is a great place to get an education.'

The U.S. News and World Report includes data on over 1,800 colleges across the country, whereas the Princeton Review just profiles 15 percent of the country's 2,500 four-year colleges are profiled in their college guide.

Schools that are eligible to be ranked in the "Best Colleges" lists are ranked on up to 16 measures of academic excellence. The most heavily weighted factors, according to USNews.com, are outcome-related, including graduation and retention rates. This year, the originally predicted graduation rate of 59 percent was exceeded, with actual numbers being

"I can't recall within the last five years when we haven't had a price increase. We've not had a price decrease because, as you know, with rising costs in energy, food, labor, [and] health care that's now required as a result of the Affordable Care Act, prices go up."

> MARY ANNE NAGY Vice President For Student Life And Leadership Engagement

Nagy, Vice President for Student Life and Leadership Engagement, the University has been using ARAMARK and their services for over 35 years. But while the use of ARAMARK has remained consistent, so has the steady rise in costs.

"I can't recall within the last five years when we haven't had a price increase. We've not had a price decrease because, as you know, with rising costs in energy, food, labor, [and] health care that's now required as a result of the Affordable Care Act, prices go up," said Nagy.

Nagy added that while prices might be going up due to the outside factors that often inflate the economy and prices of goods, these are factors that affect the costs of food everywhere. But every time there is a price increase, as determined by ARAMARK, there is a whole process that goes behind justifying the price

The next step, Nagy added, is the University starts to benchmark the pricing of similar items off-campus in the area to determine whether the proposed on-campus price is reasonable; as she puts it there has to be a comparison of "apples to apples.'

Mark Vallaro, ARAMARK Senior Food Service Director, said that the company conducts a market price analysis twice a year to make sure that they are price conscious with their merchandise. "Our pricing strategy includes comprehensive competitive shopping," said Vallaro. "We obtain pricing from local establishments with similar products, other area colleges and universities, and local convenience stores before marketing any of our items... Additionally, each of our convenience stores carries an updated market

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University Members Participate in People's Climate March

FABIANA BUONTEMPO NEWS EDITOR

University Twenty-seven students and faculty members attended the People's Climate March on Sunday, Sept. 21 in NYC. The march drew over 300,000 people to the streets of Manhattan, making it the largest climate rally to date.

Protestors marched for various climate concerns including the use of fossil fuels, clean water and global warming.

"I knew [the march] was going to be one of the biggest climate justice events in history. It was a fantastic, inspiring opportunity for the students. I wanted the University to represent the school at the march," said Dr. Johanna Foster, assistant professor of political science and sociology instructor.

On the morning of the march, members of the University gathered on a bus that was provided and entirely funded by the Honors School. While travelling to Manhattan, students were shown an educational component film about climate change.

Dr. Kevin Dooley, Dean of the Honors School, said, "The Climate Change March allowed students the opportunity to see how peaceful protests can enhance the democratic process... This event allowed our students to see that peaceful protests and demonstrations are part of what it means to be an American and a responsible global citizen."

Upon arrival, the group gathered at the beginning of the march in Central Park and assembled themselves in the five lines that other Universities around the country had already formed. Foster said, "To have the students amongst thousands of other University students from all over was a thrilling experience." Foster and the students marched through Midtown, to Columbus Circle, then headed to Times Square and the Far West Side, and finally stopped at 34th street.

Sydney Underhill, a sophomore studying political science and sociology, said, "I walked in the march basically from beginning to end and the best word to describe it is euphoric. It was amazing to be surrounded by so many individuals filled with so much passion and love in regards to climate justice and Mother Earth."

Foster was approached with the idea of having members of the University attend the People's Climate March by Molly Greenburg, a University alumnus. "Molly is a community organizer who works on climate issues and she actually helped organize the Climate March," she said. After her discussion with Greenburg, Foster felt it was imperative for the University to partake in this historical event.

То encourage University participation, Foster informed students in her "Introduction to Social Justice" class of the march, and encouraged them to take action if this topic so motivated them to do so. According to Foster, however, there was a presence from other students across the academic spectrum, with departments such as sociology, political science, social work, science, music industry, criminal justice, and business in attendance.

Foster believes that students can feel empowered by attending marches and surrounding themselves with information on social change and revolutions.

Aside from Foster's new class on campus, there are other class-



Students (from left to right) Meagan Newton-Pender, Vanessa Cardoza, and Sarah Olson were amongst the 27 University members in attendance at the People's Climate March on Sept. 21.

want to learn more about social change, including a perspectives course on climate change that is being offered this upcoming spring. Both Dooley and Catherine Duckett, Associate Dean of the School of Science, will be teaching this course and covering basic climate science while also examining the actions of certain lobbyists, political parties, and multinational corporations.

"We will also examine the long term effects of climate change on the biological world and address the question what are the Protocol is an international trea- more social change activities.

es being offered to students who risks associated with long term ty that sets required obligations that a conservative approach is gases. warrantee," said Duckett.

was one of a series of events held around the world two days before the United Nations Climate Sumthan 120 international leaders, business executives and activist groups assembled to conduct will follow the Kyoto Protocol by the end of 2015. The Kyoto

ecological damages of climate on manufacturing countries to change and are those risks such reduce emissions of greenhouse

According to thinkprogress. The People's Climate March org, "While this meeting is not an official U.N. negotiating session, leaders have been invited to announce significant and submit. On Tuesday, Sept. 23 more stantial initiatives to help move the world toward a path that will limit global warming."

After attending the march, a new global climate treaty that Foster feels inspired to persuade the sociology club to make more of an effort to get involved in

\$5 Million Challenge Grant: Expanding Student Research

Challenge grant continued from pg. 1

"The grant will not only expand opportunities to conduct science (natural, socio-economics. and human dimensions), but also tackle more important and complex policy issues in the state and region," said MacDonald.

He emphasizes that these opportunities are not only for the marine environmental biology and policy program, but for stusocial, political, policy-making and economic level as well.

With the grant, MacDonald plans to expand the UCI's work with communities to assess their vulnerability to coastal storms, therefore crafting strategies of resilience and adaptation to sea level rise. "We hope to build bridges between the University's academic programs and real world community-based challenges, [as well as] expand internship opportunities," he continued. This plan will not only include support for the work of the UCI/ NJ Sea Grant Coastal Community Resilience Project Manager, Dr. Ryan Orgera, but also expand partnerships with other groups to develop improved flood management tools and multi-community regional resilience strategies. President Paul Brown said, "Located just one mile from the ocean, we have a special responsibility and unique opportunity to engage our students and our community to support sustain-

our coastal environment through direct research and policy analysis." Brown believes this challenge grant will have a transformative effect on coastal issues while simultaneously continuing to enhance the University's commitment to marine science and policy programs.

The grant will also expand the UCI's capacity to develop a Mid-Atlantic Ocean Data Portal to help understand and plan for conduct similar projects and do upon graduation," Bugenhagen dents across the University on a ocean use and conservation, as

explained by MacDonald. Additionally, some of the funds will be used towards renovating facilities, technology and laboratory equipment used by the University's School of Science.

Erik Bugenhagen, a senior studying marine and environmental biology and policy, said, "The UCI has given me a real sense of purpose and drives me forward in hopes of getting to similar work upon entering the continued.

workforce." Bugenhagen has been a part of the Barnegat Bay Planton Survey in conjunction with UCI for almost two years now, where he collects and analyzes samples collected out in the field.

"Being able to say you have used various pieces of equipment or have knowledge about them is instrumental in transitioning into the working world

The grant will also provide an opportunity for the UCI to partner with experts from Rockefeller University in NYC to mentor Monmouth University students, provide lectures and coordinate high level ocean research, policy and management symposia in both NYC and West Long Branch.

Myles Peterson, a recent graduate with a bachelor's degree in anthropology, said, "The UCI provides marketable skills... while providing important data for effective changes in policy." Peterson was a field technician and research assistant for Jim Nickels, a marine scientist for the UCI. Under Nickels' mentorship, Peterson was provided a boat and a brand new ROV to aid him in researching for his senior thesis. "This grant will help us to cement our place as the go-to University for coastal and marine policy," said MacDonald. With previous grants, UCI was able to hire faculty, two research vessels and sophisticated hydrographic and water quality monitoring equipment. While the UCI has accomplished much over the last nine years, MacDonald believes successful competition of this challenge grant will continue to raise the visibility of the University. Palladino said, "A challenge grant of this magnitude is a tremendous opportunity that acknowledges the great progress of UCI and students and faculty in the School of Science."



PHOTO COURTESY of Jim Reme

The \$5 million challenge grant can expand opportunities for student research by providing new ability and proper stewardship of technology and improving equipment.

Media Outlets Shed Light on Domestic Violence Issues

DANIELLE SCHIPANI CONTRIBUTING WRITER

On average, 20 people per minute are the victims of physical violence by an intimate partner in the United States, according to the Center for Disease Control. Recently, domestic violence has become a high profile topic due to the arrest of NFL players this season for similar crimes.

According to a Duke University study titled "Criminal violence of NFL players compared to the General Population," 45 NFL players were arrested for domestic violence, 16 of which were convicted of the charge in the past year.

Dr. Franca Mancini, Director of Counseling and Psychological Services, said, "I am upset and disheartened that we still see so much violence, especially from public figures and role models. We are more affected by what we hear and see than we realize."

"In our culture, a culture of violence, a lack of respect for one anrealize we can make a difference," said Mancini.

Leann Burns, a sophmore communication student, said, "Domestic violence is everywhere. If you watch any television show or movie it is littered with violence."

'Even on the nightly news they choose to cover the most violent stories because it will bring in a larger audience," continued Burns.

This offseason, former Ravens running back Ray Rice was suspended indefinitely from the NFL for the alleged abuse of his now wife, Janay Palmer.

"I think the NFL's response was delayed and weak," said William McElrath, Chief of Monmouth University's Police Department (MUPD). "Sadly, as the case progressed, they responded more to the public outrage than to the facts of the case."

As stated by the Physiological Services on Monmouth University's website, domestic violence is widespread. "One in every four women report being sexually or physically assaulted by a spouse, cohabiting partner or date at some time in their lifetime, according to the National Violence Against Women Survey," the website declared.

The website defines domestic violence as "a pattern of abusive behavior used to maintain control or assert power over an intimate partner, a parent, or a present or former household member." The website continues to explain that abuse can be physical or psychological or in some cases, both.'

Violence is common in our other is almost accepted. We need to culture and is therefore common on campus as a reflection of our culture," said Mancini. "It is coming up frequently for both men and women. We have seen an increase in adolescent reports of interpersonal violence."

Mancini stresses the importance of seeking help when facing domestic or interpersonal violence. "People have great difficulty talking about this," said Mancini. "However, not addressing the issue has far reaching effects. There is support. Do not feel shame, do not isolate yourself."

McElrath said, "Victims of domestic violence need to be reminded that abusive behavior tends to increase and become more violent over time. It is also important to remember that psychological abuse can be as damaging to an individual as physical abuse."

According to the Crime and Fire Statistics found on the University's website, the University reported no instances of domestic violence, dating violence or stalking.

There are many places on campus that Monmouth students can go to seek help when being abused. "Monmouth University is very progressive, very open, and very available. We really are a community," said Mancini. "Here we take walkins or you can call for an appointment. We are free and confidential."

Mancini also explained that students could also talk to a professor, an RA, advisors, a friend, or health services.

"I don't believe that domestic violence is a problem on campus. I feel people can get aggressive in certain situations but I have never encountered a situation or heard of someone that has been a victim of domestic violence," said Burns.

MUPD is also available for any student. McElrath advises students to call MUPD at any time during the day for assistance . "You will get an immediate response," he said.

When there is a domestic violence case on campus McElrath said, "We also assist the victim in any way possible, such as obtaining restraining orders, arranging for the safety of the victim, obtaining psychological counseling if needed and assisting with the signing of

complaints."

It is vital for students to speak up when they believe one of their peers is facing abuse. Mancini stated, "You need to be able to say I'll walk with you or call this number for help." Mancini explained that some signs of abuse include a change in behavior, change in eating habits, difficulty sleeping, change in mood, and signs of bruises. "You have to observe very carefully, if you notice something, say something," she added.

According to Mancini, some of the possible long-term effects include anxiety, post-traumatic stress disorder (PTSD), difficulty focusing, low self-esteem, and can lead to physical

problems.

help. "Individuals should watch out for some of the potential signs of abusive behavior such as extreme jealously, anger, controlling behavior, and isolating your boyfriend or girlfriend from their families," said McElrath. He advised that people should get help, "Whenever they have been threatened or assaulted by boyfriends/girlfriends, live-in acquaintance, or anyone they reside with.

When recovering from a previously violent lifestyle there is assurance that a better exists. "Your quality of life can improve, there is a lot of hope," said Mancini. "There is a lot of support for survivors."



IMAGE TAKEN from https://pulsefeedz.files.wordpress.com NFL player Ray Rice, posing with wife, Janay Palmer, and child, was arrested for allegedly abusing her.

MU Rises in Ranks

Ranking continued from pg. 1

at 61 percent. As for the average freshman retention rate, the University was at its highest ever: 80 percent.

"Retention is really about making sure our students feel connect-' said Robert McCaig, Vice President for Enrollment Management. "I believe Monmouth does an extraordinary job of engaging and connecting its students. With this hallmark, the rankings and mentions in national publications is just the byproduct.'

According to William Craig,

"I'm so excited that (Monmouth University) was recognized on these lists," said Alexandra Soubasis, an undeclared freshman.

rankings will only continue to shed light on the University's undergraduate programs and encourage prospective students to enroll.

"The interdisciplinary nature [of Monmouth University's educational curriculum] makes for better educated students of the world," said Noel Belinski, a lecturer in the English department. "It helps (students) go into the future. They make connections and

The Food Pricing Effect on University On-Campus Dining

Affordability continued from pg. 1

price analysis. Our direct store delivery products, such as bottled beverages, chips, candy, sandwiches, etc. are competitive with the products sold in convenience stores off campus," continued Vallaro.

According to Hannah Simmons, a senior political science major, food costs on-campus can vary and range from reasonable to above-average. "It all depends on what you get and where you go," said Simmons. "For me personally, I normally head to the [Rebecca Stafford] Student Center (RSSC) because that is most convenient for me. Most days, I usually go with a salad, and I consider that to be very affordable. However, sometimes I like to splurge and go with Jersey Mikes for a change. I have found that those subs can get a little pricey depending on the size you go with, plus if you want chips and a drink the cost for lunch that day will add up." Mike Hamilton, a senior political science major, said, food pricing isn't as much as an issue as the actual food is. "I think the pricing is reasonable, but the quality is definitely worse than going off campus to eat," said Hamilton. He added that the lines are also an issue and often deter students from being able to purchase food before class.

of staff and having less employees to work during peak hours," said Nagy. She added that on the other end of the spectrum there is the risk of hiring more employees and not enough space to have them operate in.

With working space possibly being an issue, Nagy also added that the volume of students needing to be served at any time is another added obstacle. She estimated that anywhere from 17-18,000 meals are served per week, through an estimated 9 on-campus retail companies, taking about 20 hours a day to accomplish.

Nagy said in order to satisfy the growing demand for affordable Foodservice Director website. and high quantity of food items, several colleges are taking the Monmouth is looking into four other food service companies, one including ARAMARK, to possibly feed the campus population. To Jess Ketch, a senior duel psychology and sociology major, the prospects of having more options on-campus would be great pricewise. "More kiosk locations would be really helpful like the one in Bey Hall, the only problem is that the one in Bey is the only one... I feel like both outdoor and more indoor kiosks in the academic buildings would be cool to have, and more beneficial to everyone on-campus and not just those who happen to be by it, like the situation in Bey," said Ketch. Recently the University has employed an updated convenience store on the bottom floor of the New Hall dorm that some feel satisfies the need of a quick place to go and grab something to eat. Rachel Gramuglia, a senior communication major and resident assistant, said that it's a great

time, but then you risk getting rid location for people on the residential side to get simple and fastto-make dinner but is concerned about the price of convenience. "It's nice seeing another dining option on the other side of campus other than SHADOWS, but I think it's a little bit expensive; almost as expensive as a CVS," said Gramuglia.

Gramuglia added that the primary complaints that she has heard from those in her dorm concerning the store is "that the store reads as more of a supermarket than a convenience store with marked up prices to match."

According to an article by Megan Warmouth featured on The steps to allow more brand-name companies operate quick-to-serve stands and kiosks on-campus. 'Quick-serve and fast-casual street brands have pretty much always been available to them [the students]," wrote Warmouth. "And with more ethnic and global options than ever, comfort food for this group runs the gamut from burritos to wontons. Offering variety and unique food options is merely a means of meeting student expectation." In order to keep up with the changes taking effect on campuses everywhere, Vallaro said ARA-MARK is preparing to reach out for student feedback to see what they feel is missing in their University dining experience. Vallaro added, "On this campus, we are conducting a survey this fall and will certainly take the results and feedback into account when making adjustments to the dining program, including pricing structure and venue offering."

Soubasis believes the positive

extraordinary job of engaging and connecting its students. With this hallmark, the rankings and mentions in national publications is just the byproduct."

"Retention is really about making

sure our students feel connected...

I believe that Monmouth does an

ROBERT MCCAIG Vice President For Enrollment and Management

Vice President for Finance, freshman retention is coming in at 83.4 percent, being about 4 percent also being the University's highest ever.

Furthermore, the four-year graduation rate is at 55.2 percent, whereas a decade ago, the school was just at about 36 percent.

Craig feels the University's statistics in multiple academic categories continue to make it one of the fastest-rising schools.

see interactions inside and outside the classroom."

Nagy believes it is important higher than the year before, while that students feel that "when you come (to Monmouth University), you are not a number, but a person."

> "Monmouth has a great story to tell," added Nagy. "We still need to challenge that we are providing the fullest student experience.'

"The goal is to do better by our students," continued McCaig, "The rankings will come."

Several students, including Hamilton and Simmons, believe that the line problem surrounding the food stands, particularly in the RSSC are due to lack of availability of food choices.

"[Of course] there are peak times and dead times, and you can't keep employees busy all the **A**DVERTISEMENTS





Share your Monmouth spirit and make some extra money! Welcome prospective students and families as they learn more about MU.

Attend <u>one</u> of the following mandatory informational meetings:

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

MONMOUTH UNIVERSITY

FOUNDERS' DAY CONVOCATION

Wednesday, October 8, 2014 2:15 PM The Multipurpose Activity Center

This event will also be streamed live in the Rebecca Stafford Student Center.

Convocation Address

Paul R. Brown, Ph.D. President, Monmouth University

SCHEDULE OF EVENTS

Thomas P. Gallagher, '62 Presentation: "Be Inspired - A Foreign Service Odyssey"

> 10:30 AM - 11:15 AM Wilson Auditorium

2:15 PM **Convocation Ceremony** The Multipurpose Activity Center

3:30 PM Reception The Multipurpose Activity Center 2nd Floor

All members of the Monmouth University community are invited to all events.

Pr

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To "Fall" for Campus Beauty or Not?

THE OUTLOOK STAFF

Every week, students pour onto Monmouth's campus at all hours of the day, usually rushing into buildings in order to attend the classes that brought them to campus to begin with. But amongst the running to and from classes and meetings, some are able to stop for a moment and appreciate the campus and the special measures taken to ensure its beauty.

Several members of The Out*look* note that they are often in awe of how campus looks, particularly during the fall. Whether it's because of the large and dominant trees adorning campus changing colors, or the courtyard outside of Wilson Hall with its running fountains, The Out*look* finds autumn on campus to be a particularly magical time. And with the fall season supposedly predicted to be a very short one this year the staff is prepared to enjoy all of the autumn beauty on campus while they can.

However, some staff feel that campus looks good no matter which season it is, and while fall may definitely bring about the red and brown hues in the leaves, it is argued that no matter the time of year the campus maintenance crew is consistently doing a good job.

Yet some see that there is an excess in the care of campus.

While it is definitely appreciated with all of the apparent labor that goes into the landscaping, the general consensus at The Out*look* is that tuition should be used towards things that would really benefit students, such as more parking spaces instead of mulch and flowers.

"Of course it's nice to look at, but I don't think it benefits us (the students) in anyway. I mean, I've seen people leaf-blowing puddles... not necessary. I think it's just to show off to potential MU

"...We just need to take more time to smell the roses, literally."

students," one staff member said. The staff also feels that the ever-constant construction that occurs on campus takes away a lot of the beautification that the groundskeepers try to maintain. Several staffers mentioned that the construction has been a constant part of their lives at Monmouth so it rarely fazed them past their first year. Some have even considered it to be a dominant part of the life on campus and are often disappointed

that they didn't get to enjoy a

"completed" campus in its entirety upon their graduation.

One staff member mentioned that most of the construction a student sees on campus will not be completed by the time they graduate, and in the end the construction will be more of a pain than a benefit. "I think the construction detracts from the general appearance... What bothers me more so is that the new Pozycki Hall is taking over what was formerly Torcivia Commons. It seems like a shame for someone to have their donation to the school superseded by a bigger and better donation," the staffer said.

It can also be said that, while the construction is a pain now, it will end up benefitting future Monmouth students both in function, and appearance.

While it can be frustrating, The Outlook believes that campus in general is underappreciated due to the rush of daily life by students, staff and faculty. The staff believes that while there may be things on campus that detract from the landscaping beauty there is still so much to appreciate while visiting the university.

As one staff member kindly said, "Sometimes we get caught up running from class to class without realizing the new flowers that were planted, or holiday decor. We just need to take more time to smell the roses, literally."







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I propose we end this meeting with a song from 'Frozen.' "

HOW TO SUBMIT ARTICLES OR LETTERS

The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers.

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center.

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Vomen Have Right to #BoycottNFL #GetRidofGoode

internet searches. Is that type of ex-

treme violence really what it takes to

get our attention and cause us to act?

KAYLA HORVATH STAFF WRITER

In this country, football is a great American tradition. Many individuals, especially a large population of the youth, idolize the strong, tough and larger-than-life NFL players.

However, as more stories of domestic violence begin to surface as a result of recent crimes many are jumping on the bandwagon and making the decision to #BoycottN-FL.

I believe that anyone, especially women, are completely justified in their anger, disbelief or disgust in Roger Goodell and the criminal activities that are occurring without consequence in the National Football League under his leadership.

Most people are all too familiar with the Ray Rice case that has been dominating our TV screens,

Photoshopped Cover Girl ads depicting battered women are popping up on the web. Women are enraged the brand is still partnering with the NFL after countless domestic violence cases.

Is it not until a famous NFL player hits his fiancé so hard that he renders her unconscious that the public's eyes will be open to the truth? We would all probably still be left in the dark if not for that infamous Rice elevator video being leaked to the media. It was not until then

that the NFL and it's commissioner Goodell could no longer conceal the truth for the sake of keeping their player in the game.

As horrific as this Rice fiasco is, it is not the first by any stretch of the imagination. In fact, according to The New York Times, 713 NFL players have been arrested since 2000. 88 of those were documented under assualt and battery, while 85 of them were domestic violence cases.

At this point you may be asking yourself "so why haven't I heard about all of these situations?" and the sad, ugly, truth is because the NFL did not want you to.

And why is that? The obvious answer is that most likely that these NFL commissioners, owners and coaches do not want to lose their superstar players to suspension or jail time. After all, the NFL wants to continue making big money,

news feeds, magazine headlines and adopt as favorites assist in doing so. However, for me that begs the question, "Well, is that ethical?" And in my opinion, the answer to that is unequivocally "no it is not."

What kind of message is the NFL projecting to the public about treating females by protecting their players involved in domestic violence cases? It seems that the message, whether intended or unintended is that it is okay to hit, disrespect, and abuse females.

I love football as much as everyone else does and I enjoy watching every game every Sunday. I have my favorite teams and my favorite players. After learning about all of these issues relating to domestic violence with many NFL players, however, it is very hard for me to sit on my couch and watch these games knowing that there are dozens of players that have been involved in situations where they hurt and physically assaulted their wives, fiancés, girlfriends, and even mothers.

For example, Ray McDonald of the San Francisco 49ers was arrested for domestic violence against his pregnant fiancé, who had bruising all over her body, or Daryl Washington of the Arizona Cardinals who was arrested for grabbing his then girlfriend by the throat and throwing her to the ground. Even Dez and these talented players that fans Bryant of the Dallas Cowboys was difference between right and wrong.

charged with misdemeanor family violence for apparently striking his mother in the face and pushing her. The mother claimed he tried to kill her

Are these the kind of individuals we want our public watching on television and idolizing, or the players we want our children looking up to? These types of men hardly seem to be role-model material.

As these ugly truths are surfacing, the public is also enraged that certain corporations that are supposed to stand for women, such as Covergirl, are still partnering with the NFL for profit. I think their anger is justified.

A photoshopped "Get Your Game Face On" ad that has gone viral on the internet and social media showing the models with bruised and bloody faces is definitely making a powerful statement that, I as a woman, am on board with.

The statement that as woman and as a country, we should not stand for domestic violence, let alone glorify it and it is not an issue that should be taken lightly.

Whether or not this issue happens with the average joe or a superstar athlete it should not be tolerated and there should be harsher consequences; if for no other reason, then at least to teach the next generation the

Perks of Hook-Up Culture

KYLE O'GRADY STAFF WRITER

As millennials, we are criticized daily. From our attitudes on life, to how much we drink, and of course how we interact with the opposite sex. Article after article is written on why the hook up culture of our generation is so detrimental. I have read articles that claim our generation will wind up alone because we could not be farther from the truth.

As I watch my friends twist their way through this confusing time in our lives, I am seeing strong, beautiful people forming.- young adults them. Is a culture of people so sure mon thing. of who they are a bad thing?

I often listen to my friends speculate about having a boyfriend, yet the conversation always ends like this, "I don't have time for a boyfriend anyway." Our generation is driven and determined to succeed. Adding in the responsibility of nurturing a relationship is just not a priority at the moment.

Relationships take time and effort, and starting a new one takes choose not to get married. even more time. Overwhelming amounts of credits, budding careers, part time jobs, grad school, about themselves and focus more greek life, sports teams, clubs, events and internship our generation is lucky if we even have time to grab a beer at Jack's happy hour! This means that people who do get into relationships know it's worth it. Among my taken friends, including myself, I see some of the strongest bonds between people. People who really do have a connection, who chose to be in relaworth putting in the time and effort. from relationships we take more time to learn who we are and what we actually want, whereas generations before us have had it hammered in their head they must find a spouse, get married and have kids, our generation's hook up culture does not condone the opposite equality, tension between nations, of this but just promotes focusing on your happiness.

that 78 percent of high school seniors females and 70 percent of high school senior males still put getting married as a top priority. Marriage is still important to a majority of the millennials; we are just choosing to take longer to find the right person.

Even so, marriage should not be looked at as the determining factor as to where everyone should end up. Marriage is a somewhat cannot form relationships. That unrealistic dream to reach for. The idea that you will find one person that you will grow and change with in the same way is somewhat far fetched. Our generation has either seen first hand or watched who know what they want in life, a friend's parent's marriage fall people who know what matters to apart. Divorce has become a com-

Knowing all the emotion that goes into a divorce, it is no wonder our generation fears marriage and commitment. Is it really better to have loved and lost when you can potentially loose half of everything you own? No one ever said marriage was some part of life you had to go through, it is not like walking or learning to drive. It is not the end of the world if millennials

Not only is the hook up culture good for this generation to learn on their careers, it is also empowering to women specifically. The hook up culture is good for women because it tells the world we can enjoy the same things men do. For the longest time, men could enjoy a guilt free one night stand and the girl was always left feeling alone and used. These are natural urges. Why should it be so taboo for both men tionships because they know it is and women to satisfy them? You eat when you're hungry; you might have safe sex when the mood As we take less time to learn strikes you. The hook up culture promotes equality, among the sexes and removes the issue that being in the mood is something you just have to learn to shut off. We are human; we have urges! It is clear that there are problems in the world. There's income incorrupt governments, corrupt businesses, gender inequality and still issues with race. Our generation is getting take on these issues.

Jeter's Farewell Changes Face of Baseball

KEN MAGNER CONTRIBUTING WRITER

and Mariano Rivera in 2013. Jeter has several traits in common with these men. All four men played

Derek Jeter is baseball. Beforetheir entire careers with one team, the start of the 2014 Major Leagueand all three men should be first Baseball season, the Yankees' cap-ballot Hall of Famers. But most imtain announced this would be hisportantly, these men earned the relast. This season marked Jeter'sspect of players, coaches and fans. twentieth and final season wear- The respect he earned, the way ing Yankee pinstripes. With thehe played the game on the field, Yankees missing the playoffs thishow he treated the fans and how season, and the regular season hav-he acted off the field all account ing ended Sunday, Sept. 28, thefor Jeter being one of a kind. Derek face of Major League Baseball hasJeter is an icon of the generation. He was easily identified by basechanged forever.

Jeter ended his career playing career in New York the only way he knew how - with an iconic moment. On Thursday, Sept. 25, No. 2 stepped to the plate in the bottom of the ninth inning against the Baltimore Orioles in a tie ballgame, for what would be his final at bat in front of the home crowd at Yankee Stadium.

In classic Jeter fashion, he singled to right field on the first pitch of the at bat to score the runner from second base and seal a walk off victory for the Bronx Bombers. Jeter's final game as the Yankees shortstop came against long time rival, the Boston Red Sox. It was a Hollywood ending to this Bronx Tale.

With Jeter leaving the world of Major League Baseball, the game of baseball will never be the same. Derek Jeter was the face of baseball for all the right reasons. He earned respect amongst all of his teammates and competitors. He played the game right, giving it his all every time he stepped on a baseball diamond. Mr. November will go down not only as an alltime Yankees great, but an all-time



The game of baseball is losing an all time great. No one will ever wear the No. 2 for the Yankees ever again, as Jeter will be enshrined in both Cooperstown and Monument Park. When a father brings his child to Yankee Stadium, a man that's not named Jeter will be at short. Young children will need to find a new player to look forward to watching and look up to.

My dad, a Red Sox fan, once brought me to a Yankees-Red Sox



IMAGE TAKEN from eonline.com

According to a poll done by Monitoring The Future they found



Not many players have earnednized off the field as well. Yes he is the amount of respect from theirsynonymous with the Yankees and peers the way Jeter has. This canbaseball, but the way he played the be seen by the farewell tour thegame made him known amongst Yankee captain received through-those who knew little about baseout the 2014 campaign. During hisball. Derek Jeter is one of the most final visit to every ballpark, thepopular role models of this generaopposing team would show theirtion. Little kids, myself included, respect by giving the departinglooked up to him. He played the Jeter a gift that related to the citygame hard and he played the game they played in. This type of treat-right. He would always lead by exment was also given to Cal Ripkenample, which earned him the right Jr. in 2001, Chipper Jones in 2012to be called the Yankee captain,

IMAGE TAKEN from newyorktimes.com Derek Jeter's career in baseball has ended, but not his legacy.

game in hopes to making me a Red Sox fan. I was immediately drawn to the way Jeter played the game. To my dad's chagrin, Jeter had turned me into a Yankee fan for life, but he understood, knowing how great Jeter is.

Now there are no clear cut faces of baseball that embody all the terrific qualities that Jeter does. Players like Mike Trout, Clayton Kershaw or Andrew McCutchen can likely step up to be the new face, but one thing is clear; there will never be another Derek Jeter.

Thank you Derek, you will be missed by many.

Debate Season Opener: Hawks Prep for West Point

BRANDON JOHNSON POLITICS EDITOR

The 2015 policy debate season is in full swing, as the Monmouth University Debate Hawks are preparing for their first tournament at the US Military Academy in West Point, NY.

Specifically, policy debate is a competition in which teams face off to implement change regarding a pre-established debate topic. The topics, known as resolutions in the debate world, guide teams in crafting plans that are presented during competition, with the hope of winning the judge's favor and getting passed.

This year, debaters are preparing cases involving the legalization of one, some or all of the following: marihuana, online gambling, physician-assisted suicide, prostitution, and/or the sale of human organs.

In addition to offering policy debate as a club, Monmouth also amination Debate Association incorporates the program as a semester long course, which aspires to bring in new debaters to teach them about competitive debate. The team, advised by Dr. Joseph Patten, Chair of the Department of Political Science and Sociology has approximately 35 members debating this season.

When asked why interested students should join debate, Patten said, "Students that learn the skill of debate are able to trans-



PHOTO COURTESY of Joseph Patten The Debate Hawks meet Tuesdays and Fridays at 11:30 am in Bey Hall Room 229. The team is building its affirmative cases around human organ selling and prostitution.

late that skill into career opportunities. No matter what career you go into, having the background and skill in debate is something that helps people succeed in life."

According to the Cross Ex-(CEDA), some former collegiate debaters include figures such as Presidents Woodrow Wilson, Richard Nixon and John F. Kennedy, actor and comedian Adam Sandler, Associate Justice of the Supreme Court Sonia Sotomayor, among others.

Patten added that a level of perseverance is required in debate, as debaters do not always find success immediately. But by keeping prostitution are the basis for this with the program students learn year's cases, both of which have

the invaluable quality of staying determined to gain results.

Dan Roman, senior and cocaptain of the Debate Hawks, said, "My speaking skills and analytical skills improved more than I had ever imagined and have been crucial in my applying to law school." He said, "The most important reason to join the debate team is to become a part of the family."

Despite having many new members this year, the Debate Hawks have completely immersed themselves in writing cases for the first tournament. Legalizing human organ selling and

been debated in the public sphere. Michelle Grushko, junior co-captain, said, "This topic is incredibly interesting because debaters get to choose to legalize one of these areas and focus all of their research on that topic." By having a variety of options from which to choose, debaters can more easily find an area of interest, which aids in understanding and later debating the topic.

Particularly of the organ selling case, Patten noted that the combination of policy and science makes for a very involved topic, allowing students to learn the intricacies of something with which they may have little experience. Also of note, this year's topic petition.

involves a domestic issue, which, according to Ryan Kelly, a senior political science major "Is little more personal for us."

Patten and the returning debaters also share a positive attitude towards this year's team, citing quick chemistry and constructive personalities as important factors. Kelly said, "This year's team might be our best one yet. Everyone is responding exceptionally well to how debate operates. It is up to us upperclassman to continue to push and motivate the rookies in order to make sure they are prepared."

Patten reiterated this, noting that by having a balance of returnees and newcomers, the team is able to foster mentoring relationships, through which experienced debaters help guide beginners through the policy debate process.

In addition to the cohesion among students, Roman acknowledged the importance of Patten's advising. He said, "I really want to emphasize how none of this would be possible without the guidance of Dr. Patten. His patience with the new debaters and confidence in the returners makes a world of difference."

The West Point tournament begins the weekend of October 17, with the Debate Hawks making the final push in strengthening their cases to be primed for com-

Supreme Court Reopens Same-Sex Marriage

MICHAEL DOYLE MCT CAMPUS

Same-sex marriage is returning to the Supreme Court quietly, for now, but soon enough with a shout.

The court's nine justices will meet privately on Monday to consider hundreds of petitions for the upcoming new term. The most anticipated of them would test whether the Constitution encompasses a right of same-sex couples to marry.

"It's inevitable at this point that the court will recognize marriage equality," said Da-vid Cole, a liberal professor at Georgetown University Law Center. "The question is when."

In truth, other key questions include who, which, how and how far?

Specifically: Who will argue the cases and, perhaps, reap the glory? Which state bans, in particular, will be the focus? How will the court reason in its final decision, and how far will the decision-making extend? During their "long conference," which precedes the Oct. 6 start of the court's new term, the justices will consider seven on same-sex marriage. Lower appellate courts struck down the marriage restrictions in Utah, Virginia, Oklahoma, Indiana and Wisconsin. While there's not yet the circuit split that reliably invites Supreme Court action, and a circuit court is still considering bans in Kentucky, Michigan, Ohio and Tennessee, many expect the high court to act. "You've got a chaotic le-gal situation," said attorney Michael Carvin, who has argued on behalf of conservative causes before the Supreme Court. "I think they'll take the case as a fish-or-cut-bait time." At least four justices must agree for a petition to be grant-



an in-state marriage ban and not with the distinct question of recognizing marriages from other states.

Lower appellate courts have reasoned in different ways to strike down same-sex marriage bans, giving the Supreme Court several possibilities to consider. Though the result might be the same, the long-term legal fallout could differ depending on whether the high court emphasizes a due process fundamental right to marry, an equal protection freedom from discrimination or some other basis.

Famously a swing vote, Justice Anthony Kennedy authored a 1996 opinion striking down a Colorado measure that blocked legal protections based on sexual orientation. He wrote a 2003 decision striking down a Texas anti-sodomy law, and last year he crafted the decision striking down Defense of Marriage Act provisions that kept same-sex couples from obtaining federal

IMAGE TAKEN from nypost.com

Beth Asaro (left) and Joanne Schailey were among the first same-sex couples married in NJ last October.

Ginsburg, a same-sex marriage supporter, cautioned recently that "there is no rush" yet.

In theory, the justices could announce this week if they will hear the same-sex marriage argument. More likely, they could take several weeks while they get everything lined up.

At least two cases could be selected for back-to-back oral arguments sometime next year. Several issues are in play as the court weighs the different cases.

Virginia, for example, bans same-sex marriages conducted within the state, and prohibits the recognition of same-sex marriages conducted in other states. These two provisions making the Virginia case from the 4th U.S. Circuit Court of Appeals legally appealing.

Some of the Virginia samesex couples are represented by the right-left dream team of Theodore Olson and David Boies, who also represented the gay couples challenging California's Proposition 8 ban on same-sex marriage.

Virginia's Democratic attorney general, though, is not defending the state's ban. This could muddy the case. Last year, the Supreme Court sidestepped the fundamental constitutional questions in the challenge to California's Proposition 8, instead deciding the case on technical grounds of in a legal brief deals solely with

petitions involving state bans ed, and Justice Ruth Bader present distinct arguments, who had the authority to defend the measure.

> In contrast, Utah Attorney General Sean Reyes is vigorously defending Utah's samesex marriage ban, adopted in 2004 as a constitutional amendment approved by 66 percent of voters, giving that case some extra mileage as a vehicle.

> "All Utah citizens will benefit when the Supreme Court provides clear finality on the important issue of state authority to define marriage," Reyes said last month.

> If the court wants to streamline the issue further, it could take up the Oklahoma case, which Stanford Law School Professor Jeffrey Fisher notes

iage benefits.

"This places same-sex couples in an unstable position of being in a second-tier marriage," Kennedy wrote of the federal law. "The differentiation demeans the couple, whose moral and sexual choices the Constitution protects."

Chief Justice John Roberts, though few predict he will vote for same-sex marriage rights, nonetheless has kept his options open. Last year, tellingly, Roberts declined to join part of a scathing dissent in which Justice Antonin Scalia explicitly dismantled arguments of samesex marriage proponents.

"We may in the future have to resolve challenges to state marriage definitions affecting samesex couples," Roberts conceded, but "that issue, however, is not before us in this case."

On Monday, the future that Roberts foretold could come several steps closer.

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KELLY COFFEY CONTRIBUTING WRITER

It's that time of year again! The air is crisp, the leaves are Donuts and everyone is breaking out the sweatshirts. This sneaking up on guests, creepily finally fall!

Fright Fest at Six Flags in Jackson, NJ. Fright Fest is back for gan, "Thrills by day, fright by avoid them. night!"

Six Flags is currently decorated with spider webs, haystacks and pumpkins, and the the famous terror trails. Some famous fountain is now col- crowd favorites are back this ored red. You are safe to walk throughout the park until 6 pm, Total Darkness, The Manor, which is when "awakening" oc- and Wasteland. Guests can pay curs.

Before awakening, there are There is the Six Flags Spookters and some of your favorite scarecrow theme. Halloween music. There are

Know. Kids can even go trickor-treating on the Trick-Or-Treat Trail

But once the clock hits 6 pm, over 2,000 zombies, ghosts changing colors, Pumpkin and goblins come out to do Spice coffee is back at Dunkin what they do best: scare! These ghouls wonder around the park, could only mean one thing: it's following them and of course, making them scream. Ghouls Fall is my favorite time of are only allowed to stay in front year. I love the weather, the of the park by the fountain, and apple cider, and the hayrides, clowns must stay at the entrance but most of all, I love going to to the Boardwalk. These are known as scare zones - if you want to go to Fright Fest but its 23rd year with its famous slo- don't want to be scared, just

Not only are the zombies wondering the park, but they put on great shows and travel through year, such as Voodoo Island, an extra fee to walk through these frightening trails, but tons of activities to do that be warned, because you never many people overlook (though know when something (or somethey are mainly aimed for kids). one) will pop out and scare you!

New this year is the addition tacular Street Party, which fea- of Crop Circles. Crop Circles is tures the Looney Tunes charac- a terrorizing trail with an alien

Nighttime shows will return also shows such as the Spooky this year as well. The most pop-Kooky Magic Show, Sea Lion ular event, Dead Man's Party, is

the zombies dance like they've never danced before. Also reon the park map.

Fright Fest also hosts great who attended Six Flags on this also test their limits of fun.

new hit songs, people will see day were able to donate blood between 8 am and 3 pm.

Other events included the turning are shows like Ghoul- Zombie Run and the Survival master's Ghosts, Circus of Race. The Zombie Run was Thrills and The Awakening. The back for its second year, and it list of show times can be found allowed guests to chase or be chased in a 5K run.

The Survival Race, also a 5K events, such as the annual Fright run, is an obstacle course and Fest Blood Drive, which was at mud run. Participants must ex-Six Flags on Sept. 20. Guests pect to get down and dirty and

Six Flags also runs the annual Susan G. Komen Race for the Cure on Oct. 5, and the Biggest Loser RunWalk on Nov. 2. For more information on these events, visit sixflags.com/ greatadventure.

Fright Fest began Sept. 20 and will run until Nov. 2, on weekends only. SAB is running a bus trip to Six Flags on Oct. 4, and tickets are now on sale for \$25 per student.



Scary Tales, and You Otter back and better than ever. With Fright Fest is an annual Halloween event held at Six Flags from late September to early November.

MTV Gets "AWKWARD."

EMILY SHAPIRO STAFF WRITER

The "AWKWARD." fall season premiere aired on MTV this visit him at college. When she past Tuesday, Sept. 23. After last season's finale left a million questions, fans were anxiously waiting to see what Jenna tionship. (Ashley Rickards), Matty (Beau Whitson) were going to do next.

ing everyone, but the stresses of Jenna's past relationships

Matty both on her mind, she decides to give her relationship with Luke one last shot and go gets there, he's with another girl, and later tells her that he does not want to be in a rela-

Now with Luke out of the pic-Mirchoff), and Eva (Elizabeth ture, all Jenna is thinking about is Matty, Eva and their baby. The episode starts off dur- The premiere showed Jenna ers who was cringing in their ing finals week. The pressure continuously harassing Matty of getting into college is affect- about how to live his life, which gave clues that this season will focus on their relationship just are upsetting her even more. like all the others. Jenna and this scene, when Matty finally

With Luke (Evan Williams) and Matty forever!

While I am one of the biggest supporters of the Jenna and Matty relationship, it seems like we've been through this a million times. She loves him, he loves her, he changes his mind, then loves her again. Why can't they just be together?

When Matty and Eva went to go pick out engagement rings, I was one of the many viewseats. Getting married just because she said a month ago she was pregnant? The best part of the whole episode came in



Later in the episode, things got awkward when perfect Christian girl Alyssa hooked up with her adopted brother, Tyler. This just seems wrong. She is hiding it from everyone, and she begins to create a distraction by saying she is back in love with Jake. Poor Jake; he has no clue that he is just a distraction, and he seems to genuinely like Alyssa again after having dated her back in Season One.

gives viewers a little bit of hope goes wrong, it is always better to when Matty shows up at Jenna's bedroom balcony to announce that he broke up with Eva. With Eva faking her pregnancy, it seemed like Matty had finally been coming to his senses that Jenna always knows best. Though this appealed to fans, it showed that last season's plot was just a big waste of a storyline. With the new season just underway, things can only get more awkward from here. Coming attractions show Jenna and Matty hooking up, but then fighting again. A new boy seems to be coming in the picture for Jenna, while a new girl may be in Matty's future. A big plot this season in-volves Sadie (Molly Tarlov) and her co-worker from the food truck that she has been working on since her parents went broke. He seems to be bringing

College is another big theme this fall. With each character hoping to get into the schools they applied to, nothing goes better with senior year than a side of stress. We see in the coming attractions that Jenna did not get into one of her schools; could this mean Jenna will never get away from the drama that home brings her?

IMAGE TAKEN from multivu.com

Matty has the chance this season to find out who his birth parents are. When we see him telling Jenna this news, one can only hope that they are going to be there for each other throughout The end of the first episode the season. Whenever something



IMAGE TAKEN from mtv.com

"AWKWARD." has turned into a surprise hit for MTV since its debut in 2011.

have someone you care about by your side.

This season also brings a new book that rates all the girls from Palos Hills High School. Jenna appears to be unhappy with her rating, while Matty seems to be the one who rated her! This will certainly be an interesting twist in the season. Matty was always so secretive about his and Jenna's relationship that there would be no surprise if he gave her a bad rating – the big surprise will be how she deals with it.

Judging by the first episode, this season will have a lot going on. Hopefully Eva is out of the picture for good, and we will see a new side of both Jenna and Matty. From relationships to college to the rating book, senior year for these characters does not seem like it will be an easy ride.

"AWKWARD." airs Tuesday her back down to Earth when nights on MTV at 10:00 pm.

DAKABOOM COMEDY DUO VISITS MONMOUT

DYAMOND RODRIGUEZ CONTRIBUTING WRITER

Silly antics and comedic original songs entertained a decent crowd on Friday, Sept. 26. As one of Monmouth University's SHADOW program events, many freshman students attended to acquire an "O" for this crowd created a believable and week. Consisting of Paul Peglar enjoyable experience for all. and Ben McLain, Dakaboom utilizes their voices, a synthesizer, member of SAB, mentioned, and a keyboard to create intricate beatboxes or comical mashups of actual songs.

The show, sponsored by the Student Activities Board (SAB), was full of fantastic vocal work as well as hilarious skits and banter between the two comedians. Peglar and McLain's chemistry is an obvious reason for the show's great success. The two mentioned being roommates for about seven years while being best friends for much longer. Although they live in two very different cities and states, the duo is still able to write new material and perform others. McLain impressed the together.

In addition to Peglar's beautiful vocal range, his talent stretches into piano playing. Peglar was the original piano player in the first season of the musical TV show "Glee." Once this was mentioned to the crowd, many "Glee" fanatics cheered and shouted, "I knew I recognized him from somewhere!" Several songs responses. performed by the duo utilized Peglar's fantastic pianist capabilities, proving that his role in "Glee" was well-deserved.

on "General Hospital," but he mostly spends his time with his electronic band located in Los Angeles. McLain's acting ability was showcased during the performance throughout the skits onstage. The comedian's reactions and involvement with the

Darius Jenkins, a sophomore "Dakaboom is one of the events we brought from NACA last year, so this is their first time here at Monmouth University." Dakaboom has offered their talent throughout many colleges around the nation, entertaining students when they need it the most.

The duo's introductory piece took jabs at the other's interesting characteristics while demonstrating their perfect chemistry in the most upbeat way. Peglar proved his astonishing falsetto vocals while covering the works of Jackson 5, a-ha, and several crowd with his beatbox original while comically claiming, "I'm a bat!"

A following song included a silly collection of questions that the duo has received after shows in the past: "Who are your influences?" "Where do you normally work?" "Are you single?" All of which garnered humorous half-

Another song boasted a hilarious chant about friendship and all the qualities that made them great friends, which effortlessly was more than happy to com-

ence. A perfect play on words made the next piece a crowd fa-

vorite. Peglar's solo performance twisted girls' names into seemingly romantic phrases. "You're the girl I'd like to pick: Rose!" Peglar's clever wordplay continued into another composition that he called "Cheesy Love Song." This song switched out certain words with similar sounding cheese names. Yet again, the crowd gave positive feedback of the adorable lyrics.

The duo engaged the crowd numerous times, asking for answers throughout skits, and even singling out a girl in the crowd by creating an uncomfortable yet hilarious song purely about her name.

With many more songs sprinkled between the aforementioned ones, Dakaboom ended their hour-long performance with "50 Theme Songs Under 5 Minutes." The original mashup consisted of exactly what the title stated: 50 popular theme songs to TV shows including "Saved By The Bell," "Smurfs," "The Flintstones," "Animani-acs," "Happy Days," "Friends," "Fresh Prince of Bel-Air," and many, many more.

At the end of the performance, Dakaboom received overwhelming applause and feedback. Many students stayed after the show to mingle more with the duo, as well as ask any questions that Dakaboom themselves didn't answer. The duo

McLain has made appearances cued laughter from the audi- municate with the starry-eyed exciting take on an age-old acstudents.

Emerald Umstead, a freshman, commented, "It was defi-I'm glad I came."

and inviting. It's a modern yet on the scene.

tivity of making people laugh. Jenkins closed his statement with, "It was an awesome show. nitely a cute performance and They put on the best perforthey were very fun to watch. mance they could and have attracted a lot of people. It was Dakaboom's unique mix of really good!" Dakaboom is abmusic and comedy is refreshing solutely a fresh comedic force



PHOTO COURTESY of Dyamond Rodriguez

Ben McLain (left) and Paul Peglar (not pictured) entertained Monmouth students on Friday, Sept. 26. The comedy duo known as Dakaboom was brought to campus by the Student Activities Board (SAB).

"South Park" Makes Triumphant Return to Comedy Central

BRIANNA MCCABE ACTING EDITOR-IN-CHIEF

"Boner balls," blabbered off Cartman as he welcomed viewers to the 18th season of "South Park."

Creators of "South Park" Trey Parker and Matt Stone didn't hesitate to jump (scratch that, dive) right into things. And boy was it beautifully and hilariously executed.

The season premiere, "Go Fund Yourself," opened with the boys really having to exert much ener-

call their company the "Washington Redskins," since the whole "court thingy" just recently made the name available.

Capitalizing on the name "Washington Redskins," their company exploded into a giant success overnight. But not everybody was in favor of the new Kickstarter company, especially Dan Snyder, owner of the NFL Washington Redskins.

Snyder felt Cartman was mockscheming a way to get rich without ing the "Washington Redskins," and was deeply offended – it was almost as if Cartman was poking fun at the team's heritage or something. I mean really, how dare he be so cruel and dehumanizing!

continue to keep the "Washington Redskins" name: "We can't change the name of the company, because it's like super-hard."

Kyle, being the most ethical and conscientious one of the group, decided to start his own company called "Furry Balls Plopped Menacingly on the Table, INC." It's a name that only "South Park" could devise because of its utter ridiculousness. Stan joined him in his endeavors, but then left after deciding he didn't like the name, insisting that the title was entirely

dards. The increasingly vulgar and overtly sexual logos were probably (no, definitely) the highlights of this episode. I'm sorry Redskins fans, but I couldn't help but chuckle each and every single time Cartman unveiled a new rendition to the company logo during one of his Ted Talks. Pure comedic gold, Parker and Stone. I applaud you both.

Snyder, still disgruntled by the Kickstarter program, turned to his backup plan: he birdcalled his Redskin football players into the Kickstarter headquarters office and caused chaos. Players brutally murdered employees and completely burn everything to the ground. Kickstarter is no more. Cartman, devastated that he lost all of his money due to the extinction of Kickstarter, blamed Kyle. "Oh my God! That weird little Jewy guy! Kyle!" screamed Cartman. As awfully offensive as 'South Park" is, one can't help but to laugh at its absurdity, but its authenticity as well. In actuality, "South Park" sheds light on a majority of the probfacing lems

had an epiphany - he decided to incredibly legitimate excuse to definitely not to Snyder's stan- humanity today - and how undeniably outrageous some humans think. In this episode, Parker and Stone expose people and their bandwagon-ing tendencies; people just love to take a firm standpoint on issues that really don't pertain them, but do nevertheless to conform.

Meanwhile, Redskins players are increasingly becoming more humiliated. Team spirit is no more. "I just feel stupid wearing this now," sighed a fictional player, which then motivated the remainder of the team to quit. Snyder, left alone, decided to single-handedly play the Dallas Cowboys. After repeatedly getting tackled, he is finally annihilated.

gy, as usual. After some (absurd) deliberation, an Internet Kickstarter company was named the ideal mean of achieving this goal.

Stan, Kyle, Cartman, Kenny, and Butters assumed that all a company needs is a great name to emerge into a money-making machine.

Minutes after rattling off only the filthiest, raunchiest names for the Kickstarter company, Cartman finally

Cartman assured Snyder that the company name is only meant to show their deep appreciation of Snyder's "people." The satire is nothing less than greatness, with "South Park" executing this at its finest. Cartman

Besides, has an

too long.

Refusing to accept Cartman's reasoning for keeping the company name, Snyder visited Commissioner Goodell, who happened to be a robot. Unsatisfied and hungry for a solution, Snyder then turned to other NFL team owners for advice. His colleagues insisted Snyder force Cartman to change the Kickstarter company logo. Cartman complied – but

After the boycotting of the "Washington Redskins" Kickstarter company by an angry mob, the boys are left with nothing to do but return to South Park Elementary and pursue other silly dreams

Although lacking any flavor in the last few minutes of the episode, the overall episode was a phenomenal start to the Season 18. Needless to say, it seems as if the wit and sass is only going to continue in future episodes.

"I might just sit here until my a** fuses into the couch," Cartman muttered. Well, that's exactly what I am going to be doing every Wednesday night at 10 pm to watch the airing of new episodes. High five for having the same mentality, Cartman!

IMAGE TAKEN from cc.com

MONMOUTH UNIVERSITY

You are cordially invited

to a plenary session

Be Inspired:

A Foreign Service Odyssey

A Presentation by

Thomas P. Gallagher '62

Date: Wednesday, October 8 10:30-11:15 am Time: Location: Wilson Hall Auditorium

Gallagher is a retired U.S. Foreign Service Officer who served as Consul General in Ecuador where he was the youngest chief of a major diplomatic mission, and later as American Consul in Belgium and Spain, and country officer for Sudan and the Democratic Republic of the Congo. He will be awarded the 2014 Distinguished Alumni Award at the Founders' Day Convocation.





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

- November 1st, 2012: Deadline to submit Graduation Applications through e-FORM's
- November 15th, 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**

Alonmouth University Pour Name Here Your Degree Here Pour Major Dere 鈫

What It Really Means to Have a Life Coach as a College Student

ALLISON GOERKE STAFF WRITER

Everyone wants to have someone they can talk to about their hopes and dreams, but out someone on campus, or a may not always know who to certified life coach, it is importurn to. Having a life coach tant to speak to someone. completely turned that around can vent to, but can also help is, but the title says it all. me figure out my goals and plan on how to obtain them.

explained how college is an important time to seek out life coach was; Tringali was on someone to talk to.

'We offer an Alumni Mentor-

I think seeking out mentoring through one or more of these sources is very important," Di-

Some people might be con-

"A life coach is probably like a therapist or someone just to Dr. Lisa Dinella, an asso- talk to," said Gianna Tringali, ciate psychology professor, a junior health studies major, when asked what she thought a the right track.

This is a person to talk to ing Program that pairs students about what you want to do in with successful department your life who also helps you

PHOTO COURTESY of Allison Goerke Junior Allison Goerke has a life coach and explains the meaning behind what having that person in your life is all about.

goals. It's like that person is a teacher, but also a confidant.

According to Angela Kearnella said. Whether you seek ney, a certified life coach, a life coach is "someone who helps you delve into your true self and define a path from where you want to be, while developing a for me. I now have someone I fused about what a life coach more positive version of your surroundings.'

When I first heard about having a life coach, I was a little weary. I was worried that this person would delve into my psyche and really make me emotional, but that is not the case.

For some people the process may be more extensive, but for me, life coaching is about figuring out what will help me maintain what makes me happy. It's about identifying what I really want, and motivating me to get what I really want.

A phone call to a person I feel comfortable talking to once a week has honestly helped me change my outlook and where I am in my life and where I am going to be in my life.

Allie Kulinich, a sophmore psychology major, said, "It's important to have someone you can talk to, other than your family or friends," much like I do. We all have those days, especially in our four to five years of college, where we are not completely sure of who we want to be, and how we're going to find out who we want to be, but being able to talk to someone who knows how to help you identify your goals, makes a difference."

Whether it is a short term or a long term goal, having a life coach is having someone who will help motivate you to achieve this goal, or to make strides to achieve this goal.

Kearney noted that she likes She believes her role is to guide and motivate her clients.

alumni to discuss career topics. figure out how to reach those to find out how the person is their client with. motivated and help them realize that she's only guiding them. "I only give my own thoughts, but life coach being your motivator it's your ideas that control it," Kearney said.

One perk of having one is the fact that the life coach only cares about doing what is best for you. Even if you make a short term goal for that week and did not achieve the goal, vour coach will understand that there was reasoning behind it and either help you try again to achieve your goal, or just move on

It's all based on figuring out what you want. That may tactics that the coach can help "AK Life Coaching."

For some people this process may include weight loss, your to talk about why you want to lose that weight, but more importantly, what you can do to actually succeed in losing that weight.

For others it might be about finding ways to come to terms with scenarios going on in your life, or finding ways to cope with different emotions and issues.

For further questions or comments regarding the process of having a life coaching or just the field in general, you can be one of the most important like Kearney's Facebook page,



PHOTO COURTESY of Allison Goerke Certified Life Coach Angela Kearney works with Allison.

Autumn Desserts Ought' To Be Healthy: Smarter Sweet Tooth Options

KAYLA HORVATH STAFF WRITER

arrived, it is now the season to bake. Crisp weather, falling leaves and warm, sweet, delicious treats almost go handin-hand. For a majority of the population though, indulging in desserts is simply not an option. Whether the excuse is a diet, weight watching, or just wanting to maintain healthy and wholesome eating habits, many will exclude desserts completely. Fortunately though, there are ways to satisfy your sweet tooth without compromising your diet.

ly guilt free. I can completely

sweet and not be afraid to step cream cheese, low-fat butter- are gluten and dairy free, choco-Now that fall has officially on the scale and be ten pounds milk, cloves and plenty of cinna- late chip pumpkin bread made heavier afterwards. I'm pretty mon. Other examples are maple- with coconut flour and sweet

For example, try apple spice recipes that contain them are pa- phytonutrients and phytochemi-



Some unhealthier ingredients that are typical for most desserts can creatively be substituted for much more wholesome ingredients that are lower in calories, fat and sodium. Applesauce can be used in place of oil and eggs or sugar, pureed avocados can be used instead of butter, and nuts or whole wheat flour can be swapped in place of regular flour.

"I always suggest natural sweeteners such as organic coconut sugar, applesauce, dates, or maple syrup in place of processed and artificial sweeteners. said Harris. Ashley Vaccaro, a senior psychology major, said, "I think a lot of people are kind of scared to actually try and use certain substitutions or healthier options since some of it sounds strange at first. But they really work, and my recipes always taste the same, if not even richer and better when I use the healthier ingredients like quinoa and coconut flour.' You do not have to compromise your love of baking or avoid indulging in delicious fall desserts for the sake of health. As the trend continues to shift toward fresh, natural and more nutritious lifestyles and habits, baking is adapting and shifting the same way. So this season feel free to catch the fall goodie fever, free of guilt, and enjoy all the desserts your little baking heart desires.





That's right; baking does not have to automatically mean "bad for you, off limits, or fattening."

Sometimes overlooked is the fact that many fresh, healthy, and even organic ingredients can be used in baking recipes to create tasty treats. Fall is the ideal time to take advantage of that while they are in their prime season.

Healthy desserts can be simple to create as well as very satusing whole food ingredients to create delicious desserts... Again, it's about sticking to ingredients that are in their whole form or at least completely natural," said Mary Harris, a specialist communication professor and a certified holistic health coach and specialist.

Some examples of these ingredients include fresh fruits, veggies, nuts and plants or spices.

"For me, I love fall baking the most because it's completeIMAGE TAKEN from inhabitat com

Apples and pumpkins are fruits native to fall and carry health benefits which can be put into baked goods. It is possible for these seasonal sweets to be good to both your tastebuds and body.

or pumpkins never hurt anyone's figure." said Kelly McConnell, a senior criminal justice major.

Dessert does not have to mean a sugary cake or cookies. It can just as easily mean crisps, breads, tarts, muffins or melts.

Looking for some inspiration? Try some of these tasty, and healthy, fall dessert ideas. One word: apples. Apples can be baked in a variety of ways with a range of other ingredients. They are dynamic yet delicious.

isfying to enjoy. I recommend sure apples, cranberries, almonds cinnamon applesauce or pear and dried dates, or vegan pumpkin apple muffins.

The best part about baking with apples besides their juicy, sweet flavor is that they are rich in antioxidants and fiber. According to Sarah Klein in an article published by the Huffington Post, some health benefits of apples include their ability to lower cholesterol, promote a slim figure, and decrease the risk of diabetes. Some other healthy fall ingredients include pumpkins and many types of nuts. Some of the quinoa muffins.

According to Livestrong.com, pumpkins are a good source of vitamin A and iron, which makes them good for evesight and oxygen circulation throughout the body.

Other fruits, vegetables, etc. that make yummy fall desserts include cranberries, pears, lemons, oats, honey, berries and even squash. Bakers who use such products can ensure their desserts will be packed with

"Don't Count the Miles, Count the I Love You's"

VICTORIA KEENAN FEATURES EDITOR

Keeping a relationship in college is hard work. Not saying a relationship at any age or time of life is easy, but in college, it definitely seems to be harder. Hear me out. In college, you need to be honest with your significant other, communicate with them, be trusting of them and find time to spend with them on a regular basis. Sounds like a relationship at any age, right?

True, in any relationship, honesty, trust, and communication are all key, but outside of college, you don't really have to worry about your significant other partying every night. Or maybe you do. If so, you should probably rethink some things.

Long distance relationships, especially for college students, are even harder. You are used to spending so much time, if not every day, with your partner, and all of a sudden, they are hours away. Whether your significant other lives in your hometown and you go away to school, or you go to school with them and go back home during breaks and summer, leaving is always hard. It's not something that's ever easy to get used to either. So how do college students keep their relationships going while they are apart?

Freshman year, I entered school ready to mingle and meet new peo-

everyone at Monmouth was in a began dating and doing things torelationship with someone from gether every day. But then May home. All my friends would spend came. We lived an hour away from their weekends home with their one another. As he was moving out



IMAGE TAKEN from pixel.brit.com Long distance relationships need communication, honesty, and trust to succeed and thrive.

boyfriend's, and I was left alone, of his dorm, trying to vacuum the feeling pretty single and sorry for myself. By Thanksgiving break, almost all the high school sweethearts were terminated. But why? Why was no one willing to make it work?

I met my boyfriend second se-

floors, I was crying in a ball, crying on his desk. I didn't know how to make this work, especially after spending months together, I wasn't used to this. Turns out I was just being dramatic because I saw him gether, so I guess we figured it out the same star or saying goodnight after all.

Denisse Amarilla, a senior biology major and her boyfriend are together while at school, but live six hours apart from each other during all other times of the year.

"Long distance relationships are hard for anyone but even when we're both on busy schedules, a simple good morning text or phone call before bed keeps us connected and thinking about each other," said Amarilla.

Jordan Delong, a junior economics and finance major, is also with his girlfriend during the school year but hours away during breaks and summer vacation.

"A long distance relationship mainly involves trusting your significant other because you aren't around them so you don't really know what they are doing and can only take their word for it. You also have to understand that if there is a time difference that may make it harder to find time to talk and encourage each other to go out and do things instead of just sitting around waiting for them," Delong said.

Associate professor of communication Dr. Rebecca Sanford explains that aside from good communication, something useful, more so in long distance relationships, is establishing rituals. These rituals don't have to be big or showy, they can be something like watching the same movie or TV show at the ple. I quickly realized that it seemed mester of freshman year and we a couple weeks later. We're still to- same time. They can be wishing on

to each other every night. "It can be anything little or cute, but it can still be valuable."

Sanford continued, "You can look at your time apart as a time for your own personal growth. Instead of sitting around missing them, you can go do hobbies that [your partner] doesn't like to do. Perspection is valuable too."

Of course, at any time in your life, you could be involved in a long distance relationship. In college, it is a lot more common, considering colleges hold students from all over the country, and sometimes all over the world. The chances of living near your partner are pretty slim, but that doesn't mean your relationship doesn't stand a chance. It's up to you and your significant other to make it work.

Just as in any kind of relationship, communication, trust and honesty are all important factors. School, work and life in general can get hectic and crazy, but to have a relationship succeed, you need find time for your partner and have their back when things get tough. College life is hard, but if you find a good partner who is also your best friend, they can help you get through the stressful times, give you support when needed and help make college life more fun and exciting. You never know where college relationships will take you; you could have found the person you'll be with for the rest of your life.

National Suicide Prevention Month: What Our Generation Can Do

CLARE MAURER CONTRIBUTING WRITER

Suicide. The word enough can send a shiver down your back. While it may seem like a far away term that you only see on Law and Order, it is a very real problem in our world. September is National Suicide Prevention Month, and the question stands: How can our generation stop this terrible self-murder?

Suicide is a tragic epidemic that takes over 39,000 people a year, according to Dr. John Draper, director of the National Suicide Prevention Lifeline. The Huffington Post reported that "there are more people dying each year in the U.S. by suicide than there are people dying in car accidents." The world was stunned by the recent suicide of beloved actor Robin Williams, and the outpour of social media reactions caused people to really look into mental illness and the realities of it.

Draper shared that "A friend of mine told me that he loves working in suicide prevention because pression and anxiety are issues not it reminds him of the reasons that life is worth living. And most of the time, those reasons are about having meaningful connections with others. There is something we can all do to promote that in our lives and in the lives of others around us". A shocking study done in Boston showed that more than 50 percent of college students have felt suicidal. This statistic brings this problem close to home. "Suicidal crises are a common occurrence on college campuses," contended Chris Brownson, director of the University of Texas Counseling and Mental Health Center in Austin. A recent annual national survey conducted by the American College Health Association showed that 30 percent of college students reported feeling "so depressed that it was difficult to function" at some point of time during the past year. Despite these numbers, many students think de-



It has been found that listening to and talking things out with, friends and students is a leading factor in

fice of Mental Health, addresses the scary situation many students face, when reaching out to a depressed friend.

"We shouldn't be afraid to say 'are you OK' and to have a conversation," explained Sederer. "We need to be able to have the courage to ask and then the courage to continue to ask the tough questions because that's what counts.'

It isn't easy to break down the emotional wall with a friend going through a tough time, but once the conversation starts, good things will come from it, whether it be a friend knowing they have someone to lean on, or them knowing they have a whole campus who is here to support them and stand by them.

McCarthy speaks out directly to these students going through hard times: "Understand that there is hope out there. There are a lot of people who care about you on this campus Simply saying something to someone on this campus can get you to the right place for getting help". Sometimes, the fear of judgment is enough to prevent students from seeking help. People of all ages can be ignorant when it comes to topics like mental diseases and depression. To these students, McCarthy laments, "Being a counselor and seeing someone who is clinically depressed, I could never understand how someone could think this person is choosing to feel this way. If I was a diabetic and was taking insulin for that, would you judge me? I take it to stay alive. It is the same way with someone who has depression. They didn't choose this. Sometimes they have to take medication or go to counseling, but at the end of the day, I respect that. They're doing their best to take care of themselves. [Mental illnesses] flare up just like arthritis does."

suicide prevention.

commonly faced on campuses. David Drum, a psychologist from the University of Texas, pointed out that "[Most people in university environments] only see the high-profiles examples, but they don't see the everyday anguish students are going through".

Tom McCarthy is a licensed professional counselor here on campus who has seen everything from homesickness to suicidal thoughts. As more information regarding mental illnesses is released, more students come to counseling and psych services. The counseling center has policies to help each individual in the way that is most beneficial for them.

McCarthy stated "Sometimes helping a student is putting them in the hospital, other times it involves pulling in other resources on campus and putting together a safety plan. When you're down, who do

not there?'

Depression is an epidemic that touches everyone somehow, whether it be a friend, family member, peer, or neighbor. Samantha Marella, a sophomore business marketing major, recalls a friend who was diagnosed with depression in her high school and attempted suicide.

"She was happy all the time, so no one expected it," Marella explained. "The moral of the story is to always be nice and not to judge others, because you never know what they're going through."

Monmouth has a program called PWR: Promoting Wellness and Resiliency, which is funded by the Garrett Lee Smith Grant for Suicide Prevention. The program offers trainings and programs, and raises awareness of mental illness across campus. This is the school's third year with the program and it's been a success, showing students that help

you call? Who do you call if they're is out there, they just have to take it. Through this program and the outpour of new information regarding illnesses like bipolar disorder and depression, McCarthy has realized that "there is starting to be less of a stigma on mental illness. It's allowing people to ask for help without having to worry if they will be judged or ostracized."

The counseling center gathers about 800 referrals a year according to McCarthy and people seem "really comfortable" when coming. The closeness between the counseling office and other offices helps make students more relaxed about coming for help. A lot of times, a professor or coach reaches out to a student, showing how strong and personal the connections between students and staff are. Counselors are often at campus events, putting a face to an intimidating situation.

Dr. Lloyd Sederer, a Medical Directer at the New York State Of-

Risky Business: When Drinking Goes Too Far

KERRY BREEN CONTRIBUTING WRITER

famous college stereotypes movies like '21 and Over', 'Animal House', and 'Old School' have left an image in our minds Jim McColgan, he and the othof drunken students, getting into all sorts of trouble. However, it's this sort of trouble that, while sometimes portrayed as in drunk," but they instead fohumorous on-screen, may end badly in real life. Deaths from drunk driving are all too common, as is alcohol poisoning. In a world where the rules are suddenly removed, and almost all supervision seems to vanish, especially at night. This also makes it harder to gauge when too much alcohol is too much.

Drinking underage is risky enough. The brain's frontal lobe - the part that controls decision making - is not fully formed until 21 years old, and underage drinking can slow or damage its development. It is because of this that laws have been established that restrict drinking to the age of 21, so that the brain's development is allowed to work in its normal patterns.

According to patients.aan. com, "The problem for teens is that white matter doesn't reach its full density in the prefrontal cortex-the area responsible for judgment, decision-making, and impulse control-until age 25 or 30. And that lack of white matter is one reason teenagers are more likely to engage in risky behaviors."

no set amount on how much is too much, what might leave Parties are one of the most one person mildly intoxicated could leave another too drunk to stand.

> ers who share his job "aren't about getting people caught or lying in wait for them to come cus on making sure that people are safe. They sit in the lobbies of buildings until five in the morning, their eyes peeled for anyone who might be putting themselves at risk. When

and above can be risky. There's drunk, it's possible that people may pass out, and if they vomit, it's entirely possible that they may choke on it.

Drinking alone is far more risky than it is in groups. Ac-According to safety officer cording to McColgan, when someone is drinking in a group, the other members of the group may be able to stop the intoxicated person from making bad decisions.

Freshman social work major Erica Walsh points out the dangers of drinking alone as well, "When you're alone, there's nobody to help you when things go wrong."

This has several different layers; if you're alone and drunk, with no other way to get home, the chances of drunk driving raise, putting both the intoxicated person and anyone else on the roads at risk. When a person is drinking, they are far more vulnerable, both mentally and physically.

When drunk, cognitive function is impaired, especially when it comes to making decisions. Bad things may happen, whether it is a hook-up that's regretted only a few hours later or something far more dangerous, like speeding around a turn at ninety miles per hour.

In the early morning hours of Sept. 30, 2014 champion Olym-pic swimmer Michael Phelps was arrested for a DUI in Baltimore, Maryland. According to an article in the sports sec-tion of USA Today, police said Phelps "was driving 84 mph in a 45-mph zone."

Kevin Holton, a senior Eng-lish major said, "Even if you don't drink a lot at one time, there are still long-term risks like addiction and liver damage, in addition to poor grades and bad relationships if you base your free time and/or social life

to partying and drinking." Holton adds, "That's why I don't drink, i know too many people who use alcohol as a crutch to get by, not to mention a family friend got killed by a drunk driver a few years back. drunk driver last year. I prefer when all of the risks are considto avoid alcohol because of this. ered.

That loss of control scares me."

The chances of being assaulted while drunk, especially for women on a college campus, are extremely high; they are often easily manipulated and are much less likely to put up a fight than someone who is sober.

According to an article on potsdam.edu, "Alcohol and sexual assault often happen together. According to some research, 30 percent of all sexual assaults occur when the perpetrator is under the influence of alcohol. In some cases, the victim is also intoxicated. Drinking makes it easy for the perpetrator to ignore sexual boundaries, while the victim's intoxication makes it more difficult for her to guard against an attack."

Elizabeth Roderick, a freshman psychology major pointed out some dangers as well. "There's always the risk of a medical emergency, like having an allergic reaction or alcohol poisoning, and since you're alone, there's no way to get to a hospital."

Drinking is risky for numer-ous reasons – the health effects from too much alcohol just being one of them. When drinking, these risks are only raised. Being alone leaves the person at even more risk, especially when there's no way for them to get to other places. No matter how old you are, or how long you've been drinking, drinking alone I, myself, was almost hit by a is never a good idea, especially



IMAGE TAKEN from safetysign.com. Consuming too much alcohol especially for people under 21, not However, even drinking at 21 only puts them at risk, but puts people around them at risk as well.

MONMOUTH UNIVERSITY

Physician Assistant Program



The Monmouth University Physician Assistant Program is sponsoring the showing of the documentary "Hope is on the Horizon" produced by the Hark Foundation (https://www.hark-als.org/). The goal of this event is to educate the public about amyotrophic lateral sclerosis (ALS) and to provide information on resources for families.

The event, on Monday October 6th, will start at 4 PM in Wilson Hall Auditorium.

In light of how much ALS has been in the news with the "Ice Bucket



Challenge", this might be a great event for you, your colleagues, and your students to attend to learn about the disease and its impact on the caregivers.

An expert panel available after the documentary include:

Donna York, President, Hark Foundation Patricia Schaeffer, RN Kathy Valentino, LCSW Joan Dancy & (PALS) People with ALS Foundation Patricia Remshifski, PhD, CCC-SLP, Speech Language Pathologist, Monmouth University, SLP Program

The PA Program is sponsoring this event at the start of PA Week (October 6 - 12) to recognize the profession's contribution to health care and to acknowledge the interdisciplinary approach to patient care.

Alpha Xi Delta's "Football Frenxi" for Autsim Speaks

NICOLE NAPHOLZ STAFF WRITER

The University's chapter of Alpha Xi Delta (AXiD) hosted their first annual "Football FrenXi" philanphilanthropy, Autism Speaks on Saturday Sept. 27.

According to Autism Speaks, "An 189 girls are diagnosed with autism in the United States."

AXiD's helps raise money for children who are diagnosed with autism. The sorority uses events such as Football Frenxi help raise money and awareness for people affected by autism.

The event, which was held on the Great Lawn, was a flag football tournament open to all students. The sorority advertised for weeks each other out and made it a sucin advance to not only get people to sign up for teams, but to spread information regarding Autism Speaks.

to six members and each member had to pay \$5 for an entrance fee. All of the proceeds were donated to Autism Speaks. The sorority was able used some of their girls to referee to sign up six teams to participate in the event, most of which were involved with some type of organization on campus. Many Greek orga- than any of our other ones," said nizations came out and participated in the event including other Greek ies major and member of AXiD.

organizations such as Phi Kappa Psi "Not only were we raising money (Phi Psi), Alpha Kappa Psi (AKPsi), and Delta Tau Delta (DTD).

Cones were set up around two of the soccer fields on the Great Lawn to serve as football fields, this way thropy event to raise money for their two games could take place at once. Each team was given different colored flags to indicate which teams were which. Players participated in estimated 1 out of 42 boys and 1 in 20 minute games, broken up by two minute "halftimes. AXiD supplied each team with water, treats and music for entertainment throughout the games.

> "We had been preparing for weeks for this event, trying to get sponsors and setting up teams," said Erin Shevlin, a junior public relations major and the Programs Chair of AXiD. "It was quite stressful, but everyone pulled together and helped cessful day."

Many of the sisters helped with the set up for the event. Some Each team had to have at least up formed their own teams for the event to help join in on the fun. The sorority set up two teams made up of their own members. They also the games and to help keep time and score.

"I really enjoyed this event more Jackie Leming, a senior health stud-

but I was also able to participate in it. It was a lot of fun being able to play with my sisters and my fellow classmates.

After two rounds of games the final two teams were the brothers Phi Psi and the "Tater Tots," which included some brothers from DTD. After an evenly matched 20 minute game, the Phi Psi team came out victorious.

After the tournament ended, AXiD handed out first and second place prizes. The second place team was awarded five Bagel Guys Gift certificates for each teammate, while the first place team was awarded Rutgers football tickets, Joe's Crabshack Giftcards, \$25 Panera Bread gift card and a gift certificate for two large plain pizzas from Giuseppe's Pizzeria.

"We received donations from many sponsors around the area. We were grateful that they donated to our event because it helped out for such an amazing cause," said April Churchill, a senior marketing and management major and co-philanthropy chair for AXiD.

The sorority also received donations from their philanthropy for hosting their event. Their philanthropy had sent them little blue footballs that said, "AXID Supports Autism Speaks." The girls were able



PHOTO COURTESY of Heather Muh Alpha Xi Delta gathers with members of Phi Kappa Psi, the winners of the Football Frenxi Tournament.

to hand these out as thank you gifts to all who donated and participated in the event.

"Many people made donations to our event, but were unable to attend. We were able to raise almost \$1,300 to donate to Autism Speaks," said Melissa Rance, a junior biology major and co-philanthropy chair for AXiD.

Marren, attended the event on Saturday and was pleased with the participation and the amount of donations the chapter was given for their philanthropy.

"The event overall was a total success and everyone seemed to have been having a great time. Football FrenXi will hopefully become an annual event for Alpha Xi Delta,"

AXiD's chapter advisor, Traci said Marren.

Sigma Tau Gamma Chows Down to Help Beat Cancer

MICHAEL BATEMAN CONTRIBUTING WRITER

Sigma Tau Gamma (STG) fraternity hosted their second annual philanthropy fundraising event, "Sig Tau Chowdown" to a crowd of hundreds on Wednesday, Sept. 24 at 10 pm in Pollak Theatre to raise money for cancer research.

The Sig Tau Chowdown raised over \$1400 in donations. STG sent all proceeds from the event to their philanthropy, the Mike McNeil Organization.

Following a successful first Sig Tau Chowdown in Spring 2013, the fraternity returned to Pollak Theatre to host its second incar-



PHOTO COURTESY of Dan Malone Sigma Tau Gamma hosts a sub-eating contest to benefit cancer research.

nation. STG began planning the joyed seeing the event return. event at the end of April 2014 and spent all of September working school year for events like this," with the University, sponsors and other students to bring the event to campus for a second time.

Mike McNeil attended the University of Massachusetts at Lowell and was initiated at the STG chapter on that campus. McNeil battled a form of cancer called pheochromocytoma, which affected his adrenal gland system, before passing away in 2009. His friends and loved ones founded The Mike Mc-Neil Organization in 2012 in his honor. MikeMcNeil.org's information page states, "With the help of [McNeil's] family, friends and Sigma Tau Gamma Fraternity, we're able to raise thousands of dollars each year [...] benefiting cancer research as well as other non-profit causes Michael believed in."

The event marked the first Greek philanthropy fundraiser of the academic year. Hundreds attended, including undergraduate students, alumni, and faculty. John Buchalski, Assistant Director of Student Activities for Fraternity and Sorority Life, said that he en-

"It is a good way to kick off the Buchalski said. "It's an event that captivates the audience."

The event consisted of a subeating contest that featured two rounds, one for female students and the other for males. The subs for the contest were provided to the fraternity courtesy of Jersey Mike's Subs. STG's Philanthropy Chair, Joseph Santini, and the fraternity's White Rose Sweetheart, Jessica Purpura of Alpha Sigma Tau (AST), hosted the event.

"It's a really fun philanthropy event that allows Monmouth's Greek Life members to show off their competitive sub-eating skills while raising money for a great cause," Purpura said.

The event began with Santini and Purpura explaining the rules to contestants and the audience

"Each contestant has 10 minutes to eat as many subs as they can," Santini said. "The winner of each round receives three VIP passes to the upcoming GrooveBoston event on campus."

The first round featured women

from eight different organizations, including sorority members and representatives from on-campus clubs. Each contestant was allowed to bring another member of their organization on stage to coach them through the eating contest.

STG members placed a box of subs before each contestant. The first round commenced with contestants immediately digging into their boxes. AST's Jessica Stern won the first round after eating eight subs in the allotted timeframe.

Following the women's round, Natalie Zeller of Blue Hawk Records performed a two-song set during an intermission while the fraternity set up for the men's competition. She performed a cover version of the song "Ain't it Fun" by Paramore followed by her own musical mash-up of the songs "Roar" by Katy Perry" and "Brave" by Sara Bareilles.

The men's round began once Zeller finished her performance, following the same rules as the previous round. Members of five different fraternities competed.

The outcome resulted in a tie between Cameron McMath of Tau Kappa Epsilon and Nash Wiener of Delta Tau Delta. Both students finished at 11 subs

The round continued with a tiebreaker between Wiener and Mc-Math to determine the victor. Santini placed five subs before the two contestants and said that the first to finish the remaining five sandwiches would win. McMath won the tiebreaker. He finished fourteen subs in total.

STG awarded both rounds' firstplace winners three VIP passes to the University's upcoming event, GrooveBoston, provided by the Student Activities Board. The winners also received \$10 gift certificates to Bagel Guys Deli.

"It's an amazing thing to be a part of," said STG's Vice President John Foye. "Knowing our chapter and all other chapters can have a philanthropy in a brother's name to support makes donating to the cause a more personal investment for all of us."

STG plans to host a third annual Sig Tau Chowdown in the Fall 2015 Semester.

<u>CLUB AND GREEK</u> **ANNOUNCEMENTS**

5678 DANCE CLUB

Do you love to dance? Come to the 5678 Dance Club's next meeting at 9 pm on Tuesday, Sep. 30th in Anacon Hall. For more information email club president Hannah Hilbrandt at s0947700@monmouth.edu.



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.



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.



The Student Alumni Association (SAA) is celebrating Shadow's Birthday on Monday, October 6, 2014 to kick off Spirit Week. Join SAA and Shadow to celebrate the occasion with food, games and giveaways. The party will be in the Student Center Dining Area (back by the fireplace) at 7 pm.



Do you love to write? Contact Caitlyn Bahrenburg at s0904759@ monmouth.edu.



The Monmouth University Professional Nurses Association (MUPNA) is a networking resource for all nursing students at Monmouth University. 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.



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.

MOMENTS AT



TOP:

PRESIDENT BROWN VISITED THE NEW HALL CONVENIENCE STORE TO GRAB SOME QUICK SNACKS WITH STUDENTS. (PHOTO COURTESY OF PETRA LUDWIG SHAW)

RIGHT:

VISITING ALUMNUS KIRSTEN WEBB AND SE-NIOR BRIAN MARTIN HUG IT OUT UPON THEIR REUNION IN THE REBECCA STAFFORD STU-DENT CENTER. (PHOTO COURTESY OF ALYSSA GRAY)



"MISGUIDED UNDERSTANDINGS" BY ALYSSA GRAY





How do you feel about the parking situation on campus? COMPILED BY: KIERA LANNI



Frank Graduate

"I feel like the parking is fair. The valet is awesome, but I think they can work a little bit on bigger park spots because there are a lot of students that commute to this school."



Madelin Sophomore

"I feel like for all the students that go here, there is not enough available parking spots and it can get really crowded in the mornings, especially for commuters."



Tom Senior

"It's terrible. I have to pay \$600 to barely be able to park."



Robert Scott Specialist Professor- Dept. of Communication

"My advice, get here as early as possible."

A Look at Zach Fabel

JOE RUGGIERO STAFF WRITER

Typically, shore towns are known to produce surfers and but for them as well," said Fasailors. Junior tight end Zach Fabel is an exception. Originally hailing from Brigantine, NJ, he arrived at the University in look towards their role models. 2012, but red-shirted as a freshman and did not see the football field until last season. The true freshman came bursting onto fan I loved how Shockey played the field last year. Coming in the game with a lot of heart at 6'3" and 265-pounds, Fabel made an impact in his second career game when he caught a turf." 42-yard pass for a touchdown against Liberty University. The Hawks would go on to lose that particular game, however, Fabel was a bright spot and proved his football ability.

to MU in 2012 before he officially committed. "I chose MU because it was close to home, players really bonded with me." Fabel said. "It made me feel this it's by the beach." Not only did players at the University, he also had support from home. his parents were there for him, whether it was peewee, his four years at Holy Spirit High School (where he won back-to-back for the first two games of this state championships), or his season, however, he returned seasons at MU, he has always to the Hawks' roster for the had a backbone. "My parents

up' into me as a kid, and it made me strive to be the best player I could be, not only for myself, bel

Young athletes not only seek guidance from home, they "For me, I liked watching Jeremy Shockey play," Fabel said. "Even though I am an Eagles and determination, and I try to mimic that when I step onto the

It very quickly became apparent that Fabel would surely live up to his role model's determination and dedication during his career as a Hawk. In his first year, No. 85 played all 12 Fabel was immediately drawn games for the blue and white catching nine receptions for 19 yards and scoring two touchdowns. Unfortunately, all of and the coaches and veteran Fabel's accomplishments came at a price. Throughout the 2012 season, Fabel battled hip pains was the right place for me, plus and eventually had to undergo offseason surgery. "I had been Fabel connect with coaches and battling all year, but that was not going to stop me from playing," he said. "I had my surgery Throughout his football career, after the season was over and worked every day to get back to 100 percent.'

The surgery sidelined Fabel season's third game against

instilled the words 'never give Duquesne and was a leading blocker for running backs Kwabena Asante and Lavon Chaney. Although, the game did not fair in MU's favor, Fabel was feeling healthy and ready to go which was a major attribution for the Hawks' offense.

"As part of the offense, we have to put points on the board, especially with two more road games coming up," said Fabel. In his second game back, he helped lead the charge in a 28-21 Hawks road win against Lehigh University. "I feel better than ever, and I will do whatever it takes to win," said Fabel.

Fabel came into the 2014 season with a fresh start on his mind after having surgery. He even changed his appearance to a clean-cut look after he cut his long hair that he has showcased to Hawks fans the past two years.

"Since I cut my hair, it is not as hot under my helmet as it used to be, and I also have a better line of vision when I am trying to make a block or go out for a pass," Fabel said.

The tight end continues his work on the field, but also off the field. When he is not playing football, Fabel is working in the Monmouth Athletics Communications office as a student worker. Whether Zach Fabel is playing football or working, he performs with passion and works hard to make sure he stays at a high level of performance.



KYLE WALTER ASSISTANT SPORTS EDITOR

The men's golf team finished sixth overall, in a nine team field, at the Tuxedo Autumn Invitational hosted by Columbia University this past weekend.

On a difficult course that consisted of very firm and fast greens, the Hawks shot 80 over par as a team, with a total score of 932. The 932 score was only eight strokes behind the third place finisher of the tournament, Lehigh University.

Head Coach Dennis Shea thought his team played well, but realized they have the potential to play even better. "Overall, I think we played relatively well. The course played a little tough, especially around the greens, and I thought par could have been around 74," said Shea. "Unfortunately, we just aren't consistent enough right now. Everyone's going to have some bad swings and shots, but we need to cut out some of the mental mistakes."

Despite the sixth place finish, MU did have several strong moments, including shooting a 297 in the second round of the tournament. The score was the lowest round of any team, and only one of two sub-300 rounds at the Invitational. Central Connecticut State, who finished fourth and were seven strokes better than the Hawks, had the other sub-300 at 298, which also came in the second round of the tournament.

"I was very happy with the 297," said Shea. "We had already played 18 holes earlier in the day, and I think those first 18 helped everyone get a feel of the course, and they really took advantage of that experience in the second round."

Freshman Mariano Medico was another bright spot for the Hawks. Medico shot a 229 on the weekend, which was good enough for 14th overall individually. It was Medico's first top-20 finish on his young career.

success the freshman had in what was only his second collegiate tournament. "I was pleased with the way he (Medico) played," Shea said. "It's obviously a good thing for the future of this program, and I career ahead of him.

finished in the top 20 for MU Farliegh Dickinson, and Rider with a 54-hole total of 232. University.

Goodling got off to a bit of a tough start with a first round 82, but bounced back with a second round 72 and third round 78. Sophomore Jesse Hazam finished just two strokes behind Goodling with a 234. Hazam was extremely consistent with his play as he shot rounds of 78, 79, and 77. Junior Kyle Deisher finished with a 237 mark, with rounds of 83, 73, and 81, and freshman Chase Makowski rounded out the Hawks' scorecard shooting rounds of 85, 82, and 84 to finish with a 251 total overall

Columbia University took home its own tournament title with a 905 overall score. Other schools who took part in the Invitational were Hofstra University, second, Lafayette College, fifth, Bucknell University, seventh, Manhattan College, eighth, and the University of Massachusetts- Lowell, who finished ninth at 110 over par.

Goodling was the only senior to play in the tournament for the Hawks, and three of the five team members were underclassmen. Being so young, Shea is happy with how the team played, but he is hoping for improvement as the season progresses.

"I'm pleased with where we are right now, and have no complaints," said Shea. "We have a lot of talent on this team. Now we just have to put it all together.'

However, Shea knows that it will be tough in future competitions. "Right now, Northeast golf is about as competitive as it has ever been," he explained. "Now, under normal weather conditions, it takes rounds of about 300 or lower to really be in the hunt. I know we have the talent to do it, we just need to work towards being more consistent in our play."

The Hawks get right back to action this coming Sunday when they travel to Apalachin, NY to take part in the Binghamton Invitational. The tour-Shea was excited about the nament tees of at 8 am, and will be held at the Links of Hiawatha Golf Course

After the Binghamton Invitational, the blue and white will travel for one more tournament in PA, before finally getting to play with home course advanthink he has a very promising tage at the Deal Country Club for their annual Monmouth Senior Brady Goodling also Quad match between Lafayette,



Junior Zach Fabel returned to the Hawks roster for their third game of the season against Duquesne.

Surfing is Not Just a Hobby; It's a Lifestyle

RYAN GALLAGHER STAFF WRITER

We left off last time hoping for waves during the upcoming week, as usual. This week, Mother Ocean delivered. On Sunday the swell was building, from early morning to the sun's last rays, surfers found some scored early in the week. clean three to four footers. Although, no one was satisfied, a hobby, maybe a sport, yet the prediction for the next day was even better. When Monday rolled around there was excitement in the air. I woke and went things. One is an action and one to my first class hoping that it is an encompassing idea. What would go fast.

in my pocket; I swiped right to wear and the music you enjoy, a text from my friend Andrew to your personal characteristics that read and I quote, "It's sick, and interests, being a surfer de-I just got best barrel of life." A fines a person. small, solitary tear ran down my face as I sat in my 8:30 am ways, yet in other ways, they

been here earlier dude!"

Personally, I had a great time, but I could not help but think about Andrew's text and what the waves were like while I was in class. Either way, we all

there is a certain culture that surrounds it. Surfing and being a surfer are two very different does it really mean to be a surf-As I sat in class, I felt a buzz er in NJ? From the clothes you do with the reason you surf. In

Surfers are all similar in some class, knowing that I had anoth- are rather different. There is a

wards. When I finally went out, you want do what the other guys I got the notorious, "Shoulda are doing and be like them but you also want to strive to have your own style. Your head is constantly filled with thoughts about, your next wave.

How am I going to surf it? What if I do this, how can I branch off from it and do On paper, surfing seems like something new or something I saw in that last video I watched? There is a constant intra-selfbattle between being someone totally different and being like that guy you just surfed with who killed the session.

> A big part of this battle has to other destination surf areas, the said, "People in New Jersey surfers are looking for instant satisfaction from the multitude of cameras that are always rolling. In NJ, no one cares. There is a tight-knit surfing communi-

beach. Because of this, NJ surfthe love of surfing. For this reason, NJ is totally different from anywhere else in the world.

There are waves in Jersey?' but what they don't know is it actually gets really good here," sophomore Tyler Sankey said. "It is really underestimated, but as surfers, we compete in contests, travel, and go out in dangerous conditions because we love what we do."

surf because they love the sport, it's not about the publicity or money."

In the end, it should not matter what you like to do or ty who are interested, but other where you like to do it, if you own fun for yourself.

er class waiting for me after- real fine line in surfing where than that, NJ is filled with fake do something because you love New Yorkers and people who it then you are winning. In this aren't even associated with the day in age too many people are obsessed with idea of instant ers don't surf for fame, but for satisfaction. People would rather do something fun or funny for a snapchat that will last for a maximum of ten seconds, "People ask me all the time then disappear rather than doing something that they will remember for the rest of their lives.

> If you remember nothing, remember this: Do what you want. And if what you do is surf, then you are in luck. We live in a place that is a stones-throw away from a beach with fairly Freshman Andrew Moon consistent waves. Watch out for waves starting this Thursday and continuing all weekend.

Don't sit inside and watch Snapchats of your friends having a great time, leave your phone behind and make your

Hawks Defeat Lehigh for Third Win

CHARLIE BATTIS STAFF WRITER

The Hawks' football team edged the Leigh University Mountain Hawks 28-21, on Sept. 27 at Goodman Stadium. The win pushes MU's record to 3-1 while Lehigh falls to 0-4 for the season.

"We knew it was going to be tough game, a game that would go the full 60 minutes and it was, coming right down to the final seconds," said head coach Kevin Callahan. "Our defense got a stop when it needed to and ended up blocking a field goal which was huge. Then our offense took the field and put on a very impressive 74-yard drive to go down the field and score a touchdown. It was a game in which our guys showed a lot of heart, a lot of desire and made plays when we had to.

With the score tied 21-21 and only 3:49 remaining in the game, Lehigh lined up to attempt a 32-yard field goal, but redshirt freshman DJ Martin blocked the kick giving the ball back to the Hawks' offense.

The offense proceeded to move quickly down the field, highlighted by a 15-yard late hit penalty on Lehigh, and a 15yard reception by senior wider receiver Neal Sterling. The drive culminated with senior quarterback Brandon Hill's 19yard touchdown pass to senior wide receiver Eric Sumlin with only 12 seconds left in the game.

"We were just running the plays that we were running all game. We knew the matchups we had," explained Hill. "We knew we had that play in the take the lead with 9:06 left in arsenal so we just waited on it and at the end of the game it was there.'

MU was led by their tandem of seniors Hill and Sterling, who both had career days. Hill completed 33 of 44 passes for a career-high 390 yards while fore the half when sophomore also adding three passing touchdowns. His 33 completions and 44 attempts were both also career highs. Sterling completed his day with 11 receptions for a career-high 183 yards and a touchdown.

The Hawks started the game possession. Just 1:47 into the pass that he quickly turned up field for a 59-yard touchdown to 21-14 lead take a 7-0 lead.



PHOTO COURTESY of Taylor Jackson Senior Brandon Hill has thrown nine touchdowns and accumulated 1081 yards already this season.

Lehigh would answer with a touchdown on their first possession when sophomore quarterback Nick Shafnisky connected with junior wide receiver Stefan Sanson on a 33-yard touchdown pass to tie the game at seven. The score capped off a 10-play 78-yard drive that took just under four minutes.

The Mountain Hawks would second quarter with another long drive, this one being 10-plays for 79-yards. Shafnisky executed a quarterback designed run from the 4-yard line to put Leigh on top 14 -7.

MU answered back right berunning back Lavon Chaney ran for a 7-yard touchdown with 2:53 remaining in the half.

The teams would exchange scoring drives in the third quarter to keep the game tied, 21-21, entering the fourth quarter.

Lehigh scored first after halfquickly, scoring on their first time, as they capitalized Hill's interception, when senior rungame, Hill hit Sterling with a ning back Rich Sodeke ran for a six-yard touchdown to take a

MU would answer before the

Baltimore

Away

Atlanta

fourth quarter when Hill hit Chaney for a four-yard touchdown reception.

Chaney led the Hawks on the ground with 18 carries for 93 yards, an average of five yards per carry.

Chaney didn't do all his damage on the ground, however, as he racked up a total of 205 allpurpose yards. This increased his already Big South leading 159 yards per game. Fifth year senior Kwabena Asante pitched in to the rushing attack with 54 yards on only six carries, a nine yard per carry average.

The Mountain Hawks were led by Sodeke who finished with 119 yards on 22 carries and Shafnisky who completed 14 of 22 passed for 193 yards and one touchdown.

The win marks the first time the Hawks have been able to defeat Lehigh in six games played against them.

could propel the Hawks in their future games. "Anytime you beat a team that you haven't beaten before, it's got to be a good win for the team. I don't know if I would use the word

New York

landmark, but it's a big win," Callahan said. "How we did it I think is the most important thing. I think this game should give our guys a lot of confidence and a lot of belief that they can come at the end of the game and do what we have to do across the board, offense, defense, and special teams to win."

For their efforts in the win, MU sophomore DJ Martin has been named Big South Conference Special Teams Player of the Week and freshman Mike Basile was awarded his second CRONS Brand Freshman of the Week honor.

The Hawks will travel to Joe Walton Stadium on Oct. 4 to take on former Northeast Conference foe Robert Morris. The team will look to duplicate last years result against RMU, when they dominated the Colonials in a 35-9 win.

With a win the Hawks would Callahan believes the win improve to 4-1 for the first time since the 2006-07 season.

They will then return to Kessler Field on Oct. 11 to play in the University's Homecoming game against Columbia University

Cincinnati

Kansas City

SIDE INES

Women's soccer suffered their first Metro Atlantic Athletic Conference defeat this past

Saturday. The team was edged 3-2 by the Canisius Golden Griffins at the Demske Sports Complex.

MU's goals came from senior Alexa Freguletti and sophomore Julie Spracklin.

Although MU outshot their opponent 19-16, the Golden Griffins were able to put one past graduate student goalkeeper Nicole D'Agostino in the 53rd minute to secure the win.

The Hawks return to the field on Wednesday, Oct. 1 at Hesse Field. They will be facing the 1-9 Saint Peter's Peacocks.

The field hockey team fell to Cornell 3-2 on Sunday afternoon at So Sweet A Cat Field. The Hawks were given an opportunity to score with 15 seconds left in the game, but were unable to capitilize on their penalty corner giving Cornell their sixth consecutive win. Freshman Meg Donahue and senior Trish O'Dwyer each scored a goal for the Hawks. goals for the Hawks, who are now 4-5 for the season.

MU plays their final game n their five game homestand on Saturday, Oct. 4 at 1 pm against nationally ranked Michigan State.

UPCOMING GAMES

Wednesday, October 1 WSOC vs Saint Peter's* W. Long Branch, NJ 7:00 pm (Hesse Field on The Great Lawn)

Saturday, October 4 CC at Paul Short Run Bethlehem, PA 12:15 pm

FH vs Michigan State W. Long Branch, NJ 1:00 pm (So Sweet A Cat Field)

WSOC vs Niagara* W. Long Branch, NJ 1:00 pm (Hesse Field on The Great Lawn)

Sail at Philly Fleet Race Regatta Hosted by UPenn 2:00 pm

FB at Robert Morris Moon Township, PA 3:00 pm

MSOC at Niagara* Niagara University, NY 7:00 pm

		Away	Ravens	Falcons	Cardinals	Jets	Chiefs	Bengals
U	Fb	Home	Indianapolis Colts	New York Giants	Denver Broncos	San Diego Chargers	San Francisco 49ers	New England Patriots
ICKS		e Zelinka orts Editor (9-5)						
NFL P	∽ St	lie Battis taff Writer (5-9)						
		e Walter ports Editor (8-6)	U					
WEEKLY		Orlando ate Editor						

Arizona

unday, October 5 MGLF at Binghamton Invite Apalachin, NY 8:00 am

B vs Lafayette/Georgian Court W. Long Branch, NJ 11:00 am

FH at Villanova /illanova, PA 5:30 pm

Monday, October 6 MGLF at Binghamton Invite Apalachin, NY 8:00 am

WGLF at St. John's Invite Greenburgh, NY 8:00 am

WTEN vs Lasalle W. Long Branch, NJ 3:30 pm

Tuesday, October 7 WGLF at St. John's Invite Greenburgh, NY 8:00 am

WTEN at Rider* Lawrenceville, NJ 3:00 pm

conference games



This past Saturday, the Hawks defeated the Lehigh University Mountain Hawks for the first time in six encounters. With the win, the team improves to 3-1 on the season.

Full Story on page 19

Pictured above senior Brandon Hill (6) and sophomore Lavon Chaney (21) Photo taken by Taylor Jackson