

### Monmouth University's STUDENT-RUN NEWSPAPER SINCE 1933



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# University Hosts 10<sup>™</sup> Annual Future of the Ocean Symposium

AMANDA GLATZ ENTERTAINMENT EDITOR

The 10<sup>th</sup> Annual Future of the Ocean Symposium and Champions of the Ocean Awards Luncheon honored Dr. Kathryn Sullivan and Wendy Schmidt, NJ natives and distinguished pioneers of the environmental intelligence industry.

Hosted by the Urban Coast Institute (UCI), an extension of the University's Marine and Environmental Biology departments, this event was a timely recognition of how coastal communities like Monmouth County have progressed since the devastation of Hurricane Sandy approximately two years ago.

President Paul Brown opened the symposium on Thursday, Oct. 30 in Wilson Hall by recognizing the University's distinctive location on the shoreline, explaining that he considers Monmouth to be a "coastal campus." As such, we are in the unique position of making a considerable difference mosphere above us." in the environment around us, as well as honoring leaders of the environmental movement.

It also demonstrates how we as citizens of the shore can further protect our environment. Proceeds of this event helped support a \$5 million Marine Science and Policy Initiative Challenge Grant, which will have a transformative impact on the breadth and depth of the University's marine projects and programs.

Tony MacDonald, founding director of the UCI, described this year's honorees as "inspiring Jersey girls [that will] launch us into our next decade." He said, "They're really looking over the horizon and deep under the sea, and can expand our vision about what is possible in the future."

Established in 2005, The Champion of the Ocean Award was created to honor individuals demonstrated sustained leader-

ship, advancing a future in which coasts and oceans are clean, safe, sustainable, and preserved for the benefit and enjoyment of future generations.

Previous winners of the National Ocean Champion Award include: Admiral Thad Allen, environmental scientist, advocate Professor Jesse Huntley Ausubel, and ocean scientist and advocate Jean-Michael Cousteau, among others.

Sullivan, the first honoree, is a Patterson, NJ native currently serving as Acting Under Secretary of Commerce for Oceans and Atmosphere, as well as Acting Administrator of National Oceanic and Atmospheric Administration (NOAA). Sullivan is also a renowned astronaut, being one of the first six women selected to join the NASA astronaut corps in 1978, and the first American woman to walk in space.

Former University President Paul Gaffney, the event's moderator, notes that Sullivan "aims to understand, measure, and predict the ocean that surrounds us and the at-

The event also honored environmental activist Schmidt, president of The Schmidt Family Foundation and the co-founder the Schmidt Ocean Institute (SOI) at Stanford University. Schmidt works to advance the development of renewable energy and wiser use of oceans and other natural resources. The foundation supports more than 150 nonprofit organizations in program areas including climate energy, ecological agriculture, human rights, and our maritime connection.

Sullivan was first to the podium, and her goal was to define environmental intelligence and explain its role in fostering resilience among coastal communities. Sullivan first explained that Sandy, while devastating, was largely instrumental in moving the environmental discussion forward. She said, "Sandy in many

**Symposium** continued on pg. 3



# PANEL FOCUSES ON SEXUAL

**DANIELLE SCHIPANI** 

The presence of rape and sexual assault on college campuses, ways to prevent this behavior, and places to seek help both on and off campus has been a topic of recent discussion at the University.

"Rape is not only a crime it is a crisis," said Ellen Bloom-Rau, Crisis Counselor and University alumna. Bloom-Rau has been visiting the University for 12 years to discuss the topic of sexual violence.

Bloom-Rau spoke at the University during "Hawks United Week," an event which focused on sexual violence prevention. She stressed the difference becontact. Sexual assault is de- wrong," said Bloom-Rau. fined as, "Unwanted sexual pen-Sexual violence is

The counselor defined sexual contact as, "Any unwanted sexual contact without penetration."

Nina Anderson, Title IX Coordinator at the University, has been a major contributor to the discussion of sexual assault on college campuses. "Our goal was to present information on campus sexual assault in several formats to educate and increase awareness in the campus community on this very complex issue," she said.

"One in four college women are or will be victims of rape or attempted rape," said Bloom-Rau. The counselor discussed the fact that many groups of people are at risk, but that 95 percent of the victims are women. "If you think as a woman you tween sexual assault and sexual will not encounter this, you are

present etration of another person. This at the University. "In 2013 we can be vaginal, oral, or anal." had five reported sexual as-

saults. Two resulted in arrests," said William McElrath, Chief of Monmouth University Police Department (MUPD). "In two cases the victims chose not to pursue. In the fifth case, the victim reported the assault to university officials but not to the police," McElrath reported.

Awareness is important to preventing sexual violence on college campuses. "What the university is doing is creating awareness for victims," explained Audrey Williamson, instructor of political science and sociology. "Some people don't realize what assault is, awareness of what it means to assault someone is vital to preventing sexual violence," Williamson continued.

Often, perpetrators do not fully understand the definition of sexual consent. Bloom-Rau

Sexual assault continued on pg. 2

## Under New Management: The University's Strategic Plan



A celebration was held following the endorsement from the Board of Trustees for the Strategic Plan advanced by President Paul R. Brown (middle) and Steering Committee Co-Chairs, Dr. Kathryn Kloby (left) and Christine Benol (right).

ALYSSA GRAY ACTING MANAGING EDITOR

Monmouth's first Strategic Plan in over 20 years involving both a new University president Thursday, Oct. 23 during the Strategic Plan Celebration in Wilson Hall.

During the event, which was inspired by a fall theme, President Paul Brown addressed faculty, board and committee representatives, and other members of the campus community.

"There is no question in my mind, and I know in your mind, this will set the course for

coming years, and it would not be possible without the handwork of everybody here today," Brown said to audience during his address

Keeping in line with the auand provost was recognized on tumn theme and the tree logo, which is the face of the new Strategic Plan, guests were greeted by a selection of fall foods and treats, which included chocolate-dipped cookies made to look like acorns, and given packets of seeds that went in line with the plan's motto, "The best time to plant a tree was 20 years ago. The next best time is now.' Brown explained that Monmouth wouldn't have been able to act Monmouth University over the on any of the plans it had today

without the careful planning the University had years ago. In order to illustrate his point, he made references to a tulip tree

Strategic plan continued on pg. 2

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# Alternatives to Anxiety: Reducing and Coping with Stress

ASHLEY BROUSELL CONTRIBUTING WRITER

Counseling and Psychological Services held a program, led by Dr. Terri Jaeger, Psychological Counselor for the Counseling and Psychological Services Department (CPS), called Alternatives to Anxiety, in the Rebecca Stafford Student Center (RSSC) room 202-B.

"First held in the spring, 2014," said Jaeger, "[Alternatives to Anxiety] was designed as a group program to help students develop strategies to cope with stress and to reduce their anxiety symptoms, which often present as two related issues in students.

The event was held on Oct. 15 as well as Oct. 29 and was not only created to aid students just beginning to cope with anxiety, but also to help students who have been coping with anxiety for a long period of time, students shared different coping mechanisms and life stories.

According to Dr. Jaeger, about 60 percent of the students who seek services at CPS say anxiety is a reason for their counseling request.

"I wanted to see how other people coped and compare it to what freshman Psychology major.

"Hearing other people talk about it [anxiety] and being able to talk about it yourself really helps you get it off your chest.'

The Anxiety and Depression Association of America (ADAA) claims that anxiety is something that is hardwired into the brain, as a part of the fight-or-flight response, and a normal reaction to situations of uncertainty, trouble, or unpreparedness. If left untreated, it could substance abuse, depression, and suicide.

"Anxiety releases adrenaline, like hormones in the body," says Dr. Gary Handler, specialist professor for the Graduate Psychological Counseling Department. "Your perceived risk of a future event is what anxiety is because it just stays. And as long as it stays with you, those hormones are generated, and it's basically our fight-or-flight response. It shuts down the immune system and digestion," continued Handler.

'Because it's not important when you're trying to run or fight. So when people are highly anxious, they are more likely to get respiratory illnesses, gastrointestinal disorders, etc."

Handler also explained that anxiety has always been an issue among college students, and that certain stressors can trigger anxiety, such as the competition of applying to colleges, leaving home and living on your own for the first time, social circle changes, school expenses/finances, performance, etc.

Jaeger said the fast pace of day-today life is another reason for anxiety among college students.

"One of the theories in Psychol-I do," said Mary Kate O'Rourke, a ogy about people's reactions is that the more stressors you encounter, the higher the chances are of something being dislodged," said Handler. "You get new stressors while you're in school, but your level of stress is already high to start with. This means your anxiety, if you normally get a little nervous about tests but you're able to cope with it, you could be a lot more nervous now."

Fear could be one of the major triggers of anxiety and anxiety-related disorders. According to Handler, of something that isn't right in front of you," he said.

He claims that when people are anxious, they tend to avoid what they fear. "One of the things you can do is not think of it [anxiety] as a mental illness," explained Handler. "That has such a stigma that it sort of prevents people from getting help.'

For a number of reasons, many anxious students not only avoid what they fear, they also avoid seeking help. "Avoidance is probably one of the major causes of depression," concluded Handler. "If someone fears their exam, or studying for their exam, for example, they're actually going to delay studying. They call it procrastination, but really it's this fear of saying, I have to take this and it's something I want to avoid, so you put it off.'

Although anxiety is a fairly common disorder, it can be very treatable. The ADAA stated that every year, over 40 million people in the United States are diagnosed with anxiety disorders, and up to 90 percent of people who seek help from a health professional will recover and live a productive life. O'Rourke copes with anxiety through the use of medications, as well as talking to family and friends.

"I do take medicine, but it only helps you to an extent. It helps you not feel crazy, but it doesn't actually help the problem," she

There are numerous ways to cope with anxiety and anxiety-related issues. CPS holds several events to help students cope with anxiety, stress, and other mental illnesses. Jaeger suggested a few other pro-

lead to academic problems, or even the definition of anxiety is "the fear grams and events held by CPS this term, similar to Alternatives to Anxiety, including Coming Up for Air, Yoga, and the De-Stress Fest.

> "These programs have been successfully attended and positively received; and these outreach efforts often led students to schedule individual consultations with the counselors at CPS following the group programs," added Jaeger.

> 'The hottest thing out there right now for some of this [anxiety] is mindfulness," said Handler. "It's been found extremely successful, and it's relatively easy self-help that you can Google, find a particular practitioner, on YouTube, listen to it, and use it. It can work miracles."

> He also recommended, "I would maybe somehow include it [coping with anxiety] in Freshman Orientation. Every freshman is going through a huge number of changes,



O'Rourke only heard about Al-

ternatives to Anxiety through a

handout given on the first day of

school to freshmen for the Shadow

Program, which allows them to re-

ceive a free sweatshirt by attending

certain events and programs, and

signing in. "So it's like an incentive,

and handing out fliers about the pro-

would go. I got that sheet on the first day of school, but people probably

threw it out," added O'Rourke.

"Since I have anxiety, I figured I

The ADAA encourages people

seeking help [coping with anxiety]

to watch a the video titled 'Glass

People which is about anxiety among college-age people and the

value of seeking professional help.

gram and issue to raise awareness.

or motive, to go," said O'Rourke. She proposed hanging up posters

**According to the Anxiety and Depression Association of** America (ADAA), individuals often experience anxiety and stress as a reaction to situations they feel unsure or insecure about

## Sexual Assault

Sexual Assault continued from pg. 1

believes that this is due to a thing and act," she urged. lack of education regarding this definition. "Consent is defined as the voluntary agreement of sexual activity. Submission is never consent," clarified Bloom-Rau.

Alcohol is regarded as one of the contributors to the frequency of sexual assault and rape on college campuses. Bloom-Rau maintains that offenders often seek out victims who are defenseless and drinking alcohol makes a woman vulnerable. "When under the influence of alcohol, it is difficult to consent to sex. Seventy-two percent of college rape victims said they were too drunk to consent," said Bloom-Rau. "If one of you is for survivors to get close to incapacitated, drunk, on drugs, someone after they have faced or feels scared or forced, consent you give or get doesn't count," she continued.

'College is a time when young adults are often in limbo between having teenage responsibilities combined with adult freedom," said Melanie Brima, a sophomore social work major minoring in psychology. "Young adults are more likely to let down their barriers and become more ambitious with social endeavors. Combined with alcohol, this kind of behavior could be toxic," she feels.

Bystander intervention was also discussed. Anderson defined the term as, "The concept of if you see something that does not seem quite right, step in to prevent something bad from happening."

Bloom-Rau explained that students should be more aware of this term and need to implement it into their everyday lives. "If you see your friend is there is hope for victims.

intoxicated, you need to step in. We are asking you to say some-

There are various lasting psychological effects that survivors of sexual assault and rape often encounter. "Survivors feel they have no control," said Dr. Franca Mancini, Director of Counseling and Psychological Services at the University. "Rape is about power and control. Victims face the ultimate form of this lack of control," Mancini explained.

Mancini said that effects vary depending on the individual, but could include shock, disbelief, depression, anxiety, posttraumatic stress disorder (PTSD). and a lack of motivation. She explained that it is often hard

"I would encourage any student who has faced sexual assault or violence to get help,' said Anderson. She stressed that there are both on and off campus outlets available for victims. On-campus resources include Health Services, Counseling and Psychological Services, Student Life, Monmouth University Police Department, and the Office of Equity and Diversity.

There is hope for students recovering from sexual violence. Mancini explained that in order to recover an individual needs to, "Reestablish their world, they need to stop being the victim and take back the things that have been disrupted. They need to go back to their regular schedule, go back to class, and start to think clearly." Mancini said that it is a process to recover and that it takes time, but that

# Strategic Plan Looks to Reinvent

Strategic plan continued from pg. 2

next to him during his speech, all the while comparing the tree to the University.

Brown also discussed the process behind the Strategic Plan, including the implementation stages and how the plan will shape the future of the University. "I do think of Monmouth University as a relatively young university, but the strides that were made way before me, and actually the strides that will be made way after me, and you, and us, are what

really matter," said Brown.

Specifically, Brown stated that while the Strategic Plan will benefit the University as a whole, the main beneficiaries will be the students. "It's about providing a transformative learning experience for our students [...] so our calling is to take our students and nurture them and ake them stronger. But we have our students for such a relatively short time," Brown said. "What we want to do is help our students find their passion, develop that passion, and think about where they want to go with that commitment."

However, Brown told the audience that the Strategic Plan will go beyond the basic aid of undergraduate students, as plans of the past have. Instead, the new Strategic Plan will also give a fair amount of attention to graduate students in making sure that they are as well-equipped as the undergraduate classes. "So it's about equally about the growth of our graduate program. This campus will be the heartbeat for undergraduate programs forever. That is what we will do here," said Brown.

Primarily, Brown said, "[Monmouth's growth at the graduate level will take place on, what I love to call as you know, our emerging second campus. We should have a contest on what to call that campus. We know its placeholder is Monmouth Park Corporate Center, and it's a great location. It is so good for our graduate students... [There are] fantastic faculty delivering programs that matter to them that they can get to easily and park. It's brand new; the classrooms are to die for [...] it's about growth in the graduate programs, very carefully chosen."

In order to promote these ideas and educate the public about the intentions of the Strategic Plan, the University recently updated the main page of its website to include an extensive introduction to the plan. Embedded within the new main page is a new, four minute long video starring the President, Provost Laura Moriarty, and the Co-Chairs of the Steering Committee, Dr. Katherine Kloby and Assistant Vice President of Enrollment Management and Director of Enrollment Research and Tech Support.

rations of the plan are discussed, but most importantly the changes that will affect students in their crossover from undergraduate to graduate student are highlighted. "We want to make sure that the experience that the student is having, whether it is in the foundation courses or whether it's in the major, is rigorous and go beyond the classroom and have a hands-on component to them," said Moriarty.

Dr. Judy Nye, the Associate VP for Academic Foundations General Education, attended the event and noted that she was in favor of how the entire planning process was handled. "I have had a very positive attitude about the Strategic Plan from the very beginning. It has been a very exciting project; I think we've pursued it well [...] I just think it has been so incredibly inclusive, and I love that about it," Nye said.

When it comes to the details of the plan though, she was very glad that all members of the University had

an opportunity to become involved. "Everyone at Monmouth had the opportunity to weigh in and weigh in repeatedly, and even contribute anonymously so they could be honest," Nye said.

While, this is the first time that there has been both a new provost and president in 20 years developing a University plan, Nye doesn't believe that is the only important factor that has played into this particular planning process. "I get the sense that this [strategic plan] was done a little differently because it's a different President," Nye said.

However, despite all of the inclusive and collaborative efforts that the plan has called for, some students are still in the dark when it comes to what exactly the Strategic Plan intends on doing, and how. Michelle Keegler, a junior business major, said that she has heard about the Strategic Plan but nothing more. know that they redid the website and put up that [promotional] video that talked a little about the plan. [After] watching the video I still couldn't figure out what [the plan] was or was going to do exactly," said Keegler.
According to Nye, students

should take it upon themselves to get informed on the plan, especially since it is such a collaborative plan unlike most others. Nye said, "This is everyone's future. So I think anyone who plans to be at Monmouth more than this semester has a vested interest in its success... There comes a point where you want your University to do well because you will be judged for the rest of your life by the University you attended.. You will want Monmouth to be as strong as possible because that will be something you carry with you the rest of your profession."

This article is the first part of a two-part series. The next edition of The Outlook will be publishing the follow-up story.

# CommWorks Draws in "Largest Turnout"

DANIELLE SCHIPANI COPY EDITOR

and faculty attended the "Nightmare on JP 235" event performed by CommWorks students on Wednesday, Oct. 29.

"We hope to build a sense of community with this performance," said Dr. Deanna Shoemaker, Advisor of CommWorks and communications professor. "This is a tight knit group that believes in performance as a way of expression."

This was the first performance by CommWorks this semester. were pleased with the turnout.

"This was the largest turnout a performance we will maybe need a bigger space," she contin-

a huge success," said Britney and senior communications mareally hard to put together an organized and comedic show while said Wade.

still making the content relatable to the audience."

Wesley Brooks, a senior Eng-A crowd of about 80 students lish major and secretary of CommWorks, said how he was also pleased with the turnout and how the performance allowed everyone to have fun. "It was great to see everyone coming out to support CommWorks," he said. "Our performance encouraged performers as well as the audience to have fun and brought everyone together."

According to the CommWorks official Facebook page, "The slogan of the organization is "Students committed to per-Shoemaker and the performers formance." To this end, CommWorks members are dedicated to performance as a powerful we have had in a while, there form of embodied communicawas standing room only," said tion that can transform, educate, Shoemaker. "Next time we have entertain, and empower both performers and audiences.'

The main goal of the performance was to entertain the "I think the performance was audience with a comedic show inspired by Halloween. "We Wade, President of CommWorks wanted to produce a Halloween show that the audience would jor. "The entire club had worked love and to poke fun at modern day horror movie stereotypes,"

more CommWorks members. "We wanted to provide entertainment for people while also

getting more students to join CommWorks," explained Asia Byrd, a sophomore communications major and Vice President of CommWorks.

"I want CommWorks to expand and to gain credibility not only amongst the communication department but throughout the entire campus," Wade said. "I want students and faculty to know that they can count on CommWorks to deliver a stellar performance."

Wade expressed her hope to collaborate with other clubs and organizations in the future. "I also see CommWorks doing future collaborations with Boom Roasted, Blue Hawk Records, and Lambda Theta Alpha, possibly in the upcoming spring," she said.

The members of the club create the performances together. "We come up with skits as a collective group," said Byrd. "We all talk about our ideas and have the freedom to throw our and even pulled audience memthoughts out there. All members bers up to the stage.

Performers also hoped to gain have a say in the content of the performances."

Byrd explained that performing is an outlet for her. "I was shy at a young age but performance has allowed me to become a whole new person," she said.

"It is through performance with CommWorks that I have found myself. I also love working with these people," Byrd continued.

"CommWorks is for people with a love and appreciation for performance," said Brooks. "It also forces people to come out of their comfort zone and express themselves."

The stage was covered with Halloween decorations. The performance included four scenes and the audience was laughing throughout the performance. It was about 45 minutes in total.

The performance ended with all performers dancing on the stage to Halloween themed music such as "Superstition" by Stevie Wonder and "Thriller" by Michael Jackson. Performers urged members of the audience to join them while they danced

# MAVS Welcomes Vegan

BRIELLE COTELO CONTRIBUTING WRITER

A celebrity fitness trainer, John "JP" Pierre, most famously known as Ellen Degeneres' fitness trainer, visited the University to inform the public about lifelong wellness in the "Super Simple Super Nutrition" event hosted by The Monmouth Area Vegetarian Society (MAVS) in mid-October in Magill Com-

The event was free and open to the public, which brought in about 25 - 30 people, both from the University and outside towns.

Aside from Pierre's presentation, the event also was a vegan potluck. All attendees brought in vegan entrees and desserts, with recipe cards so guests knew the ingredients in each of the foods

'Veganism is when you don't consume any animal products and it is not just a diet, it's also a lifestyle... like we won't wear fur and we won't wear leather," said Mary Harris, a certified Holistic Health Coach and specialist professor of communication.

John Pierre was accompanied by Dr. Kerrie Saunders, also known as Dr. Food, and R.N. Susie Krandel. The three of them presented their diverse expertise on the matter of healthy living. Pierre, who has worked with people of all ages promoting the benefits of a plant-based diet, stress reduction and physical fitness, informed the crowd representing his adamancy for veganism with a t-shirt that said "Save Lives" with pictures of sheep paired with track pants to finish off his laid back look.

He began, "Sitting is the new smoking," and immediately went into sharing his knowledge on the importance of moving your body throughout the day and the long term effects of healthy eating. He was soon accompanied by Dr. Saunders who backed up his advice with facts and results from the medical world.

The two vegans shared food and exercise advice and informed the audience about harmful toxins that can be found in certain meats. "If you still choose to eat meat after this, at least try and incorporate these foods into your diet," Saunders said about food groups they mentioned that ranged from typical fruits and vegetables to beans and Quinoa.

After the two specialists finished speaking, R.N. and new vegan, Susie Krandel went in front of the crowd to share her story about how she believes switching her diet ended her 15 year battle with rheumatoid arthritis.

Krandel said that she was on ten different medications, one of which was a cancer medication, and nothing was working. She decided to do her own research and stumbled upon the plantbased diet. Within a few years, she explained that she was off every medication and was completely cured of the arthritis.

"I never realized that dairy was so negative on someone's body,' Sarah Coff, a junior communication major admitted after the event was finished.

"Are you fuelling yourself or are you fooling yourself?" asked

# Champions of the Ocean Awards Luncheon



PHOTO COURTESY of Monmouth University

Moderator Paul G. Gaffney II, Dr. Kathryn D. Sullivan, and Wendy Schmidt gather at the Ocean Symposium.

Symposium continued from pg. 1

respects helped turn the needle and spark conversation on a can inform decisions." broader scale across the country, from simple repair to a broader environmental intelligence agenconcept of resilience."

This was seen in coastal communities like Hoboken, which Sullivan described as being underwater for weeks. Sullivan according to Sullivan. NOAA studied the town's emergency management systems, and saw not only how they built back, but logical, and economic) and aims how "[one can] move forward to "keep the pulse of the Earth," towards future conditions and a according to NOAA.gov. more resilient community.

these extreme events are not the munity. One such development only reason to invest in environmental research. Our coastal zone currently faces many threats, such as climate, habitat modification, and pollution. 39 percent of the U.S. population now lives in coastal counties, much more to be done. where the economy is currently estimated to reach \$6.6 trillion. These factors make the resilience of our neighboring environment imperative.

Sullivan said, "[Resilience] is not something you can buy off the shelves, or something you can install or spray over a community. It's something that must be built from within, by the community itself. And that is really what we've been seeing many that the University is on the shining examples of in this area over the last few years."

Sullivan said this is where environmental intelligence becomes important. Sullivan de-

as, "timely, actionable, reliable, action-oriented information that

NOAA, can be looked at as an cy in that it tailors information to help people make decisions as the head of a community, head of a business, or head of a household, focuses its research on three aspects of resilience (societal, eco-

efforts encouraged Sullivan further explained that a positive change in our comwas the embracing of green infrastructure, or the natural environments that help to protect our shorelines. While NOAA has carried this movement forward, Sullivan argues that there is still

Sullivan said, "We do need more science to really drive this conversation and carry it forward. We need clearer research on which natural defenses work and [which scenarios they benefit]. We need better methods to attach value to these natural environments and to all of the assets that they can bring to a community.'

Despite this, Sullivan believes correct course. She referred to Monmouth as a "central player in the mid-Atlantic region," developing new technologies and collecting vital information through

fines environmental intelligence the UCI. Sullivan said, "I have not seen anywhere else an institute that brings so many of the needed threads together to weave a fabric of resilience: science, law, policy, business, economics, and elected government."

Further, Sullivan said that if anywhere a positive change can take place, "it will be here, it will be partly because of the spur that Sandy provided, but it will be because of the way the UCI are working across society to bring information and insights forward."

unique aspect to the marine science program that makes it stand out among other universities." said Amanda Billotti, a senior studying marine and environmental biology and policy. Bilotti believes that by hosting events like the 10<sup>th</sup> Annual Future of the Ocean Symposium, students are provided an experience of real life career applications.

Schmidt then took over the podium, agreeing with Sullivan that our planet is quite dynamic, and that we are all ready for a "big wake up call."

"At The Schmidt Foundation." she explained, "[the aim is to] provide progress support and investment for people working to re-imagine a wiser use of energy and natural resources in this century, to redesign our food, water, and transportation systems so that they are healthy and sustainable."

how we have gotten carried away with the damage our wastefulness is causing our planet. Schmidt said, "Our 20th century industrial model is failing to account for the waste, now threatening our oceans and lands, and government policy has failed to account for the cost of carbonations."

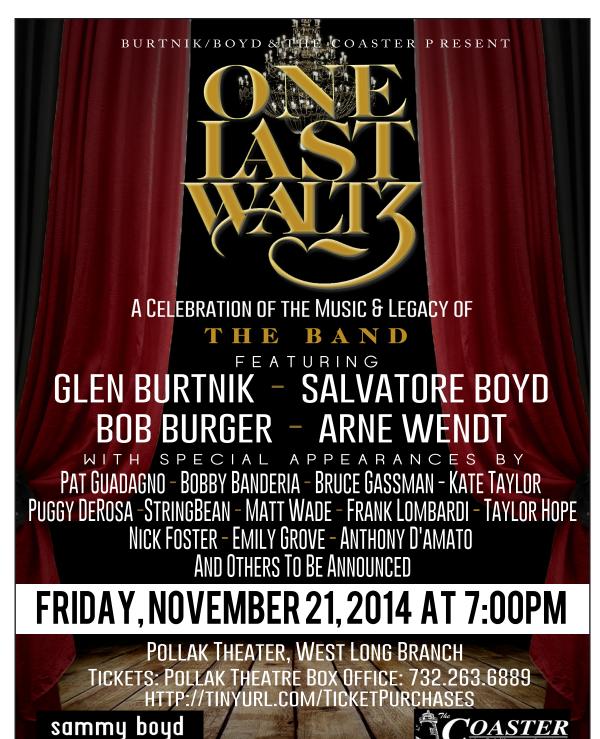
Despite these alarming facts, Schmidt is optimistic for the future. She believes that our planet's renewable resources, the growing awareness of the environmental impact and human footprint, and humanity's access to information and can combine to make an extraordinary opportunity for the human race in this century.

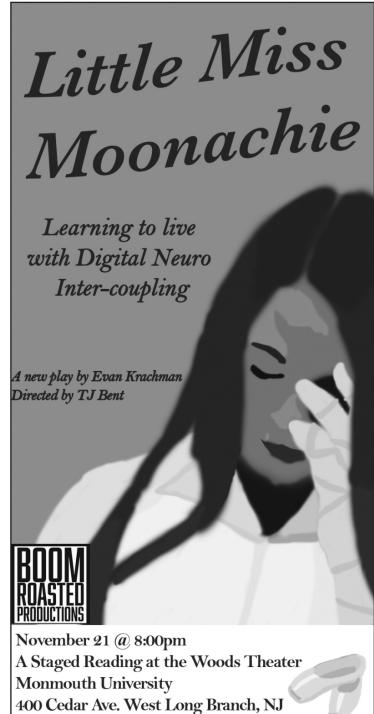
Schmidt suggests that we move forward by "rapidly [reducing] burning fossil fuels and [replacing] those systems with the solar, wind, and electric energy, [calculating] the cost of waste in our manufacturing supply chains, and [replacing] old designs with smarter ones that reduce demands for water, energy, and materials. Finally, by using the networks we're surrounded by to understand, communicate and share vital, timely information about the living systems around

Schmidt concluded her speech with a powerful message. "We will be known as the first generation on Earth to have the full ability to understand the impact of the 20th century industrial in-Similarly, Schmidt explained frastructure systems," she said.

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#### Sometimes, Size Does Matter

#### THE OUTLOOK STAFF

Hitting the gym is a respected habit among college students. Whether your dedication ranges from going every single day to just once a week, getting or staying fit is the common goal. However, what if reaching this goal is unattainable? The little spare time you do have to dedicate to a work out could be wiped out by annoying crowding at peak times.

The Outlook feels as though the Multipurpose Activity Center gym facility is not an appropriate size to accommodate all of the people at the University.

While the gym is sanitary and machines are maintained, there are less than ten treadmills and ellipticals, six bikes, and just three stair masters. There is only one of each specific weight machine. Editors have come to the consensus that the gym follows quality but unfortunately, not quantity.

according Since, Monmouth.edu, the main gym membership is offered to outsiders for \$500 a a year, open free to employees and discounted for alumni, overcrowding is pretty much unavoidable. The number of machines simply does not fit with the thousands that make up the student body, on top of these other groups.

Editors who have used the main gym have all had to wait to use a machine before. This is common, most often with the cardio machines, when there

either twiddling your thumbs waiting to catch the next elliptical, or using a machine you had not intended to. This cuts into valuable work-out time.

Even though there are oncampus gyms like in Oakwood and in Mullaney, these are even smaller. Realistically, these gyms are designated to the oncampus residents only. The Mullaney gym only offers a few ellipticals, bikes and treadmills.

According to Monmouth.edu, The Hawk's Den in Oakwood offers two treadmills, elliptical machines, an exercise bike, a weight machine, some weights, balls and mats. However, it is "equivalent to the size of a basement workout room," as one editor put it.

The Outlook staff unanimously thinks that a bigger gym would encourage more people to exercise. Editors who do not use the gym agreed that they would be willing to use the gym if there were more machines and an overall larger work out space. One editor said, "I'd probably be more inclined to work out here if I didn't feel like people were breathing down my neck in the cubicle we pass off as a gym."

Another editor agreed, "I feel totally awkward going into the gym with the amount of people usually in there, so if I had more breathing room and the ability to hop on a treadmill next to my friend, I'd definitely go more

Editors who regularly use the fitness wings.

are no others open. So, you are gym all feel that it would be even more worth it than it already is to make a gym trip if a machine spot was guaranteed for them.

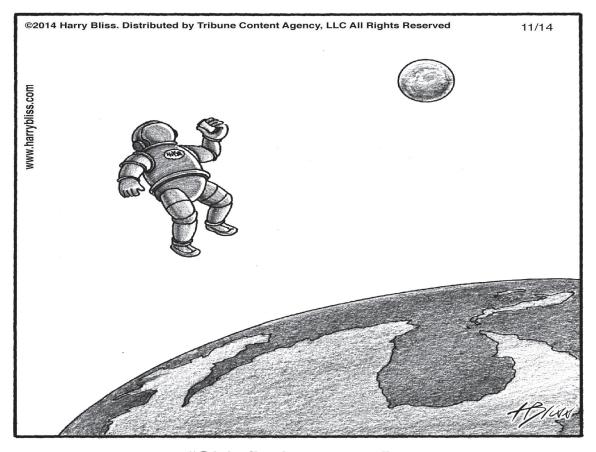
If a MAC gym expansion was proposed, it would most likely raise tuition costs. However, one editor mentioned that perhaps seeking donors for private funding of the gym expansion could help avoid this. This was such the case with the new Boylan bowling alley.

If private funding is not possible, one editor proposed that, "Boylan gets renovated to become more of a '(gym atmosphere' and be able to hold more exercise machines and workout stations.

The Outlook staff agrees that the act of going to the gym and getting in your exercise is definitely worth the health benefits.

On the other hand, going to the gym here can actually mean wasting time. The inappropriately sized gym directly affects our time by either cutting the workout in half or instead, having to be there longer than intended because of lines. Thus, with these factors, comes the question for many of the staff: is a work out at the gym really worth it?

Unfortunately, it is unlikely we will see a gym expansion in our time here since a majority of the editors are upperclassmen. We can only hope that the hawks of the future won't have to stand around, waiting to spread their



"Siri, find oxygen."

#### 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 pm Sundays to *The Outlook* office, 2nd floor, room 260, Plangere Center.

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# Dr. Duckett's Course: No More Climate Change Skepticism

Ah, the holidays. Famous singer Andy Williams described them in his legendary song, "It's the most wonderful time of the year." The "holidays" usually refer to a period in the United States of America that ranges from around Thanksgiving to New Year's Day, that is filled with food, shopping, and gatherings of families across the

The dinner tables on holidays like Christmas are supposed to be filled with joyous conversation, laughs, and catching up with one another, but the mood of the table can change swiftly when one certain topic is brought up: politics.

Even the closest of families can have differing ideological and political views, which can quickly cause conflict at the dinner table. More recently, one of the most discussed and debated topics is climate change.

In simple terms, climate change means exactly what it sounds like: the changes in the climate. Weather patterns and temperatures are often the most talked about exmost subjects, there are believers and non-believers about climate her Science Denial Playbook sem-

typical political categorization of believers and non-believers of climate change are liberals and conservatives, respectively. But there are conservatives, like myself, who do believe that the climate is changing. As much as you may not want to believe it due to your political allegiance or religious views, the fact is this: the climate is change is real and an immediate threat to our society.

Before taking Dr. Catherine Duckett's (Associate Dean of the School of Science) Climate Science course, I was a climate change skeptic. I thought that there were changes happening in the climate, but I was not sure of the magnitude of sudden change or overall risks if the climate continues to change at the current rate.

Without Duckett's course, I would still be a part of the misinformed population, a population that has way too many members. I strongly believe that is due to the lack of scientific communication and a lot of scientific denial in the United States of America.

I believe there is a problem with communicating scientific research amples of climate change. Like results to the public in this country. As Ann Reid talked about in

conclusions can use a multitude of different strategies to dissuade people from believing the same. She explained the four main techniques that science deniers use.

The first technique is to cast doubt on the science. This is something I would use to argue about a scientific subject in a debate format. This can involve "cherrypicking," using the data that only supports your statements. Deniers also teach us to have unrealistic expectations of certainty. By saying scientists and researchers do not know how much exactly the temperature will rise so they are automatically wrong. In other words, that if you scientists don't know everything about the subject, you know nothing.

The second technique is to cast doubt on the scientist. Deniers commonly say that the scientists are only doing the research for the money and to promote their "socialist" agenda. People who deny science will bring up the incorrect claims certain scientists made in the past so that they seem less credible to the public.

In the third technique, deniers will use it to instill fear in the public. An example that Reid gave in her seminar was that Adolf Hitler

change. In a general view, the inar, people adverse to scientific made people afraid so they believe his ideas.

> The fourth and final tech**nique** is to appeal to fairness. This technique uses four parts: Part A being, to make an incorrect or misleading claim while Part B is to wait for scientists to refute that claim. A misleading claim that I often saw while watching the news last year during our frigid winter was that global warming must be false if the weather is so cold right

> Part C is that once the scientist responds and denies the claim, the denier will say there is a controversy in the study therefore it cannot be trusted. The final part of the technique is to demand it be taught to the general public.

> Deniers want the school curriculums to include both sides of the topic and the controversy about it, which seems to make it fair. This is known as "false equivalency."

Appealing to the fairness in the media is often seen as two experts from differing sides that are given equal time to debate their oppos-ing views, but as Reid said, "There are problems with fairness." What she meant was that there are not always to sides two a topic like evolution or climate science, which can make it a false balance.

There are many aspects that contribute to the lack of scientists being able to communicate their research and claims effectively. One of those is the deniers of science that we see in the media and the way they are able to turn members of the public against the science. From this course, I am better prepared in case I am brought into a situation with a science denier.

I believe seminars like Ann Reid's and others that share similar information should be more prominent around the country, especially in high schools and colleges. Having scientific information shared throughout the country will only benefit the people. But there are some important things that we may do as individuals.

We must recognize that the reason behind the denial of science is usually not about the scientific research, but that it goes against personal views and beliefs or may cause changes to our daily life or

When faced with a denier, we must find out what the reason is behind their rejection and point them towards reputable sources with sufficient evidence about the subject. Finally, we can help them recognize the typical denial tactics that Ann Reid talked about.

### To Go, or Not to Go to Class? That is the Question

**NATALI GRECO** 

How often do you find yourself sitting in a classroom and thinking, "Wow this is what I woke up for?" Lectures are not always fun, or easy to remain awake through. We've all had those classes, mainly electives or graduation requirements, which feel like nothing more than a waste of time, credits, money, and most importantly, sleep. I understand the University has certain requirements a student must fulfill so that he/she is considered well-rounded enough when entering the real world- or at least that's their excuse for stocking us with unnecessary courses.

My purpose in writing this, however, is to question the theory behind attendance policies. As college students, do we truly need to attend class, or would it be possible to pass without attendance being a factor?

Back in high school, one's attendance record was significant. You either recieved perfect attendance or, on the contrary, absence think about it, for the most part, letters threatening your eligibility for graduation. I was threatened lege because they want to, and are to repeat my junior year due to absences, though they were mostly medically excused, and my grades were on point.

It made no sense to me that the administration wanted to keep me from graduating on time because of a tally of 17 absences. Regardless of the number of missed school days, I managed to ace all my classes. After a long battle they forgave my absences and I was able to move on with my academic life. Still, was all that stress and constant back and forth calling and paperwork necessary? I think not.
I thought once I got to col-

lege the rules would change and I would finally have the freedom to it comes to excelling in all my attend class as I chose. I mean I am paying for it, right? Wrong.

Every first day of class, a syllabus is handed out clarifying that after two unexcused absences, grades will be affected. Are we not too old to be told what to do? college, it is safe to assume we are needed to do so.

responsible enough to know how to maintain a descent grade point average without being treated like kids. Forcing us to attend class is like holding our hands across the street: at some point you must let

Just because we are physically in class does not necessarily mean we are mentally. I can think of quite a few classes in which I have literally just sat through, but managed to end up with an A in the course.

I understand going to class is important during review days, when new material is presented, and exam days; I even understand that lectures are significant as well, but my concern is the attendance policy itself. If a student has the ability to teach himself the material, why is it such a big deal whether he makes it to an assigned seat twice a week?

I do admire and thank those few professors who realize that we are old enough to make our own decisions when it comes to academics and therefore do not prioritize attendance so much. When you college students are attending colpaying for their education. I don't know about everyone else, but if I am paying for something, I won't let it go to waste and fail a course that is burning holes in my wallet.

Even those with academic scholarships and financial aid assistance, why would they risk losing the free money they are receiving with the condition of keeping up with descent grades? I understand what it is like to be conscience of your grades because my entire schooling is covered by a combination of Academic Scholarship, Federal Grants, and the Educational Opportunity Fund Program (EOF).

Thus, I do not play around when classes, but you can trust me when I say not all my classes truthfully require of my attendance.

The only reason I attend is because it is mandatory. If attendance did not matter, I would still be able to miss class and pass My theory is, if we made it into because I would put in the effort

# American Horror Story. Conceptualizing Ideas about Violence and Sexuality

**KATHERINE JAFFE** 

It starts with the news. We see graphic images of people dying on a daily basis and we become accustomed to seeing violence in our everyday lives. Once we accept reality, violence finds it way to the big screen, television and soon, we become trapped. Trapped in a web of violence, but we don't see it that

Violence in the media is not something that makes us cringe much anymore. It has always surrounded us in various media outlets and no one has ever suspected it to be anything but the norm. What we don't seem to understand, however, is that violence is not a natural norm.

When it comes to portraying violence in the media, we normally don't think twice about. When we talk about adding another element to the mix, something like nudity, we reevaluate our choices. Seeing parts of the human body that we don't see every day scares us.

Just because we walk around with clothes on doesn't mean we don't know what's underneath them. With violence, we wouldn't know what a person who had been attacked violently looked like if the news didn't show us. So then why are we so comfortable with accepting the familiar as opposed to the unfamiliar?

Take, for example, the show American Horror Story. Ryan Murphy, who is also the creator of Fox's hit show Glee, created American Horror Story and showed a whole other side of his creative mind.

The show is filled with sick, twisted images that vary between being overly sexual or unnaturally violent. Either way, Murphy has a way of drawing in a large following for his dark fantasies.

According to "Deadline", viewership for American Horror Story has increased since the last season premiered last fall. People are somehow attracted to the violent and sexual nature of the program as it expresses more of that in the hour time slot than any other show airing on basic cable.

There is something to be said about how Murphy gets away with having people enjoy his disturbing content. He has pushed the envelope so many times on the most recent season alone that deserves some sort of high praise. Whether it's humanizing a clown serial killer or addressing the sexual desires of a pair of conjoined twins., Murphy treads where most of us are

American Horror Story brings us to that place inside of our minds that we know exists, but none of us dare to explore. Murphy answers the questions about people's motives for violence and addresses

knew what the media initially presented us. We never understand a murderer's underlying motives because they tend not to talk about it. American Horror Story, answers that question for us. Murphy's show gives viewers some insight as to why people do what they do.

Aside from helping us understand violence better, Murphy also forces us think about sexuality as well. Instead of shaming the human body and the sexual nature of people in general, Murphy embraces it. He presents us with every type of sexual scenario and instead of making blatant social commentary, he asks us to consider the actions and form our own opinions.

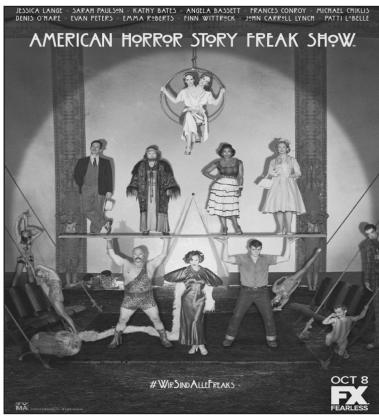


IMAGE TAKEN by zap2it.com

American Horror Story can be seen as a fascinating portrayal of violence and sexuality, according to some viewers.

sexuality in a way that none of us thought we could. He makes it acceptable for the audience to embrace their darkest thoughts with no concern for the criticism that

Before *American Horror Story*, we have only seen violence as something to fear because we only

Ultimately it is shows like *Amer*ican Horror Story and people like Ryan Murphy that help reshape our perspectives on ideas like violence and sexuality. By presenting us with a different picture than what the mainstream media wants us to think, we are allowed to think in whatever way we want.

# Rethinking New Jersey's Election System

**BRANDON JOHNSON** 

NJ voters went to the polls yesterday, Nov. 4, voting on candidates as well as amendments to the state constitution.

According to NJ.com, in addition to candidates, voters will also decide on changes to constitutional rights to bail, as well as funded through property taxes." the creation of permanent funding for historic preservation.

Regardless of the topics on the ballot, voter turnout remains low, with Christie's re-election in 2013 seeing a 39.6 percent turnout, according to NJ.com.

The root of this problem is the lack of true competition in NJ elections. According to Dr. Joseph Patten, Chair of the Political Science and Sociology Department, the average reelection rate over the past 20 years is 95 percent, despite having a 10 percent approval from constituents.

Patten said, "Most districts in NJ and across the nation are gerrymandered, so we have very few competitive elections." Gerrymandering is the process of redrawing voting districts to favor certain parties or candidates.

He continued, "The way that you could have a 95 percent reelection rate in an institution with a 10 percent approval rate is that we don't have a lot of competition in our elections.'

Accompanying the lack of electoral competition is the stagnation of politically polarizing issues within the state, according to Patten. Property taxes are the recurring topic of political conversation, along persistent consideration of the economy. While both issues are hotly debated, neither topic sees sweeping change.

age, \$7000 dollars of property tax per household, which is one of the hot-button issues," said Patten. He added that property taxes tend to be higher because of NJ's inefficient town system. "Because we have 565 towns and each town has its own school district, police force, fire department, a lot of those services are

On the economic front, gambling, as seen by the recent push to legalize sports wagering, is also a concern. Dr. Stephen Chapman, associate professor of political science, said, "In recent years, bordering states (PA, most notably) have expanded the amount of legalized gambling. This makes it a strategic game between states. New Jersey obviously wants to keep Atlantic City a viable tourist attraction; however this has become more difficult with expanding options for gamblers within the region."

It appears that topics like property taxes and gambling expansion still do not prove enough to draw the masses to the polls, especially during a midterm election. With the existence of online absentee ballots, could NJ expect an expansion of online voting to reach those who do not vote in-person?

"Short answer? No," said Chapman. "We've always seen an ebb and flow to voter turnout in the United States. Midterm elections will always have lower voter turnout than presidential elections. It simply is because people are more invested in presidential elections."

He continued, "It simply comes down to a cost-benefit analysis from the voter; it is costly to become informed, register to vote, make it to the polls,

Midterm Voting Indicators and Voter Turnout in Recent Election Years

	Given "quite a lot of"/"some" thought to election	"Extremely motivated" to vote	"More enthusiastic about voting than usual"	Voter turnout
	%	%	%	%
2014	33	32	37	n/a
2010	46	50	46	40.9
2006	42	45	43	40.4
2002	33	30	38	39.5
1998	36	31	35	38.1

Indicators are from Sept. 25-30, 2014, poll and mostly from late September/early October polls in prior years.

Turnout is the percentage of the voting eligible population that voted, based on figures from the United States Elections Project website.

#### GALLUP'

Voter motivation during midterm elections has dropped significantly in the last eight years, according to this Gallup Poll published on Oct. 8, 2014.

from voting combined with the mary' whereby the top two vote nication, reiterated the lack of extremely low probability of their vote affecting the outcome, it makes sense for voters to abstain.'

Patten added, that the structure of NJ voting is causing the dismal voter turnout. Because voters believe that their votes do not impact the election, Patten suggested revamping the NJ voting system to be more in line with that of California.

"California's new primary system attempts to produce more moderate public officials. They have a wide open primary, instead of a party primary. It's

getters from either party move on to the general election," said

He continued, "So in California the general election could include two Democratic candidates or two Republican candidates, as opposed to dividing the primary by political parties. Thus in this scenario when

two candidates from the same party reach the general election, the opposition will vote for the more moderate of the two, leading to the restoration of the political middle.

Dr. Michael Phillips-Anderson, "New Jersey has, on aver- etc. Given the costs incurred called an 'Open Top Two Pri- associate professor of commu-

competition stifles voter turnout. He said, "Expanded early voting or perhaps making voting day a holiday might encourage greater turnout."

Phillips-Anderson continued, "The only people who vote in off presidential year and local elections tend to be those most interested and committed to the process.'

At this point, an increase in voter turnout might only be possible by rethinking the current electoral system. Mike Hamilton, a senior political science major said, "I always write in my name for president."

## Online Voting Lacks Security: Traditional Ballots Remain The Standard

**GREG GORDON** 

**BRANDON JOHNSON** 

Nevada's election chief says the state's much-ballyhooed new system for electronically delivering absentee ballots to troops and other citizens overseas isn't an "online" voting previously disclosed. system, even if it offers those marked ballots to county clerks

But his boss, Nevada Secretary of State Ross Miller, described the system differently in testimony to Congress last year, boasting that it would allow voters abroad "to request, mark and deliver a ballot to their county without the need of ing Assistance Program gave a printer or a scanner."

The office of Pentagon Inspector General John Rymer is taking a hard look at systems like Nevada's to see whether they're violating a prohibition on the use of Defense Department grant money to create online voting systems, a spokeswoman for Rymer said. The prohibition was spurred by concerns that those systems are vulnerable to hackers.

Republican Rep. Joe Wilson subcommittee on military personnel, and the panel's rank-

Susan Davis, wrote to Rymer last June requesting "a full and thorough investigation" to determine whether they're designed to return votes electroni-

So far, the Inspector General's office said, Rymer has ordered only an "assessment" of whether grant recipients are skirting the rules; a review not

At Wilson's and Davis' reoffice also is examining how an obscure Pentagon unit, whose task is to facilitate absentee voting overseas, spent \$85 million in research funding from 2009 to 2013, Rymer's office

The Pentagon's Federal Votmuch of that money in grants to states and counties for voting system upgrades in what has become a race to capitalize on technology that makes it easier for troops stationed overseas to cast their ballots. About 30 states, most of which received grants from the program, have developed some form of online voting.

The problem is that numerous cybersecurity experts warn that votes cast over the Internet, inof South Carolina, chairman cluding through email, are vulof a House Armed Services nerable to vote tampering or even large-scale schemes to rig elections. Another drawback is ing Democrat, California Rep. that they do not create a verifi-

able paper trail in the event of a recount, as do many state electronic voting systems.

When Hurricane Sandy battered New Jersey eight days before the 2012 election, an emergency order by New Jersey's secretary of state allowing voters to email or fax their ballots broke a state law barring Internet voting and "made voting severely vulnerable," a new report by the Constitutional abroad the option of emailing quest, the inspector general's Rights Group at Rutgers University's law school concluded

In 2004, Congress stopped Pentagon funding for online voting until the National Institute of Standards and Technology concluded it was secure. The agency has yet to issue an all-clear signal, stating in 2012 that secure Internet voting is not yet feasible.

Some states have seemed to ignore the red light, and the Voting Assistance Program under its former director, Bob Carey, was accused of encouraging the allegations Carey has denied.

Dr. Joseph Patten, Chair of the Department of Political Science and Sociology said that if a shift to online voting isn't the case, California has devised a voting system that could impact voter turnout.

The program said Friday that "there is no directive from Congress that expressly prohibits online voting" until the Nation- of a marked ballot" nor "use tem is in compliance.

al Institute of Standards and Technology "signs off," but that it has "expressly" barred use of grant money for that purpose because of the lack of federal security standards.

Dr. Stephen Chapman, associate professor of political science, said, "There are too many problems associated with verification and possible fraud or manipulation of the outcome. Especially in the current political context when many \$386,500 Pentagon grant, it states are trying to push for uses troops' encrypted Comvoter identification laws in the mon Access Cards for secuname of voter fraud (although there are partisan motivations as well), it is doubtful any state would consider moving to online voting. '

Voting system vendors and a number of states easily circumvented its initial prohibition, imposed in 2012, on use of grant money to electronically return marked ballots. It cost nothing to email the ballots or little for states to buy an added feature providing for their electronic return.

After voting integrity groups protested and members of Congress took interest, new leaders of the Voting Assistance Program incorporated tougher language in grants awarded since last year. Applicants now are required to certify that they not use grant money "to develop a system for the electronic return

the system components developed with grant funds after the award ends" for casting ballots electronically.

Even so, Miller, a Democrat who is now running for Nevada attorney general, told Congress in November 2013 that his state's system copies one in Montana and is designed to "facilitate" the online return of a ballot.

Developed in-house with a rity and allows them to use an electronic digital signature to register, obtain and sign absentee ballots, which they can either send via their own email accounts or print and mail to county clerks.

John Sebes, chief technology officer for the California-based Open Source Election Technology Foundation, said that email is "the most convenient and least secure transport mechanism," and that there are multiple ways for hackers to tamper with the process.

However, Scott Gilles, who runs the Election Division in Miller's office, said officials of the Voting Assistance Program approved the system and that it is "well within the boundaries of the law as well as the boundaries of the grant." Program officials said that Nevada's sys-







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# Toylor Swift Takes Us Back to "1989"

**EMILY SHAPIRO** 

When it was first announced that Taylor Swift's new record was going to be pop instead of country, I have to admit I was already disappointed with the album. How could the girl who moved to Nashville to be a country artist just decide one day that she can change her style without any effort? I was one of the skeptics when the album 1989 was finally released on Oct. 27, but I crossed my fingers, hit play, and surprisingly fell in love with the new Swift. The theme of moving on instead of dwelling in heartbreak somehow made this album shockingly catchy.

Before the track list was even shared, Swift put out three songs for her listeners: "Shake It Off," "Out of the Woods," and "Welcome To New York." I will be the first to admit that "Shake It Off" made me want to shake those songs that makes you ask, Swift off. The song sounded the opposite of what we were used to hearing: lyrics about heartbreak "Is this really Taylor Swift or is this Lana Del Ray?" The beginning of the track has the same with Swift playing the piano in feel as Del Ray's hit song "Sum-

track was about the famous Har- be her best. ry Styles of One Direction, it was a reminder that Swift is still without accusations of which the same girl who writes songs song is about whom. Besides about relationships. "Welcome "Out of the Woods," another To New York" was the last song song starting some buzz is track to be released before 1989 hit eight, "Bad Blood." At first, airwaves. This was track number one, so naturally this is the about Miley Cyrus. Later it was song I used to judge the whole album. For the first time in what feels like forever, Swift was singing about taking chances that did not involve loving anyone but yourself. Within the past year Swift finally moved to New York after being on the fence mors when we all know they about it. This song was to show that she was proud of her decision, and it was the best change ally shines through in songs she ever made.

(Swift's favorite number) and ranges from songs about being she is not at her piano singing stabbed in the back by a friend to moving on from someone Swift still manages to paint a who no longer serves you any

had been doing it her whole life. Upbeat songs keep your foot at your worst is when you realize bum you turn on to cry to, but tapping throughout the whole al- just how great you are alone. bum, and listeners really hear a different side of Swift 's voice.



PHOTO COURTESY of eonline.com

Swift (left) is known for promoting her music by offering once-in-alifetime fan experiences like dinner parties and private concerts.

the background. Then, "Out of the Woods" was released.

mertime Sadness." As one of my favorites on the album, it is easy With speculation that this to say that her new sound may

No album would be complete eight, "Bad Blood." At first, many believed the song to be discovered that all signs point to Katy Perry. Swift explains in the song that she was really hurt by what this person did, and she was not expecting it at all. While Swift does not write and tell, it is hard to disagree with the ruhave had a falling out.

The theme of moving on re-'Clean" and "All You Had to Do 1989 is comprised of 13 tracks Was Stay." "Clean" is the song that does it for me. Even though what we are used to hearing, picture in our minds. The lyr-

so many dedicated fans is be-

"Wildest Dreams" is one of cause she is loyal to them. While her after-concert 'T-Parties' are no longer confidential, she did host 1989 Secret Sessions in multiple states leading up to the release of the album. At these Secret Sessions, certain guests were invited to hear the album first. They each even got some alone time with Swift to take Polaroid pictures, Swift's latest obsession. If you were not one of the lucky ones to manage an invite, don't worry! When you purchase the album at Target or on iTunes, you will receive a special code you can enter on taylorswift.com and get the chance to attend one of Swift's upcoming concerts as well as meet her. No wonder her fans have stuck with her through the

The last two albums Swift has put out, Speak Now and RED, have both broken world records by selling a million copies in one week. So far no record released by a single artist in 2014 has sold a million copies. The closest has been Beyoncé's self-titled album, which has sold around 787,000 according to billboard.com. There is no doubt in my mind that Swift will be reaching one million ics explain that the beginning copies by the end of 1989's first The genre of pop welcomed of a break up is the hardest part, week. My advice to old listen-Swift with open arms as it she but you can move on to better ers is to give this new sound a things. Sometimes when you are chance. This may not be the alit will be the album you turn on One of the reasons Swift has to motivate yourself into taking new chances



IMAGE TAKEN from taylorswift com br

Regarding '1989,' Swift told Billboard, "This album was made completely and solely on my terms, with no one else's opinion factoring in, no one else's agenda factoring in. I didn't feel that I was having to think too hard about the musical direction.'

# AN EVENING WITH ROCK LEGEND JERRY LEE LEWIS



Jerry Lee Lewis began playing the piano at nine years old. After releasing over 20 albums, Lewis was inducted into the first class of the Rock and Roll Hall of Fame in 1986.

**CONNOR WHITE** CONTRIBUTING WRITER

Imagine this: it's 1957 and Rock n' Roll music is forming, growing more popular in the teen generation by the day. The music is fast, it's loud, and it's nothing anyone has seen before. The baby boomer post-World War II kids are running around like chickens with their heads cut off, breaking away from previous social norms. Parents are furious.

Word gets around about a Rock n' Roll. young kid in his twenties from

er, by the time Lewis came on at 9 pm we were packed in like sardines, fighting for position to get a clear view of the stage.

The lights went out at 9:10 when Lewis, cane in hand, was escorted to the stage with the help of his band members and a woman who stood sheepishly in the back of the stage throughout the show. He didn't waste any time, playing a song with the furious delicacy on piano that only a rock legend like himself could have mastered. This is

The air inside the club was Louisiana recording at Sun Re- electric. Lewis' energy was cords, where Elvis got his start. phenomenal for his experienced Word also says he's a luna-tic. Flipping his curly hair, he hard fans in the crowd between

"Lewis' energy was phenomenal for his experienced age, and the banter with his diehard fans in the crowd between songs was witty and fun-loving."

pounds on the piano keys with a chaotic proficiency that only a genius could produce. He sings about "shakin" and "wigglin' around" with a Southern twang thick molasses.

ard," you say to your friend as both of you jump around your bedroom to the sounds coming out from the record player in the corner. Sweating, gasping for breath, you realize music has never made you feel this way before—so alive, so in the now. A new star is born, and his name is Jerry Lee Lewis.

57 years later, celebrating his 80<sup>th</sup> birthday on tour, Lewis took to B.B. King's night club in NY's perpetually bustling Times Square last Thursday. And not even sitting in the night-before-Halloween New York City traffic could take away from what this night gave

Arriving at B.B. King's venue at 7 pm, an hour before the n' Roll died when Lewis, Little show began, all the seats in the Richard, Chuck Berry, and Elhouse were taken. My father and I ended up standing at the The Beatles brought it back. bar where there was plenty of I'm glad I got to see one of the room to hang around. Howev- first originators of cool.

songs was witty and fun-loving. Despite living the long life of a Rock n' Roll star, he was still sharp as a tack.

Forty minutes was all it that can shout over his piano or took, and no one who was in fall loosely from his mouth like attendance will ever be the same. Lewis blew through 11 songs but at no point did the show seem rushed or frazzled. Watching him pound on the piano, sliding his hands back and forth and yelling into the microphone, he had everyone in the place jumping. And ending the show with a flair that only a true rock pioneer could get away with, he used his cane to hit the last few notes of the

> Stepping out into the frigid New York City street, it made me realize what a different level of music I had seen that night really was. I had just witnessed an 80-year-old man take complete control of a crowd and get them more hot-and-bothered than any other concert I have seen before. They say true Rock vis were out of the game, and

# Blue Hawk Records Soars Higher

OLIVIA CARUSO STAFF WRITER

Students of Blue Hawk Records (BHR) changed the selection process in preparation for their fourth compilation EP for the fall semester, allowing a mixture of artists on the record. Members of Blue Hawk Records Applied Industry III class held open auditions on Wednesday, Sept. 24.

"This year, we changed the process entirely by having open auditions to not only the rest of the department outside the class, but to the entire University as well. Musicians or artists could email BHR to reserve their audition slot to come perform their song in front of a panel of judges," said Mike Burke, president of BHR. The songs performed during auditions were judged based on completeness of composition and overall musical appeal. For predominately electronic pieces, there was an opportunity to submit audio files rather than

performing.
Open auditions enabled the student organization to grow not only in size, but also in musical talent and variety. "The Blue Hawk CD is not at all exclusive

would be dramatically limiting our talent pool and our audience," Burke said. He pointed out that interest in the auditions of the Blue Hawk Record CD's digitally. The sources involved was strong, giving members of BHR a challenging decision to

It was a tough decision for the judges, but they eventually managed to come to a consensus," said Dave DePaola, head of BHR public relations. Among the judges were Burke, Professor Joe Rapolla and Professor George Wurzbach of the music department. The remain-

rently active in BHR.

The album for this semester will feature Ice House Gallery, Joey Affatato, JKC, Joe Sullivan and Dan Robinson, and Jessica Leigh. Among the artists chosen, Sullivan and Robinson were new to the department. Robinson noted, "At first we were intimidated by the theater and people around us, but it turned into excitement when we started playing. Overall, it boosted our confidence and it was a great experience.

DePaola explained that each artist had something different to offer. "The genres of music that are featured on the BHR compilations range significantly. There are rock bands, rapto BHR members. Looking at it ly. There are rock bands, rap-from a business standpoint, that pers, solo acoustic artists, and

were selected from the Applied Music Industry classes, a required part of the curriculum for Music Industry. The classes would choose their most desired songs by select artists and record them at Lake House Studios in Asbury Park.

Erik Romero, producer and engineer at Lake House Studios, worked with the students on their last compilation. Romero said that he enjoyed collaborating with the students and looks forward to using a variety of equipment for the new album. "[...]maybe in the future we can venture into analog recordings with Blue Hawk and take advantage of Lakehouse's Ampex 1971 mm1200 2" tape machine!" Romero enthused.

Now that the artists have been selected, pre-production is underway and will lead to the recording of their fourth album at Lake House Studios. "Lake-house has had a great relationship with the Monmouth Music ity event at the Inkwell Coffee Department since 2012. It just made sense," Romero added.
On past compilations, the students connected with lo-

pects of the albums including artists' full sets.

designing cover art, pressing CD's, and releasing the music were Lake House Studios, Asbury Media, Bands on a Budget, and TuneCore. Based on demand, there were 100 CD's pressed per release. The tracks were also accessible digitally through iTunes. "Since the CDs are more EPs [Extended Plays, more than a single but less than a full album], we don't charge the typical \$10-15 expected, usually \$5-7 depending on the track number. Digitally the tracks are \$0.99, and the album is that times however many songs," Burke said.

BHR members are enthusiastic about the changes taking place since their first release in the spring of 2013. "I'm really excited for the new CD release!" DePaola said. "I think the efficiency of the BHR team is definitely improving as well." is definitely improving, as well as the team's ability to market the album to the student population." BHR will be promoting the new album with a char-House on Nov. 13 and can be heard throughout the semester on 88.9 WMCX. In addition, BHR will hold a record release cal sources to complete all as- show in early Dec. featuring the

With the inclusion of new artists, BHR continues to expand. Leaders of the organization express satisfaction with the progression of the new album. "I think the best part about Blue Hawk Records releasing this particular album is the fact that it was so open to the entire student population. It not only lets us get a whole new cast of art-ists for our record, but it also allows us to market the album to the student population in a much more efficient and effective way. It definitely lets more people on campus know that we exist and that we're doing some really cool stuff." DePaola said.



Blue Hawk Records' last EP was released in Spring of 2014. This new record will be the first to feature artists throughout the campus community.

# The Flawed Arguments of the "Gamergate" Controversy

**JOHN MORANO** 

One of the main reasons many people in the gaming community have heard about 'Gamergate' (something that is neither representative of gamers, nor comparable to Watergate in any real way) is because Anita Sarkeesian, a selfdescribed "feminist media-critic/ blogger" has seized upon the conflict (if one can even call it that) to draw attention to her own personal agenda. Sarkeesian believes that the portrayal of women in video games is sexist, and has used the issue of 'Gamergate' to help her criticism gain traction. According to MSN-BC's *The Reid Report*, 'Gamergate' is "an online battle of the sexes over how gamers are portrayed, and the sometimes violent reaction to women who speak out." As far as I can see, this is what some in the media would like it to be, but not what it is. This entire controversy feels manu-

That's not to say that there isn't a controversy right now. There is, but it wasn't built off of sexism in video games (there was a domestic spat in the life of a game developer which received media attention, and it has since devolved into 'Gamergate'). There has, unfortunately, been much toxicity towards Sarkeesian, even death threats. When she was scheduled to speak at Utah State University, someone threatened to carry out a school shooting were she allowed to speak. Honestly, I feel there's very little to say on this area, as most reasonable people would agree that offensive language and death threats

I have an issue with Sarkeesian and others who are framing this of their own distinct from that of the

controversy as being representative of gaming (and gamers) as a whole. First of all, the sexist portrayal of women is not constrained to video games. Some of you have probably seen a story about 'Gamergate' on the news. If you stick around until the commercials, you'll likely see sexist portrayals of both men and women just as bad as what's featured in games (and it's much more difficult to argue that there's a narrative basis in an ad).

Grand Theft Auto V was cited by Sarkeesian as one of the franchises portraying women in a sexist light, and she's absolutely right. However, she neglects to mention that the game itself is a satire, and as such is meant to show humanity at its worst. Throughout the Grand Theft Auto series as a whole, players will see and partake in such deviant behaviors as theft, murder, arson, torture, rape, and cannibalism. In some cases players are meant to enjoy the deviant behavior, and in others they are meant to be disturbed by it.

Many of the worst aspects of Grand Theft Auto can be seen in The Sopranos, The Walking Dead and Game of Thrones to name a few examples. I'm not saying that what Grand Theft Auto does is right-I'm conflicted about this particular series myself. My goal is to fully inform the public of the flaws in Sarkeesian's reasoning behind the sexist portrayal of women in video games.

Sarkeesian and several other feminists claim that the portrayal of women in video games negatively impacts society by influencing perceptions and the behavior of gamers. If gamers are taking cues from games like Grand Theft Auto about women, these people have problems

While we're on the topic of sexist portrayal of women in games, what about that of men? If Sarkeesian is right and games victimize women, then what about the men portrayed in games that carry out said victimization? Wouldn't that mean that games also demonize men by suggesting that participating in abusive, degenerate behavior is precisely what men generally desire? Most men I know don't behave this way, nor do they aspire to.

Also, some journalists who take the "holier than thou" stance towards video games can be guilty of the same crime themselves. For example, as I watched Sarkeesian interviewed on The Colbert Report webpage, I saw an advertisement for *Slednecks* (showing a female on a snowboard, wearing nothing but a snowcap and goggles). As The Colbert Report satirizes games for a sexist portrayal of women, there's a naked woman on their website enticing people to click on an ad for a new MTV show.

My issue with Sarkeesian and like-minded feminists isn't with their overall point that there needs to be a more mature portrayal of females in video games; on the contrary I agree with it, strongly. However, I feel that many are guilty of overgeneralizing about the portrayal of women in video games to suit their own positions.

My final point is, if you cherrypick specific scenes from select video games, it's very easy to make even the most progressive game appear sexist. For example, Sarkeesian criticized the Dragon Age series for its portraval of women more than once. I found this especially odd. I've played through both Dragon Age games, and consider them to be

had the pleasure to play.

Sarkeesian claims that the games overuse the "damsel in distress" trope by having male heroes rescue disempowered females. This demonstrates Sarkeesian's overreliance on searching for self-fulfilling examples. Rather than viewing a game as a whole and coming to a decision based on all the evidence, she takes small, tiny pieces of evidence from select games and uses them to condemn an entire industry. Yes, in *Dragon Age Origins* one can save a woman as a man. However, if one decides to play as a woman, they can save a woman as a woman. Actually, throughout the course of Dragon Age, you save a lot of disa noble who was unjustly imprisoned and tortured). In the very same game Sarkeesian publicly identifies as an example of gender misrepresentation, if one chooses to play as a woman, often the player will save men as a woman. This is exactly what Sarkeesian claims to want from games—equal treatment—and here

she is criticizing one that provides it. This topic reminds me of a scene teased from the upcoming Dragon Age Inquisition. The main character (who one can choose to be male or female) is rescuing an imprisoned character named Leliana. He (or she) makes it to Leliana's cell, only to see her snap her jailer's neck, while chained, with her legs. Try as I might, I'm having trouble seeing Dragon Age overusing the "damsel in distress" trope (although I would agree that it is generally overused by the media as a whole, not just video

Another criticism of Dragon Age Origins by Sarkeesian was its inclu-

the most progressive games I have sion of prostitution. Yes, you can pay to have sex with a female prostitute as a man (which doesn't appear to be out of place in a mature fantasy title, set in a world comparable to Westeros from Game of Thrones). Actually, in the sequel, you can pay to have sex with a male prostitute as a man, or a female as a woman (gender is no longer a restriction for debauchery... be careful what you wish for).

Another thing that makes this article so difficult to write is that I agree with Sarkeesian: like most other media outlets, there is much room for improvement in regards to the portrayal of women in video games. However, as one who plays a lot of games, I fervently believe empowered men, too (like releasing that things are a lot better than Sarkeesian makes them out to be. Her arguments would be taken more seriously if she framed them more accurately and fairly.



IMAGE TAKEN from en.wikipedia.org "Grand Theft Auto V" is under fire by media-critic Sarkeesian for its sexist portrayals of women, but that's not enough to support the logic of 'Gamergate.'

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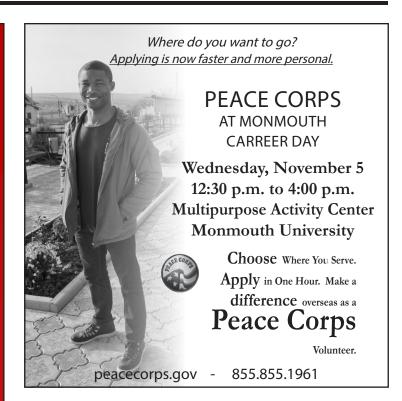
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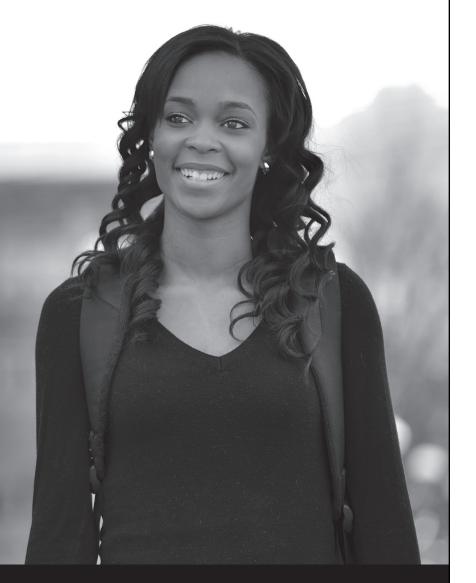
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### Avoid Early Hibernation: Last Minute Outdoor Activies

KYLE O'GRADY STAFF WRITER

It's about that time of year where we all break out the warm soft sweaters, start brewing hot little spot where we can escape Netflix, take advantage of the be picked.

loween may be over, so there's no need to acquire pumpkins for carving, but Thanksgiving is approaching soon and pumpkins will be needed for dinner. chocolate, and find a permanent Many farms stay open till mid November so there is plenty of the harsh winter. But before time to go pumpkin picking. you get too cozy in your fuzzy Or, if apple pie is your favorite, socks and start a new series on apples are still ripe and ready to

people's minds is pumpkin. Hal- with colorful leaves, or, head up to North Jersey farms and gaze in wonder at the mountains and hills painted the prettiest fall colors you can imagine. The trees on campus are pretty, but nothing beats a fall drive through the countryside.

If pumpkin picking seems like a waste of time, then make

the drive worth it by heading to one of New Jersey's many vine-

PHOTO TAKEN by Kyle O'Grady

Members of Monmouth's Outdoors Club recently went horseback riding at Sheeder Mill Farm in Pennsylvania. This is just one of a handful of activities you can enjoy before the bitter cold comes.

cool fall weather.

weather to take advantage of in November, and with the fall cold winter; there will be plenty of time to get cozy later.

Get a group of friends to- yards. Laurita Winery in New There is plenty of decent gether and take a ride out to the Egypt offers daily tours of the countryside of New Jersey to get these apples and pumpkins. foliage there's no reason to stay If you have to travel a little farinside. It's going to be a long ther that's all right, fall is the best time of the year to drive.

Fall foliage is beautiful. When someone says fall, one Travel to South Jersey farms of the first words that comes to and revel at the plains littered fall may become your favorite nia!" Otten said.

vineyard as well as wine tastings with 7-8 different types of wines. Grapes are harvested in the fall for wine making so the farm will smell amazing. Com-

season.

Since the weather is not too cold yet, hiking an enjoyable way to get in a little exercise. Cheesequake, Allaire, Hartshorne are all local state parks that offer a great place to escape for an hour or two.

Krystal Wilson, a senior finance major, loves to go hiking, especially during the fall. She said, "The weather is just too perfect not to be outside, it's not too hot and it's not too cold. Plus, the leaves changing colors is so unique and makes everything that much better. It's just all around perfect in the fall."

If you are feeling even more adventurous, there are dozens of other state parks located throughout New Jersey and Pennsylvania as well as New York. Nothing beats listening to the crunch of the leaves under

professor of computer science and software engineering, is a frequent hiker, as the Outdoors Club's advisor. "Hiking is good exercise, with good scenery and always great company," he said.

Horseback riding is also a special fall activity. Beautiful scenery and getting to ride on the back of a massive animal is an unforgettable fall memory.

Allaire State Park offers horseback riding at a very reasonable price. If you want to travel a little farther, Sheeder Mill Farm in Spring City, PA also offers an amazing 90 minute ride through through parts of the farm.

Shannon Otten, a sophomore health studies major, recently went horseback riding at Sheeder Mill Farm with the Outdoors

"Horseback riding was an bine that with gorgeous views incredible experience with the of foliage and vineyards and beautiful scenery of Pennsylva-

If you still want to extend the fun of Halloween a little farther Paranormal Books NJ offers a Ghost Hunters Tour of Asbury Park. The next time this "investigation" runs is November 15. Asbury Park is so close and so full of history, now is a perfect time to go explore it. There is apparently a Native American chief who is seen walking down one of the streets.

Rachel Fox, a senior English major with an endorsement in special education recently took this ghost tour. She recommended everyone experience the ghost tour. She said, "The tour was awesome because while you were hearing about ghost stories, you were learning historical facts about Asbury Park. The tour guide knows so much and tells the story with so much enthusiasm."

If you're seeking an adrena-William Reynolds, an adjunct line rush, there is still plenty of time to go skydiving! There are many places located throughout New Jersey, one location is only about an hour away. It's not too cold and it's not too hot. Plus the view of the autumn leaves will be unlike any other!

Hot Air balloons are a unique experience that fall weather only enhances. Skydiving may seem a little too risky for some, so hot air balloons offer some thrill with a little more safety. The weather is crisp, the scenery is beautiful and so are the balloons. The closest location to school is in Pittstown, NJ streams, wooded areas and a little over an hour away to a cool experience.

> Winter is a great time to lay back and stay indoors, but for now we still have beautiful fall weather to take advantage of and plenty of activities to do in it. Movies will always be there for you, but the weather will only be bearable for a few more

## Fast Food Does Not Have To Signify Fat Food: Slimmer Options

**KELLY HUGHES** 

Fast food. Some of us hate to love it and others love to hate it. Fast food can be a guilty pleasure, or just a downright pressure of eating on the fly, especially for college students crunched for time. Some days we face a heavy work load and barely enough time to eat. That is when we virtually have to opt for fast food. We just need to put something quick and cheap in our bellies on the go.

According to Fitness Magazine, the Center For Disease Control found that fast food makes up more than 15 percent of daily calories for people in their twenties and thirties. While most fast food might as well be called fat food, there are options that aren't all that bad. When choosing these quick dining options, its helpful to know what items on the menu pose the least threat to your body.

When you hear fast food, you often think: McDonalds, Burger King, Wendy's, Taco Bell. None of these are held high in regards to health. McDonalds has an especially bad rep since its Super-Size me days and is infamously known for salty french fries and questionable meat products.

If you must make the trip to the Golden Arches, a premium caesar salad with grilled chicken and low-fat balsamic vinaigrette will do. Add a fruit 'n yogurt parfait and you'll total just 375 calories and less than ten grams of fat. A veggie burger and apple slices from Burger King is 440 calo-

ries. Furthermore, a smart menu healthier choices. choice at Wendy's is a large chili with a side garden salad with fatfree dressing. Taco Bell calorie savers include fresco chicken soft

Chicken products over beef may seem like a good idea at these places; however, due to processing, this is not always the case. Amanda Enright Unanski, an adjunct nutrition professor said, "I don't recommend menu items like frozen chicken fingers or frozen chicken nuggets and the quality of the meat used is questionable. The breading just noodle soup or garden veggie adds extra calories. This actually goes for most frozen meals- they are full of added calories (usually from fat) and are high in sodium, which is something we want to try and limit from our diet."

Jackie Leming, a senior health studies major, tries to avoid fast food all together. "If I did have to get fast food, I would order a grilled chicken sandwich over breaded and not eat the bun." she

While these chains are generally what we think of when we hear fast food, there are other places where items should be chosen wisely. Starbucks and Dunkin' Donuts are college favorites for coffee and a snack before or in between class. Starbucks Nonfat Caffè Latte and Skinny Vanilla Latte are only 100 calories. You can also ask for any drink to be made "skinny" to save calories.

At Dunkin' Donuts, the Smart Swaps program allows you to see what items can be exchanged for

For example, according to Dunkin's website, subbing an english muffin for a plain bagel saves 170 calories. The menu labels breakfast items like the egg white flat bread under DD Smart, as a part of a marketing campaign to label the healthiest choices.

Panera Bread is a convenient café that offers soups, sandwiches and salads which may seem healthy. Some of these are loaded with sodium since they are prepackaged, however. Professor Enright recommends either chicken soup with sandwiches like the smoked turkey or mediterranean

Even though places like Subway, Saladworks and Chipotle use fresh ingredients in front of the customer, there are still unhealthy add on's to be avoided. Calories at these places can rack up quickly if you do not pay attention. A turkey club salad from Saladworks only has 220 calories and five grams of fat. This is a steal compared to other salads like the fire roasted cabo jack, which has 390 calories and 19 grams of fat.

If at Subway, choose six inch wheat bread with tons of veggies like peppers and cucumbers along with lean meats like turkey or chicken. The menu item of a six inch Subway club with sweet onion sauce and a side of apples is 445 calories. Avoid condiments high in fat like mayonnaise, the Chipotle Southwest sauce and ranch.

When at Chipotle, it is tempt-

ing to get a fully stuffed bur- cause it's half the calories of the According to Chipotle's website, olate milk if you want."

rito: chicken, black beans, cheese, regular quesadilla. Plus, it comes rice, sour cream and guacamole. with a small side of rice and choc-



PHOTO TAKEN by beaumontenterprise.com A Chipotle burrito can total over 1,000 calories. Be informed about your choices when buying fast food to avoid over-eating.

burritos with these ingredients total 1200 calories. Add chips on the side and you are already at your days' worth of calories.

Instead, have your burrito choice between chicken or black beans combined with fajita veggies for less than 500 calories. The kid's menu cheese quesadilla is just a mere 190 calories as well.

Rebecca Zidik, a senior communication major, said, "I get the kid's quesadilla at Chipotle be-

You should not feel ashamed when you are in a rush but need to eat. Sometimes fast food is unavoidable. These quick pick me up's can easily be the healthiest on any given menu though.

All of these food companys' websites provide nutrition information, so it can be quite simple to choose healthy as long as you are informed. Remember, fast food only equals fat food if you make it that way.

# When Picturing People in Underwear Doesn't Work: How College Student's Deal With Classroom Fears

CLARE MAURER STAFF WRITER

Going to class isn't as simple as our parents assume. There are exams to prepare and show up for, homework for five to seven classes to complete, and rooms of 20 or so peers staring at you during a presentation. There are many factors that add stress to students' days, and many of them are harbored in the classroom. While many students face anxiety in the classroom, there are ways to quell the

nerves and move beyond the fears.

Moyi "Pony" Jia, a lecturer of communication, has seen many anxious students in her time at the University. Jia has taught quite a few public speaking classes, a class most college students dread taking. Public speaking is definitely a topic that causes stress for many young adults in college. A way to conquer this fear is to take a course in public speaking and facing the stressor head on. Jia has seen that many students feel anxious at the beginning of the course, due to uncertainty and an unfamiliar environment.

"The anxiety gradually reduces and even goes away as they take the class and know their classmates better," Jia explained.

Jia offers some great advice to students who struggle with speaking in front of crowds:

'See your audience as friends, they are not [here] to judge you, they are here to listen to you, and to support you! Don't think 'Ahh, there are so many people and they will laugh at me when I make a mistake.' Instead, think 'there are in what I am saying and we will create a good conversation."

John Maurer, a freshman communication major, explained his way of surviving public speaking, "People don't want to hear the usual things; they want to hear your le-

to listen to me! They are interested and also for non-public speaking come up blank. endeavors such as exam taking. When creating a speech, Jia exemplified how important it is to be well prepared.

"[Talk about] something you are passionate about, adapt to your audience, do research about the topic, gitimate thoughts. That will make and use specific, 'juicy' examples after class that it's not that I don't

If you don't raise your hand to answer a professor's question, chances are you just don't know the answer. So when teachers call on you, you're frustrated and embarrassed.

"Sometimes I tell [my professor]

clubs, sports, Greek organizations, and hopefully some sleep. Forgetfulness is a dangerous trait that everyone experiences at times. We write assignments and appointments and assessments in agendas, and we try to keep everything sorted in our heads as well. But sometimes, we forget things. Sometimes, we even forget to take an exam that was posted on ecampus, or maybe that just happens to me.

A blog for college students called Student Voices featured a post that summed up the forgetfulness we face at this time in our lives. The author of the post, stated,"I can count numerous times when I have forgotten my phone or keys in the library before a presentation or realized I left my passport at home as I am approaching the interna-tional border." Even when I have gotten a lot of schoolwork done and feel like I'm in good shape, I still think that I must be forgetting something.

It seems like the answer to all of these causes of anxiety is to prepare yourself to the best of your ability. It's not easy to deal with everything college throws at you, but we have to try our best. If you have a speech coming out, do diligent research so you will execute it confidently.

If you are faced with a tough question in class, try to frame an answer as close to accurate as possible. If you are forgetful like me, try to write down everything you need in your planner and put reminders in your phone. Surviving college is not easy, but if we get prepared and organized, we can



IMAGE TAKEN from ducannuagets.com

College students face many classroom fears, such as speaking in front of the class, or getting called on when they weren't paying attention or don't know the answer.

them want to listen more."

Stephanie Merlis, a sophomore business marketing major, admitted that, "I do sometimes get anxious before a big exam or nervous front of the class."

Another way to avoid nerves is so many people here and they want goes for a speech, a presentation, dent can have a moment where they remember and balance: classes, pass with flying colors.

and stories."

A common fear students face is getting called on during class and not having the correct answer.

Samantha Marella, a sophomore right before delivering a speech in business marketing major, said,"I don't like when teachers call on me when I don't know the answer," to be extremely well prepared. This Even the most well prepared stu-

like to participate; I just don't know the answer." Marella continued.

It can seem at times that professors will only call on you when you look like your not paying attention, just to embarrass you. This is something that stresses out many students during class.

College students have a lot to

# What Happens When You're Dating... But *Not*: Student's Stress Over the "Situationship"

**NICOLETTE ACCARDI** 

Exclusive relationships are pretty rare among college students nowadays. Everyone is looking to explore their options, while there are a few select couples that turn heads. Then there is that other category: dating, but yet not dating. This is when things seem to get complicated hence the label "situationships". The term could be defined as seeing each other for months yet not having the label as boyfriend and girlfriend. Now that's a sticky situation.

Tons of people have been in this awkward situation. The most awkward part is definitely initiating the conversation to talk about the sub ject. That is probably what prolongs the situation even more, which is what results in the "situationship."

When you are "together" but haven't had the "dating" talk, fights could arise. One partner could think they can date other people while dating someone else. It technically is, since there is no relationship label. But misunderstandings are likely to occur unless some previous understanding that it was okay to do so was made prior.

These situations seem to be an epidemic more so with college students. Everyone is young and just wants to have fun. Barely anyone wants to be tied down and worry about the responsibilities of a relationship, especially with the stress of college. There are always those exceptions though. If you truly like the person you should obviously be with them. If both people are willing to make the effort and really like each other I think it is worth it.



"Situationships" are what college students find themselves in when they are dating someone, but didn't have the offical "relationship" talk.

people have on this topic. Is a "situationship" worth it?

Kaitlyn Robertson, a freshman special education major, said, There is no point of being together if someone is not going to take a step further to make a relationship out of it. Both partners times are wasted when no initiative is taken to make a lasting relationship. Either call it off or try to make it work."

Roberston continued, "The more the situation is prolonged, the more stress is added to your life. Also, you could have used that time to find another potential partner that could have actually worked out."

Tim Convery, a freshman crimi-There are a myriad of views nal justice major, had a very good

point to Robertson's answer.

"It is like a trial period. It is also an excuse to get with other people and not feel as bad about it because you are not 100 percent committed," said Convery.

Jill Murphy, a freshman communication major, has had experiences with this situation before. "Well. what happens is it usually causes a lot stress for the partners, since there is so much that goes unsaid between one another," she said.

Murphy continued, "You both could be on two different pages and not even know it, which also is a worry for both or one of the partners. It is easier and a relief if one you just brings up the situation."

Dr. Gary Lewandowski, a professor of psychology that specializes in relationships, said, "Being together without having 'the talk' about your relationship is quite common. In fact, one of the most common taboo topics (i.e. those things couples avoid discussing) is the relationship itself. Though people avoid it, talking about your relationship is important and a sign of a healthy relationship."

'Often, reasons for hesitation in discussing the relationship can signal lack of commitment (you don't really want to have a formal relationship) or insecurity (you are not sure how much your partner really likes you). Yet, in both cases, these young anyway.

are exactly the types of things you should discuss with your partner," continued Lewandowski.

Being in a committed relationship is clearly not an easy task. What is love anyways? Us college kids are honestly too young to understand the true meaning. This hesitation of not knowing how we truly feel is what results in the prominent "situationships." With age, maturity will help us out to understand what a real relationship is. All we can do now is just go with flow and see where our actions take us. Who knows? Maybe one of us will be in an exclusive relationship. If not, we can move on, we are all

## Excuses, Excuses: Why They're Made and What They Mean

ROBERT ZADOTTI STAFF WRITER

During college, there are certain "traditions" between students and teacher that we simply come to expect. The most infamous and well-known cliché is excuses. Specifically, a student making an excuse for themselves and seeing if a teacher will take pity upon their unavoidable calamity and not take off points for a late assignment. It's fascinating, a student will go to such lengths to think up a believable reason to pitch the professor better used with the original assignment.

"I think laziness and a lack of a sophomore computer science major. "I've told a professor I didn't go to class because it was so cold out- ence.

side it hurt," Power continued. "But I wasn't lying for that one."

Students often give an excuse to justify their actions, or lack thereof. Power is correct in stating that students will give more excuses to a disliked class than in one they enjoy. After all, why would a student try to sway the opinion of a professor they respect? But this begs the question of why the excuses are made at all. Whether the professor is liked or not, are excuses solely based on the student's own interests?

"People want to pass the reason when that energy could have been off to something that they're not responsible for," said Jack Demarest, a psychology professor. He claims that students have a lack of responinterest in the class makes students sibility if they make continued exgive excuses," said Connor Power, cuses, and should just try to own up to their mistakes. His response when given an excuse? Indiffer-

Whether for a good reason or not, making excuses shows a lack of responsibility. At any university a requirement is to make up your own work if it is missed. Many of us are out of our homes and living in dorms or off-campus housing, where there is no one to tell us to do our work. When a student doesn't complete an assignment, it should be no one's fault but their own.

"Whether it's, 'I was sick,' 'My mom was sick,' or whatever. I don't know if they're telling the truth or not, so there's a crossroads," Demarest contined.

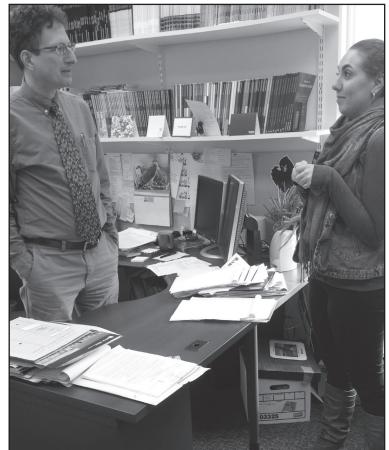
This brings up an interesting point: what if the excuse is genuine? Professors really have no definitive proof if a student has a legitimate reason for not completing an assignment. So not only do we have to take into account the nature of excuses, but the nature of lying.

Where is the line drawn from making an excuse in order to somehow shift the blame and an outright lie in order to escape responsibility for another day?

"I never make excuses; I have such a guilty conscience," said Liz Roderick, a freshman psychology major. "People make excuses to give themselves permission to not finish something, or give themselves a reason to make a mistake," Roderick continued.

Roderick makes a good point in calling out the lack of integrity making excuses suggests. Whether for a good reason or not, making excuses shows a lack of responsibility. At any university a requirement is to make up your own work if it is missed. Many of us are out of our homes and living in dorms or off-campus housing, where there is no one to tell us to do our work. When a student doesn't complete an assignment, it should be no one's fault but their own.

The truth of the matter is that students need to own up to mistakes. Excuses are excuses, and it shows a lack of integrity when they are created. Often enough, a simple "sorry" will suffice for a



**College students** sometimes make up crazy and untrue excuses for not having their work done on time, while a simple "sorry" can usually suffice.

professor. How many are actually going to listen, or even really care? What students really need to learn is to take blame for something they didn't do. Its highly likely that if a student simply tells the truth and says "I didn't do the work," then they will be more inclined to actually do it next time.

Excuses create a self-fulfilling prophecy; a cycle of lies that will be repeated if they're uninterrupted. But once a student puts themselves out there and admits to a mistake or ignorance, they will be assured in their choice to tell the truth and take responsibility. The truth, after all, is what sets us free.

## Out With The Jeans: The Sweatpant and Yoga *Pant*-demic

KERRY BREEN

As winter begins to arrive and the cold begins to creep in, getting out of bed seems to become more of an effort every single day. As this happens, people seem to make less of an effort when it comes to getting ready in the morning, causing sweatpants and yoga pants to surge in popularity. Sweatpants and yoga pants are also, of course, far more comfortable than jeans, and in most cases can even feel warmer.

According to Erica Walsh, a freshman social work major, it's the cold that makes them more popular.

"They're so comfortable, to start," she explained. "And it's getting cold. Shorts are clearly out of the question, and sometimes jeans are a pain. The right pair can make you look good. Plus, in early-morning classes, it's not like anyone cares. You're all in the same boat."

Jenny Lee, a junior biology major, had the same viewpoint. "They're just so much more comfortable than jeans."

Even teachers have noticed the rising popularity. Noel Belinski, a lecturer of English, stated that she's seen more and more students wearing them in recent

"I've seen a lot of students wearing them on campus. I've also read that jeans sales have declined this year, so perhaps this is a new trend emerging."

As these clothes become staples of every-day life, the companies that make them make countless improvements. Gone are the days of simple black yoga a variety of colours and patterns. companies even design them to

Improvements have also been be thermal, making them perfect made to their functionality, some for early morning winter classes.

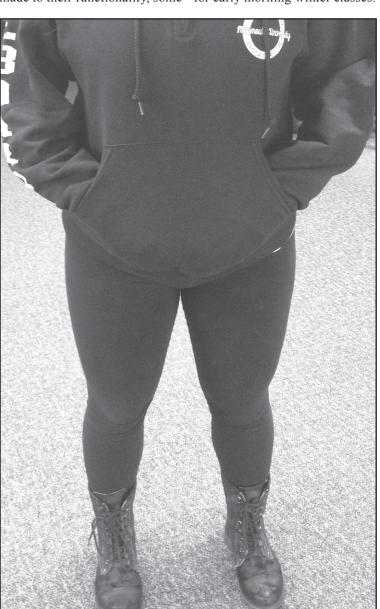


PHOTO COURTESY of Victoria Keenan

**Sweatpants and yoga pants** are two comfy alternatives to jeans, pants, now, they can be bought in according to students, and can be seen around campuses when it's cold.

It also helps that these clothes, especially yoga pants, are no longer just meant as athletic wear. The improvements mentioned above, like the bright colours that they can be found in, make them more and more popular in every-

However, this doesn't mean that pants like jeans are done for. They still seem just as prevalent around campus as yoga pants. Sweatpants, however, sometimes seem more regulated to the inside of dorm rooms and at the gym, as if for some reason they are less acceptable to be worn in public.

According to an article in USA Today called "Five reasons best option. The article states to be damaged. five reasons to pack away the sweats, including the image to professors and peers, the possibeing able to build a professional wardrobe and boosting classroom confidence. The article states, "Wearing your sweats to class, especially for an exam, is not recommended because it can make you feel lazy and sluggish, thus, influencing your classroom performance."

Though their definitely comfortable, sweatpants lack the social acceptability of yoga pants, mainly due to the fact that they often appear bulky and oversized, sometimes making the wearer look as if they've just gotten out of bed. It's mainly yoga pants, with their fitted style, that truly seem to have risen in poputemporary, a surge that always occurs in the fall and winter.

This is probably because yoga pants are so versatile. You can wear them with hoodies, sure, but you can also wear them with a cute shirt or sweater. They tuck in boots and rainboots easier than sweats, making them a more convenient option for the chilly months.

Even for all of the pros of yoga pants, their comfort, their warmth, and their relatively low price, there are still some negatives to them. In some cases, the thin material can be too sheer, leading to them being more seethrough than intended. Also, because of the same thin material, they're more prone to tearing, to stop wearing sweatpants to and it's quite hard to repair the class," sweatpants may be the damage. While jeans can tear easiest outfit to throw on for as well, the material is usually class, but they might not be the stronger, making them less likely

However, despite these problems, it's clear that yoga pants have become a staple of the fall bility of networking at any time, and winter wardrobe. They're comfortable and warm, and in some cases have been specifically designed to be a shield against cold weather. They can also be worn in a variety of styles and colours, ranging anywhere from basic black to brightly patterned.

Even though jeans remain just as popular for the fall and some parts of the spring, it's clear that yoga pants are becoming more and more popular around campus, and may one day be seen as the most popular pant to wear. So next time you roll out of bed and throw on your favorite pair of sweatpants, think about it. We both know you can take an extra couple seconds to put together an larity, and even this appears to be outfit or throw on a pair of jeans instead. Unless it's freezing out, then sweats are a must.

# RHA and WMCX Join Forces for Successful Fall Fest

MICHAEL BATEMAN STAFF WRITER

The University's Residence Hall Association (RHA) collaborated with student radio station WMCX campus event "Monmouth RHA and WMCX Present: Fall Fest" on the front lawn of Guggenheim Library Thursday, October 30 at 6

and hope to see a lot of people come out."

This year's incarnation of Fall Fest introduced a couple new ma-

jor changes to the event dynamic cover of Bobby Pickett's "Monthat were not present in the previous four years. This year marked the first time WMCX co-sponsored the event with RHA

"It is a good partnership," said for the first time to host the on- RHA Faculty Advisor Ryan Kassis. "The radio station brought a lot of advertising for us and did a great job providing us with music."

 $WMC\bar{X}$  set up a remote control panel on the Guggenheim Library "This is our fifth Fall Fest," said lawn, where they streamed a Halstudent RHA president Krista loween-themed selection of songs Varanyak. "We're really excited from the station's headquarters in the Jules L. Plangere Center on the academic side of campus. They played popular holiday-appropriate songs, such as the Misfits'

ster Mash" and the theme song to The Nightmare Before Christmas. "This is Halloween."

"We haven't been too involved with students on the residential side of campus," said WMCX General Manager Danielle Gertz. "Partnering with RHA for Fall Fest provided us with a great opportunity to reach more of the student body.'

Gertz expressed that she also hopes the radio station co-sponsoring the event will gain *WMCX* more student exposure. "We want to gain more student listeners, since most of the station's listeners are not affiliated with Monmouth University," she said.

This year also marked the first time RHA hosted the event on the Guggenheim Library lawn. Fall Fest's four previous incarnations took place on the Residential Quad. Gertz said the change in venue allowed both organizations to "make the event bigger and have more attractions"

University students enjoyed the Fall Fest attractions free of charge. Though both organizations targeted the event toward on-campus resident underclassmen, all students were welcome to attend. "It took about a month and a half to

do a lot with contracts and work loween movies. The contest lasted order forms to set it up."

"It's very positive for the student body that they're doing this," said iunior graphic design major Franny Kieffer. "It's good to see them gathering all the students together to kick off the Halloween festivi-

Students who attended participated in a variety of activities provided by both RHA and WMCX. RHA provided free hot cocoa and Dunkin Donuts Munchkins for students in addition to pumpkin painting, a photo booth with props, caricature drawings, and games of corn-hole. Event entertainment company Party Perfect provided 250 pumpkins for students to paint as well as a Halloween-themed, inflatable bounce house for attendees to jump on for no additional

WMCX provided a bowl of Halloween candy and a variety of promotional items for students to take such as stickers, sunglasses, and pens featuring the radio station's logo. The organization also hosted two contests at the event for students to participate in.

At 7:30 pm, the radio station hosted a "Name that Tune" contest, inviting students to compete to see who could name the most plan," said Varanyak. "We had to theme songs from popular Hal- rha@monmouth.edu.

five rounds, and participants had 20 seconds to name the movie the tune was featured in. The contestant who named the most over the span of the five rounds won. Freshman Mike Levy won the contest and was awarded a WMCX backpack full of prizes featuring the organization's logo.

Following "Name that Tune," WMCX hosted a costume contest at 8:30 pm. Students were invited to attend Fall Fest wearing Halloween costumes and could register their festive attire to be judged by radio station personnel for more prizes. An anonymous student dressed as popular Internet horror icon, Slenderman, won the contest. This student also received a WMCX backpack along with a sweatshirt featuring the University logo.

The event concluded at 9pm with the organizations closing up the activities and students returning to their residences. Gertz said she enjoyed having WMCX co-sponsor the event with RHA and that the radio station would absolutely return to Fall Fest in 2015.

Both organizations are open to all student involvement. To learn more about WMCX, tune into 88.9FM or visit them at wmcx. com. RHA can be contacted at



PHOTO TAKEN by Michael Bateman WMCX members tabling at RHA and WMCX's Fall Fest last week.

# Are You Smarter than a Fraternity Man?

ALYSSA TRITSCHLER CONTRIBUTING WRITER

Alpha Sigma Tau (AST) quizzed the sorority girls at their fall event, "Are You Smarter Than A Fraternity Man" to raise money and awareness for their local philanthropy, The Ashley Lauren Foundation, on Wednesday, Oct. 30.

This was the second time AST has held "Are You Smarter Than A Fraternity Man." This year's event raised \$1,827, exceeding the amount of money it raised last fall. Tickets were sold for \$5 in advance and \$7 at the door.

Members from each organization of the Greek life community took the stage to play a mock game of the television game show Are You Smarter Than A 5th Grader. The fraternity men, or the class, consisted of Joe Lozito (TDP), Jordan Maly (PhiPsi), JD Foye (STG), Maxwell Kenney (TKE), Nash Weiner (DTD), Eric Romanowski (SigPi), and Jose Aguilar (AKPsi). Answering the questions were the sorority girls, Crystal Diaz (LTA), Mollie Dunnigan (AXiD), Krys-

(DPhiE), Robyn Belen(Phi Sig), and Melissa Crosta (ZTA). Each fraternity man was given \$5 in Bagel Guys Deli cash for participating, and the winning sorority girl was given a \$10 Surf Taco gift

Contestants were given the opportunity to pick whichever category she wanted. If the sorority girl got through each category without an incorrect answer, she advanced to the final round. The categories included Monmouth, television, Greek life, food, sports, and music. Contestants were given three lifelines: peak, copy, and save. Each sorority girl could peak at a chosen fraternity man's answer and choose to use it or their own, copy their answer, or be saved by a fraternity man in the hopes he has the right answer.

AST kept the event lighthearted and fun, with hosts Kendal Adams (AST) and Adam Scarangella (TKE), cracking jokes throughout the event. He enjoys "Are You Smarter Than A Fraternity Man" because it's a fun event that gives

ten Brannick (AOPi), Alexis Asaro each contestant an opportunity to the opportunity to answer. If the participate.

> "It brings Greek life together, which benefits not only Greek life, but Monmouth as a whole," Scarangella said. Scarangella has represented AST as their "sweetheart" since the spring of 2013. "Being the sweetheart of an organization is so much more than wearing the letters. It's representing an organization and their ideals. Having the opportunity to live up to the values of Alpha Sigma Tau is truly an honor."

> The event used a twitter hashtag to keep the audience involved, which seems to have become a trend during recent Greek events. Audience members tweeted their thoughts about the event and contestants throughout the night to #AST2014, which the hosts read off sporadically during the show.

Four out of six sorority girls advanced to the final round, including Diaz, Dunnigan, Brannick, and Asaro. Each sorority girl chose a fraternity man to be her partner to answer the final question. Whoever raised their hand first had based on a dating show, and allows

answer was correct, the pair won "Are You Smarter Than A Fraternity Man." Adams asked, "what is the mission of The Ashley Lauren Foundation?" which she had stated at the beginning of the night. Diaz of LTA raised her hand first, and answered correctly with aiding families who suffer from pediatric cancer.

The Ashley Lauren Foundation is an independent, New Jersey based non-profit organization. The foundation aims to ease the pain of families suffering from pediatric cancer by hosting events for children to participate in and raising money to find a cure for cancer.

"As the AST advisor, I am proud to see the ladies have fun while doing something good for the students and the community," mentioned Professor Douglas Stives.

The sorority plans to host more philanthropy-based events in the future, aiming for two per year. In the upcoming spring, Alpha Sigma Tau will host their annual Love Struck event. The event is

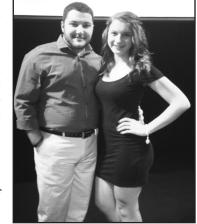


PHOTO COURTESY of Jose Aquilar

Adam Scarangella and Kendal Adams host AST's "Are You Smart than a Fraternity Man.'

a bachelor to find his dream date. Proceeds will benefit the sorority's national service project, Habitat for Humanity.

"I was overwhelmed by the outcome of the event," said Adams, host of the night and AST event chair. "I cannot thank the Monmouth Greek community and my sisters enough for their support!"

# CLUB AND GREEK ANNOUNCEMENTS

#### **MONMOUTH PEP BAND**

Basketball season is here and we are looking to solidify our band. We are in need of any trumpet, mellophone, baritone horn, trombone and tuba players that may wish to become a part of our award winning band. Limited openings for clarinet players are available also. Currently, we are complete in our flute, saxophone and drum sections. If interested, please e-mail Professor Jenner at bjenner@monmouth.edu or stop by room 332 in the student center during the day. Fly Hawks!

#### **VETERAN SERVICES**

On Tues., Nov. 11, the University will once again participate in the National Remembrance Day Roll Call. The event will take place at the 9/11 Memorial across from the Student Center beginning at 9:30 am and will last all day (in case of bad weather we will move to Wilson Hall auditorium). We are reading more than 6,000 names to remember those who fell in the post 9-11 conflicts in Iraq/Afghanistan. Please join us at 9:30 for a short memorial reading before the list is read. If you are interested in being a reader, please contact the office of Veteran Services at (732) 263-5258.

#### SOCIAL WORK SOCIETY/ **SCHOOL OF SOCIAL** WORK

Want to learn about how boundaries are crossed and what to do about it? Come to the Social Work Society and School of Social Work's 10th Annual Teach-In on Nov. 4 from 11 am to 7 pm in Anacon.

#### THE VERGE

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

#### TRACK & FIELD/CROSS **COUNTRY CLUB**

The Running Club is now meeting several times a week, both for recreational runners and for those interested in competing in cross country, road races or track & field. Practices for sprinters are Mon. Wed. and Fri. at 4:30 pm. Practices for distance runners are Mon. at 2:30 pm, Tues Thurs. and Fri. at 4 pm, and Wed. at 4:30. pm Contact Coach Joe or Alexis Knowles for more information.

#### **HUMAN RESOURCES CLUB**

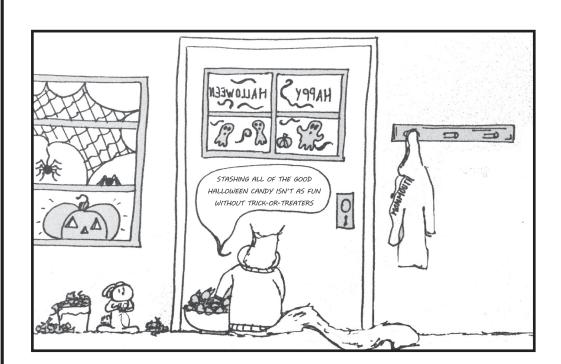
Would you like to learn more about Human Resources and the growing career opportunities within the field? Join the Student Chapter Human Resources Club and learn about an exciting profession that employs individuals from all majors. Our club is active and exposes its members to industry professionals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

# MOMENTS AT WOOD MODUTH



# COMICS

#### "MISGUIDED UNDERSTANDINGS" BY ALYSSA GRAY



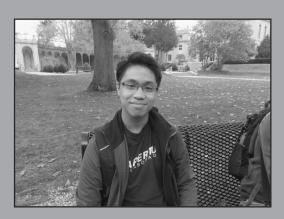
A SO-YOU-SAY COMIX #53

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Do you think the Ebola quarentines are fair?

COMPILED BY: KIERA LANNI



Paul Freshman

"I lean more towards the side that says, 'Don't take any action until we know for sure that they have symptoms,' because to quarantine someone without real evidence seems like a violation of their personal rights."



Morgan Freshman "Yes."



Jason Freshman

"You shouldn't quarantine unless you know for a fact that they have it."



Mary Harris Specialist Professor-Public Relations

"I think if the region has a really strong Ebola presence, I think it's a good idea."

# Field Hockey Wins League Title: First Time Since 2000

MICHELLE GONZALEZ STAFF WRITER

The field hockey team had a weekend for the books on So Sweet A Cat Field. The Hawks faced two conference contenders, Siena College and Bryant University, both crucial games needed to solidify first place in the Metro Atlantic Athletic Conference (MAAC). On Friday, the Hawks defeated the Siena Saints 9-1 and on Sunday, they topped the Bryant Bulldogs 4-0 to celebrate 'senior day.' The victories put them at a new MAAC record of 4-1, making them the 2014 regular season MAAC champions.

With the final two regular season games at their fingertips, the Hawks went into the weekend level-headed.

'Our mindset going into the weekend was to take one game at a time. We knew that being coregular season champions meant that we had to win both games, so we took it each game at a time. This week we really worked on stringing passes together and executing on all of our attacking opportunities," said senior forward and captain Amanda Schoenfeld.

Friday's first half consisted of plenty of attacking opportunities. The Hawks had a comfortable four-goal lead, one that began just two minutes into the game. Senior midfielder Trish O'Dwyer found the cage off of a give-andgo from Schoenfeld. Five minutes later, freshman forward Meg Donahue capitalized on the rebound of Siena goalkeeper Mary Drabich. With a two-goal lead



PHOTO COURTESTY of MU Athletics Greg Ott Senior Trish O'Dwyer recorded her third career hat trick and her 50th career goal against Siena College on Sunday.

the Hawks never lost momentum. O'Dwyer dribbled to the corner

In the 15th minute of play, junior midfielder and captain Cori Allen powered through the circle and fired a shot past the Siena goalkeeper. With ten min-

and connected with Schoenfeld again. Schoenfeld received the cross and put it away to make the score 4-0. The Saints found few opportunities for their offense, utes remaining in the first half, but put themselves on the board

in the last five minutes of the half. but goalkeeper Christen Piersanti Senior midfielder Callie Weise fired a shot into the far right corner for the Saints, making the score 4-1.

Less than two minutes into the second half, the Hawks added another score to the board. Sophomore midfielder Alyssa Ercolino inserted the corner and freshman defender Julie Laszlo crushed the cage. Nearly five minutes later, freshman forward Maartje Wicherink tipped the ball to Donahue, earning her second goal of

MU maintained the five-goal lead for a few more moments until O'Dwyer scored two more goals to earn herself a hat trick; the first unassisted was off a turnover while the second, sent from Schoenfeld, was on an open net. It was in the 66th minute when the Hawks put the nail in the coffin. Wicherink connected with Schoenfeld in the circle for a cross-tip combination. The Hawks walked away with a satisfying 9-1 victory, anticipating a crucial game against Bryant Uni-

On Sunday, the Hawks came out on fire as they were determined to end the weekend well, especially for the seniors. MU began with automatic offensive pressure, earning a goal in the first 12 minutes. Off of a corner, Ercolino deflected O'Dwyer's initial shot to goal to put the Hawks up 1-0. In the 17th minute, seniors O'Dwyer and Allen swept a give-and-go around the Bryant's defense to find the cage. In the 24th minute, the Bulldogs penetrated the MU circle twice title.

denied, maintaining the shutout into the second half.

The final half of the weekend came with some added flavor. With Siena College's victory over Rider University, the Hawks learned that the next 35 minutes were crucial. If they could hold the lead, they would host the MAAC tournament next week. Twenty-one minutes in, senior forward Schoenfeld took fate into her own hands. Ercolino's cross into the top of the circle ended with her beautiful reverse deflection to cage. The Hawks now had a lead of 3-0. With 7:15 remaining in the game, the seniors did not let down. O'Dwyer sent the ball high to Allen for a hard drive on cage. Allen solidified the win at 4-0 for the Hawks.

The MU offense controlled the game, outnumbering Bryant in corner attempts 13-4. This is the second time in program history that the Hawks have earned the regular season title (last in 2000). The 2014 senior class have guided the Hawks to 39 total wins and two conference title game appearances.

"It's incredible. The past four years we have worked so hard as a team and to finally be able to come back to this turf next weekend and possibly have a title is just the best feeling. It's the best way to finish off my career here," praised Schoenfeld.

The Hawks will host the MAAC Field Hockey Championships on So Sweet A Cat Field beginning on Friday, Nov. 7 in hopes of earning the 2014 season

#### FIELD HOCKEY MAAC LEAGUE LEADERS

#### MU FIELD HOCKEY OVERALL: 11-7-0 CONF: 4-1-0 HOME: 6-5-0 AWAY: 5-2-0 NEUT: 0-0-0

#### **GOALS AGAINST AVERAGE:**

- 1.) RID, Joelle Prettyman (2.24) 2.) SHU, Mary Altepeter (2.35)
- 3.) MU, Christen Piersanti (2.39)
- 4.) BRY, Megan Hancock (2.70)
- 5.) QUI, Megan Conaboy (2.80)

#### SAVE PERCENTAGE:

- 1.) QUI, Megan Conaboy (.752) 2.) BRY, Megan Hancock (.743)
- 3.) SHU, Mary Altepeter (.742)
- 4.) MU, Christen Piersanti (.722)
- 5.) RID, Joelle Prettyman (.691)

#### SHUTOUTS:

- 1.) MU, Christen Piersanti (3) QUI, Megan Conaboy (3)
- 3.) SHU, Mary Altepeter (2)
- RID, Joelle Prettyman (2)
- 5.) SIE, Mary Drabich (1)

#### SAVES:

- 1.) QUI, Megan Conaboy (124) 2.) BRY, Megan Hancock (110)
- 3.) SHU, Mary Altepeter (92)
- 4.) SIE, Mary Drabich (71)
- 5.) MU, Christen Piersanti (70)

#### SHOTS:

- 1.) MU, Trish O'Dwyer (94)
- 2.) SHU, Liz Bergman (90)
- 3.) BRY, Rosie Bird (73) 4.) MU, Amanda Schoenfeld (54)
- 5.) QUI, Lea Dietrichs (46)

#### POINTS:

- 1.) MU, Trish O'Dwyer (43)
- 2.) MU, Amanda Schoenfeld (31)
- 3.) BRY, Rosie Bird (22) MU, Megan Donahue (22)
- 5.) QUI, Danielle Allan (20)

#### GOALS:

- 1.) MU, Trish O'Dwyer (16)
- 2.) MU, Amanda Schoenfeld (12)
- 3.) BRY, Rosie Bird (10) MU, Megan Donahue (10)
- 5.) QUI, Danielle Allan (8)

#### **GOALS PER GAME:**

- 1.) MU, Trish O'Dwyer (.89)
- 2.) BRY, Rosie Bird (.77)
- 3.) MU, Amanda Schoenfeld (.67)
- 4.) MU, Megan Donahue (.59)
- 5.) QUI, Danielle Allan (.44)

#### **ASSISTS:**

- 1.) MU, Trish O'Dwyer (11)
- 2.) BRY, Victoria Danby (8) 3.) MU, Amanda Schoenfeld (7)
- 4.) RID, Laura McCormick (5)
- BRY, Erin Karcher (5) SHU, Liz Bergman (5)

#### **GAME WINNING GOALS:**

- 1.) MU, Amanda Schoenfeld (4)
- 2.) SHU, Liz Bergman (3)
  - MU, Trish O'Dwyer (3)
  - RID, Melyssa Alonso (3)

# Surfers Know the True Meaning of

**RYAN GALLAGHER** STAFF WRITER

succumbed to the lure of wan-

I boarded my first bus at 1:40 pm on Thursday in hopes of arriving in Atlantic City, NJ before 5:30 pm. My friend Shane would be waiting, outside the terminal wondering if I bailed on him or was stopped, completely baffled by the NJ Transit

as many busses as necessary to get to Atlantic City. From there, Shane would drive to Philadelphia, PA to pick up two other stragglers, Bill and Brendan, and finally take the whole squad to Avon, NC.

More of our friends were already in Avon waiting for our arrival. We had eight hours of filled with friends and froth.

As skeptics do, we doubted rived, we called our friends us; No one else in the water. Surfers are a spontaneous sisted of overhead barrels sup- bed after we got into our house, breed. The thrill of travel and plied by Hurricane Gonzalo. We all of us tucked away dreaming have asked for a better session. from sun up to sun down, with the excitement of a new surf were kicking ourselves for not of surf. break spark anxious joy in going the week prior. On the weekends ago, my friends and I and debated about our forecasts. Question still remained about what we would receive this weekend and the perilous drive ahead did not make us much more confident.

As we exited McDonald's with the entire group, squished in between board bags, guys at the house who surfed all day called us to check in. Bragging over the phone made us mad at The plan, on paper, was to take first for not being down there with them, but in the end helped morale throughout the car. The guys told us that they had two fun sessions that Thursday after they arrived at the house. The forecast looked as if it would be more of the same or even better the next day. Needless to say, we were pumped.

The car ride was long but driving, standing between us filled with stops at Wawa, gas and this upcoming weekend station skate sessions and one unwanted detour. As we ar-

the surf for our weekend in to open the door and blasted NC. The previous weekend con- "Freebird." It was straight to was surfing at their best and we end went. For two straight days

I was surfers wherever they are. Two way down we checked reports ing by a shining sun and loud music around 7:30 am. Breakfast consisted of Fruity Pebbles and warm sun on our backs. We packed everything in the cars and shoved off to surf to a spot the rest of the guys surfed the day before. We got there around 9:30 am and there were a bunch of people out right in front, so as we walked down the beach a bit we realized no one was in the water. We figured we'd take this other spot to avoid the crowds, and it looked as good, maybe even better, than the crowded point break that we saw at first.

> We paddled out and it was a bit mushv because of the high tide. When the tide switched and started to recede to low the surf seemed to turn on. The swell seemed to have reached its highest point as well. We were surfing clean three to four foot waves and they were all left to

We were *loving* it. Everyone stayed out for hours. I could not we woke up early and surfed

the water smiling our asses off and laying on the beach tired but satisfied.

"That was a good session," said Brendan, "let's go get some

Everyone agreed in unison and we drove back to the house on a mission. We made food, bonded to some great music, looked through pictures and videos, all while appreciating the surf we just scored. Still frothing, we went back out a few hours later and got similar waves. Not everything that the first session gave us, but still a great time.

We had early nights in North Carolina. Dinner was made right after our evening sessions and not many of us had the energy to stay up all night after long days of surfing. This lifestyle differed heavily from the collegiate schedule of sleeping in as much as possible and staying up trip did just that.

late at night.

And that was how the week-As it died off a little bit around nights starting early and end-:00 pm, we all slowly got out of ing the same way. It was a truly beautiful weekend. We all enabled ourselves to escape our everyday lives for a short period of time, and that was a beautiful

Looking back, we got the best waves the weekend had to offer on that first morning's surf session. However, it didn't matter, it was awesome we scored like that, but we would have enjoyed it no matter what. The weekend was highly anticipated and it did not disappoint. We all left a bit bummed, but satisfied in the

Looking forward, it makes you appreciate friends and our ability to come together even with busy schedules to share some great times with great surf that will make everlasting memories. No matter what is going on in life, friends can always balance you out and bring you back to an equilibrium. This

# Football Still Seeks First Big South Win CHARLIE BATTIS second half." defensive back Mike Basile added Charleston Southern finished a 10-

The Hawk's football team was shutout by the Charleston Southern Buccaneers, 27-0, on Saturday at a rain soaked Kessler Field. With the Hill was held in check completing loss, MU drops to 5-3 (0-2 in the Big South) while Charleston Southern improves to 6-3 (1-2 in the Big South).

"Obviously we didn't play very well today," said Hawks head coach Kevin Callahan. "When you play against a good team and you don't play your best football, the result we had today is what is going to happen. Early in the game we had some tough field positions on defense and never really got into sync in defending the option until the second half. Even then at 14-0 at the half I thought we had an opportunity to get some things going but we really needed to stay on the field on offense and get some production there but it was difficult for us today. I don't think the weather had anything to do with the play today, we just played a good football team and they did a better job than we did."

The Hawks' defense was unable to contain the Buccaneer's triple option rushing attack. They gashed the MU defense, rushing for 338-yards. The rushing attack was led by sophomore running backs Ben Robinson and Mike Holloway who each recorded 91-yards on the ground. Robinson also added a touchdown. Charleston Southern junior quarterback Austin Brown added to the total with 54 rushing yards and throwing for 74-yards. Brown also ran for two touchdowns.

"They were just running the triple option that we were practicing," said senior defensive end Pat O'Hara. "They were just getting outside some of our force looks that we were working on. We really weren't able

MU's offense was highlighted by sophomore running back Lavon Chaney. Chaney had 43 rushing vards while hauling in five receptions. Senior quarterback Brandon 14 of 28 passes for only 97-yards while also being intercepted twice by the stingy Buccaneers defense.

"I don't think it was so much what they did, it was us on the offense. I'll take the blame on the offensive side. There were some passes that I could have completed and some protections I could have made right. We just got to get back to the drawing board and get ready for Liberty," explained Hill.

The Hawks' defense was led by junior linebacker Tyler Thompson who had 12 tackles. Junior linebacker John Sieczkowski and freshman eight tackles apiece.

The game had a sluggish start with neither team able to score in the first quarter. Charleston Southern broke the scoreless game early in the second quarter. Robinson punctuated a 5-play, 60-yard drive when he scored from one yard out to give the Buccaneers a 7-0 lead with 13:37 left in the second quarter.

On the proceeding possession, Charleston Southern junior defensive back Malcolm Jackson intercepted Hill to set his offense up at the Hawk's 25-yard line. The Buccaneers took advantage of the field position when Brown rushed for a one yard touchdown making it a 14-0 game. CSU would hold that same lead entering halftime.

The score would remain the same until 5:23 left in the third quarter. play, 75-yard drive when Brown scored on a 12-yard rush to extend the lead to 21-0.

CSU freshman kicker David Kennedy added two 34-yard field goals in the fourth quarter to conclude the

"There was just too many big plays in the run game that flipped the field for us. When you play a team that's option and run oriented as they are, you've got to get off the field on third down and you've got to hope on the offensive side your keeping possession of the ball to limit their opportunities," Callahan

The Hawks look to rebound, and win their first Big South Conference game, when they travel to Liberty University this Saturday, Nov 8 to take on the Flames.



University bowling team began their 2014 season this past weekend at the

FDU Jamboree in North Brunswick, NJ. The Hawks finished 17 out of 26 teams with seven wins and seven loses on the tournament.

Senior Valerie Bermudez placed 28th individually overall to lead MU, with an average pin count of 192. Freshman Kim Klinger was the second leading bowler for the Hawks with an average of just over 190, and she also posted the highest overall game for the blue and white with a 264 in a win over UW-Whitewater.

Senior forward, Trish O'Dwyer, was named the MAAC Offensive Player of the Week for the second time this season this past Tuesday. O'Dwyer recorded ten total points for the Hawks in their two games over the weekend, including a seven point game against Siena where she knotched her third-career hat

The women's soccer team is currently ranked eighth in the Northeast Region by the National Soccer Coaches

Association of America. The blue and white recently clinched their second straight MAAC regular season title, and are 14-4 overall with a 9-1 record in conference. It is their fourth straight week being



Wednesday, November 5 MSOC at St. Peter's\* Jersey City, NJ 2:00 pm

ranked regionally.

Friday, November 7 Bowling at Crusader Classic Valparaiso, Ind 10:00 am

FH vs. Sacred Heart\* W. Long Branch, NJ 1:30 pm MAAC Championships

WSOC vs. Rider\* W. Long Branch, NJ 8:00 pm MAAC Championships Hesse Field

Saturday, November 8 Bowling at Crusader Classic Valparaiso, Ind 10:00 am

MSOC at TBD\* MAAC Championships

Sailing at TBD MAISA Championships (Club)

Football at Liberty\* Lynchburg, VA 3:30 pm

MBB vs. Wesley (exhibition) W. Long Branch, NJ 7:00 pm The MAC

Sunday, November 9 Bowling at Crusader Classic Valparaiso, Ind 10:00 am

FH vs. TBD\* W. Long Branch, NJ 11:00 am MAAC Championship Game

WSOC vs. TBD\* W. Long Branch, NJ 3:00 pm MAAC Championship Game Hesse Field

\*conference games



to settle in, like coach said, until the Junior Ed Royds (L) and senior Danny Agyeman (R) attempt to stop CSU from further damange.

# Men's Soccer Fighting for Playoff Spot

**KYLE WALTER** 

The men's soccer team currently finds themselves in the midst of an extremely close race to qualify for this year's MAAC Championships. After earning one win and one tie this past week, the Hawks currently hold a 7-3-6 overall record, and 3-1-5 record in conference.

MU's 3-1-5 mark in the MAAC gives the team 14 total points on the season, which ties them with Sienna. The two teams currently hold ment of the match, as it resulted in the final two spots for the six team senior forward, Dom Sarle, beating championship.

Things looked good to start the week, as the Hawks came away with a 1-0 win over in-state rival Rider on Wednesday, October 29. Sophomore goalie Eric Klenosfky continued his stellar play this season by making four saves en route to his 10<sup>th</sup> shutout of the season.

Despite both teams combining for on all three to preserve the win.

a total of 25 shots, the contest was low-scoring, and not many great balls were put on net.

With less than ten minutes remaining in regulation, MU finally managed to finish one of their opportunities, and found the back of the net to take a 1-0 lead. Junior defender, Derek Luke, got the chance kick started when his shot attempt was blocked out of bounds, and gave the Hawks a corner kick. The corner proved to be the decisive mothe keeper for his fifth goal of the season in the 83rd minute to give MU a 1-0 lead.

It wasn't easy sailing for the Hawks from there, however, as Rider continued to fight. The Broncs managed to get off three shots in less than minutes, but Klenofsky refused to be beaten and made saves

the Hawks showed great toughness and perseverance by coming back to tie Sienna after trailing most of the

"Our guys showed tremendous character on the road," said head coach Robert McCourt after the game. "The team rallied up and played very well. We hit the crossbar twice and scored a fantastic goal. In the end, I feel we were unlucky to only get one point out of the game."

It was a bit of a disappointment for the Hawks, who could have almost solidified a playoff spot with a win, as they outshot Sienna 16-10 on the night, including a 12-4 advantage in regulation, but could only manage to equal the Saint Bernard's with one goal.

Sienna was the first to get on the board when Alex Portela beat Kle-guarantee the blue and white a playnofsky in the fifth minute of the con- off spot, while a loss would put them test. The goal was scored on a freak in great jeopardy of not qualifying.

In their second game of the week play, as a free kick from 40 yards out was put into the box, and then headed by another Sienna player to Portela who found the back of the net.

MU was finally able to get the equalizer over 60 minutes later when sophomore midfielder, Brandon McCarthy, took a cross from fellow sophomore, Miguel Alves, and beat the Sienna keeper in the 70th minute.

That would be all the scoring for the contest, as neither team could get another goal across the rest of regulation or in either overtime period. Klenofsky came up huge for the Hawks during extra time, as he made a save in both periods to keep the game tied.

The Hawks will play their regular season finale Wednesday, Nov. 5 at St. Peter's. A win would all but

#### Country Hosts MAAC Championship cross ( **MIKE MORSE** The women also performed very

STAFF WRITER

In their second year as members of the conference, the University's cross country team was host to the MAAC Championships on Friday Oct.31. Fortunately for the Hawks, they faced no hefty travelling as the race was held at their home course in to finish for the men in 25:48.58, Holmdel, NJ.

The women were able to pull away with a fourth place finish while the men took home a seventh place finish. Although the teams may not have placed as well as they hoped, both squads had strong finishers in a very talented field.

The men ran an 8,000 meter course, and featured a rather competitive field this year. Iona earned 15 points overall, and ultimately the Holmdel Park on Sept. 20.

conference title. Next was Canisius was second (66 points), Quinnipiac at third (94 points), Marist took fourth (113 points), and Rider finished fifth (143 points) to round out the top five teams. MU took seventh with 161 points.

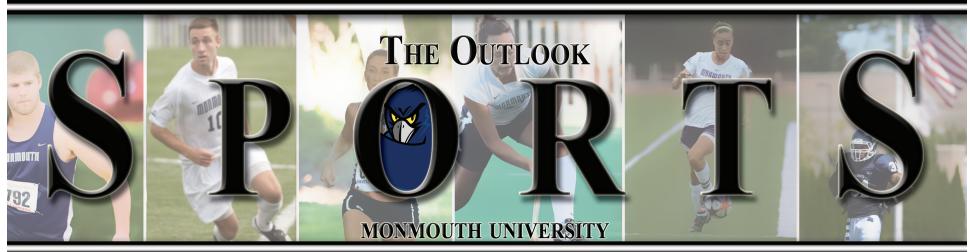
Senior Khari Bowen was the first which is also a course record for MU at Holmdel Park. Freshman Ben Dillon was next at 26:41.07 and was trailed by sophomore Kevin Summonte who finished at 26:42.27. Juniors Graham Huggins-Filozof and Kevin French rounded out the top five finishing in 26:44.63 and 26:50.88 respectively. The men had a team average of 26:33, which is faster than their previous average for

well in a competitive field, placing fourth out of 11 participating teams. The women ran a 6,000 meter course. Once again, Iona was the powerhouse in the women's race clinching the conference title with just 20 points. Iona was trailed by Quinnipiac (73 points), Marist (93 points), and then MU's women's squad in fourth with 136 points. Sophomore Jenna Cupp was the first runner to cross the finish for the women in 22:21.58, an impressive time for the 6,000 meter course. Cupp placed 18th out of a field of 147 runners.Behind Cupp were freshman Allie Wilson and sophomore Molly McKeon, who finished back to back in 22:44.94 and 22:44.98 respectively. Junior Kendal Hand

finished was next with 23:02.25, followed by senior McKenzie Roche at 23:12.12 to round out the women's top five.

Head coach Joe Compagni shared his remarks stating, "Jenna and Khari both did a great job leading the way for us...we were looking for a better result as a team, but we were proud to host the MAAC Championships and it was a great meet."

While the Hawks may not have performed as well as expected, the times posted were consistent throughout the season proving MU has what it takes for the postseason battles. The first post season meet MU will be showcased in is the NCAA Mid-Atlantic Regionals. which will be held on Nov. 14 at Penn State University, College Park.





Dom Sarle scored the game-winning goal in the 83rd minute to defeat MAAC rival Rider, 1-0 on Wednesday, Oct. 29.