



THE OUTLOOK

MONMOUTH UNIVERSITY'S
STUDENT-RUN NEWSPAPER SINCE 1933



OUTLOOK.MONMOUTH.EDU

January 27, 2016

VOL. 87 No. 12

University Rolls Out Hoverboard Policy

DANIELLE SCHIPANI
NEWS EDITOR

The use of hoverboards within University buildings and University-sponsored housing was banned on Jan. 7. Students and faculty were notified via email from Vice President for Student Life and Leadership Engagement Mary Anne Nagy.

Hoverboards are transportation devices. They are two wheel self-balancing scooters powered by an electric motor. They become popular last semester and were a prominent gift over the holiday season, according to USA Today.

The New Jersey Department of Fire Safety cited the hoverboards as a fire hazard while they are being charged. This was due to multiple reports which involved fires starting while the hoverboards were being charged. The boards are not permitted to be charged or utilized in any University building. Students were given until Jan. 24 to remove their hoverboards from their resident halls. However, they may be used outside in public areas and may be brought inside the buildings as long as they are not in use.

William McElrath, Chief of the Monmouth University Police Department (MUPD), provided an example of an acceptable use of the hoverboards on campus, "An example would be that a student could use a hoverboard to travel to the library. They could then carry the hoverboard while in the library conducting their business, but they could not charge it, or use it, in the library."

"We decided to ban the hoverboards after multiple reports came out, both in this areas as well as nationally about the fact that the hoverboards were catching fire. We considered the fact that the rooms for residential students are relatively small," said Nagy. "Their living space, their sleeping space, and their relaxation space is

all in one place. We were concerned about the safety of these students," she said.

This issue was discussed at the cabinet level, including President Paul Brown, PhD. The discussions took place after the holiday break.

Students have been cooperative in removing the boards. "I believe students have been cooperative in removing hoverboards from the residence halls. I have yet to see any hover boards since the spring semester began," said Caitlynn Fiol, a junior Residential Assistant (RA) in Mullane Hall.

Emma Stowell, sophomore RA in Cedar Hall, explained that students in the building have been cooperative regarding the issue and while there were a good amount of hoverboards on campus last semester, she has not seen any this semester yet.

Some students do not find the hoverboards necessary. "Personally I think they look like they could be fun, but when people ride them around campus all the time it's kind of ridiculous. I've even seen people ride them inside of academic buildings [last semester] which I feel is extremely disrespectful and immature, you wouldn't ride a bike inside so why is a hoverboard any different?" said Stowell.

"I'm anti-hoverboard. I personally have a fitbit, all those people riding hoverboards are missing out on steps," said Denver George, head RA in Mullane Hall.

If a student is discovered using or charging a hoverboard within University buildings, "The hoverboard could be confiscated and the student charged with Student Misconduct," according to McElrath.

Fiol also pointed out that she has noticed the use of hoverboards on campus gone down significantly since last semester and that many students agree with the decision. "I haven't encountered any students who are genuinely upset by this ban on hoverboards. I've talked to quite

Hoverboards continued on pg. 2

New Hall Renamed Hesse Hall

DANIELLE SCHIPANI
NEWS EDITOR

New Hall was permanently named Hesse Hall on Jan. 14, which is when the name was placed onto the building. Residential students were notified before classes began of the name change.

"When we built the new residential hall two years ago at the time we did not want to just pick any name, we wanted to see if we could have someone who wanted to name that particular building," said Mary Anne

Nagy, Vice President for Student Life and Leadership Engagement. "We are now fortunate enough to name it Hesse Hall," she said.

The name "New Hall" was used as a placeholder since at the time the hall was built it was the newest hall.

According to Nagy, the Hesse family has been very involved with the University for a number of years. Mr. Charles Hesse was a member of our board of trustees for a long time and was head of the University buildings and

grounds committee. He passed away a number of years ago and his wife continues to be connected to the university. She was elected to the University board of trustees. She has been a member of the student life committee of the board since her coming onto the board and she also is on the buildings and grounds committee.

"She has always been involved in making sure we are provid-

Hesse Hall continued on pg. 3



IMAGE TAKEN by Kiera Lanni

New Hall has officially been named Hesse Hall after the late Charles Hesse, a long-time member of the Board of Trustees.

MU Poll: 7/10 Say Climate Change is Real

RICHARD FELICETTI
ASSOCIATE NEWS EDITOR

A recent Monmouth University Poll revealed that every seven out of ten people believe that climate change is real.

According to NASA, climate change is an alteration in the usual weather found in a place. On Earth, climate change can lead to many disastrous repercussions such as sea level rise, erosion, extreme heat, and crop destruction.

Climate change has long been a topic of great contention, as many believe the phenomenon does not exist and is simply a lie to mislead society for a variety of reasons. Contrarily the vast majority of scientists have consistently asserted that the effect is indeed real and if action is not

taken, Earth will be in grave danger.

"I definitely think that people are becoming more and more aware of what is going on in regard to climate change," said Andrew Betro, a sophomore psychology student. "Whether they are feeling it outside or reading more about it through the different forms of media, it is definitely becoming more prevalent and people are taking notice."

Although the poll revealed that most people believe in climate change, it showed mixed opinions on who was responsible. Twenty-seven percent of the respondents pointed the finger toward human activity as the main cause of change. Additionally, forty percent believe that climate change is a very serious issue and that preventative steps need to be taken.

"Public opinion is catching up with the vast majority of scientists who have agreed for many years that climate is changing as a result of the increased carbon in the atmosphere from human activities," said Tony MacDonald, director of the Urban Coast Institute at the University. "News about the increasing threats from extreme weather events like Superstorm Sandy, the drought in California and western wildfires, while not necessarily linked to climate change, has raised the level of awareness and concern about the potential of even greater impacts from future climate change."

Jihad Johnson, a sophomore communication student, said that the unpredictable weather patterns in recent years has caused people to open their eyes

to climate change and therefore become more aware of its effects.

Furthermore, 43 percent of respondents in the poll who identified themselves as Republicans believe that climate change does not exist, whereas most democrats do. Therefore, there is some political difference in regard to the issue.

"The poll is a majority because now more than ever technology has connected users to multiple facets of everyday life," said Caroline Alvarado, a sophomore business student. "In previous years, social media was used mainly for connecting with friends, but now apps such as Twitter have options to view

Climate continued on pg. 2

News	2
Editorial	8
Opinion	9
Features	10
Entertainment	12
Politics	15
Club & Greek	18
Sports	22

Different Tution for Different Majors?

Some Universities Look into the Possibilty

JAMILAH MCMILLAN
ASSISTANT NEWS EDITOR

The flat rate of tuition could change if the university based tuition cost on a student’s academic major choice. Universities across the nation are adopting and exploring the idea of increasing tuition for some students, and decreasing it for others based on their major.

A survey published by the Cornell Higher Education Research Institute in 2011 found that there are 143 public academic institutions with some form of differential tuition.

Molly Huber, a history and theater arts student, responded positively to the idea. “That would be fantastic, especially since I have a double major,” she said.

Other university students however are uncomfortable with the idea.

When introduced to the concept, Patricia Toomey, a sophomore criminal justice major said, “Absolutely not--I do not like the idea of basing tuition off of someone’s major, because I think that limiting students options based on tuition prices, and raising the price of one major over another and vice versa would make higher education unequal and unfair to students.”

Huber showed concern with the way in which a university might differentiate majors from one another. She said, “My only qualm with the idea would be how the university would distinguish how much a major is worth in comparison to each other.”

Others who were interviewed brought up similar concerns.

“Majors should be equally valued,” said Toomey. “Biolo-

gists and chemists are just as important as teachers.”

Robert Scott, an Associate Professor of Economics, was concerned with the approach universities might take in deciding the value of a major.

“I worry about who is making the decision to set the prices and what methodology they use.

“I’m all for finding ways to reduce the financial costs of college for students, but this doesn’t appear to accomplish

“It would be a disservice to discourage students in any way from choosing a major that they love to study. College is the time to enjoy studying the major area you want to learn.”

DOROTHY LOBO
Co-Chair of the Biology Department

that goal in a fair way,” Scott continued.

Nevertheless, some universities such as the University of South Carolina (USC), explain that their rationale for exploring the idea of varying tuition lays in the cost it takes to deliver a degree.

Last month the President of USC, Harris Pastides, discussed the idea of implementing differential tuition at a board meeting. He said, “Look at what it costs to deliver an engineering degree compared to a philosophy degree. Yet, these two students pay the same amount of tuition.”

At the University many students labeled specific majors as ones they assumed might incur higher tuition rates if the university implemented this idea. “I think majors such as accounting, computer science,

and any of the STEM majors would definitely be affected,” said Toomey.

Medha Dommaraju, a junior biology major, understood the rationale behind the idea, however, she still was not a fan of varying tuition costs. “I don’t think the university should impose that on everybody. I can understand the reasoning, because I know that some students use a lot more university resources than others,” she said.

tical of the effectiveness of varying tuition prices by major. “I am very surprised to hear this because majors change so frequently- it may be difficult to enforce,” said Lobo.

Lobo is correct in her affirmation that university students are prone to changing their majors.

According to the National Center for Education Statistics, college students change their major at least three times over

the course of their college career.

However, Scott feels that differentiating tuition might actually impact student’s ability to change majors. “I think the logic of the idea makes sense, but I would not support it because I would worry about it potentially limiting students’ choices,” he said.

Moreover, universities are also measuring the value of a student’s major through its salary potential. The greater the projected income a student could have with their degree, the higher their tuition cost.

However, some deduce that the use of differential tuition rates may have unsavory effects on low income students. “I think this policy would affect low-income students most by potentially limiting their choices, which is not a good thing.

My fear is that low-income students would be forced into majors that offered lower expected earnings that could affect their future earnings. And from a non-financial standpoint all students should study what they like—not what they can afford,” said Scott.

Toomey agreed, “Students will definitely want to take on majors that are a lower price. But the ones that are more expensive that a student would normally want to pursue maybe their family won’t be able to support that if their family members are the ones paying for their college education,” she said.

Arline Giordan, a biology student already feels the effects of the current university’s price tag. She previously worked full time, and now that she is a student, finances are strained.

She said, “I am going to be 28, and I worked at a hair salon for almost ten years. At the salon I didn’t make that much money but going back to school, and not being able to work at the salon anymore is rough. So if tuition was raised because I am a biology major my life would be way more difficult than it is now.”

Overall, many individuals interviewed felt that the idea of differential tuition brings along various concerns.

“It would be a disservice to discourage students in any way from choosing a major that they love to study. College is the time to enjoy studying the major area you want to learn. A student’s performance usually suffers if he or she is being forced by outside pressure to be in a major, which is not of interest,” said Lobo.

Hoverboards Banned from University

Hoverboards continued from pg. 1

a few students who agree with the ban,” she said.

McElrath explained how the University has planned to react to an emergency regarding the hoverboards, “As with any emergency on campus, the University Police should be immediately contacted. We would then contact the Fire Department, First Aid Squad or whomever we need to contact to remedy the situation,” he said.

Nagy pointed out that the banning of the devices is not necessarily permanent and that members of the University Cabinet will continue to monitor the situation. “If somehow they are able to come up with a way that the battery, which seems to be the biggest issue, can meet appropriate safety standards, I am always open to that conversation. I don’t think that we will never have them again, but if we are going to have them we want to make sure that it is safe. It really always comes down to safety,” she explained.

Not all students agree with this decision. Andrew Lopez, a freshman music industry student who owns a hoverboard believes they are a good means of transportation. “I do

not agree I think hover boards are a great way to get around campus also there hasn’t been any accidents or malfunctions with equipment all last semester,” he said.

Lopez no longer uses his hoverboard on campus and says he has not seen people using them on campus at all.

Other NJ colleges and universities that have banned the boards from their campuses include Kean, Rutgers, Rowan, Montclair, Fairleigh Dickinson, Stockton, Rider, Drew and Seton Hall. This list continues to grow.

The company Amazon has recently acknowledged that these devices are a fire hazard and has offered customers who bought the product on their website a full refund in order to keep customers safe according to a report from USA Today.

The report also states that, “The flammability of the lithium-ion batteries used to power the popular devices is a serious concern to the Consumer Product Safety Commission, which is currently investigating them.”

Lopez pointed out that he would not return his hoverboard because of potential danger it may cause but would return the board “because it is not really being used anymore.”

Research Suggests More People Believe in Climate Change

Climate continued from pg. 1

top headlines, which include the climate change crisis. This allows more awareness to the issue and gives readers a better idea of the dilemma our current climate is in. Overall, I believe social media’s impact has made people more aware of issues in the world.”

Additionally, Ava McClendon, a sophomore art student, said she believes people can feel the changes for themselves if they do not already believe in climate change.

“I think many people are starting to believe in climate change be-

cause of the delays and fluctuations of temperature in certain seasons,” said McClendon. “The length of certain seasons compared to others is most certainly questionable, but in all honesty throws off the balance of how each season is naturally supposed to feel.”

In accordance with the poll, a recent survey by the University of Michigan also revealed that 70 percent of people believe that climate change is happening. Additionally, an *ABC News/Washington Post* poll revealed that 63 percent of people believe that climate change is a serious threat.

As for the future, MacDonald said he believes the recent trend will only increase, and more people than ever will believe in climate change.

“I expect that there will be a growing consensus that climate change is a reality that requires more aggressive action by government, as well as businesses and individuals,” said MacDonald. I am concerned, however, that the political gaps between the views of Republicans and Democrats that are reflected in the polls, as well as debates about the expense and impacts on the economy of alternatives will make it very difficult to forge agreement.”



IMAGE TAKEN from hammer.ucla.edu

Climate change is endangering several species, including polar bears.

New Year, New Cyber-Threats: What to Look Out for Online

JEREMY MANCINO
CONTRIBUTING WRITER

An epidemic of cybercrime is continuing across the world, and although multiple software companies have fought to stem the rising tide of malware, the problem shows no sign of slowing down.

“Computer security is now a national priority,” said Janice Rohn, a specialist professor and the coordinator of the University’s Information Technology program. As the program’s head, Rohn is well aware of the

gravity of the situation that faces many around the world- including the University’s student body. It is a situation that is so intense that the US Department of Homeland Security has created its own plan to deal with cyber-threats.

Known as the National Strategy to Secure Cyberspace, it is an important component of the larger National Strategy for Homeland Security. The plan is meant to deal with large scale cyber-warfare, but one can easily discern that if even the United States Government is

vulnerable, then so are all of us. Americans will likely not have to worry about being hacked by any country or rogue group. However, that doesn’t mean that criminals are not after identity or money. Kim Komando, a popular talk show host who focuses on consumer technology, listed on her blog five common scams that many people will surely fall for in 2016.

The first one that she includes the use of fake emails from companies such as Amazon which notify you that there

are problems with a package delivery. In order to get more information, you are asked for personal information. One might assume this to be an easy one to figure out- after all, if you don’t have a package coming then something’s obviously afoot. But email scams are not always so easy to discern.

“Honestly, the situation is pretty bad,” said Jeremy Postelnek, a junior computer science student. “People should be more wary about what they do online, especially when it comes to emails. If it looks suspicious, you just shouldn’t click on it.”

Unfortunately, many are not to knowledgeable. According to Komando, more than 594 million people were victims of online cybercrime in 2015. In addition to scam emails, they are lured in by fake ads for offers way too good to be true, text-phishing, fake refunds, and even misspelled websites which ask for private information while appearing legitimate.

“All of these have something in common,” said Rohn. “They all involve people who are after your personal information by pretending to be someone they aren’t. The best way to protect yourself against things like this are to be absolutely sure of who you are dealing with.” She suggests that before clicking any link, you look at your last bill to find the company’s address, and then call them for further clarification.

Tips like these are among the many that she gives to students in two of her introductory level courses, IT-100 and IT-102.

And even at the very beginning of the semester many of them are becoming more knowledgeable about the untamed wilderness that is the web.

One of her students is Kaitlyn McClintock, a freshman who already knows the potential dangers that could befall the unwary. “People our age often share passwords- and as a result others can get in and steal your files,” she says. “Many people also tend to use similar passwords.”

Her words point to another potential problem, one that is often glossed over: password weakness.

On Jan. 20, SplashData, a popular provider of security applications, released its’ annual “Most Common Passwords of the Year” list. The most common ones used included “123456”, which was the most common, followed by “password”, and “12345”. Some passwords are simple variations of “12345”, while others are commonly used English words, such as “football”, “princess” and “dragon”. All are quite easy to breach if a hacker has the necessary tools.

Although the digital age has brought with it a menagerie of new threats, none are impossible to avoid. Rohn and the rest of the Computer Science department advocate increased technological literacy as one’s best weapon.

If you know how hackers and cybercriminals operate, it becomes that much easier to avoid them. But at the same time knowledge is half the battle- the other half is vigilance.



IMAGE TAKEN from www.tradeandexportme.com

The cybercrime epidemic is continuing across the world. Americans are urged to be more aware regarding what they do online.

New Hall Re-Named Hesse Hall After Hesse Family

Hesse Hall continued from pg. 1

ing not only the facilities but the programs and the experience that our students need to have a well rounded graduate and undergraduate degree. It

student success,” said sophomore nursing student Caroline Shanahan.

Shanahan said that it will take time to get used to calling New Hall the new name Hesse Hall, “I have made that mistake so

the development and support of a robust student life experience both from a residential life perspective to student activities,” said Nagy.

When New Hall was opened in 2014 there were no conversations regarding a potential permanent name for the hall. “We were not in conversations with anyone regarding the naming of that building. Sometimes it takes time for those kinds of conversations to develop and again we didn’t want to just

come up with any name, many of our buildings are named after trees and we probably could have come up with another name. It was always our hope and intention to secure a permanent name for it. Those things just take time,” said Nagy.

Raymond Gonzalez, associate director of Residential Life, explained how the Monmouth community is happy to have the hall named after the Hesse family.

“The Office of Residential

Life is very proud and honored to have our newest residential facility named in honor of the Hesse family. They have been incredibly supportive of Monmouth University and are committed to helping create a positive experience for our students,” he said.

Hesse Field, the soccer field, is named after the same family as Hesse Hall. There are no official plans of a ceremony regarding the naming of the building.

“The Office of Residential Life is very proud and honored to have our newest residential facility named in honor of the Hesse family.”

RAYMOND GONZALEZ
Associate Director of Residential Life

seemed fitting that New Hall would become Hesse Hall. I had the opportunity to speak with Mrs. Hesse before the Christmas holiday as this was all happening. We are very honored and blessed to have the entire family as a part of the community. We are excited about it and it is really nice to have another family name on a building,” said Nagy.

Students who reside in Hesse Hall were informed of the background behind the name Hesse Hall and the Hesse family in an email. “In the email that was sent out they explained that the name Hesse comes from the Hesse family, a family which has a longstanding relationship with the university and has a deep commitment in ensuring

many times now. I’m very used to calling it new hall that Hesse just seems unnatural,” she said.

There is a process that goes often into the naming of each building on campus. According to Nagy, certain names are chosen because people have some connection to the building itself. For example, Pozyski Hall is named after Mr. Pozyski who is on the board, is an alum, and has provided the funding for that particular building.

Very often there is a tie to the philanthropic aspect of the person the building is named after. Magill Commons is named for a former president of the University. The Rebecca Stafford Student Center was also named for a former president. “Stafford was critically important to



Hesse Hall is a suite-style dormitory for sophomore students.

PHOTO COURTESY of Raymond Gonzalez

Winter Commencement: What Goes on Behind the Scenes

TOM MORFORD
STAFF WRITER

A total of 448 students were dressed in black robes in the Multipurpose Activity Center (MAC) on the afternoon of Jan. 15 for Monmouth University's 2016 Winter Commencement.

Mary Anne Nagy, Vice President for Student Life and Chair of the Commencement Committee, said, "It truly is a celebration of the culmination of what it takes to graduate and Monmouth wants to make that as perfect as possible."

On the day of the event everything seems to magically just happen. However, there is a multitude of moving parts behind the scenes in order for Commencement to go as planned.

Everything from how many chairs in a row to where and when participants process is all coordinated. Facilities Management Staff builds the entire stage, sets up all seating, and makes sure electrical equipment is working efficiently.

For the Student Life Staff, the day of Commencement is the highest of their priorities. Nagy said, "There's a certain amount of pageantry involved, such that you have to make sure the students are lined up a certain way and that their gowns are correctly worn."

The Registrar's Office, Public Safety, Facilities Management, Office of Publications, Alumni Affairs, Provost and Student Life all work together with a single goal of having Commencement run smoothly.

Involved during the early stages of planning are the University Police. Monmouth University Police Department (MUPD), Chief William McElrath said, "Our recent and all prior Com-



PHOTO COURTESY of Tina Colella

A total of 448 students graduated from the University at the winter commencement. 239 of those students were undergraduates.

mencements have all gone very well. I attribute this to the planning done by the University as a whole."

To ensure the safety of all of those who attended the event, the MUPD increased their number of staff on duty to 11 police officers, three safety officers and five traffic attendants. "Staffing varies and is often dependent upon any special guests requiring enhanced security or possible controversial speakers."

The University Police prepared for every scenario leading up to the event. McElrath said, "As the event nears we contact our resources in county and state law enforcement to find out if there are any particular threats that might impact our event. These could be weather, criminal or terrorist related."

Although safety is of the ut-

most importance for MUPD, Commencement is more than just a send off of recent graduates. "This is always an enjoyable day to work. Many of our officer and traffic attendants have established friendships with the students over the years and it gives us a chance to congratulate them and wish them well in the future," McElrath said.

"It is quite remarkable how all of Monmouth comes together to make Commencement special, 'there is a huge community effort,'" Nagy said.

One of the most anticipated moments of the day is the guest speaker. According to Nagy, the speaker search process is done through strategic networking in order to get the most impressive and appropriate speakers.

"We tap into people we know and that are contiguous to cam-

pus, we consider all religions and genders. We are actually looking into a woman to speak for May."

"Some students will say, 'Let's get Bruce Springsteen or Michelle Obama,' well in reality we're competing with the USCs and the Notre Dames of the world for those speakers. Unless you have some way to connect with the speakers and get the introduction, the likelihood of those big names coming to Monmouth is small."

Although big names have a certain amount of clout, it is often the lesser-known names that make the biggest impact. Winter commencement's speaker was Teresa Heitsenrether, managing director and global head of Custody & Fund Services for J.P. Morgan, who was awarded her doctorate honorary degree.

Being an influential woman in

an industry dominated by men, Heitsenrether overcomes adversity everyday. Highlights included when she mentioned each time she was overlooked for a promotion, it was due to, "lack of strategic vision, which, in other, words means a 'lack of testicles.'" The over arching theme of her speech addressed that with determination, any goal you set to conquer you will achieve.

With an effective speaker, such as Heitsenrether, Nagy said, "Students can take their own little kernel away with them and make it their own and grow. Everyone has a short attention span, particularly because it's an exciting day and there is so much happening all at once."

Monmouth said good-bye to 448 graduates during Winter Commencement. 239 (52 percent) of which were undergraduate students. 207 (46 percent) graduated from a Masters program. There were also two doctoral candidates who graduated with the Winter 2016 class. All of which were grateful for those who made Commencement possible.

Claire Zilenziger, Psychology Major and Winter 2016 graduate, said, "That day is such a tornado of excitement, it's easy to forget what goes into putting it all together."

Zilenziger prepared for graduation by doing everything that was required to graduate. She went to class, passed the exams and pulled the all nighters.

On the actual day of Commencement there is simply just not enough time to thank everyone involved.

"It didn't hit me until after it was all over that I forgot to thank certain people involved. So if they're going to reading this, 'thank you,'" said Zilenziger.

Join

The Outlook

The Outlook is currently seeking help in the following departments:

- Staff Writers*
- Copy Editors*
- Photography
- Layout (Using Adobe InDesign CS6)

Students from *any* major are welcome to join, experience is *not* necessary.

Feel free to visit the office on Mondays or Tuesdays and/or contact Casey Wolfe at s0835799@monmouth.edu.



Stop by the Plangere Communication Center and visit us!

Location: 2nd floor, Rm 260

Phone: 732-571-8481

Fax: 732-263-5151

outlook@monmouth.edu

outlookads@monmouth.edu

GET THE APP...USE THE APP...GET A
FREE RIDE HOME



We'll Get You Home

IN CASE YOUR "PLAN A" FALLS THROUGH
LET D SQUARED BE YOUR PLAN B!

No Matter The Reason
If you **cannot** safely make your way home, we will provide a
taxi pickup at your location and direct drop-off at your home
NO cost to you.

Download the D Squared app today or call (732) 223-4663 for a
free ride home!

THE VERGE
LOGO CONTEST!

THE DEADLINE IS
SUNDAY, FEBRUARY 28
AT 11:59 P.M.

HERE ARE THE RULES:

- USE BLACK / WHITE / RED
- INCLUDE "THE VERGE" AND "MONMOUTH UNIVERSITY STUDENT ONLINE MAGAZINE"
- DO NOT USE OFFICIAL MU LOGOS

EMAIL YOUR DESIGN TO AMANDA KONTOR
AT S0893014@MONMOUTH.EDU

PRIZES:

- GIFT CARDS TO ROOK & BROAD STREET DOUGH CO.
- VERGE MERCHANDISE WITH YOUR DESIGN!

WINTER RENTALS-MONMOUTH BEACH
September 5, 2016 until June 29, 2017

5 Bedrooms, 1.5 Washer/Dryer, Eat in Kitchen, Dining room, Central Air, Fully Furnished.

Utilities and Water not included.

\$2200 per month

All potential tenants subject to credit and reference check.

Your Effort

+

GMAT & GRE Helper

=

Your Goal Score / Grade

TOP-RATED TUTORING COMPANY

Jettemediainc.com/tutor

info@jettemediainc.com

201-952-3253

BASED IN LONG BRANCH, NJ

GMAT, GRE, and Subject-Specific Math Tutoring Available

Counseling & Psychological Services

Spring 2016 Programs

Wednesday Night Yoga
Feb 10, 17, 24 Mar 30
April 6, 13, 20
8:00p - 9:00p
Hesse Hall, 1st Fl, Rm 104

Wednesdays
Feb 24 & Mar 23
2:45p - 3:45p
Alternatives to Anxiety
Psychol Hall, Rm 264

Wednesdays
Mar 2, 9 & 30
April 6
2:00p - 3:00p
Healthy Relationships Group
Rm 202B


Weds & Thurs
March 23rd - 24th
10:00a - 3:00p
180 Table Display
Student Center
1st Floor

Tues, April 12
1:00p-4:00p
De Stress Fest
Anacon Hall
(2nd Fl, RSSC)

Weds, April 13
5:00p
Walk a Mile in Her Shoes
&
180 Shoe Display
10:00a - 3:00p
Student Dining Hall
Megill Commons


Weds, April 20
10:00a-3:00p
Denim Day
Student Center
Patio

For special accommodations, contact us at 732.571.7517 prior to the program



JOURNEY TO POLAND AND RUSSIA

Guided Tour with
Dr. Thomas S. Pearson,
Professor,
History and Anthropology




Visit:


- Warsaw
- Moscow
- The Golden Ring (Vladimir-Suzdal-Bogolyubovo)
- St. Petersburg

Prices for this trip have dropped significantly.
June 25 - July 9, 2016

If interested, please contact Dr. Pearson at
(732) 571-3534 or pearson@monmouth.edu.

A deposit of \$200 for each traveler
is due by February 15, 2016.

 **MONMOUTH UNIVERSITY**





OPEN AND DELIVERING 11AM - 4AM

FULL MENU AND ORDERING ONLINE @ WWW.JRSDELIVERS.COM

meal deal

1 purchase an JR or WRAP

2 purchase any side or dessert

3 receive a FREE fountain soda or a bottled water

EVERYDAY

from **11am - 10pm**

NOW HIRING

Close to Campus - Apply in person

WWW.JRSDELIVERS.COM

732-229-9600
75 D Brighton Avenue
Long Branch, NJ 07740

732-345-0100
17 West Front Street
Red Bank, NJ 07701

FISH TACO WRAP

5.99
from 11am-5pm
Monthly Special

MONMOUTH UNIVERSITY

10% OFF

discount is now available for in house and pick-up only.
From 11am-10pm must provide Monmouth ID

A FREE CHARBURGER IS RIGHT AROUND THE CORNER!

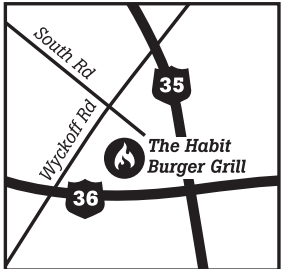


Charburger with Cheese

(redeemable only with ad)

Bring in this ad for one FREE CHARBURGER WITH CHEESE

No strings attached! Redeem whenever you're hungry. Value may be applied to any menu item. **Now open in Eatontown.** Visit us at 178 Route 35 South, in Michael's Plaza across from the Monmouth Mall.



Enter off Interstate 36 or South Road



Santa Barbara Cobb Salad



Chicken Club



Handmade Shakes



habitburger.com

Come discover for yourself what customers have loved about The Habit since we started chargrilling over an open flame in 1969. From delicious burgers and sandwiches to our fresh made-to-order salads, shakes and sides, we put quality first in everything we do. Great food, genuine hospitality all at a remarkable value – one visit and we think you'll want to make it a habit!

Discover all the delicious reasons to **MAKE IT A HABIT**

©The Habit Restaurants, Inc. 2016



THE OUTLOOK

Casey Wolfe	EDITOR-IN-CHIEF
Professor John Morano	ADVISOR
Sandy Brown	OFFICE COORDINATOR
Kelly Brockett	GRADUATE ASSISTANT
Maggie Zelinka	GRADUATE ASSISTANT
Connor White	SPORTS EDITOR
Danielle Schipani	NEWS EDITOR
Richard Felicetti	ASSOCIATE NEWS EDITOR
Jamilah McMillan	ASSISTANT NEWS EDITOR
Amanda Glatz	ENTERTAINMENT EDITOR
Brett O’Grady	OPINION EDITOR
Amanda Gangidino	LIFESTYLES EDITOR
Brandon Greve	POLITICS EDITOR
Jasmine Ramos	POLITICS EDITOR
Erin McMullen	FEATURES EDITOR
Alyssa Tritschler	CLUB & GREEK EDITOR
Lauren Niesz	HEAD COPY EDITOR
Kiera Lanni	PHOTOGRAPHY/LEISURE EDITOR
Emerson Hidalgo	TECHNOLOGY MANAGER
Evan Mydlowski	TECHNOLOGY-MANAGER
Matthew Toto	TECHNOLOGY MANAGER
Anthony Vives	TECHNOLOGY MANAGER
Jessica Leahy	ADVERTISING MANAGER
Camila Gini	DELIVERY ASSISTANT
Cara Ciavarella	DELIVERY ASSISTANT
Kayla Horvath	Christina Fisher
Michelle Gonzales	Natali Greco
Clare Maurer	Ryan Gallagher
Jennifer Murphy	Joe Ruggerio
John Sorce	Evan McMutrie
John Morano	Tom Morford
Brian Foye	Erin Schevlin
Tommy Foye	Kerry Breen

Monmouth University’s
Student-Run Newspaper
Since 1933

PLANGERE CENTER 2ND FLOOR, ROOM 260

Phone: (732) 571-3481
Fax: (732) 263-5151

MAILING ADDRESS:
The Outlook
Monmouth University
400 Cedar Ave
West Long Branch, NJ 07764

WEB: <http://outlook.monmouth.edu>
E-MAIL: outlook@monmouth.edu
ADVERTISING INQUIRIES : outlookads@monmouth.edu



FOLLOW US AT @MUOUTLOOK



FOLLOW US AT @MUOUTLOOK



LIKE US ON FACEBOOK

Right Back at it Again

CASEY WOLFE
EDITOR-IN-CHIEF

Returning to school from a month off may not seem like much. Weren’t we just here? However, with a new semester comes new classes, new professors and new opportunities. While we search for the familiar faces in each of our classes and around campus, we have moved on from our previous class settings and endeavor to find new experiences.

Soon I, as well as almost every senior, will be searching the real world for a job that is half as good as our time spent at the University. Other than making appearances at Homecoming next Fall, we will be leaving MU behind for a career that our professors have so adequately prepared us for.

Working on *The Outlook* staff is not new to me, however, taking on the role of Editor-In-Chief is. With one semester left in my Monmouth University career, I aim to make a lasting impression. For over 80 years, *The Outlook* has been a reliable source of University news for the entire campus and beyond, and I would like us to continue to grow our readership.

I have had the privilege of working under five incredible leaders since my involvement in *The Outlook*, each delivering something new and great to the publication. These leaders who I am lucky enough to call my

friends have left behind a traditional news source while continuing to progress with modern journalism trends. I would like to continue their legacy by leaving behind a reputable source of information for students, faculty and the surrounding community while expanding our reach.

My goal, as well as the goal of *The Outlook* staff as a whole, is to deliver the most breaking and up-to-date news and serve the campus community with the lat-

I have been
afforded the
opportunity of
becoming Editor-
in-Chief for a
staff with brilliant
minds and
creative ideas.

est information relevant to them. I aim to do this in the fastest and most effective way possible. That said, we are not only present in print around campus, but are constantly expanding our digital presence as well. We have developed pages on various social media forums and hope to grow our audience in that realm.

I have been afforded the opportunity of becoming Editor-

in-Chief for a staff with brilliant minds and creative ideas. I aim to be a trusted and reliable leader for them, as well as any student who wishes to participate in our publication. Likewise, I would like to build our staff of not only talented editors, but aspiring journalists as well. Writing for a well-known and received publication such as *The Outlook* is a privilege open to all students of all majors.

It would be a great accomplishment to see students outside of the communication department contributing their ideas and writing to *The Outlook*. We attempt to cover stories from all campus departments, so the more academic diversity we have, the better our publication will be.

This includes readers and staff. If we can relate to more academic departments and clubs, I hope they will feel comfortable approaching us and submitting their own writing or story ideas. We are always open to interested students, whether they make a one-time contribution or simply request that we cover an event they may be involved in.

With a dedicated staff behind me, I am eager to take on the role of Editor-In-Chief. I am grateful for this opportunity to lead a legacy for a publication that has been named the best by the American Scholastic Press Association in the past, and I hope to regain the title once again.



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

All copy must include the author’s full name and contact information. *The Outlook* accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in *The Outlook* do not necessarily reflect the views of Monmouth University or *The Outlook*.

DISCLAIMER: All articles appearing in the Op/Ed section of *The Outlook* are solely the opinions of the authors and do not reflect the views of *The Outlook*’s editors (unless otherwise noted) or any and all advertisers. Opinion articles are run unedited and the content is the sole responsibility of their authors. All students and faculty are welcome to respond to any opinion piece that appears on these pages, and everyone is encouraged to submit an article for consideration. *The Outlook* reserves the right to withhold any articles deemed inappropriate or otherwise unfit to print in the Op/Ed section. Due to legalities, *The Outlook* will no longer print anonymous articles.

The Outlook

SUBSCRIPTION FORM

Name

Address

City

State

Zip

Day Phone

Evening Phone

☐ \$25 Non-Alumni Subscriber ☐ \$15 Monmouth University Alumni

Mail this subscription and payment to:
THE OUTLOOK • Monmouth University
400 Cedar Avenue • West Long Branch, NJ 07764
• or call 732-571-3481 for credit card payment •

New Year, New Me?

LAUREN NIESZ
HEAD COPY EDITOR

Let’s have some real talk about new years resolutions. People make new years resolutions every single new year. There are some common ones such as losing weight, saving money, eating healthier, etc. The great thing about these new years resolutions is that they are always very positive.

At first, most people start out strong with their new years resolutions—*new year, new me*— but, after some time, people lose motivation. It is around this time in the new year that this starts to happen. But, it doesn’t have to happen to you! While you really can’t be

a “new you,” there is a definite possibility for you to better the old you. It is important not to forget in your “new you” who you really are.

Don’t make ridiculous new years resolutions that you can’t follow through on. You should be realistic in your resolutions. Just because it is a new year, doesn’t mean that the “old you” who couldn’t run a mile in four minutes, can run a marathon the next day as the “new you.”

I think that is the biggest mistake when it comes to new years resolutions. Instead of trying to alter your appearance all at once, I might suggest that you work on strengthening your mind also. For example, I am terrified of the dentist, so, ev-

ery year I make it my new years resolution to schedule my dentist cleanings for the year.

I think that as college students we could all do something similar. If you are an introverted person, maybe your new years resolution could be to go to one party. I’m not saying for an introverted person to just “get out more,” but make it realistic—go to one party and take it from there. If we make resolutions that sound daunting, we are less likely to follow through on them.

Therefore, I would say the best advice I have ever taken about new years resolutions is to take baby steps. Baby stepping into the new year is the key in conquering larger heights. Instead

of saying, “eat healthier,” just substitute one meal in your day for a healthy option and take it from there. If we overwhelm ourselves with the pressure of instantly eating perfectly well rounded meals all day we will get frustrated and lose hope quicker than we would like to.

One quite unfortunate thing about new years resolutions is that they get a sort of bad reputation. Some people don’t believe in setting new years resolutions, which is his/her prerogative, but there has been a lot of negative feedback in response to new years resolutions being made. To me, that is a problem. There shouldn’t be any criticism on the positive changes people want to make in their lives.

Furthermore, you shouldn’t doubt yourself. Baby step your way into transforming yourself into a better you—not a “new you”—but an improved you. There is still time left this January to rekindle that fading resolution. Whether you want to make another one that will strengthen your state of mind or expose you to new experiences, or just reinforce the one you’ve already set, just remember to take it slow and make sure you are happy!

Oprah Winfrey once said, “Cheers to a new year and another chance for us to get it right.” It is still early in 2016, so let’s try to follow through with our resolutions and stay positive!



IMAGE TAKEN from huffingtonpost.com

The New Year often means new resolutions, but according to an article published by Forbes, only eight percent of people keep these resolutions.

The 2016 Oscars Cause Controversy

ANNA BLAINE
STAFF WRITER

What’s with the lack of diversity amongst the 2016 Oscar Nominees? This has been a question that many people have been asking since the list of the 2016 Oscar nominees was announced two weeks ago. All 20 nominations in the Best Acting categories went to white actors or actresses. The recent news has some black actors like Will Smith and his wife Jada Pinkett Smith boycotting the ceremony because of the lack of diversity. Others like director Spike Lee have also refused to go to the ceremony due to the way the Academy has voted. I’m sure this will also put Chris Rock, who is the host of this year’s Oscars in an awkward situation, but he is a comedian, so he will laugh it off and most likely make a joke

out of this controversial debate.

I do understand why the Oscars is such a big deal for artists in Hollywood. It is the crowning achievement an actor, director or screen writer can get. This stamp of recognition that once you are at least nominated, you’ve made it amongst the elite in show business. You will be mentioned in the likes of all the great actors, directors etc. past and present. It seems like a validation, but when you look at the history of the Oscars, the odds have not been in favor of people of color. For all the white actors that have won Oscars, only a small margin of people of color have won the award: Hattie McDaniel, Sidney Poitier, Rita Moreno, Louis Gossett Jr., Denzel Washington, and Morgan Freeman to name a few. Halle Berry was the first black actress to win Best Actress in

2002.

For an awards show that has been in vogue since 1929, it is questionable and a bit ridiculous that it took until the new millennium to give a black actress an Oscar. I feel like black artists have become the most outspoken because racial issues in this country have always been between black vs. white, but I have yet to see Asian actors or Indian actors win either. I think it is a diversity issue that the members of the Academy have not addressed in full.

I read a statistic recently that said 94 percent of Oscar voters are white, 76 percent are male, and an average of 63 years old. Those numbers don’t scream diversity to me. I know this may be a silly analogy, but if you ask a group of older Jewish white men to pick their favorite dishes in a

submission contest of Knishes, Matzo ball soup, Baklava, Spaghetti, Gumbo, Fried chicken, Rice and Beans, or Lo Mein. Most likely those Jewish guys are going to pick those Knishes, Matzo ball soup and Baklava dishes that resonate with them the most. I think it is similar to the way the Academy members vote.

They vote for movies that resonate with them the most. I loved *Straight Outta Compton* but most likely a movie like that is not going to resonate with an audience of white, male 63 year olds. A lot of it is subjective.

Entertainment is mostly dominated by white men as well. Most of them are the studio execs, the distributors and the financiers of films. There is still a gamble to see a person of color starring in a movie.

94 percent of Oscar voters are white, 76 percent are male, and an average of 63 years old. Those numbers don’t scream diversity to me.

I do think that the lack of financing and marketing does affect the way any movie is received. This could affect what gets submitted for Oscars and what doesn’t. It is about politics too, campaigning for a nomination does happen.

Recently I saw *Beasts of No Nation* with Idris Elba and was horrified by the movie’s subject matter, but I believe it was deserving of Oscar nominations. I’m disappointed to see that was left out, but again this whole voting selection is subjective. Hopefully things will change.

The real world is racially and culturally diverse. Hollywood should reflect that. It is nice to see roles go to non-white actors because it doesn’t happen that often in the mainstream. The newest Star Wars movie cast British, Nigerian actor John Boyega, and he was one of the best things about that movie.

More strides do need to be made in the industry. Here’s to hoping that the Oscars will be more diverse in the years to come.



IMAGES TAKEN from contently.com and metro.

The nominees for the 2016 Oscars were revealed, and they have left several people, such as Will and Jada Pinkett Smith, feeling insulted and neglected.

Changing the World One Hashtag at a Time

CLARE MAURER
STAFF WRITER

Our generation is about to change everything. We have adapted to endless new technologies, progressive reforms, and new ways of thinking. We are the largest generation in U.S. history; with about 80 million millennials, our numbers are surpassing those of the Baby Boom. As we leave college behind, how are we going to leave our mark on society?

Unlike Generation X and the Baby Boomers, we have countless ways to share our opinions with the world. You don't have to write up a letter to your town paper to have your voice heard.

Thanks to Twitter, Facebook, Tumblr, Snapchat, and a number of free forums online, it's easy for millennials to express their beliefs, especially during monumental social events or tragedies.

When riots broke out in Ferguson, MO and the Black Lives Matter campaign took off, we were able to contribute with a hashtag. "Social media gave us a platform to express how passionate we were about these controversial issues," Samantha Marella, a junior business marketing student, explained.

With the presidential elections looming ahead, we're using our voices more than ever on social media to debate over candidates.

"Many millennials are using social media to spread awareness of social injustices and important political issues," Robert Scott, a Specialist Professor in the Communication Department, said. "And doing so in an immediate fashion often leads to mobilization and positive change."

Twitter especially provides us a way to join in on a global

conversation, using topics like #OscarsSoWhite or #SmartGirlsAsk.

"Millennials are going to change the way society accepts individuals, since movements like Black Lives Matter and the transgender movement have been widely accepted by people in our generation," Danielle Romanowski, a junior communication student, pointed out. "As we get older, we'll pass those beliefs down to our children and family members."

Our generation is also the first to wait until careers are settled before marrying - the median age for marriage was 30 in 2010 as opposed to 23 in the 1970s.

The technological advancements and progressive thinking are only going to continue as we go out into the job force and end up having families.

"Millennials are now entering the workforce as the first generation to be raised with electronic communication, mobile apps, and social media platforms," Professor Scott pointed out. "Many young people can market themselves as uniquely qualified to steer today's companies through the often complex process of developing and maintaining an effective online and social presence."

Although, just because we post pictures on Instagram on "Throwback Thursday" doesn't mean we're experts; Scott explained that "a job candidate should fully understand the implications of social media on marketing, customer service, and much more."

Besides making progressive changes, as well as putting more of a focus on our careers, we are also on the precipice of creating more changes to technology. New apps are popping up every day, with transportation options like Uber and Lyft taking off.

"From a technological standpoint I think that we'll be able to contribute more to the advancement of technology in our society since we're the ones that grew up with it," Stephanie Merlis, a junior business marketing student, added. We don't spend time trying to fix an older app or bother using Internet Explorer; we're off designing new options, always on to something faster, sleeker, better.

We take this desire for the best technology and seamless processes to the workforce as well. Millennials have experienced everything from gay rights, the transgender movement, a new wave of the feminist movement, and the continuing fight for equal rights for all races and ethnicities. "We're a more liberal generation, so we'll be open to new ideas," Merlis said.

We bring this open-minded attitude into the workforce as well. Forty percent of millennials have at least one tattoo, leading towards an overall acceptance of things like tattoos and nose piercings when it comes to the office.

Marella added, "We're going to be a lot more understanding of people who have tattoos or look different than the normal corporate worker, because we're less judgmental."

This acceptance may stem from students being raised as part of a "trophy" generation. We were taught since tee-ball that everyone is a winner, even if we lose. Everyone gets a participation trophy and plenty of orange slices and pats on the back. While many criticize this as raising a generation of softies who don't try very hard, it does lead to us acknowledging others for the effort they put into something, even if the effort was minimal.

"I think that our generation

is definitely a lot more understanding and caring than the generation before, since we were raised in the 'trophy age,'" Marella explained. "Although the older generations don't understand that, I think it was a necessary progression in humanity."

Professor Scott recalls, "I've seen a number of my students work tirelessly to make the

world a better place by pursuing careers and internships in news media, political organizations and nonprofits."

The world is changing now, more rapidly than ever before. Our generation will continue to ride that wave, and bring even more changes, updates, and progression than any group of people before, with open hearts and open minds.



IMAGE TAKEN from surveycrest.com

Millennials are not only just beginning to enter adulthood, but they're also starting to seriously impact the world around them.

Dealing With the Loss of Music Legends

NICOLE SEITZ
STAFF WRITER

"And the stars look very different today," David Bowie wrote in his 1969 hit "Space Oddity;" with the recent loss of some major icons in the world of music, like Bowie, the stars do look different to the fans who followed these artists. Legendary performers leave their mark on society and the hearts of fans, so it's no surprise that the recent losses in the music industry have left many people heartbroken.

On Dec. 28, 2015, Lemmy Kilmister, founder and front man of heavy metal band Motorhead, passed away from cancer. Andrew Jackle, a junior music industry student and a fan of Motorhead, said, "Lemmy was such an iconic figure in the rock music world that even great stars like Dave Grohl, who don't play metal music, were influenced by him."

Along with Kilmister and Bowie, who passed away on Jan. 10, family, friends, and fans were also forced to say goodbye to Glenn Frey of The Eagles on Jan. 18.

The deaths of these rock stars has certainly shaken up the music world. I remember first hearing about Bowie's death: I just started my car to go to work and the first thing I heard on the radio was that he had passed away at the fairly young age of 69.

Dave DePaola, a junior music industry student, explained, "Bowie is one of those musicians that you thought would never die. He made amazing music right up until the end of his life."

DePaola continued, "His music is so legendary that it becomes truly immortal, which gives the illusion that in a way the artist is immortal too. Not having him around feels

strange, but he is human after all."

One day, these artists are rocking on stage and the next they are gone. As a young person looking up to these icons and role models, it seems impossible to think they could ever be gone, so it comes as a shock when we find out that they are.

It may seem strange at first that ordinary people like us

would grieve over rock stars that we never even knew personally, but that can change when someone you really looked up to passes.

Jon Bass, a sophomore music industry student, commented on the recent death of Frey, explaining, "I am a huge Eagles fan and he was the first person to die in a band that I have followed my whole life. I was really sad when I found out and

finally understood why people grieve over their idols."

It's times like these that make us want to take out our favorite CD or record and just blast it and rock out. Music is such an important part of the lives of so many people; these legends had created music for so many years and each one of them has made big changes in the music industry.

Joseph Rapolla, Chair of the Music and Theatre Arts Department at the University, said, "With the passing of such great rock legends, we are reminded of this great generation of music and it is important now more than ever to keep the music alive."

Although the passing of any person, celebrity or not, is inevitable, their legacy and art can stay alive forever. "I listened to a lot of Eagles music the night [Glenn Frey] died in his memory," Bass admitted.

Realizing how important these particular individuals' music was makes us really feel the reality of it all and helps us understand that time never stops and people keep growing, but music never dies.

Bowie once said, "I don't know where I'm going from here, but I promise it won't be boring." This serves as a reminder to everyone that these incredible artists will live on forever through the careers that they built throughout their lifetime.



IMAGE TAKEN from inquisitr.com

Memorials dedicated to David Bowie began popping up all over the world after he died at the age of 69 on Jan. 10, forever leaving his mark on the world of music.

The Downfalls of the College Diet

DANIELLE ROMANOWSKI
CONTRIBUTING WRITER

The “freshman fifteen” has become a common expression among college students in this generation. The notion that students will gain weight in college has become widely accepted simply by adapting this term. But what exactly are students eating that creates this phenomenon?

Pizza, beer, fries and coffee is how Kristine Simoes, a Specialist Professor in the Communication Department, would describe the typical college student’s diet and the reason as to why the “freshman fifteen” is usually gained.

Students tend to eat things that are readily available, cheap and that taste good. While it’s hard to generalize a typical college student’s diet, it’s safe to say that junk food is favored by busy students on the go.

“I try not to generalize diets and food choices, because those things are so personal, even among a collective group such as college students. However, I do see, more often than not, that students are surrounded by an abundance of processed foods, sugar-loaded beverages, and not-so-healthy choices,” Mary Harris, a Specialist Professor in the Communication Department, commented.

Students are, in fact, consistently surrounded by unhealthy food choices. Whether that be in the dining hall, student center or fast food restaurants that deliver in the area,

it’s easy for students to eat an unhealthy meal.

While there are good, healthy alternatives on and off campus, students tend to gravitate towards fattening, highly saturated foods. It’s

a carbo-load will lead to a crash in the afternoon/early evening and dehydration from a large amount of alcohol consumption. Eating poorly can affect a student’s focus in the classroom and could even lower

anxiety. Jitters caused by an overload of caffeinated beverages can also spike those anxiety levels and become counterproductive. While it is commonplace that students eat poorly, there are times during the

mented.

During the beginning of the semester it is more likely that college students will have the urge to eat healthier due the lessened work load and fresh start that comes with a new semester.

Marella describes her diet as sporadic. “Sometimes I eat five small healthy meals a day but some days I don’t eat anything until I go to Taco Bell at midnight and order everything on the menu,” she explained.

On the other hand, junior communication student Clare Maurer’s diet consists of sushi and coffee, two extremely popular choices of students at the University. “I like the idea of eating healthy and maybe one day I’ll attempt that lifestyle, but it’s not in the cards for me anytime soon,” admitted Maurer.

For students that have similar habits, Harris offers healthy alternatives like fresh fruit with a small handful of unsalted nuts or seeds. “A smoothie is quick and packed with nutrition and fiber. Another easy one is a loaded sweet potato topped with veggies, beans, and salsa. It just takes a little creativity and planning ahead, but the possibilities are endless,” she added.

While the typical college diet can be interpreted as consisting of junk food and sugary snacks, there are many students on this campus that have an active lifestyle and eat clean. Eating healthy has many benefits and can lead to improvements in our lifestyle and create a positive college experience.



IMAGE TAKEN from thrillist.com

College students usually indulge in meals full of carbohydrates and saturated fats.

easier for students to grab a slice of pizza before class than to take time to create a healthy meal. For busy students, convenience is key.

These particularly bad habits can have a negative effect on a student’s body as well as their productivity in the classroom. Simoes feels that

their participation levels.

“By fueling our bodies with the appropriate nutrition, water, sleep, etcetera, we can perform at our best,” Harris explained. Eating unhealthy foods that are packed with sugars and carbohydrates have can even contribute to higher levels of

year that health kicks are popular.

“I think eating patterns change depending on the time in the school year. Students tend to eat more unhealthy around periods like finals week and healthier when the work load decreases,” Samantha Marella, a business marketing student, com-

He For She: An Open Invite to Fight Gender Inequality

JAMILAH MCMILLAN
ASSISTANT NEWS EDITOR

I am a feminist, and I recently participated in a campaign where other feminists and I attempted to get male students at the University to take a pledge stating that they were “He For She.” The pledge was simply about making a commitment to stand for gender equality. However, there were a few male students who made excuses for not taking the pledge, and there was one in particular whom I will never forget.

This student declined to pledge with assurance. He looked us in the eyes and said, “I believe in gender equality, but not in...feminism.”

For three milliseconds I stood there, confused, and it was just enough time for him to make a getaway.

I will always regret this lapse in my motor skills, because I never got the chance to enlighten him. I did not get to tell him that a feminist is someone who believes in gender equality, and that the two are synonymous.

For centuries, the fight against gender discrimination and gender-bias has been a burden on the shoulders of those it mainly affects: women. I have come to realize that this is due to the fact that men, and some women, misunderstand the true definition of feminism.

According to a poll taken by YouGov in 2014, 75 percent of Americans do not consider themselves feminists. However, when asked if they believed that “men and women should be social, political, and economic equals,” 60 percent said yes.

So either the polls are wrong, which is unlikely, or somewhere in history the core definition of feminism was skewed in the minds of Americans. When a person says, “I am not a feminist,” they are also saying that they do not believe in gender

equality, because according to the Merriam Webster Dictionary, feminism is “the belief that men and women should have equal rights and opportunities.”

Male readers, if I have enlightened you with the above definition, you now know what feminism truly means. Hopefully it has made you realize that all your life you have unknowingly been a feminist.

If this is the case, then I ask that you widen your inherent feminist beliefs towards the billions of women outside of your life. Think of all of the women and girls around the world who are discriminated against due to the simple fact that they were born female.

If you do not have the creative power to imagine, let me draw it out for you in statistics: According to the Government Printing

the world’s trafficking victims. According to the National Institute of Justice and the Centers for Disease Control & Prevention, one out of every six American women has been the victim of an attempted or completed rape in her lifetime. Among all victims of rape, about nine out of ten are female.

Women alone can no longer do all the heavy lifting against gender bias and gender hatred. “It’s important for men to understand feminism so that they can recognize the privilege they receive and end male perpetuation of sexism and misogyny,” explained Gracie Zwernemann, a senior English and education student.

We are not asking for white knights to charge in and lead the feminist movement. We simply need more men to stand in solidarity with women in the fight for gender equality.

Now that you can imagine the injustices that women are facing worldwide, I hope you’re ready to take action against them, but don’t get overwhelmed, because I made you a list:

1. Join a local girl group:

Do some research and find a local organization in your community that advocates for women and girls. You might have to do a little leg work, but that’s okay, because in the grand scheme of things, you’re potentially saving lives. Make a few phone calls and find out meeting times. See if there are any upcoming events and invite individuals from your “bro squad” to go with you.

2. Join a local guy group:

There is one particular organization called Men Can Stop Rape (MCSR). This group has been around for decades. Their mission is to “mobilize men to use their strength for creating cultures free from violence, especially men’s violence against women.”

They have a host of events, projects, and campaigns that

“It’s important for men to understand feminism so that they can recognize the privilege they receive and end male perpetuation of sexism and misogyny.”

GRACIE ZWERNEMANN
Senior

Office, two-thirds of children denied education are girls. According to the International Labor Force Office of Geneva, women and girls make up 98 percent of



IMAGE TAKEN from theinspirationroom.com

Emma Watson has been very vocal in the “He For She” movement by encouraging males to learn more about feminism.

men like you can get involved in. They also provide a convenient list of other men’s anti-violence organizations around the U.S.

3. Buy a t-shirt:

If you would like to start out small, then do something as simple as buying a t-shirt. You might have seen them before, but there are powerful t-shirts that say, “This is what a feminist looks like.” Google that phrase and you will find many sites you can purchase your t-shirt from. Spending less than \$24 would allow you to showcase your feminism to the world. My hope is that this will cause people to look at you and consider that men can be feminists too.

4. Get some exercise:

Every year the United Nations hosts a march for gender equality

in New York City on International Women’s Day. Next year you could be one of the thousands of men and women who march through the streets of Manhattan in support of gender equality. You could make a colorful sign and wear your “This is what a feminist looks like” t-shirt, and who knows, maybe you’ll end up on television.

With all of that being said, good luck in your endeavors as a male feminist. I hope this guide helps you become a catalyst of change in the world. Be proud. Your commitment will better the lives of women and girls one less ignorant mind at a time, because in the wise words of Emma Watson, “Gender equality is not a women’s issue, it’s a human rights issue; it affects us all.”

"Star Wars" Makes Triumphant Return with "THE FORCE AWAKENS"



PHILIP BLIZZARD
STAFF WRITER

The Force Awakens, the long-awaited seventh chapter in the *Star Wars* saga, entered our galaxy on Dec. 18, 2015. With it came a new generation of scavengers, soldiers, and pilots alongside the passionate royalty, fur-covered warriors, and scruffy looking nerf-herders of the past. This combination of old and new inhabits a galaxy both vastly different and strikingly similar to the hopeful universe we left 30 years prior.

The film opens in true *Star Wars* fashion as an invasion force from the Empire's successor,

The First Order, storms a desert world looking for missing plans. The plans are given to a droid, who meets Rey (Daisy Ridley), a young scavenger. In the course of helping BB-8 deliver the map, she is joined by a disillusioned Stormtrooper, Finn (John Boyega). Escaping their pursuers in the Millennium Falcon, Han Solo (Harrison Ford) later reclaims his ship, aiding them in a battle between the First Order and Resistance, and escaping to the Resistance base. In an effort to draw out their enemies, the First Order fires their ultimate weapon, setting the stage for a final battle over Star Killer base.

In many ways, *The Force*

Awakens lives up to its cinematic legacy. The visual effects are as strong in *The Force* as the Chosen One. Starfighter battles are the pinnacle of this, particularly in the skirmish between the Millennium Falcon and First Order TIE Fighters during Rey and Finn's escape from Jakku. With their weapons locked in forward position, Rey is forced to take the Falcon through the innards of a crashed Star Destroyer. The twists and turns of the ship as it jukes and dodges across outcroppings and pieces of wreckage capture the intensity of the moment and desperation of the young pilot fighting not just for her life, but the fate

of the galaxy. After leaving the wreck, Rey pulls a move worthy of Han himself and kills the Falcon's engines in mid-ascent to give Finn a shot at their last pursuer. The moment that the ship begins to drop from the sky is enough to stop the hearts of the audience as if it were them on board. The other space battles in this movie also do not disappoint; effects such as blaster bolts and lightsabers are better looking than ever before.

Cinematography is also strong with this one, particularly in the firing sequence of Starkiller Base. Several shots, all cast in the light of the super weapon's lasers, capture the event from all the major perspectives. On base, the commander General Hux stands proudly as the sky is cast in the crimson glow of his ultimate triumph. On the bridge of a Star Destroyer, Kylo Ren (Adam Driver) pensively watches the beams travel across space before the camera cuts to his mask as he looks on. Finally, on the Republic capital, there is a close up of a woman's face as she embraces the death of both herself and the democracy she and so many others struggled to create.

Perhaps the strongest aspect of *The Force Awakens* is its characters. Finn rejects the First Order and grows from a coward seeking a place to hide to a fighter willing to lay down his life for a cause and his friends. Indoctrinated for conformity from birth, seeing him experience true acceptance and friendship from Poe and then Rey provides perhaps the most touching moments of the film. Rey's arc is similar in that she is learning to leave behind the lies of her past for a grander destiny. Her struggle to let go of those who abandoned her and at the same time to accept the new friendships,

as well as come to terms with her own abilities, makes her the breakout star of the film. Kylo Ren is also given perhaps the most visible growth in this film. Though serving the dark side, Ren must contend his ties to the light. This comes to a head when he is forced to confront his past and make an ultimate decision about which side of the Force he will serve.

All this focus on the new characters is not to say the old guard is abandoned. Han Solo is featured prominently within this film, serving as mentor to the new heroes and taking the lead in the final assault on Starkiller base. Solo must also face the mistakes of his past and must make a final decision as to whether he will give his all to a greater cause, or settle for the empty life of a smuggler he's come to know.

The one flaw of the film lies in its unanswered questions. Much of the information about the state of the galaxy in the past 30 years is left to secondary sources such as novels and reference books. It doesn't detract from the film, but may leave fans wondering about a few easily explained points. It also raises many questions which it does not answer, such as the reason behind Luke Skywalker's disappearance, and Rey's origins. Undoubtedly, these answers await us in 2017's *Episode VIII*.

The Force Awakens is an exciting new chapter in the *Star Wars* saga. It continues the tradition of a deep narrative filled with strong characters that tackle universal and personal issues, all while providing excellent cinematography and high-quality special effects. It definitely proves that decades later, the Force is still strong with this one.



IMAGE TAKEN from comingsoon.net

"Star Wars: The Force Awakens" became the highest grossing movie of all time after earning over \$879 billion domestically.

Fey and Poehler Throw a Party in "Sisters"

AMANDA GLATZ
ENTERTAINMENT EDITOR

December's R-rated comedy *Sisters* was essentially an extended *Saturday Night Live* skit, the kind that tries a little too hard but is charming enough to merit a re-watch. The film stars Tina Fey and Amy Poehler as the titular Ellis sisters who reunite for one last house party when their parents put their childhood home on the market. During a holiday movie season that was packed with heavy dramas and fantasy franchises, *Sisters*' raunchy antics were a welcome change.

While they've built their respective careers on individual projects, Fey and Poehler are perhaps funniest as a duo, riffing off of one another in the way that only best friends can. They served a long tenure together at *SNL* where they famously manned the Weekend Update desk and performed various skits as Sarah Palin and Hilary Clinton. More recently they hosted the Golden Globes for three years in a row, raising the bar for awards season emcee's everywhere. *Sisters* marks their first film together since the 2008 comedy *Baby Mama*, in which Fey plays a successful busi-

nesswoman who enlists Poehler's irresponsible character to be the surrogate for her child.

In *Sisters*, the duo plays opposite roles: this time Poehler stars as Maura, a by-the-book entrepreneur, while Fey plays Kate, an out-of-control single mom without a place to live. They embody these roles well, Fey in particular reaching a depth that she doesn't always achieve. She's thoroughly convincing as the more outrageous of the pair, often using expert delivery to make the best of a mediocre line. As the plot shifts to incorporate Kate's struggle to find employment and provide for a daughter that has all but given up on her, Fey hits the emotional notes and helps to carry the story.

While Fey and Poehler carried the weight of the film, they brought plenty of famous friends along for assistance. Maya Rudolph stands out as Brinda, Kate's nemesis from high school that wages war on the house party after not getting an invite. Current *SNL* stars Kate McKinnon and Bobby Moynihan also play party guests, along with Rachel Dratch and *WWE* legend-turned-comedy-star, John Cena. Every cameo added something to the film, and the *SNL* cast members played

off of each other particularly well. Many reviewers credited Moynihan with a show-stealing performance, but I personally found his role to be a bit over the top. Rudolph was much better, characterizing Brinda with a layer of rage behind her fake smile and exaggerated word enunciation.

Sisters also features Ike Barinholtz as James, a neighboring handyman and love interest of Maura, who spends a good portion of the film trying and hilariously failing to flirt. Barinholtz, previously cast as side characters in shows like *The Mindy Project*, does well here as a leading man. Still, their romance never quite surpasses cliché, and the rom-com aspect of the film isn't nearly as interesting as the dynamic between the two sisters.

Paula Pell's script succeeds in highlighting Maura and Kate's relationship, specifically the roles that they played in each other's lives as children and continue to embody as adults, either for better or for worse. There's depth in the family dynamic and it's easy to get attached to the characters. Still, I wish Pell had occasionally chosen sophisticated over raunchy—some of the punch lines feel lazy and overused, and don't necessarily live up to the standards



IMAGE TAKEN from bostonherald.com

The cast of "Sisters" features several current and former "SNL" stars, including Kate McKinnon, Bobby Moynihan, and Rachel Dratch.

associated with Fey and Poehler. As a result, the performances in *Sisters* often overshadow the script itself.

In the end, *Sisters* doesn't belong on the top of Fey and Poehler's respective resumes, but it was a hilarious, feel-good film that was perfect for the holiday season. It's

packed with cameos and the party takes several unexpected turns. The humor isn't groundbreaking but it is the kind that you can watch again and again, and when it's over, you'll be eagerly awaiting your invitation to the next Ellis Island party.

CATCHING UP WITH BLUE HAWK RECORDS

NICOLE SEITZ
STAFF WRITER

It's a new semester here at Monmouth and Blue Hawk Records, the University's student-run record label, has some rocking stuff in store for us this spring. We closed out our fall semester in December with an EP release show in the Rebecca Stafford Student Center (RSSC) for the record label's seventh compilation album, *Shades of Blue*. Dan Amato opened the show with his retro style showcased in a cover of "Hounddog" by Elvis Presley as well as his single "Beautiful to Me" on the EP. Dan and Jackson performed their single off the EP, "I Told You," along with some other cool tunes. They were then followed by a set from jazz artist Kellan Brennan, who covered "I Get a Kick Out of You" by Cole Porter as well as his original "Old Soul" on the compilation album. Thanks Genie closed out the show with a set including their song from the album, "Run."

Over the winter break, University students kicked off the Light of Day festival in Asbury Park with a four-hour show at Langosta Lounge. Light of Day is a foundation that raises awareness and money for a cure for Parkinson's Disease. There are over 30 shows across 13 countries as a part of this fes-



PHOTO COURTESY of Lynne Ward

Performers at Langosta Lounge included Steve Filippone, Vinnie Espinosa, Brittany Cannarozzi, Joey Affatato, Nicole Seitz, Dave DePaola, and Jackson Weippert.

tival and Monmouth is the only college involved in the Light of Day festival. Joseph Rapolla, Chair and specialist professor of the Music and Theatre Arts department, commented, "It's great to see a show like this that has so much meaning being completely ran by students." This is the third year that The Music Alliance and Blue Hawk Records have put on this show at Langosta Lounge and it only gets better every year. Some of the featured acts included: Jackson Weippert, freshman

music industry student; Dan Amato, freshman music industry student, with Jon Bass and Owen Flannigan, both sophomore industry students. Also playing at the Light of Day festival were Joey Affatato, junior music industry student and The Emily Youth Project consisting of Mike Grant, Jon Bass, Justin Murray, and Andrew Jackle. The night was closed out by junior music industry student, Brittany Cannarozzi, along with senior music education student, Vinnie Espinoza, and

junior music industry student, Steven Fillipone. There was also a surprise performance by Dave DePaola, Jackle, Bass, and myself on vocals. It was one of my first performances ever and it was personally an honor to work with Blue Hawk Records and perform in the festival among these many other incredible musicians.

Now that we are back on campus, Blue Hawk Records is ready to rock your spring semester. Sam Bastone, a senior music industry student

and president of Blue Hawk Records, said they have some awesome shows planned for this semester, along with some cool merchandise. You can also look out for the record label's eighth compilation album. Auditions for the album will be held within the next few weeks. Rapolla said, "I have high hopes for the class that will be working on the album this semester. From scouting artists to recording to planning a live event, the process can be crazy but every semester we get better and this semester's album will be the best one yet."

Another exciting thing coming to not only music department but the school overall is Monmouth's new partnership with Count Bassie Theatre in Red Bank. Rapolla explained that there will be a new expansion built onto the theatre that will include a new venue room and patio where Blue Hawk Records is expected to have a concert series in the spring. This partnership is also important for the music industry students because it creates a new place for internships and opportunities to mentor young musicians at the Academy at Count Bassie Theatre. Stay in tune to everything Blue Hawk Records is up to this semester by following them on Twitter and liking their Facebook page.

"Dance Moms" Kicks Off Sixth Season

MARIE SOLDO
STAFF WRITER

"You save those tears for your pillow," is one of the many famous quotes of dance instructor and choreographer Abby Lee Miller, who has run the Abby Lee Dance Company, or ALDC, since she was fourteen-years-old. Her dance studio in Pittsburgh, PA, has been featured on the *Lifetime* series *Dance Moms* since July 13, 2011, when the first episode premiered. The show, which has a rating of 4.6/10 on IMDb and 6.8/10 on TV.com, is currently on its sixth season. The show is full of drama between Abby's harsh and demanding teaching skills and the over-the-top, preposterous dance moms.

The show follows Abby's junior

elite team through the highs and lows, wins and losses, of the different competition seasons leading up to nationals. Throughout the competition seasons, the dance moms will do anything and everything to get their child ahead. However, in Abby's eyes, one of the children is already ahead: Maddie Ziegler has been Abby's star pupil since she was three-years-old. It is obvious

that Maddie is the star dancer, as it truly is her passion and she works harder than her teammates; losing is not an option for her. She even insisted on being homeschooled so that she could have more time for dance. Her hard work and determination has paid off, and she has since starred with Shia LaBeouf in two of Sia's music videos, "Chandelier" and "Elastic Heart," which have had more than 1.6 billion views on YouTube.

When the show first premiered, Abby's elite team members were Maddie and her sister Mackenzie; Chloe Lukasiak; Brooke Hyland and her sister Paige; Kendall Vertes; and Nia Sioux. Amidst the first few seasons, Brooke and Paige's mom, Kelly, who had also been a student of Abby's, always felt that Abby was out to get her children and believed they were treated unfairly; Kelly had sued Abby for abusing and causing emotional stress on her youngest daughter, who claimed to repeatedly have anxiety and panic attacks.

As if that wasn't enough, Kelly and Abby had a physical altercation that resulted in Abby pressing charges of misde-

meanor assault. Ever since their altercation, Kelly and her two daughters have not returned to the show and have not contacted the other dance moms, Melissa, Jill, Christi and Holly.

Once all that drama died down, Abby decided that she wanted to expand and open a dance studio in Los Angeles, CA, called the ALDCLA, which is where the girls rehearse, practice and compete in the current sixth season. One of the main reasons that Abby wanted to have a dance studio in LA was so that her dancers could have other opportunities, such as singing, modeling and acting.

Personally, I believe that ALDCLA was a bad idea. Two of the girls, Kendall and Nia, wrote songs and had music videos done professionally. Their mothers, Jill and Holly, were always arguing and bickering about who would have the better music video, who would have the better makeup, who would get more views and so on. There has always been drama between the dance moms, but ALDCLA brought on more drama and fights which resulted in the mothers going against each other rather than being the cohesive group of moms they once were. It is understandable that each of the mothers want what is best for their child; however, they don't care if they have to take down one another to get their child ahead.

Before Kelly and her daughters left the ALDC, she was always the one who caused drama. Now, Kendall's mom, Jill, is the

one who is always wreaking havoc. There have been three new episodes so far this season, and in each episode, Jill has something to complain about. In Jan. 19's episode, for example, Jill screamed at newcomer Brynn for dancing next to her daughter rather than behind her.

Abby has been dealing with some drama of her own which has been widely publicized on this season as well. Abby has been charged with 20 counts of fraud, concealment of bankruptcy assets and false bankruptcy declarations. She could face up to five years in prison or she would owe \$250,000 for each indictment count, which would be a total of \$5 million. I am scared for Abby so I can't imagine how she feels, even though she tries to ignore the whole situation. When she was confronted by the moms about the news, she dodged the question and made a joke out of it. If I were in Abby's shoes, I don't think I could push something like that to the side. I would probably have a panic attack if I knew I could possibly be in jail for five years. However, Abby is a tough and independent woman who is probably taking things as they come, trying to stay strong and saving her tears for the pillow.

If you want to keep up with the dance mom drama, follow Abby's lawsuit and see some incredible dances, be sure to catch *Dance Moms* every Tuesday at 9 p.m. on *Lifetime*!



MAD FOR MAX

Academy Rewards "Mad Max: Fury Road"

BRIDGET NOCERA
STAFF WRITER

A film that includes a post-apocalyptic wasteland, breakneck action, and was actually a huge summer blockbuster that thrilled mainstream audiences is not usually considered an "Oscar film." But on Jan. 14, when this year's 88th Academy Award nominations were announced, *Mad Max: Fury Road* wound up with 10 nominations, just second behind *The Revenant* and its 12 nominations. These nominations weren't in minor categories, either; the film racked up nods for Best Picture, several visual and sound categories including Best Cinematography, and Best Director for George Miller.

So *Fury Road* is not your typical Oscar bait, unlike competitors *The Big Short* (with a large A-list, award-friendly cast) or *The Revenant* (made by a director still riding high off success from last year's Oscars and starring a little-known actor named Leonardo DiCaprio, gunning hard for an Academy Award). So why such overwhelming success for a hard R-rated action film that was released all the way back in the month of May? The simplest answer: *Fury Road* is a ridiculously fun, wildly ambitious ride that neither mainstream audiences nor critics could resist.

Fury Road is set up as a sort-of sequel, or as director Miller called it, a "revisit," to the *Mad Max* franchise that once starred Mel Gibson in the titular role. Picking up in the middle of a desert wasteland, the audience is led by Max Rockatansky himself, played now by Tom Hardy, as he unsuccessfully tries to flee the War Boys, the insane army of men under leader Immor-

tan Joe (Hugh Keays-Byrne). Connected to and used as a blood bag for War Boy Nux (Nicholas Hoult), Max is dragged on the *Fury Road* with Nux and the War Boy army when Imperator Furiosa (Charlize Theron), a lieutenant under Joe, goes rogue on a routine trip with his five imprisoned "brides." With the help of Max and the brides along the way, Furiosa aims to find safety for herself and the brides at the "Green Place."

When one thinks of elements that make *Fury Road* so successful, its hard not to first think of its action. Miller, who directed the first two *Mad Max* installments as well as both *Happy Feet* films and *Babe: Pig in the City*, ushers in each big action piece and never lets the audience go before they are thoroughly exhausted. Most of the action takes place on the *Fury Road*, the long expanse of desert that almost never seems to end, in one long car chase with Furiosa's big rig. Everything is beautifully shot, never making the camerawork nauseating and even making car crashes and explosions look alluring.

Miller also successfully establishes the universe in *Fury Road*. Even for those who have never experienced the *Mad Max* series, it is easy to understand the situation and story while still being swept away in this strange world. We learn that nothing is too outlandish in this landscape, with a guitarist and accompanying drummers on a truck providing background music for the army, the War Boys spraying silver spray paint on their mouths in bouts of excitement, and much more.

One area that *Mad Max: Fury Road* was not rewarded for at the Oscars was its acting. Hardy's



IMAGE TAKEN from theatlantic.com

"*Mad Max: Fury Road*" was nominated for 10 Academy Awards, including Best Picture, Best Cinematography, and Best Director.

Max is solid, and he is a reliable actor that can easily play the brooding, silent-type of action leads, if unremarkable due to the character being less interesting compared to his counterparts. It's a disappointment that Theron lost out on being nominated for her role as Furiosa, where she commands the screen in every shot and is arguably the main protagonist who drives the story forward. Theron shows Furiosa to be undeniably strong and capable, but not one-dimensional. The character is not afraid to break

down and allow herself to be vulnerable, and Theron manages both sides to Furiosa skillfully. Hoult as Nux is also fantastic, yet underappreciated. For an actor whose known for his work as a child and in quiet, supporting roles, its remarkable to see him as a soldier who transforms from trying to prove himself to Joe to realizing he may be in the wrong. Hoult is incredibly impressive at making Nux more than just a wild War Boy, proving that the actor could be more than just a support-

ing actor in the future.

Despite it being a strange choice to be the top contender at the Academy Awards, one could not possibly be disappointed. The fact that a fun, mainstream blockbuster has gained critical recognition helps push the Oscars closer to relevancy, especially in regard to what many audiences are watching and are interested in. *Mad Max: Fury Road* is fantastic in any regard, and hopefully the Oscars on Feb. 28 recognize that.

WILL SMITH'S "CONCUSSION" IS CAPTIVATING

LAUREN ROSSI
STAFF WRITER

The quick staccato of coaches' voices shouting out plays mixes with the sound of crashing helmets, and echoing whistles pound your eardrums as a plain black image emerges onto the screen. *Concussion* brings the audience to the setting of an average football field, then cuts to the induction of Pittsburgh Steelers center, Mike Webster, into the NFL hall of fame. Webster notably emphasizes in his speech that the only thing players have to do is "finish the game. If we finish the game, we win." While this saying may appear motivational and reflect the dedication that football players have towards the game, when it is combined with clips of brutal physical injuries that people have experienced on the field, it makes one wonder whether finishing the game should really be the main concern. This initiates the conversation on the issue that the film delves into.

The movie shifts focus onto Dr. Bennet Omalu, a forensic pathologist who performs autopsies on the deceased to figure out the reason for their death. Portrayed by Will Smith, Dr. Omalu is an immigrant from Nigeria who moved to America to start a better life. To my naïve ear, I thought his accent was convincing and served its purpose, but many critics and fans familiar with the language were not exactly

impressed with Smith's take on Dr. Omalu's accent.

Even though his speech may not have been very impressive, I found the depiction of Omalu's actions and the way he performed his autopsies intriguing. The careful and precise motions along with the classical music playing in the background made his job seem more like an art rather than a science. In this way I feel that Smith excelled as an actor in the film.

Noticeably, the science behind

the film and the focus on the NFL players who suffered from brain damage were the most interesting parts. Aside from Webster, *Concussion* also included athletes Justin Strzelczyk, Terry Long, Andre Waters, and Dave Duerson, all of whom faced similar struggles and fates from their many years of football. It is Dr. Omalu who first discovers the effects of the constant buildup of head trauma by examining slides of samples of the player's brains. He reacts in disbelief to the

findings—"my god"—as he fumbles with the realization of what he just discovered.

Referring to the health issue as CTE (chronic traumatic encephalopathy), the disease is labeled as the reason for football players' headaches, hallucinations, and inability to think properly. *Concussion* does a powerful portrayal of the problems that CTE leads to. The characters of Webster and the others are self-harmful and hearing voices, and face a constant struggle

of trying to escape the pain in their head. I found the depiction of the effect CTE had on Webster to be the most captivating as his character went from a prestigious hall of fame inductee to a homeless man living in a truck, ripping out his own teeth and supergluing them back in.

Due to the medical science and discoveries about CTE being the most significant and engaging part of the movie, I do not think there needed to be the inclusion of Omalu's personal life or relationship with his wife. Smith may be able to accurately play a doctor, but his cold persona and rather awkward advances towards his female lead (Gugulethu Sophia Mbatha) did not make their relationship convincing, and was overall not necessary for the story line.

Although the film brought to light many of the issues with football as a sport, and the danger it poses on the individuals to play it, *Concussion* definitely went above and beyond in making the NFL out to be the bad guy in all of this. Granted, yes, in real life the commissioners did not handle the problem of CTE properly; but as someone who religiously watches football every Sunday, it was a bit disappointing to see the NFL trashed and transformed into an evil entity. Overall, *Concussion* is worth seeing in order to be exposed to the neurological effects of CTE and gain more insight, but the acting, dialogue, and plot is nothing worthwhile.



IMAGE TAKEN from theguardian.com

"*Concussion*" stars Will Smith as real-life Dr. Bennet Omalu, the forensic pathologist who uncovers troubling data related to the trauma caused by receiving concussions.

Monmouth Polls Show Surging Sanders and Indomitable Trump

BENJAMIN SMITH
STAFF WRITER

A recent national survey conducted by the University’s Polling Institute that was released on Jan. 19 shows a surging Bernie Sanders cutting into Hillary Clinton’s share of the most likely liberal voters.

The poll, which questions the popular perception of Hillary Clinton as the inevitable Democratic nominee for president, was mostly completed prior to the latest Democratic Primary Debate held in Charleston, SC on Sunday January 17.

According the poll’s latest findings, Clinton has the support of 52% of Democrats and Democratic-leaning voters nationwide, down from 59% in December. Sanders received 37% support, which is up substantially from his 26% support level last month and narrows Clinton’s lead to 15 points.

Just last month, a Monmouth poll suggested Sanders lagged behind Clinton by 33 points nationally. In Iowa Tues., where polls reported the two in a statistical tie, Sanders asserted that he’s confident he can win.

“When we started, we were in three percent in the polls,” said Sanders. “We were fifty points behind. Today, the inevitable candidate does not look quite so inevitable as she did eight and a half months ago.”

This marks the first time Clinton’s lead has dropped below twenty points in a national Monmouth poll.

“Clinton has lost ground with nearly every major Democratic voting bloc since December,” according to a report paired with the release of the poll’s results, with her biggest drops recorded among “self-described liberals,” from a 57% – 31% advantage over Sanders one month ago to a 42% – 51% deficit in the current poll.

Clinton has also dropped significantly among women (from a 64% – 19% lead last month to a smaller 54% – 35% edge now) and voters under the age of fifty (from a 52% – 35% lead to a 39% – 52% shortfall).

However, Clinton has clung on to high levels of support from two crucial groups. Voters over the age of fifty, who typically constitute a majority of the actual primary electorate, continue to support her over Sanders by a substantial 64% – 24% margin, relatively unchanged from the 67% – 16% lead she amassed among this group in December.

Furthermore, black and Latino voters, who are expected to comprise a large share of the vote in South Carolina and Nevada as well as in many Super Tuesday states, support her by a solid 71% – 21% margin, which is actually an increase over her 61% – 18% lead last month.

“Sanders is aided by the fact that most Super Tuesday contests are open to independent voters – a group where he performs well,” said Patrick Murray, director of the University Polling Institute.

“On the other hand, about two-thirds of the pledged delegates awarded on March 1 will be from states where black and Latino voters comprise anywhere from one-third to a majority of the electorate,” said Murray. Adding, “It looks like the demographic dynamic that hurt Clinton in 2008 may be what helps her in 2016.”

Bryan Larco, a Monmouth University graduate student studying Public Policy, claims that while he is still undecided, “Clinton represents the most serious candidate, especially when it comes to foreign policy.”

Larco, who was born in Ecuador before his family emigrated to the U.S., dismissed Sanders’ global affairs credentials citing his anti-regime change stance toward the Syrian civil war “lacks robust planning” and “provides no peace of mind.”

Conversely, Monmouth’s most recent national survey of likely Republican voters released Wed., Jan. 20, found Donald Trump comfortably maintaining his commanding lead in the race for the Republican nomination.

Senators Ted Cruz and Marco

Rubio remain the only other candidates polling in double digits. Among these three, Trump is seen as the stronger opponent against Hillary Clinton in November’s general election.

Perhaps most interestingly, Trump continues to draw his support evenly across the ideological spectrum – including 35% of very conservative voters, 36% of somewhat conservative voters, and 36% of moderate voters.

Cruz performs at his best among those who are very conservative (27%) or somewhat conservative (18%), compared with moderate voters (7%).

Rubio pulls in a consistent 11-12% among all three groups.

“These results suggest that the GOP race is fairly static on a national level. We’ll have to wait and see if the Iowa and New Hampshire results shake things up,” said Murray.

Just under half (44%) of Democratic voters say Clinton would have a better shot against GOP front-runner Donald Trump in November compared to just 16% who say Sanders would be better positioned in the general election. Another 35% say Clinton and Sanders would be equally as likely to beat Trump.

Clinton is seen as the more formidable opponent against both Ted Cruz (39% Clinton better – 17%

Sanders better) and Marco Rubio (37% Clinton better – 17% Sanders better).

Regardless of the eventual matchup, Monmouth graduate student Mary Lou Pardey believes there remains little threat to the candidacy of Clinton.

“Although I’m leaning more towards Bernie than Clinton, I think she’ll adopt enough of his populist message to appeal to most liberals while capturing enough moderate votes with her hawkish foreign policies,” said Pardey.

Among likely Republican primary voters, Trump is seen as the strongest threat to Hillary Clinton. More GOP voters say that Trump (37%) would have a better shot than Cruz (24%) at beating Clinton in November, with 31% saying the two candidates would be equally as strong against the Democratic frontrunner.

By an even wider margin, Trump (47%) is seen as more formidable than Rubio (22%) against Clinton, with 25% giving the two an equal chance. GOP voters are more divided on which of the two senators would be better positioned to take on Clinton – 31% choose Cruz, 23% choose Rubio, and 32% say the two would have an equal shot.

“Contrary to many party leaders’ hopes, the electability argument is not going to drag down Trump,” said Murray.

Detroit Public School Teachers “Sickout” Protest

JASMINE RAMOS
POLITICS EDITOR

On Jan. 20, 88 schools closed in Detroit, Mi., due to a teacher “sickout” protest against the underfunding of public schools. 44,790 students were unable to attend school that day.

The first “sickout” started with the closing of five schools, led by Steve Conn, the ousted president of the Detroit Federation of Teachers Union, who was expelled in August after the local’s executive board found him guilty of internal misconduct charges. This affected over 6,730 students ability to attend school.

Owing 3.5 billion in outstanding debt, Detroit public schools system could be insolvent, or unable to loans by April of this year. This could affect a recovering city trying to overcome bankruptcy; without a good standing education system, new families are not

likely to move in and support the economy of the city.

Enrollment numbers are down, according to the National Alliance for Public Charter Schools. In 2006, only 20% of students attended charter schools, and since 2014, this number has gone up to 55%. Other parents have opted to send their children to other public schools in suburbs.

Detroit has also come last in education every year since 2012, according to the National Assessment of Educational Progress Exam.

When aware of the protest, Mayor Mike Buggan ordered district wide school inspections. He came across a dead mouse in an elementary school.

“Cockroaches, some three inches long, scuttle about until they are squashed by a student who volunteers for their task. Water drips from the leaky roof onto the gymnasium floor,” describes Julie

Bosman, writer for The New York Times, of one of the public schools in Detroit.

Detroit Federation of Teachers Administrator, Ann Mitchell, explains that classes with up to 45 students have rodents, moldy and leaky ceilings, and rooms that are too hot or cold.

Various people are against the means the teachers are protesting. Representative Kevin Cotter, speaker of the house in Michigan said, “These selfish actions do nothing to help the union members who want state support for their failing school district. These part-time educators want a handout, but the state of Michigan wants confidence that an improved DPS won’t be torn apart from the inside.”

Executive Director of Michigan Associate of School Administrators said, “I think any time people use kids for a political statement, I think there has to be ramifications.”

tions.”

One of the solutions brought up to help the pubic schools is to have a nine-person school board that would eventually elect a district superintendent, according to the Michigan Senate. However, others want a school board elected locally, brining an end to state-wide-appointed emergency management.

Another problem Michigan facing with state-wide- appointed management is with the water crisis of Flint, where water was poisoned by the local water supply under a state-appointed emergency manager.

Rebecca McCloskey, Specialist Professor of the School of Social Work at Monmouth University said, “I think the teachers in Detroit have the right to participate in the sick outs to draw attention to and demand change of the deplorable school conditions.” She added, “I know some are citing

Michigan law which states that it is illegal for school teachers to strike. However, it seems that the human rights of the students and teachers, namely the right to education and safety must have priority.”

Taylor Buttar, junior Biology MCP student, shows her concern. “The conditions fo the Detroit schools are deplorable. It poses a health risk to the students and faculty. It should be fixed before it hurts student’s education even more than it already has.”

John Slowinski, junior education student said, “School facilities in Detriot have reached incredibly low and dangerous conditions that put the students and staff in harm’s way. As a future educator, I believe the students deserve to be in a physically safe environment, and not at risk of failing ceiling or a moldy lunch, the state needs to improve its facilities.”

Iran Prisoner Exchange With the U.S.

JANAYA LEWINSKI
STAFF WRITER

On Jan. 17, President Obama informed the nation of the return of Iranian held prisoners, in exchange for Iranians prisoners held in the U.S. With a hopefull spark to better relations with Iran through the Nuclear deal in 2015, the Obama Administration hoped to take a more diplomatic approach and this exchange was able to be negotiated in about 14 months of meetings between the U.S. and Iran.

A senior level administrator explained the situation to *CNN Politics* saying, “A window opened up after the nuclear deal with Iran, and we wanted to take advantage of that window.”

With the window of opportunity being small, the U.S.and Iran were able to strike a deal for an exchange.

Historically, relations have been

trying between the U.S. and Iran. Nick Whittaker, a senior political science major, explains the tension between the United States and Iran saying, “The tension between Iran and the United States has loomed for over three decades. This incident has come under much scrutiny because of the nuclear arms deal that preceded it.”

The countries have not always been on the best of terms, and with countless embargos and sanctions in place as a result of a tumultuous relationship, the U.S. had Iranian prisoners being held on crimes that had to do with providing goods and services to Iran that were unavailable to them do to the embargo.

For example, an Iranian man by the name of Ali Saboonchi was being held in the U.S on seven counts of exporting manufactured products to Iran. According to *CNN Politics*, Saboonchi was just one of seven

prisoners being held in the United States for similar crimes.

Dr. Ken Mitchell, Associate Professor of Political Science, explains the trade like this, “The exchange was economic in nature. Iran does things that we (in reference to the powers involved) want them to do, in order for them to get some kind of relief economically.”

Maryanne Rhett, Associate Professor of History said, “I think it is a very good sign that Iranian relations with the West are continuing to thaw and that the diplomatic steps taken by the current Iranian leadership in concert with European and U.S. leaders are hopeful”.

However, the reaction of this deal has not been all positive. On *NBC’s Meet the Press*, Republican presidential candidate, Marco Rubio, said this deal shows “weakness” and “ Our enemies now know that if you capture an American, you

can get something meaningful in exchange for it.”

Also, the Obama administration has faced criticism over Iran’s treatment of the prisoners. One of the prisoners, Saeed Abedini who is an Iranian American Christian pastor, was “viciously beaten” for not recanting his Christian beliefs, according to the *Washington Times*.

While diplomatic relations between the nations are thawing, American families get the long awaited news that there family member is coming home safely after an extended leave.

According to *CNN Politics*, the Americans returning are Washington Post reporter Jason Rezaian, former Marine Amir Hekmati, Pastor Saeed Abedini and Nosratollah Khosravi-Roodsari were released from Iranian custody, the officials said. Not much is known about

Khosravi-Roodsari though.

According to *CNN Politics*, the news source received a comment from a Washington post spokeswoman Kris Coriatti, in the case of Rezaian, saying “We couldn’t be happier to hear the news that Jason Rezaian has been released from Evin Prison.”

Rezaian was the bureau chief for the Washington Post’s Tehran office, and was detained in 2014 for espionage and other related crimes. He was denied proper representation and the U.S. Government swiftly citizen the situation as “absurd.” A similar situation occurred when former U.S. Marine and linguist Hekmati visited Iran in 2011 to see his ageing grandmother. He was detained for charges similar to Rezaian, which included espionage.

How to Combat Cabin Fever

COURTNEY BUELL
CONTRIBUTING WRITER

With winter weather finally setting in, it is difficult to think that the luxury of going outside without freezing will soon be gone. Cabin fever is a reality no one wants to face, and spending all that time indoors definitely takes its toll. With that in mind, there are many wonderful ways to keep warm and keep away the winter woes.

Being trapped indoors is less than ideal, and, let's face it: it's really easy to fall into a rut. But before starting that next season on Netflix, here are some other options that will keep one just as entertained if not more.

The first step towards combating cabin fever is having a positive outlook. By thinking of this well-deserved free time as a blessing instead of a curse, it is easier to look at what one can do as opposed to what one can't.

A positive state of mind breeds creative thoughts; from there, finding ways to keep busy is simple. There are various ways to tackle cabin fever, and, depending on one's interests, some may work better for others.

First, being constructive is a great way to keep busy. Exercise is a fantastic way to combat cabin fever. Endorphins resulting from a good workout can leave one in a positive mood for the rest of the day. Taking the time to exercise not only helps to form the best version of oneself, but easy indoor exercises like yoga, and the helpfulness of fitness Apps like SworKit, make it possible to get in shape while confined to a small space.

If exercise seems too stressful (or painful), cleaning often kills time, and can improve one's mood when feeling down. Playing some music and cleaning up a space can really make the home a place to enjoy. Meaghan Wheeler, a junior, said, "I'll go through my closet and clean out my clothes. It's nice to start fresh and it passes the time."

Another great way to be constructive at home is to cook a new recipe. Claude Taylor, Athletics Professor in Residence, said, "Pick recipes of stuff that you've never tried before that you'd like to try, and try to make it from scratch." The process of cooking is time-consuming, and even has its own reward to reap when all is said and done.

For those who would rather do something more creative than constructive, some examples include coloring, drawing, and making crafts. The Internet has tons of ideas for useful, practical, and altogether amazing DIY projects.

Kelly Santoriello, a sophomore graphic design major, said, "Pinterest is where I find the best ideas for projects I want to do when I'm feeling bored."

Having time off usually means a break from any kind of work, but keeping busy and keeping the mind sharp is a great way to defeat boredom. Reading, writing, and doing puzzles and brainteasers are an excellent way to broaden one's intellect and stay on track. Even catching up on schoolwork will kill some time and leave some free time in the future.

For the person looking to relive the glory days, when hearing "snow-day" sparked joy and childlike wonder in their heart, nothing beats boredom more than making a good old-fashioned fort.

Gathering blankets and pillows to create a perfect cozy fortress, complete with snacks and an excellent film selection, one might never want winter to end.

After following some of these suggestions, you will come to enjoy being cooped up inside on frigid winter days.

Winter Break: Expectations vs. Reality

JULIA BURKE
STAFF WRITER

Ah, winter break, an entire month for college students to relax and spend time at home after a long, grueling semester. You are like a rock star that has been constantly touring for months, and now you are taking a hiatus from your hectic schedule. Winter break allows you to take a breather from your daily dose of classes, papers, and exams.

Some students are lucky enough to escape the cold during their vacation. Natasha Brendli, a marketing student stated, "Winter break for me was to get out of New Jersey, the cold, and visit family in Florida. It was a time to relax and not think about school-work."

However, there is no place like home for the holidays where you can relax, spend time with family and watch your favorite Netflix series, of course. Madison Bulger, a communication student said, "Winter break is a great time to catch-up on my favorite TV shows on Netflix."

Not only is it a break for students, but it is a break for professors as well. Shannon Hokanson, lecturer in the communication department, described her winter break, "I spent it [winter break] getting my house purged... and spent a vast majority of the time here [at Monmouth University]," she continued. "I can't tell you that I went on vacation or did anything fun, but it was very functional and deeply satisfying to do all that cleaning. I feel very semester-ready."

At the beginning of winter vacation, it seems as if there is so much time that you will not even know what to do with it. But you do know that you will enjoy having your bedroom all to yourself, showering without flip flops, and eating your mom's home-cooked meals rather than the shriveled-up vegetables from the dining hall. It really is the little things in life that make a college student happy.

Before you know it, the month flies by, and winter break is over. Your vacation has ended and now you must return to school, get back on that grind, and finish this new semester strong. Reminiscing on the plans, you made prior to your vacation you begin to realize it did not go quite as expect-

ed. The following are some examples of the expectations versus the reality of a college student's winter break:

Expectation: You bring home 90 percent of your clothes in your dorm because you are going to wear only cute outfits when you are home.

Reality: You wear the same two outfits all of the vacation (which consist of sweatpants and t-shirts).

Expectation: You are going to see all of your friends from high school.

Reality: You only see three of your friends because you are just too lazy to make an effort to hang out with anyone.

Expectation: It is going to snow during the holidays, and it will feel magical.

Reality: The average temperature is about 60 degrees for the holiday season.

Expectation: You are going to get up early and go to the gym.

Reality: You lay in bed all day watching *The Office* on Netflix; new year, same me.

Expectation: You are going to get so used to being at home, that you will not want to go back to school.

Reality: You are excited to go back to school because you miss your independence and your friends.

Expectation: You will not have to worry about the "freshman 15" because you will be home.

Reality: Your family does not stop feeding you. Also, it is the holiday season, so your diet is nonexistent when there are home-cooked meals and rich desserts on the table.

You made it through the first semester without gaining a pound, but since you have been home you feel like it is time for you to be on *My 600-lb Life*.

Expectation: You are going to restore your sleeping schedule.

Reality: You stay up until 3 a.m. then do not wake up the next day until 2 p.m. and your sleeping schedule has never been more out-of-whack in your entire life.

Although a typical college student's expectations for their winter break usually do not withstand reality, the memories made and time spent with loved ones makes returning back to school bittersweet. So, how many days are there left until summer vacation?

A Single's Survival Guide to Cuffing Season

AMANDA GANGIDINO
LIFESTYLES EDITOR

It is evident that winter is now in full swing, but another not-so-obvious season that has transpired is "cuffing season." For those of you that are unfamiliar with this term, it is used to describe the time during which singles are in search of a cuddle buddy to keep them warm as the temperature begins to drop.

In the beginning of September, both men and women construct a "line-up" of potential suitors. At this time, technology may become a source for some that are searching for their seasonal significant other.

Professor Warren Epstein, adjunct math professor, feels that online dating platforms have both positive and negative qualities: "Some people on these dating websites lie about themselves, but if they are honest it is then a good way to bring people together," said Epstein.

Those that are successful in emotionally "cuffing" themselves to another will spend the subsequent months cuddling and broadcasting their fleeting relationship on social media.

This season proves to be pretty unbearable at times for those that have yet to be "cuffed," but fear not, because I have some tips on how to survive the copious amounts of couples that will be surfacing around campus and across social media during these frigid winter months.

1. Focus on yourself.

Do not worry about finding someone to keep you warm during winter; instead, put your focus on your schoolwork, career, and happiness. Find a hobby or activity that brings you joy and enrichment rather than a person.

2. Watch Netflix.

Watch your favorite Netflix series snuggled up in your bed rather than in the summer. The winter is a time to stay indoors and binge-watch *One Tree Hill*.

3. Limit your time on social

media.

You do not need to see a couple post their New Year's kiss or romantic Valentine's Day dinner on Instagram. Nicole Gallagher, a sophomore psychology student, avoided a majority of her social media this season, "I am happy for people that are in relationships, but I get annoyed when they are constantly posting pictures about it. So, I normally just avoid social media, especially during winter."

4. Spend time with your friends and family.

Go on adventures with your siblings, eat dinner with your parents, or enjoy a night out with your best friends. Spending time with those that truly care about you is more emotionally fulfilling than any superficial relationship ever will be.

5. Hit the gym.

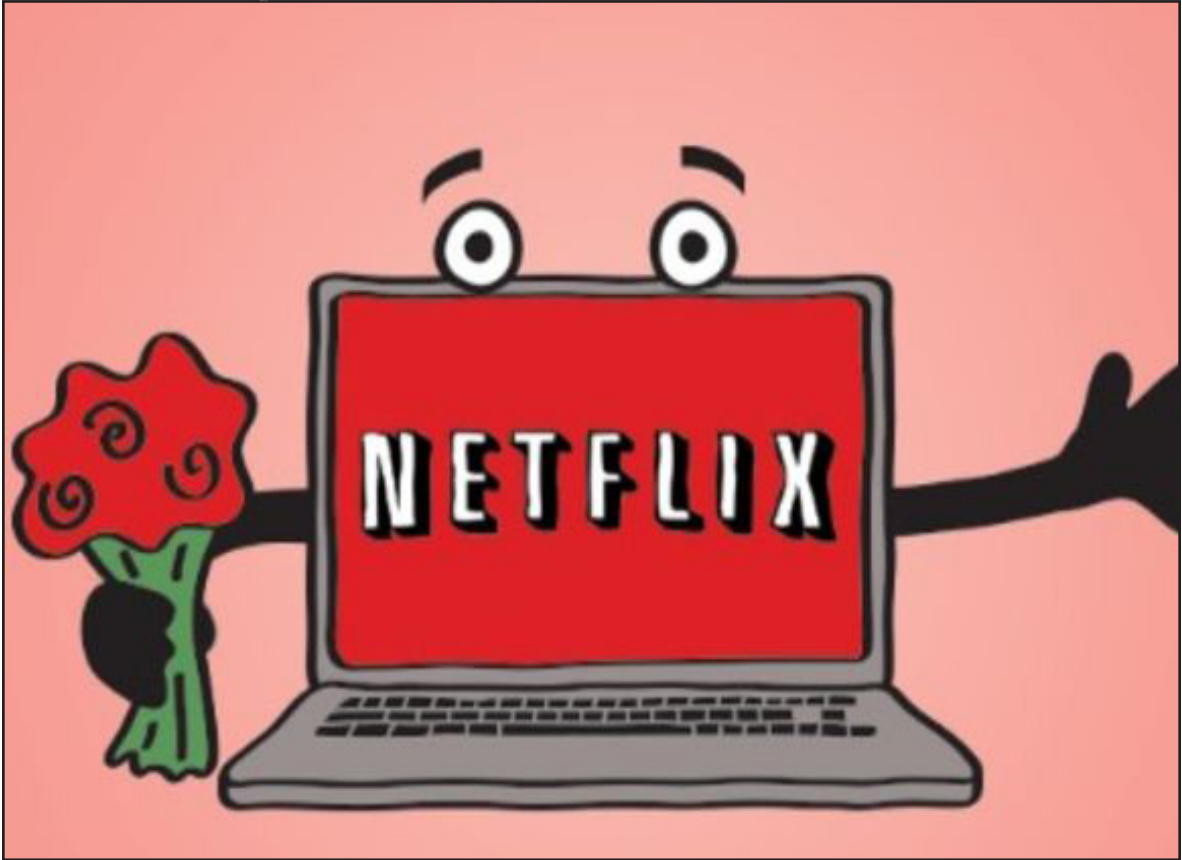
Become a gym enthusiast this season. Exercise releases endorphins, which help to naturally trigger positive feelings. Get your 'summer bod' and even make some new friends along the way. Nicole Meissner, a sophomore business student, uses exercise to get through "cuffing season," "I do a lot of yoga and focus on my inner self."

6. Stay in bed.

My bed is by far my favorite place in the world. There is no better place than under your warm blankets on a rainy or snowy day. Take the time to relax and cuddle with your stuffed animals rather than a significant other.

Lastly, the best tip I can give you is to "cuff" yourself this season. Work on becoming the best version of yourself. Become an individual that depends on themselves for happiness rather than a significant other. Trust me, if you meet the love of your life in November, do not turn them away but do not feel pressured to be in a relationship. When the right person comes along you will not be influenced by the idea of "cuffing season," but you

will just want to be with no matter what the season may be. So, continue to keep yourself warm this winter because spring will be here before you know it.



Binge-watching Netflix is typically the way most people choose to entertain themselves during winter break.

IMAGE TAKEN from www.metro.co.uk.

need
a car?
borrow ours.

cars on campus, by the hour or day.
gas & insurance included.



get special rates at
zipcar.com/monmouthu
you only need to be 18+ to join.



Want your
advertisement in
The Outlook?

Contact us!

(732) 571-3481
outlookads@monmouth.edu

Save the
space!

Your ad here

An Introduction to Greek Life at MU

Six Sororities, Seven Fraternities, One Professional Business Fraternity, Three Multi-Cultural Organizations

KENDAL ADAMS
STAFF WRITER

Monmouth University's Greek community continues to rise in numbers as spring semester recruitment begins with "Meet the Greeks" held on Tuesday, Jan. 19, the first day of classes. The event gave students interested in Greek life a to meet all of the organizations that Monmouth has to offer.

"Meet the Greeks is a great place for students interested in joining an organization to come together and learn about the 17 organizations we currently have on campus. While we share the values of leadership, scholarship, service, and fellowship, each organization has something unique to offer the student body. It is important for prospective members to learn about these differences and see where their values align," said Michele Kaplan, Assistant Director of Student Activities for Fraternity and Sorority Life.

Each Greek organization brings something unique to the community in hopes that potential new members are enticed to be a part of the diversity. The Greek Senate forms the central governing council for all fraternal organizations. It is made up of all chapter presidents and presidents of the Inter-fraternity Council (IFC), Multicultural and Professional Greek Council (MPGC), and the Panhellenic Council (PHC). Each council

oversees the men and women of the 17 respective organizations.

"It's great to see so many young women and men come out and meet Monmouth's Greek Community. Chapters love their new members because they bring fresh ideas and energy," said Gina Crowell, Panhellenic Vice President of Recruitment.

The Panhellenic Council is starting off this semester with its annual formal recruitment weekend, which takes places from Friday, Feb. 5 to Monday, Feb. 8. There are six Panhellenic sororities on campus including Alpha Omicron Pi, Alpha Sigma Tau, Alpha Xi Delta, Delta Phi Epsilon, Phi Sigma Sigma, and Zeta Tau Alpha.

Recruitment weekend is a three day event for all female potential new members who signed up for Panhellenic recruitment to have the opportunity to meet and learn from each sorority in hopes of becoming a member of one of the six organizations. On the first day of Panhellenic recruitment, every potential new member [PNM] visits six rooms, each holding an organization and its members. This is the first impression an organization makes on the PNMs and is a day of introductions and passing of knowledge. After the first day, each PNM fills out a ranking list on a computer that helps select the rooms they visit on day two, which is a maximum of

four. The second day of recruitment is recognized as "Philanthropy Day."

This is the day in which each organization shows the PNMs that return to their room what

because the PNMs and organizations go more in depth with each other in terms of getting to know one another, especially since the women you meet could be your future sorority sisters.

"It's great to see so many young women and men come out and meet Monmouth's Greek Community. Chapters love their new members because they bring fresh ideas and energy."

GINA CROWELL

Panhellenic Vice President of Recruitment

their organization's respective philanthropy is, what it benefits, why and how it is important to that specific organization.

Philanthropy day shows the PNMs what each organization values, as well as displaying one of the many positive aspects being a part of Greek life entails.

The third and final day of formal recruitment is called "Preference Day." Similar to after the first day, PNMs use the computer system to rank the sororities, and the sororities do the same, leaving up to two possible rooms for the PNMs to visit. This third day is considered to be the most important day of the entire weekend

After the final day is over and all computer rankings are submitted, each PNM may or may not match up with one of the sororities and depending upon the results, they may or may not receive what is called a "bid." A "bid" is a formal invitation to join an organization and become an initiated member. The bid day celebration takes place in Wilson Hall on the following day. At this time, all potential new members who receive and accept their bids are able to embrace their new sisterhoods. Upon accepting their bids, new members begin a six week new member process to become initiated members of their organizations and immediately immerse themselves in the Greek

community.

Monmouth's Greek life presence continues to grow in fraternities as well, including multi-cultural and professional organizations as well. The seven fraternities are Delta Tau Delta, Phi Kappa Psi, Sigma Pi, Sigma Tau Gamma, Tau Delta Phi, and Tau Kappa Epsilon, and Theta Xi. There are three multi-cultural organizations: Alpha Kappa Alpha Sorority, Inc., Lambda Theta Alpha Latin Sorority, Inc., and Lambda Theta Phi. Alpha Kappa Psi is a co-ed professional business fraternity.

Each of these organizations goes through a different process than the Panhellenic organizations that may include a "round robin" to meet PNMs and interviews, but all of them extend bids and hold a new member process in order to initiate their new members into Greek life. Numbers in the community continue to increase, as more non-affiliated students are encouraged to attend Greek life info sessions, events, and partake in recruitment.

If interested in joining a Panhellenic sorority, it is necessary to fill out the registration form on the following link: www.monmouth.edu/university/recruitment-and-registration.aspx.

If interested in any other organization, contact Michele Kaplan at mkaplan@monmouth.edu.

Meet the Greeks Reals in a Crowd

TOMMY FOYE
STAFF WRITER

On Tuesday, Jan. 19, Monmouth held its semi-annual Meet the Greeks in the Multi-purpose Activities Center.



PHOTO COURTESY of Tommy Foye

Meet the Greeks is held twice a year. It gives those who wish to pledge a Greek organization a chance to meet their future brothers or sisters.

Second semester freshman and the rest of the student body who are interested in becoming a member of a Greek organization on campus are all encouraged to attend this opportunity. Essentially, Meet the Greeks is when all of the Social, Professional, and Multi-Cultural Greek organizations gather together to encourage non-affiliated students to become members of Greek life.

At the event, each fraternity

and sorority is able to bring 10 members of their respected organization to speak with students who are interested in who they are, what their organization brings on a national level as well as to the Monmouth

benefits those going out for a Greek organization because it gives them the chance to be able to meet every organization at the same time and learn more about how Greek life has an impact on the school as a whole through their accomplishments and population," said Matt Sheehan, brother and President of Tau Kappa Epsilon.

At Monmouth, there are seven Social Fraternities, six Social Sororities, one Professional Business fraternity and three Multi-Cultural Organizations.

Welcoming everyone at the doors were women who hold the title of "Recruitment Counselors". A Recruitment Counselor's main priority is to serve as a mentor to students that are interested in Greek Life. Each recruitment counselor is in charge of a group of women who they lead through the recruitment process while lending a helping hand to those struggling to make their decision. Recruitment counselors are temporarily disaffiliated from their organization in order to keep the process unbiased.

"It's [Meet the Greeks] a great way for anyone who is interested to come out and get a chance to meet every organization, especially because they might not have gotten a chance to meet every organization throughout the last semester. Meet the Greeks is also a great way for those interested to see what each organization is about; to learn more about their philanthropies, community service experiences, and the important values that each organization holds dear to their hearts," said Haley Connell, sister of Alpha Xi Delta and Vice President of Programming for the Panhellenic Council.

community, and any other questions that a potential new member may have. Organizations can be as creative as they want when it comes to their table that they are allowed to have, many bringing wooden decorated letters in Greek, apparel that states the name of the organization, pictures, and different awards that the chapters received from the past years they have been on campus.

"I feel that Meet the Greeks



MONMOUTH UNIVERSITY

DIGITAL PRINT CENTER

For All Your Printing Needs

- Digital Printing
- Binding | Finishing Services
- Graphic Design Services
- Black | Color Copies
- Booklets
- Newsletters
- Invitation Packages
- Business Stationary
- Scanning
- Offset Printing
- Large Format Printing | Mounting | Laminating

and so much more!

Lower Level Wilson Hall - W1
P: 732.571.3461 F: 732.263.5139
E: mucopycenter@monmouth.edu

Visit | Order Online:
www.monmouth.edu/digitalprint

MU Surf Club Greet Jonas With a Warm Welcome

RYAN GALLAGHER
STAFF WRITER

Sunday January 12, 2016. New Jersey was supplied with some of the best waves it has seen in almost a year. “The best waves” do not necessarily mean the surfers were dealt a favorable hand. Until this past weekend, winter’s icy embrace had not been felt. NJ had enjoyed balmy weather and warm water temperatures from fall until the early stages of the winter season. However, Jonas sought to destroy these advantageous conditions. Not Nick, Joe or even Kevin; no this was Winter Storm Jonas and he had it out for the entire east coast.

From impassable roadways to 40 mile per hour winds, surfers agonized over spot checks, wind analysis and most importantly barrel deprivation (a sickness that if not cured could result in time off from school and/or work).

With much uncertainty, the first step was to get to the beach. Monmouth surfers saw no better place to call “home-base” than Zack Karvelas’ apartment.

“My car happened to be trapped by snow, so for the session on Sunday we stayed with our friends Zack and Huascar (who live two

feet from the beach),” said junior surf club president Tyler Sankey.

Zack Karvelas and Huascar Holguin, both juniors at Monmouth, live in a conveniently placed apartment by one of the best surf spots in the area.

“This Sunday I opened my home to my friends and fellow surf team. Since I know most of the guys it’s always fun having them come over but even better when it’s before they go surfing. They get so amped and have so much fun waiting for the best time to go out,” said Karvelas.

Sankey showed up with his microwave dinner, sophomore Paul Kelly came in and out with surf reports, and junior John Musial fell into a snow-filled hole tracking his wet clothes into the apartment.

“They’re my boys... of course they can be annoying, but I love them anyways and would offer up my house anytime,” Karvelas said of hosting for the day.

What felt like forever for Karvelas only took until about 2 pm on Sunday afternoon. The tide had dropped and started to fill in once more, the wind had shifted completely offshore, and Jonas was still sending overhead waves at the beach.

“All the guys were out and every-



PHOTO COURTESY of Fiona Mullen

Hunter Rainis and the MU Surf Club took on Winter Storm Jonas this past weekend.

one was charging catching some of the best waves we’ve had in a while. It was cold but it was definitely a session for the books,” said Sankey.

Once it was time to surf, the MU surfers were immediately in the water.

“Probably some of the biggest surf we’ve had in a while and all of the MU surf guys were out there.

It was awesome,” Kelly said. “Most people look at us as crazy when we are walking out in the water with snow on the beach but for us that just makes it that much better.”

With an almost immaculate session in the books for the MU Surf Club, Sankey is already making plans for the club’s progression throughout the spring semester.

“We still have our video viewing party and we are planning an upcoming polar plunge. We will continue doing beach cleanups, and of course surfing. We are also going to be posting more videos so stay tuned,” Sankey concluded.

You can follow MU Surf Club’s journey on Instagram @mu_surf or on Twitter @mu_surfclub.

SAB ‘Bumps’ It Up With First Event of the Semester

BRIAN FOYE
STAFF WRITER

Bumper cars stormed onto campus during the winter storm Jonas as the Student Activities Board (SAB) started off the semester with their first event for on Friday, Jan. 22 at 5:30pm in Anacon Hall.

The event was split up into a few sections. In Anacon B were four bumper cars coned off into a bumper car rink. In Anacon A, there were a variety of different things. Activities included Mario Kart, key tags, a race-car simulator game and a photo booth.

Gina Geleti, a sophomore English education student and the Festivals Chair for SAB, planned the entire event.

“I thought of this event about a year ago at a novelty event. I wanted to do something a little different, that Monmouth may not have seen before. I also definitely wanted it to be gender neutral. At first, I planned for this to be a NASCAR event,

but changed it to an event that I knew Monmouth students would have fun coming to and being a part of,” Geleti said.

One of the most popular attractions was the key tag makers. Students picked out the type of key tag they wanted, varying from license plates to scenic pictures, etc. and chose which text they wanted their key tag to read.

Another popular attraction was the photo booth. What made the photo booth different compared to other photo booths from let’s say a boardwalk, was that it had different effects that people could choose from. Some of these effects included a black and white filter, wigs, hats, and a roller coaster filter.

By the end of the night, a line formed for students to have their turn at the booth. Many college students were also excited to use the Wii and were excited to see Mario Kart as part of the action.

Although there were many smaller attractions, the bumper



PHOTO COURTESY of Brian Foye

Race into Spring was SAB’s first event of the semester. It featured a photo booth, Wii games, and bumper cars.

cars were the main reason SAB saw such a big turnout.

SAB advisor Lindsay Smith said, “I thought it was a very

well thought out event with many opportunities for students to have fun and enjoy themselves. The theme was very

unique and the activities based around the theme were fun for everyone. The SAB staff was super friendly to all who came and showed a sense of pride in their organization and event.”

Smith, who is in her first semester as the advisor of SAB, has adjusted quickly to her new position and is open to activities Monmouth has not seen before.

Amy Rosensweig, a junior international business student, said the event gave her and her friends something to do, especially with the threat of snow confining many to campus.

“This was a fun way to escape the cold snow and hang out with a bunch of my friends while having a fun time. The bumper cars were so lit,” Rosensweig said.

This event was a little taste of what the SAB has in store for the rest of the semester.

If you are interested in looking for another festival event coming to campus, Paint Night will be held on Friday, March 4. Sign ups are required.

ON CAMPUS ANNOUNCEMENTS

<h3>Council for Exceptional Children</h3> <p>Interested in volunteering/creating events for students of special needs? Join Council for Exceptional Children at their first meeting on Wednesday, February 3rd at 3pm in McAllen Hall in room 120. Volunteer opportunities at local schools and organizations will be discussed. If you have any questions about the club please email Vanessa LaRocca at s0892428@monmouth.edu</p>	<h3>Rugby at MU</h3> <p>Monmouth University will be holding an interest sessions for those wishing to participate in intercollegiate rugby. The interest group is open to both men and women and will be held in the Student Center on Wednesday, Jan. 27.</p> <div><h4>The Outlook</h4><p>The University’s student run newspaper is looking for people who wish to write about news, sports, features, etc. Stop by the second floor of Plangere to find out more.</p></div>	<h3>MOCC</h3> <p>The Monmouth Oral Communication Center invites you to take advantage of free peer tutoring for presentations and public speaking!</p> <p>Our walk-in schedule will be posted outside of JP 203 by Monday, February 1st, or you can email Kevin Moedt (s0879290@monmouth.edu) for an appointment.</p> <p>If you are interested in finding out more about MOCC, join us in JP135 on Wednesdays at 2:45pm to see what we are all about!</p>	<h3>Outdoors Club</h3> <p>The Outdoors Club will have elections for it’s Executive Board positions within the first few weeks of the Spring 2016 semester.</p> <p>General meetings for the Outdoors Club will be held every other Wednesday in Bey Hall 126 at 3:30pm (starting January 26th). Look out for the emails and join our Facebook group for more information, reminders, events, trips, etc.: Monmouth University Outdoors Club</p> <p>Follow us on Instagram! MonmouthOutdoorsClub.</p>	<h3>Hawk TV</h3> <p>Anyone interested in TV, writing, editing, producing, and much more, please come out to Hawk TV’s first Spring 2016 meeting on Jan. 27 in JP138 at 3:45pm. You do not have to be a communication major to join.</p> <div><h4>CommWorks</h4><p>“CommWorks: Students Committed to Performance” is holding a spring “Meet & Greet” (Wed. Jan. 27, 2:45-4pm in JP 235). Grab free food, meet new people and check us out!</p></div>
---	---	---	---	---

MONMOUTH UNIVERSITY *Center for the ARTS*

PAUL TAYLOR 2 DANCE COMPANY

Taylor 2 is a kind of a miracle...
All of the dancers are
considerable talents [who]
unite fearlessness with skill."
— *New York Times*

SUN. JAN. 31 AT 4 PM

L.A.
THEATRE
WORKS

BRAM STOKER'S DRACULA

ADAPTED BY CHARLES MOREY

THURS. FEB. 11 AT 7 PM

A NIGHT OF ACAPPELLA HARMONY

DOO WOP EXPLOSION

SAT. FEB. 20 AT 7 PM

cherish the ladies

IRISH TRADITIONAL MUSIC & DANCE

SAT. FEB. 27 AT 8 PM

ETHEL WITH ROBERT MIRABEL

FRI. MAR. 4 AT 8 PM

IMAGO THEATRE'S ZOOZOO

Family-friendly performance
of Cirque du soleil-evoking
acrobatics mixed with
Mummenschanz-like
mime in a unique, avant-
garde playground.



SUN. MAR. 6 AT 2 PM

LAURENCE JUBER

LEAD GUITARIST FOR
PAUL MCCARTNEY'S
WINGS
IN WILSON HALL

FRI. APR. 1 AT 8 PM

BOREALIS WIND QUINTET & THE MONMOUTH WINDS

SUN. APR. 10 AT 3 PM

MARTIN HAYES & DENNIS CAHILL WITH SWITCHBACK

FRI. APR. 22 AT 8 PM

JIMMY LAFAVE & AMY HELM

SAT. APR. 23 AT 8 PM

BRAVO

Amici

singing your favorite
pieces from operas,
Broadway musicals
and popular music

SUN. MAY 22 AT 4 PM

STUDENTS GET FREE TICKETS!

All Monmouth University students
can enjoy one free ticket to two
performing arts events per
semester. After two free tickets are
used, the student cost will be \$5.
Student tickets are limited.

CALL FOR TICKETS 732.263.6889
WWW.MONMOUTH.EDU/ARTS





MOMENTS AT
MONMOUTH

WELCOME BACK!



TOP LEFT:
CHELSEY DEMARINO, HER HUSBAND, AND HER TWIN DAUGHTERS, ADI AND AVERY, ICE SKATING AT THE PHILLY WINTERFEST. (PHOTO COURTESY OF CHELSEY DEMARINO)

CENTER RIGHT: GRACE ROEDER AT HOME WITH HER PARENTS DURING WINTER BREAK. (PHOTO COURTESY OF GRACE ROEDER)

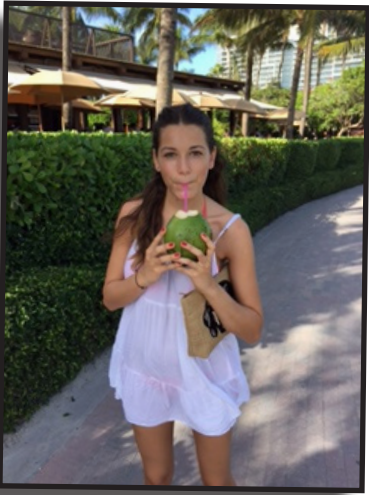


CENTER LEFT: A WINTERY SCENE FROM COLORADO DURING WINTER BREAK. (PHOTO COURTESY OF MEGAN WINK)

CENTER RIGHT: SARAH OLSEN AND KAYVON PAUL OF THE GENDER STUDIES CLUB DROPPING OFF DONATIONS AT THE CENTER IN ASBURY PARK. (PHOTO COURTESY OF KAYVON PAUL)



BOTTOM LEFT:
STUDENT RICHARD GUNTHER PROPOSED TO HIS GIRLFRIEND, GIANINE PALMA ON CHRISTMAS EVE. CONGRATS! (PHOTO COURTESY OF RICHARD GUNTHER)



BOTTOM RIGHT:
BRIDGETTE MARCUS ENJOYING A FRESH COCONUT AT MIAMI BEACH. (PHOTO COURTESY OF BRIDGETTE MARCUS)



What are looking forward to this semester?
COMPILED BY: KIERA LANNI



*Courtney
Senior*
"Graduating."



*Khristian
Freshman*
"Do well on my grades."



*Mark
Senior*
"Forming new bonds during my last semester."



*John
Junior*
"I'm looking forward to my internship with Press Communications."



*Dr. Michael Phillips-Anderson
Associate Professor
Dept. of Communication*
"Meeting all my new students and helping them to be better communicators."

Men’s Basketball Continues Winning Ways over Winter Break

JOHN SORCE
STAFF WRITER

After an impressive nonconference resume with road or neutral site victories over UCLA, USC, Notre Dame, Georgetown, and Rutgers early in the season, the men’s basketball team has padded their resume for a high seed in the MAAC Tournament and, possibly, an at-large bid in the NCAA Tournament over winter break.

The Hawks, who will play Quinnipiac on Thursday, Jan. 28 at the TD Bank Sports Center, went 6-1 during the break and have played Manhattan and Marist since then, falling to the Jaspers 78-71 at Draddy Gymnasium on Thursday, Jan. 21 and defeating the Red Foxes 83-72 on Jan. 24 at home. MU picked up an impressive 110-102 victory at Iona on Jan. 15, snapping The Gaels’ 26 game winning streak at the Hynes Athletic Center. MU’s other loss was a 91-84 defeat to the Army Black Knights up at West Point, NY on Dec. 28.

Junior guard Justin Robinson became the 22nd player in Monmouth history to score 1,000 career points in the Hawks 85-69 victory over Siena on Jan. 18.

“It puts you in the record books of the school and it shows that he’s a very versatile player,” head coach King Rice said of his junior guard’s accomplishment. “I’m sure he will continue to work his way up the scoring list. But the kid that he is, Justin wants what’s best for our program. He would give up all

the points if we could win more and continue to win more games next year. That’s just who he is as a young man. That’s what makes him so special to our program and everybody knows we are lucky to have him.”

That game also saw the first career points for sophomore guard Dan Pillari, the head of the Monmouth Bench Mob. Pillari walked onto the men’s team a season ago and scored seven



Junior Guard Justin Robinson recently scored his one-thousandth career point and continues to lead the Hawks in a succesful season.

“Everybody locally understands that Dan Pillari can play basketball,” Rice said. “He tore us up in practice the other day; everything was going in for him. That kid shoots the ball as well as anybody, and the speed of the game is starting to slow down for him. Don’t be surprised if before he’s done, he can contribute outside of practice and sometime in a game.”

After losing the opening game of conference play to Canisius on Dec. 4, the Hawks have gone 7-1 in MAAC conference play. They defeated the Golden Griffs in a rematch at The MAC by a score of 81-66 on Jan. 4 in a game that sat 2,731 fans in the first home game over winter break. The other two home games, an 88-74 victory over Quinnipiac on Jan.

9 and the Siena game were announced as sell-outs.

“If you go to high school games around this area, the local people support,” Rice said. “We have to get people in New Jersey who love college athletics to come over here all the time. It’s great for the kids and it’s a tremendous atmosphere. Our school has done a tremendous job of making it fun in the arena. We just have to play well and the fans will keep coming and we really appreciate all their support.”

Even over winter break, the student section was nearly filled for each home game.

“I think that’s awesome and it’s a credit to these young men,” Rice said. “The students come because these guys have been on campus and they go to other sporting events and support them. When I first got here one of our main things was talk to the students and let them know who you are because you see them every day. The students who are at the games are their friends and classmates. They see each other on campus all over the place and that is a credit to these guys for getting out of their comfort zone and talking to everybody around campus.”

In between the home game against Quinnipiac and the road game at Iona was an 86-74 victory against the Fairfield Stags at Webster Bank Arena.

Monmouth has recorded three sell-outs in their five home games. MU’s next home game is on Saturday, Jan. 30, with a 7 p.m. tip-off against Saint Peter’s that can be seen on ESPN3.

Men’s Rivalry with Iona Heating Up

JOHN SORCE
STAFF WRITER

There is now an official rivalry in men’s MAAC basketball between the Monmouth Hawks and the Iona Gaels.

After MU’s 110-102 victory that snapped Iona’s 26 game winning streak at home on Jan. 15, there was an altercation when the teams lined up to shake hands after the game. Iona junior forward Jordan Washington slapped Monmouth junior center Chris Brady across the face. A scuffle followed the act and security had to be involved to separate the two teams.

“It was very unfortunate to end the game like that,” Monmouth head coach King Rice said. “We are just trying to be one of the teams at the top and you have to go through a lot of things to get there. This was a big win for our program.”

MAAC commissioner Rich Ensor released the following statement regarding the incident:

“I have reviewed the issues that arose out of the January 15, 2016 men’s basketball game between Iona College and Monmouth University, and I [have] elected to have both institutions take internal necessary actions to prevent further

issues and protect student athlete wellbeing.”

Iona suspended Washington for two games as a result of the incident.

Prior to that game, fifth year Iona head coach Tim Cluess had some interesting words to say about the Monmouth Bench.

“Are they on the team? I didn’t know if they were on the team or wearing uniforms as cheerleaders,” he said. “I’ve never seen them on the court doing anything, so to me, they’re not basketball players.”

Dan Pillari, a sophomore guard who walked on to the program after scoring over 1,000 career points at Shore Regional

High School, is known as the Bench Mob’s “ringleader.” But in the Hawks 85-69 win over Siena on Jan. 18, Pillari proved he’s worth more than just bench antics by scoring seven points.

“Dan can play, I’m real proud of him,” junior guard Justin Robinson said after the game. “He comes in here with me and we work out together sometimes. He finally got to do it against somebody else, and it felt good for me because he works just as hard as everybody else on the team.”

Since joining the MAAC prior the 2012-13 campaign, the Hawks have gone 2-4 against the Gaels including their victory this season and their loss in the MAAC tournament from a season ago.

But the Hawks have been in a rebuilding period the past few seasons and are now emerging as a threat in the MAAC, where Iona has been one of the top teams. This is generally how rivalries begin, and there is definitely one emerging between these two programs.

Iona will come to West Long Branch, NJ on Feb. 19 to face the Hawks.

Since the pivotal game, the Hawks have won two games and loss one game; meanwhile, the Gaels have lost two games and won one.



Red Shirt Freshman Guard Micah Seaborn drives the lane in Monmouth’s last game against Iona where a brawl proceeded to take place and spark the rivalry further.



The notorious fight happened moments after the game ended, creating an official rivalry between Monmouth and Iona.

MU Track Strives During Storm

TOM MORFORD
STAFF WRITER

As storm Jonas was making headlines this weekend, the competitors of Monmouth University’s men’s and women’s track and field teams also made titles for themselves at the NYC Gotham Cup at Ocean Breeze on Staten Island on Saturday, Jan. 23, and the Tiger Open at Princeton University on Sunday, Jan. 24.

“We had more than two dozen athletes hit their best performance of the season if not their best performance ever at our meets this weekend,” head coach Joseph Compagni said. “That’s what we need, honestly, is to see their work pay off with continued progress and positive results.”

At the NYC Gotham Cup, juniors Andrea Olsen and Tionna Garner both earned qualifying ECAC marks for the 60-meter hurdles and the 400-meter races respectively. Olsen placed second with a time of 8.82, and Garner came in third overall with a time of 55.68.

In addition, senior Sydney Engelberger, junior Ashley Grenger, junior Jessica Ball, and junior Molly McKeon, sped into first place in the women’s distance medley relay with the victory time of 12:14.72. Senior Nina Poccia, a distance runner for MU, remarked on the event, “There were many personal records, (PRs), and good performances all around. There were also many season bests and ECAC qualifications on the women’s team.”

Not only did the MU women standout, but the men gave some outstanding performances with sophomore Bryan Sosoo claiming a sixth place finish in the 60- meter dash in a time of 6.85, and junior Dylan Capwell earning sixth-place as well in the 400 (48.70).

Freshman Andrew Tummino finished fourth in the shot put throwing 49’ 5”.

“The Tiger Open,” said Poccia, “had a higher level of competition for the Monmouth track and field team compared to the earlier meets.”

While this meet may have had a higher level of competition, this did not stop MU’s men and women from claiming wins in the men’s mile by freshman Kyle Mueller (4:27.22), the 500 by freshman Kevin Mazzella (1:07.40), and in the women’s 800 by junior Abby Baker (2:21.49).

Also earning standout finishes on the track were sophomore Frank Conforti in the 500- meter, finishing in second 0.15 seconds behind Mazzella, and sophomore Shannon Averill claiming fifth in the 800 with the time of 2.24.68.

Sophomore Tim Wilson’s throw of 60’ 4” was good for second in the weight throw, while junior Troy Andretta finished fourth (56’ 10.75”), joining Wilson as an IC4A qualifier.

In addition, senior Spencer Dimock placed fifth with a toss of 54’ 10.75”. Claiming second place in the shot put was sophomore Corey Murphy, who hurled a throw of 58’ 4.75”, while senior Tevin Kirby-Stewart finished fourth with a heave of 52’ 10”.

The women throwers went 3-4-5 in the weight throw, with senior Aziza Ahmed placing third with a throw of 52’ 3.75”, followed by sophomores Kenisha Okereke (51’ 0.75”) and Alicia Hester (49’ 11”) in fourth and fifth, respectively.

Freshman Onnie Coles led the way for Monmouth in the women’s shot put, finishing fourth with a toss of 40’ 8.75”, ahead of fellow rookie Allison Taub, who hit 39’ 11.25” to finish sixth, while Hester claimed



PHOTO COURTESY of Tim Connolly
Junior Dylan Capwell earned sixth place in the 400 meter race with a time of 48.70.

seventh place with a toss of 38’ 7.75”.

To add to the success of the day, sophomore pole vaulter Dean McDonald cleared 14’ 3.25” earning him third, while freshman Michael Pepper took third in the triple jump (43’ 10.75”) and sixth in the long jump with a leap of 21’ 5.25”.

With a weekend full of success, the positive energy was felt throughout the team. “Our team knows that they can benefit from the chemistry and fire from their teammates, both within and across event groups,” Compagni said.

Looking forward, Compagni said, “We are moving into the heart of our regular season and our championship meets are now less than a month away. We are still doing a big volume of work and working on putting the technical aspects of each event together for each person. Each week the pieces should come together more and their performances should reflect that. While each person is getting ready to go after in their events, we know that we need to keep working on coming together to build something special as a team.”

Women’s Basketball Falls to Iona

ZACH COSENZA
CONTRIBUTING WRITER

The Iona women’s basketball team defeated the Hawks 64-49 Sunday night at the Multipurpose Activity Center.

Senior guards Jasmine Walker and Jasmine McCall came off the bench to lead Monmouth in scoring with nine points each. Junior forward Christina Mitchell led the team in rebounding with 10 boards while also recording three



PHOTO COURTESY of Monmouth Athletics
Junior Forward Christina Mitchell led the Hawks with 10 rebounds against Iona Sunday.

blocks and three steals.

For Iona, senior forward Joy Adams fronted the charge with 20 points, 15 rebounds and four steals, while junior guard Marina Lizarazu and sophomore guard Philecia Gilmore each netted 13 points. With the loss, the Hawks fall to 6-12 (4-5 MAAC), while the Gaels improve to 12-9 (8-2 MAAC).

“She’s a great player,” said McCall of Adams. “She has really good post moves that made her really effective against us.”

In the first quarter, both teams struggled offensively, shooting under 30 percent from the floor and scoring a combined 18 points. And although Monmouth would take a lead with under two minutes in the half, Iona proceeded to put together a 23-4 run spanning into the beginning of the third quarter—never to trail again.

MU head coach Jenny Palmatteer credited the Hawks’ lack of scoring and Iona’s execution for the Gaels’ strong start to the second half.

“It was hard to tell with us honestly whether our offense fed off our defense or our defense fed off our offense,” she said. “We weren’t scoring and they had the first seven points [of the half]. But really Iona is a great team and credit goes to Iona because they out played us in every area. They executed their offensive and defensive schemes better than we did and they played a lot harder.”

At the end of the third quarter, the Hawks trailed the Gaels 51-39. Despite forcing seven turnovers in the fourth quarter due to a full-court pressure defense, the Hawks were outscored for the fourth and final time, 13-10. McCall had half of the teams 10 points in the last quarter.

“I just don’t think we were as focused as we have been the past few games,” McCall said. “Going to the full-court press definitely made us concentrate more. If we applied that focus for the entire game, maybe the game would have turned out differently.”

Looking forward, the Hawks will match up in conference again this Thursday, Jan. 28

“I just don’t think we were as focused as we have been,”

JASMINE MCCALL
Senior Guard

against Quinnipiac at the TD Bank Sports Center in Connecticut. The game will bring senior guard Sarah Olson one step closer to her one-thousandth point, as she is currently sitting at 979.

“It’s like the exclamation point on my basketball career,” she said on approaching the milestone. “It’s a rite of passage; it’s a fun moment and a good memory to have.”

SIDE LINES

MAAC The Metro Atlantic Athletic Conference began in 1980 and is currently celebrating its 35th anniversary. In honor on this milestone, the conference has compiled a 35th anniversary team to showcase its best fall sport athletes from the past three and half decades, which includes Monmouth University field hockey great Trish O’Dwyer ‘15 on the women’s first team, while second team members include men’s soccer stars Matt Jeffery ‘15 and junior Eric Klenofsky and women’s soccer standout junior Alexis McTamney.

TRACK Junior Lindsey Bellaran was named the Metro Atlantic Athletic Conference Women’s Track Performer of the Week, according to league officials.

Bellaran helped lead the Hawks to a team victory at the 2016 Lehigh Angry Birds Invitational, their fourth win in the four-year existence of the event.

Bellaran, who was victorious in a pair of races, led Monmouth to a 180 point victory over the field, 38 points ahead of Penn.

MBB Justin Robinson scored his 1,000th career point, becoming the 22nd Hawk in program history to reach the milestone. Robinson scored 200 points in his first season as a Hawk and 441 in his sophomore year.

HAWKS According to MU Associate Athletics Director for Development/Marketing Ken Taylor, Monmouth will be requiring students to pick up a student ticket voucher the week of the scheduled men’s game, so they can attend that weekend’s contest. This will ensure that the MAC does not breach its capacity.

UPCOMING GAMES

Thursday, January 28
MBB at Quinnipiac*
Hamden, CT 7:00 pm

WBB at Quinnipiac*
Hamden, CT 5:00 pm

Friday, January 29
MT at Penn State National State College, PA 4:00 pm

WT at Penn State National State College, PA 4:00 pm

Saturday, January 30
MTEN at Yale
New Haven, CT 8:00 am

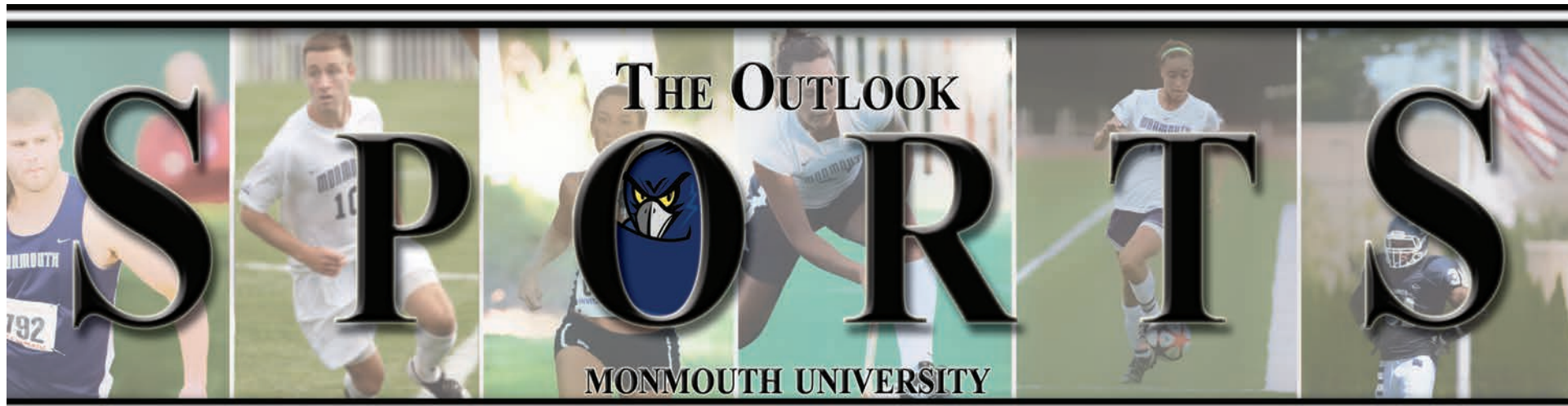
MBB vs St. Peter’s*
West Long Branch, NJ 7:00 pm

WBB vs Fairfield*
West Long Branch, NJ 4:00 pm

Monday, Febuary 1
MBB at Siena*
Albany, NY 7:00 pm

WBB vs Manhattan*
West Long Branch, NJ 7:00 pm

*Conference Games



Men and women's track and field braved winter storm Jonas to compete in the NYC Gotham Cup at Ocean Breeze on Staten Island on Saturday, Jan. 23, as well as the Tiger Open at Princeton University on Sunday, Jan. 24.

Full story on page 23

Photo Courtesy of Tom Connelly