



# THE OUTLOOK

MONMOUTH UNIVERSITY'S  
STUDENT-RUN NEWSPAPER SINCE 1933

OUTLOOK.MONMOUTH.EDU

February 3, 2016

VOL. 87 No.13

## MU Valet Drives Mixed Reactions

EMILY SHAPIRO  
STAFF WRITER

Monmouth University is one of the few universities that, for the last 20 years, has given commuters and employees the option to valet park their vehicles for free when parking has been unavailable. While the convenience of dropping your keys off before running to class seems ideal, many students find that it has become a hassle.

The parking issue at Monmouth University is no secret. Whether it is construction, snow covered park-

ing spots, or the commotion of the commuter parking lots when classes let out, students often have a hard time finding a parking spot. Megan Eustice, a senior health studies student, gets to campus extra early just to make sure she can get a spot. "Sometimes I arrive 30 minutes early because I know I have to drive around to look for a spot. Giving myself 30 minutes sometimes isn't even enough. I am still late to class."

According to Usnews.com, as of 2014, 58 percent of undergraduate students at the University live off-campus. With over 4,500 undergrads, that means over 2,500 students commute to class on a

regular basis. If each student drives in their own vehicle, available parking spots quickly run out. So when given the choice to valet park instead of driving around, many students take advantage.

Junior communication student Colby Mura, is a fan of valet parking when she is in a rush to get to class, but quickly gets frustrated with them. "The biggest problem is when it is time to leave," she said. "I find my car is either blocked in by cars that haven't been parked yet or the valet doesn't keep track of where they parked my car and I find myself aimlessly walking around the parking lot to find it." This issue is common with many commuters. "And it's weird that they never had us sign something," Mura added. "What if something happens to my car? Who is liable?"

Monmouth University Police Chief Bill McElrath explained through an email interview what happens if an accident takes place. "A police report would be taken documenting the damage. Monmouth University requires any valet company we use to carry insurance that would cover damages done to vehicles, property or individuals."

Valet parking is a perk for commuters when they are late to class due to traffic or other obstacles. Police Chief McElrath believes valeting is a good thing. "The positives are that there are times when there are limited spaces for the amount of cars looking to park, or there are no available spaces in the area where someone would like to park. Valeting allows individuals to leave their vehicles in safe hands during these periods of time when parking can be difficult. I really can't think of any negatives. Valeting is a necessary service provided by

Valet continued on pg. 3



IMAGE TAKEN by Emily Shapiro

While valets serve to increase parking availability for commuters, some feel it is more of a hassle than searching for a spot themselves.

## MU Study Suggests College Athletes More Likely to Misperceive Consent for Sex

KERRY BREEN  
COPY EDITOR

A study conducted by Monmouth University's Jennifer McGovern, assistant professor of political science and sociology, and Patrick Murray, Director of the Polling Institute found that athletes, both male and female, are more likely to misperceive consent for sex compared to non-athlete students.

The study was designed to research sexual assault prevention strategies that would be specifically tailored to student athletes. McGovern and Murray's research determined that, without taking athleticism into account, male students are more likely to perceive when consent is being given when compared to female students. However, both male and female athletes are more likely to misperceive consent than non-athlete students.

McGovern, has a focus in understanding how sport both reflects and challenges social inequalities, including social class, race, ethnicity, gender, nationality, and sexuality.

"One of the reasons we wanted to do this on student athletes was because obviously this topic is big in the news in general, and it's something that's affecting many campuses, but in particular, it has affected student athletes, or at least there's a thought that it's male student athletes, in a sense, being troublemakers and perpetrators," said McGovern.

"We wanted to try to find more ways to educate student athletes about the issues. It wasn't that we didn't care about educating all students at Monmouth, it was

that the NCAA offered a grant, and they said 'we want you to do some research that looks at the needs of student athletes.' It was a pressing issue, and we here at Monmouth wanted it to be something that student athletes were more educated on."

The study surveyed 923 Monmouth University students. 118 were male athletes, 133 were female athletes, 193 were male non-athletes, and 479 were female non-athletes. According to the study, students were surveyed by being broken down first by gender and then by athlete status. They were then broken down further.

Seven group discussions were held. Four were with male students (broken into groups of football players, other team sports players, individual sports players, and non-athletes), and three were with women (broken into team sports players, individual sports players, and non-athletes). The focus group involved prompted discussion about how sexual consent is communicated, responses to a scenario involving two students, and reactions to online sexual assault training materials.

The results of the study will be used to create new programming for students, especially athletes, on campus. While no programming has been planned yet, as McGovern and Murray have yet to present their results to Monmouth's athletic department, some planning has already begun. Focus groups found that a variety of programming was

Consent continued on pg. 2

## MEN'S BASKETBALL INTRODUCES NEW POLICY FOR STUDENT TICKET PICK-UP

DANIELLE SCHIPANI  
NEWS EDITOR

Due to the increase in popularity of the men's basketball team, the University has implemented a new advanced ticket student pickup policy, effective as of Jan. 26.

All current students are welcome to pickup a voucher at the box office starting sev-

en days before the game, held in the Multipurpose Activity Center (MAC). Students must show their Monmouth ID to attain a voucher and may only pick up one ticket at a time. To enter the game, students must show both their student ID and their voucher.

There will be 1,000 student tickets available per game. If fewer than 867 student vouchers are picked up before the game, the remaining tickets will be sold to the general public on the day of

the game.

According to an email sent out to the student body from Eric Silakowski, Assistant Athletic Director of Marketing and Promotions, "The student voucher pickup system is being implemented to ensure all spectators can enjoy the game in a safe environment."

Student reactions have varied regarding the new policy. "I mean I understand why they have to do it. You can only fit so many peo-

ple into the student section," said Kenny Magner, a junior communication student. "The thing I don't like is you need to get the voucher ahead of time, which means you can't decide spur of the moment on the day of the game that you want to go. It's been really fun watching the basketball team this year from a student and an avid college basketball fan.

Ticket Policy Continued on pg. 3

### INDEX

News	2
Editorial	4
Opinion	5
Politics	6
Lifestyle	9
Entertainment	10
Features	15
Sports	18



# PEW Research Looks at How Americans View Privacy and Information Sharing

RICHARD FELICETTI  
ASSOCIATE NEWS EDITOR

It can often be difficult determining when it would be appropriate to release personal information. A recent Pew Research Center study based on a survey of 461 U.S. adults and nine online focus groups of 80 people revealed that there are different circumstances under which Americans think it is appropriate to reveal personal information or be viewed under surveillance.

Most Americans agreed that they would compromise aspects of their privacy in return for something beneficial. For example, respondents agreed that it would be acceptable for stores to track their purchases in return for promotional discounts. The privacy of their purchases over time is sacrificed for potential deals in the future. Additionally, more than half of participants viewed it as acceptable for an employer to implement security cameras after a robbery.

There are numerous factors that determine whether or not it is safe to sacrifice privacy, but getting something valuable in return is certainly a driving force. Bill Elwell, a freshman history major, said that benefits are a prominent aspect of decision making. "If a situation seems secure and favorable, then more people are likely to give out their personal information," he said.

Respondents were presented with a situation in which they could save money on their energy bill by installing an advanced thermostat that would keep track of their movements around the house. Even though the returned value (saving money on the energy bill) is beneficial, participants argued

that this scenario is absolutely unacceptable.

Therefore, the situations in which privacy is compromised can vary heavily, and it depends on the amount of privacy divulged versus the substantiality of the reward.

"Generally I think that the study is pretty good in that it shows that people's attitudes are complicated. Americans are willing to give up some privacy if they gain something like safety (i.e. surveillance cameras)," said Dr. Beth Sanders, Chair of the Department of Criminal Justice.

"Take for instance England, they have surveillance cameras everywhere and to some extent that's a positive thing in terms of solving crime. However, the reason England has so many cameras is that they essentially have no 4th Amendment. Part of what makes America unique is our Constitution and we have a stronger right to privacy so here in the US law enforcement needs probable cause to search someone and to serve a warrant."

As Sanders explains, the situation in America is very complicated, as the right to privacy is one of its longest standing pillars of freedom, so divulging personal information does not come as easily as it does in other countries. Elsewhere, the majority of people are compliant with giving up their privacy, however in the states, that concept is so foreign that many people are offended at the mere thought. "Part of why this is such an important issue is that technology is so globally available. When one says crime we typically think of street crime: a person robs another person face to face. However, things like identity theft and many types of financial crime can take place

with perpetrators from other countries," said Sanders.

Crime involving technology cannot be immediately halted by a police officer patrolling

First, the sample was 461 US adults. Our Polling Institute here can tell you that a sample does not need to be large to be a good, representative sample,

Sanders also argued that there are other factors that contribute to whether or not an individual will share information about themselves. Since 9/11, it has



IMAGE TAEKN from transigram.net

Some Americans said in a recent PEW research report that they would be willing to compromise their personal information in exchange for something beneficial. This could include increased security or the opportunity to save money.

the street, instead it is a long and arduous process in which the perpetrator may never even be found.

Austin Skelton, a sophomore political science student, said that comfortability is a huge determining factor in deciding when to divulge information.

"I think it is all about the level of comfort created," said Skelton. "If the person feels that the source or platform is reliable enough, then I believe people will be willing to give out personal information."

Moreover, Sanders explained some areas in which the study could be improved in order to guarantee more reliable results.

"Lastly, in terms of the study, there are some mild warnings.

but many national polls like CBS news tend to use closer to 1000 or 2000 people to represent over 300 million Americans," said Sanders.

"My concern is not so much sample size but the fact that they sampled online. It still is likely the case that low-income, older, and rural Americans might not truly be represented in that type of sample. Second, they used online focus groups, which the purpose of a focus group is that people interact, typically face to face. So, the quotes they obtained from focus groups participants were useful and interesting, but I think to call it a focus group was misleading, it was more of an interview."

been more acceptable to give up privacy in return for something of very high value -safety.

"9/11 really changed how Americans view privacy. As a country, we seemed vulnerable for the first time in decades and in response to that fear, most Americans were willing to give up some privacy in exchange for safety, even if it meant things like wiretapping phone calls or monitoring email," said Sanders. "Lastly, I think I expected the study to find more of a correlation with age and comfort with lack of privacy, as Millennials grew up with 9/11, social media, and internet shopping - more so than those of us Gen Xers who remember life before the internet."

## Study Performed by Monmouth University Regarding Consent for Sex and Student Athletes

Consent continued from pg 1

would be needed, since that is the most effective form of delivery, especially for male athletes. McGovern also believes that not enough is done concerning making sure that students properly understand consent.

The athletic department at the University has taken dedicated time in the past to addressing the issue of educating student athletes. "We spend a lot of time talking to our student athletes and our coaches about respect for all - our coaches talk to our student athletes about sexual assault and respecting all people," said Dr. Marilyn McNeil, Vice President and Director of Athletics. "We have had speakers in the past, and we encourage all of our student athletes to attend the general university sessions. The Rutgers skit is a mandatory event for our freshmen students, if they do not have class. We have worked directly with Equity and Diversity on ways to educate our coaches and student-athletes."

"I really hope that we can use [the research] to create programs, or to find programs, that are going to be more effective in school," said McGovern. "I think a lot of people think there's a magic bullet, and there's one way to teach people about this. But through

our research, through everything we've done - honestly, there's no magic bullet.

"There's no cure-alls, there's no one thing that'll reach ev-

that really seems to help is repetition and variety, hearing the message a number of times and a number of different ways, so we're hoping that we can com-



IMAGE TAKEN from vitaminw.co

A recent Monmouth University study was designed to look at sexual assault prevention strategies.

everyone, partially because men and women are different, thinking about it differently, they are socialized differently, there are different consequences for them - so one of the things we found

municate that, both the athletic department and the school, that it's not enough to have one program at orientation and call it a day," said McGovern.

McNeil was one of the origi-

nal group members when the University decided to start this research. She explained the benefits of conducting this research. "We are continuing and will continue the discussion on the best ways to impart information. I think that might have been one of the most interesting conclusions of the research...that some of the standard ways of educating students, may not be the best way to reach them. The research will really help us do a better job of education," said McNeil.

McGovern also pointed out that men and women answered the questions concerning consent very differently. Students were asked questions regarding consent and sexual encounters in a variety of ways such as what they would consider signals for consent and what they would do as a bystander to a potential sexual assault involving the teammate as the perpetrator. Both male and female athletes were more likely than the average student to misperceive consent.

"Because hegemonic masculinity is so much the culture of sport, I'm not entirely surprised that, like in other contexts where there are norms and values and beliefs about masculinity and femininity that tend to give privilege to men in the interactions, and assign to men in part

the rights to sexual access to women, that in those kinds of cultural contexts, that a sense of men's entitlement to access to women doesn't surprise me," said Johanna Foster, an associate professor and the director of both the gender studies and sociology programs at Monmouth.

"To the extent that women are in the culture of sport, a culture that has hypermasculinity as a key cultural characteristic, it wouldn't surprise me that women have internalized those messages about consent," Foster continued.

The study supported this belief, finding that female athlete students are more likely to misunderstand consent than female non-athlete students. According to the study, sports culture plays a role in female athletes' misunderstanding of consent, suggesting that women with strong self-images (a description that often applies to female athletes) are more likely to buy into the idea that other women give "mixed signals."

The study was commissioned by the National College Athletics Association (NCAA). Monmouth was one of six schools that were awarded a 2015 NCAA Innovations and Research and Practice Grant. The grant is meant for projects designed to enhance student-athlete well-being.



# Ivy League Admissions Often Hinder Low Income Students

JAMILAH MCMILLAN  
ASSISTANT NEWS EDITOR

Low income students get no advantage in the college admissions process for Ivy League and other top-tier institutions of higher learning, says a new report released last month by the education and poverty-focused Jack Kent Cooke Foundation.

Ivy Leagues say that they are striving for economic diversity, however, the statistics project said otherwise. “We are committed to ensuring all admitted students have the opportunity to attend Harvard, regardless of the economic obstacles they have encountered,” said Harvard.edu. However, Harvard’s incoming freshmen class of 2014 was made of more students from the top 1 percent of income earners than from the bottom 50 percent.

According to the report legacy students, underrepresented minorities and athletes get a boost in college admissions. Yet, students that are low-income are finding it nearly impossible to get an advantage due to admissions processes that systematically work against them.

Elite colleges hold a large percentage of seats for athletes. However, many poor students do not have access to sports due to economic constraints.

Johanna Foster, the director of the Sociology and Gender Studies programs, asserts that the University might indirectly be affected by classism through its own athletic recruiting. “I do think that Monmouth is one of those schools where being a student athlete is highly valued. The last time I heard, I think that one in four students at Monmouth participated in intercollegiate or intramural sports,” she said.

“If we are a school that is welcoming to student athletes, that has a built in class bias in ways that people might not think. Those who are more likely to be recruited by col-

leges often are those who have been able to play travel team, or play club sports, or play sports that might require expenditures. The whole sport to college pipeline is heavily class and gendered in ways that advantages the middle and the upper classes,” continued Foster.

are a disadvantage to low-income students because they ensure fewer spots.

Foster asserts that the overarching theme of the report has already been a part of longstanding discussion. “This kind of research has been at the heart of sociology for decades,

to encourage the student to look into these options—all of these things impact a student’s ability to even get to the application process, much less into a college. That being said, it is clear there are other sites for intervention that do not rely on Ivy League institutional change.”

selors were spread thin. Laster said that she was left to find an affordable college or university on her own.

Foster stresses that there are flaws in nearly all institutions of higher education, not just Ivy Leagues, however, she shared one example for which the University could do better. “Where Monmouth falls short, I think that other institutions in the United States are also falling short,” she began. “What I do think seems somewhat different at Monmouth, relative to other schools, is the lack in the amount of financial aid we offer that’s need-based. I don’t see significant changes here around that, or I have not been made aware of any significant changes.”

Tulashie affirms that the University might be attempting to diversify, however, she still feels that there is a large percentage of students of middle or upper-class income levels.

There is a troubling cost of tuition in institutions of higher education across the board, said Foster.

“Not just at Monmouth, but around the country I see a lack in effort to lower the cost of tuition. I think that the cost of tuition is unconscionable in the United States right now, and I think that administrations around the country should be actively engaged in conversations on how to seriously cut the cost,” Foster said.

Nonetheless, Carrington believes that classism in schools is an issue that all students should feel is important to combat.

“University classrooms are so much more valuable as learning spaces when people from different backgrounds interact and learn from each other. It is one of the more significant moments in contemporary life where people with very different perspectives are brought together in the same space, and even if we don’t agree, we can learn how to respect and learn from someone who has had different life experiences than us,” said Carrington.

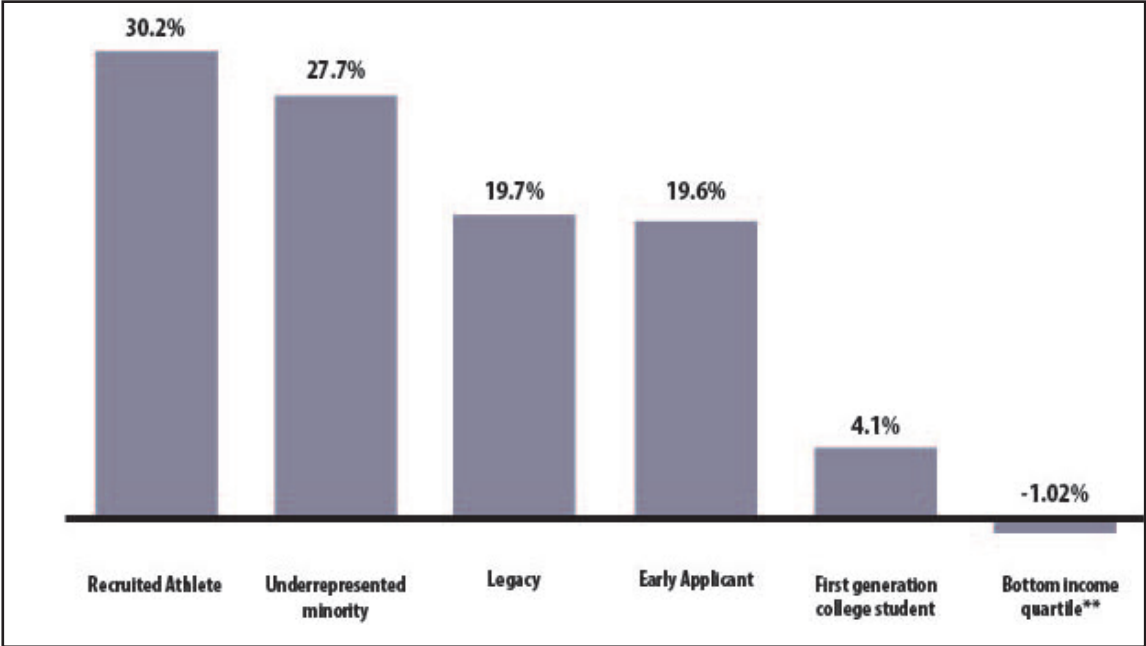


PHOTO COURTESY of Jamilah McMillan

The graph displays report findings that claim that student athletes and under-represented minorities have an advantage in college admissions.

The report also highlighted academic indexing as a systematic disadvantage to low income students. Academic indexes are used to counterweight racism in higher education. However, this works against poor students when preference is often given to wealthy and middle-class minorities. According to the report, 86 percent of black students accepted at elite schools come from middle-class or wealthy families.

Furthermore, the report highlighted how legacy admissions make up another significant percentage of incoming students in top-tier colleges. Elite schools offer preference to students whose parents are alumni or major donors. Legacy admissions

and so these are not new findings. There has been a national inequality by race, class, and gender for generations. I think the classes that benefit from those educational institutions are invested in maintaining those institutional arrangements,” she said.

Jara Carrington, an adjunct professor in the department of history and anthropology and the gender studies program, noted the intersectional effects of low-income on students even before they get to college. She said, “Often students or their families don’t have the money to pay for college application fees and tutoring for standardized testing, the ‘sticker shock’ mentioned by the report, lack of support or guidance

Christabel Tulashie, a sophomore political science major, said that as a senior in high school she had planned on applying to New York University. However, things changed upon seeing the price of the application fee. “I wanted to apply to NYU, but when I went to apply they immediately asked for a \$75 application fee. I could not afford that so I ended up not applying,” she said.

Marasia Laster, a sophomore political science and communication student, also struggled economically in her pre-college attempts at higher education. She could not afford standardized testing preparation courses, and in a graduating class of more than 200 students, guidance coun-

## Men’s Basketball Tickets

Ticket Policy continued from pg. 1

I truly enjoy watching these guys play so I am a little bummed I can’t decide the day of that I want to go to a game and I need to know for sure ahead of time.”

“The new policy will work as a

dressed this issue. “The reason we require a valid ID both when picking up the voucher and when entering the game is to ensure only MU students use the vouchers. The intent is that no student should have to pay to go to a game. The number 1,000 is higher than the number of students

similar systems. Villanova University has a lottery system where tickets enter the lottery and the tickets are given at random. However, it is not likely that the University will implement a similar system.

“If demand reaches a point that a lottery system is needed, we would do that. However, I’m confident 1,000 tickets satisfies the demand,” said Taylor. “Again 1,000 exceeds the number of students we’ve ever gotten for any game at the MAC. Based on that we went with first come first served.”

The first come first serve system will allow dedicated fans to attend and is favored by some over the lottery system. “First come first serve would be better because people who are dedicated can really go to support the team. Lottery people might want to try to sell them,” said Frank.

If a student picks up a voucher and then decides they cannot attend the game, they are encouraged to give the voucher to another student who can use it or return it to the box office as only students with a voucher will be allowed in. “Only students with vouchers and a valid ID will be allowed to enter the game. There is no way for us to know if someone isn’t using a voucher so we have to assume every voucher will get used,” said Taylor.

The box office is open Monday through Friday from 9 a.m. to 5 p.m. All vouchers must be picked up by 5 p.m. of the business day before the basketball game.

that have ever attended a men’s basketball game. If someone does try to sell them we would address that with the individual,” said Taylor.

Students are permitted to buy tickets if the student section is sold out. However, this does not appeal to all students. “I would not buy a ticket. When I first became a student here it was always free for students. If the student section was sold out it is likely that I just wouldn’t go to the game, unless it was a huge game that I couldn’t miss,” explained Frank.

Some other schools with a large student interest in men’s basketball games have already implemented



PHOTO TAKEN by Danielle Schipani

The MAC has been packed for most home games this year.

good strategy for crowd control,” said Liam Frank, a junior music industry student. “There have been games where the police have needed to shoo people away in the student section because it was overcrowded. It will also work to weed out fans who were not that serious or who decided to go last minute. However, the new policy is inconvenient for students who are dedicated fans of the game.”

Some students expressed concern regarding the possibility of students trying to sell their vouchers. Ken Taylor, Associate Athletic Director of Development and Marketing ad-

## Valet Parking on Campus

Valet continued from pg. 1

the University during peak times when finding available parking spaces can be hard to come by.”

On Jan. 28 an e-mail went out to Monmouth students addressing the correct protocol when a commuter is blocked in by the valet. “In an effort to assist students when leaving campus when their vehicle is valeted or blocked in, Carcierge Valet has recommended the following: If you need your keys, go to one of the valet stop signs with your ticket. One of the attendants will collect your ticket and hand you your keys. If you find that your car is blocked in, take a picture of the valet ticket on the dashboard of that car with your phone and then go to the valets and show them the picture. This will allow them to get the correct key and move the cars quickly without having to go look at the ticket and then go back to the key box and then back to move the car.”

If your vehicle has been valeted and you are on campus after the attendants have left (currently 6:30 pm), your keys will have been delivered to the attendant in Lot 16, the employee lot next to Plangere and

McAllan Halls. This attendant stays until all keys have been returned.”

Undergraduate commuters aren’t the only ones with this problem. Robert Scott, communication professor, has experienced his own issues. “I experienced problems with the previous valet service, but not the new company,” he said. “Last semester they parked my truck on a yellow curb and I was issued a warning from the campus police. In another instance, I was told to park in a different lot and when I went to leave for the day, I found a ticket on my windshield.”

The University has recently switched from Advanced Parking Concept (APC) to Carcierge Valet.

McElrath said, “It is our standard University policy that we competitively bid services in order to ensure that we are obtaining services at the lowest cost possible. A Request for Proposals (RFP) for valet parking was sent out in December 2015, and Carcierge Valet was the lowest qualified bidder.”

If a student has a concern about valet services they are encouraged to contact the University Police or email Chief McElrath.



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	LIFESTLYE EDITOR
Brandon Greve	POLITICS EDITOR
Jasmine Ramos	POLITICS EDITOR
Erin McMullen	FEATURES EDITOR
Alyssa Tritschler	CLUB & GREEK EDITOR
Lauren Niesz	HEAD COPY EDITOR
Amanda Drennan	COPY EDITOR
Kerry Breen	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](mailto:outlook@monmouth.edu)  
ADVERTISING INQUIRIES : [outlookads@monmouth.edu](mailto:outlookads@monmouth.edu)

Ctrl Alt Learn

THE OUTLOOK STAFF

As technological developments have rapidly increased over the last several years, teaching methods and classroom settings have gone through tremendous changes. Gone are the days of chalkboards and slide projectors; today, schools use iPads and touch screens. Many teachers and professors show videos, share articles, and have discussions online. While these innovations have certainly led to many improvements, are all of these advancements for the better? The Outlook weighs in.

One of the most common changes in the classroom has been the personal use of technology. Just about every student carries a smart phone with him or her to class, and many bring his or her laptop or MacBook to take notes. Though it is common to see someone typing away at their desk, The Outlook editors expressed an overwhelming preference for handwriting notes. "I usually opt to write my notes out on paper in class, and I find that most people do the same. I think that writing out notes helps with retaining what you're learning," one editor said. Others explained that they were just more used to writing

notes out and have found them easier to study from.

Those that do bring laptops to class often face the struggle of being distracted by the internet. For this reason, some professors have completely banned the use of laptops in the classroom. "I've had a few professors ban laptops because they claim that they're a distraction for the people using them and also to everyone who sits behind them, especially if the students using computers are spending time on Facebook," one editor explained.

Every professor is different, but each will generally lay out their policies on technology in the syllabus and explain their reasoning on the first day of class. But is it fair for professors to dictate the use of personal technology? Some editors say yes, expressing that "it must be frustrating for [professors] to teach a class where no one is really listening and they are just doing their own thing online." However, other editors disagree. "I think it should be up to the student whether or not they want to use a laptop," one editor said. "They pay so much to go to class, I think they should be held accountable for what they do during that time."

Ultimately, there are pros and cons to any use of technology in the classroom. Many editors cited the ability to take notes quickly and store them in one convenient place as some of the benefits of bringing a laptop. Others brought up the idea of using the internet as a resource, either to pull up additional research during a lecture or reference something that the professor posted on eCampus. Using the internet during class, however, can also have negative effects. All editors agreed that being on a laptop makes it hard to resist the temptation of things like social media and messaging.

Technology has advanced in such a manner that there is no one way to use it—there are thousands of possibilities right at our fingertips. While this has undoubtedly led to many positive advancements and has drastically increased our learning, it is not always for the better. Sometimes technology can just be a distraction that hinders our ability to focus and listen in class. As a result, some professors have instated stricter policies on the use of technology in the classroom. The Outlook was split on whether or not technology has been wholly beneficial, but the editors did agree that it's up to the individual to use it the correct way.



HOW TO SUBMIT ARTICLES OR LETTERS:

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


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

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

**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.

 FOLLOW US AT @MUOUTLOOK

 FOLLOW US AT @MUOUTLOOK

 LIKE US ON FACEBOOK

**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 •



# The Family You Love to Hate

ALYSSA TRITSCHLER  
CLUB & GREEK EDITOR

There’s nothing better than spending a lazy Sunday binge-watching your favorite shows. Netflix slyly asks if you’re still watching and without any shame you click continue and move to season six of your favorite show, because you’re a champion.

There’s a lot of guilty pleasures that come with binge-watching, especially in particular genres. Reality television stole my heart from a young age as I was horribly influenced by crappy shows on MTV like *The Real World* or *The Challenge*, and now I just can’t get enough of indulging myself in other people’s lives. Cue *Keeping Up With The Kardashians*.

Whether you love them or you hate them, the Kardashians are a household name. America as a whole can probably agree they are a family famous for absolutely nothing of true value and somehow found a way to turn that into a net worth of close to 100 million dollars. That’s pretty impressive and all of us cynical people are jealous of their luxurious lifestyles. I know I

am.

I started out like one of you, hating the Kardashians for their fame and fortune. One day I stumbled upon *E! Network* and found myself laughing harder at a show than I had in a long time. First of all, Scott Disick is actually hilarious and always calls the family out for acting spoiled. Second of all, if you can’t find a way to laugh at all the first world problems encountered in an episode of *Keeping Up With The Kardashians*, I don’t know what’s wrong with you. From Kim losing her \$60,000 earrings in the ocean in Bora Bora, to not being able to agree where the family should vacation next, to the group of women trying to figure out if they have enough money to afford their own private jet, it’s sure to give you a nice laugh. Here I am, a broke college student, struggling to afford anything that would be remotely fun and this family potentially has the money to finance a private jet. Kourtney deserves at least some credit considering she’s the only sister with a college degree, which came from University of Arizona, while Kendall and Kylie graduating high school actually

made breaking news.

While the family is most famous for their sarcastic attitudes and nude photo shoots, the sisters have accomplished a decent amount of success outside of the show. Kourtney, Kim, and Khloe are all business owners of their clothing store DASH, which expanded to two other locations after the show’s launch. The women also had a child-clothing store called Smooch, which was closed to expand DASH to Miami and New York.

The slack that the family is given is interesting considering they have always found a way to stay relevant. The show began in 2007 and has been ongoing since, with various spin offs in-between like *Kourtney and Kim Take New York* or *I Am Cait*. There is plenty of other washed up reality television stars whose fame never made it past one or two seasons. The Kardashians stay relevant because we never stop talking about them. Ever. We all complain about hating them, but here we are pushing and promoting their careers even further. We’ll be keeping up with the family long enough to most likely see North West’s first nude photos leaked.



IMAGE TAKEN from cosmopolitan.com

Cosmopolitan magazine’s 2015 October cover featured the Kardashian sisters with mother, Kris Jenner, where the magazine referred to them as “America’s First Family.”

# Is Steven Avery Innocent or Not?

AMANDA DRENNAN  
COPY EDITOR

*Making a Murderer* is a documentary series that has been getting a lot of attention recently. This 10-episode series focuses on the conviction of a Wisconsin man, Steven Avery. The Netflix original series became available this December, and since then it has had a lot of people talking.

The series begins with Avery being released from prison after a wrongful conviction of 18 years. After this, Avery began a \$36 million civil suit filed against Manitowoc County. While in the middle of this, news came out about the death of Teresa Halbach, a local woman. Avery instantly become a suspect in the case and later police found signs that pointed to Avery committing the crime. The show goes in depth analyzing the court case surrounding the death of Halbach.

The show consists of actual court footage and interviews with almost everyone involved in the case. As the viewer you are presented with both sides of the story, allowing you to form your own opinion on whether you think Avery is innocent or not. The most important evidence is that the body of Halbach was found on Avery’s property. Opposed to this, there are many instances where it looks like some blood evidence could have been planted on the scene.

There are a lot of loose ends in this case, which gives the viewer so much room to form his or her own opinion. While the police evidence looks like it could prove Avery guilty, the opposing side shows there is a possibility some of the evidence could have been tampered with. Avery is also not able to provide a good alibi. Besides the evidence making Avery look guilty, there are some people saying they saw him do it. His nephew Brandon also made a confession to the police saying that he was there when Avery killed Halbach.

After watching the series, most viewers have expressed that they do not think Avery is guilty, and some have even gone as far as

making petitions to get him a retrial and possibly out of jail. I just do not think there is enough evidence that proves Avery did not do it. Yes, I agree that there is some evidence presented by the police that doesn’t add up. I do not think Avery has enough evidence to support that he is innocent, especially with inconsistent confessions from his family. I think the documentary focuses a lot on the police and that they could have planted evidence in this case in order to prove Steven to be guilty. Although there is nothing right about the police planting evidence, there is nothing that can prove Avery had nothing to do with the murder.

Most of the talk about the show had me believing that when I finished the series it would be obvious to me that Avery was innocent, but that was not the case. After watching the whole series, I have to agree that Avery is guilty. I kept asking myself the same questions, like if he did not kill Halbach, why were people giving vivid details about what they saw? What was he actually doing when she was murdered? Why was her car and dismantled body found on the Avery property? Why would people in his own family testify against him? The evidence Avery’s lawyers presented only made me think the police could have possibly planted evidence, but it didn’t convince me that Avery was not involved. For me, there was just too much evidence against Avery to think that he did not have at least some part in this murder. There was no evidence that pointed towards anyone else, so I believe Avery is guilty.

In the end, Avery winds up being sent to jail for first degree murder. The last episode consists of friends, family, and even Avery’s lawyers saying they will continue to try and prove him innocent. In an interview, Avery explains he plans on spending his time in jail working on proving himself innocent. The *Making a Murderer* viewer is left to form his or her own opinion whether Avery is innocent or not.

# Here Comes Valentine’s Day!

LAUREN NIESZ  
HEAD COPY EDITOR

Keep an eye out for Cupid’s arrow because Valentine’s Day is just around the corner! Love it or hate it, the Valentine’s Day season has begun. The debate continues every year that questions that validity of the holiday. Is it purely a “Hallmark holiday” or is it a legitimate holiday?

My personal take on this question is that Valentine’s Day technically is the feast day of St. Valentine, that doesn’t make it a legitimate “holiday.” Christian churches celebrate many saints’ feast days, but we do not consider any of them legitimate holidays. For example, even one of Catholicism’s most beloved saints, St. Francis of Assisi, doesn’t have his own widely celebrated holiday. The average person doesn’t even know who St. Valentine was and why he is affiliated with Valentine’s Day (including myself!), besides the obvious affiliation of his name.

So, a brief history: St. Valentine was a priest when the emperor, Claudius, was persecuting the church and preventing

marriages. St. Valentine married couples in secret because of his strong belief in love and marriage. Valentine’s last written note before his execution was supposedly signed “from Your Valentine.” This is where we get the tradition of love and notes/valentines associated with the holiday.

Most every saint has an equally beautiful and heartwarming story, but it seems that the consumer industry has taken St. Valentine’s story/feast day and turned it into a huge “holiday.” Before Valentine’s Day was the holiday it is now, there weren’t any holidays devoted to love. The only way couples celebrated their love was through



personal anniversaries, so, the consumer industry decided to profit off of everyone who was in love at the same time. So, Valentine’s Day was born.

And, as with any holiday, comes the decoration and gift overload. I think it was the week before the spring semester began that I started seeing the Valentine’s Day decorations and candy out in Walgreens. Then the commercials and ads start pestering you to buy your Valentine’s Day gifts. And, of course, nothing is cheap! I think that the price tag consumerism puts on holidays is a bit disheartening and makes holidays feel less genuine.

While it really does seem like more of a “Hallmark holiday,” Valentine’s Day is here to stay (whether we like it or not!). I’m not sure if the fact that Valentine’s Day is a “Hallmark holiday” turns people off to the idea of the holiday itself or the fact that it celebrates love when a lot of us are single, but I do think that this year we should try to love Valentine’s Day more.

No, I’ve never had a “valentine,” but I absolutely love Valentine’s Day and I always have. I think to have a day devoted to love and celebration is wonderful. Regardless, if it is a “Hallmark holiday,” I think love should have its own day. It’s a day that is sweet, cute, and full of hope. If that’s too mushy for you, just think of all of the discounted chocolate after the holiday ends- thanks consumerism!

Beloved comic writer, Charles M. Schulz, said, “All you need is love...but a little chocolate now and then doesn’t hurt.” So, if the holiday’s “Hallmark” quality leaves a sour taste in your mouth, cover it up with the taste of all of the half priced chocolate you can buy after the holiday is over!



# Iowa Caucus Has Unusually High Turnout; Clinton and Cruz in the Running

JASMINE RAMOS  
POLITICS EDITOR

The 2016 election officially kicked off on Monday, as Iowa voters went out to cast their votes in the caucus, resulting in Ted Cruz as a big winner for the GOP, and Hillary Clinton and Bernie Sanders ending it in a draw.

According to *ABC News*, more than 180,000 Republican Iowans voted in the first 2016 caucus, compared to the previous record of only 121,000 people in 2012.

Cruz won with 28% of the votes with Donald Trump right behind him with 24%, while Marco Rubio received 24%. On the Democrats side, Martin O'Malley received less than 1% of the votes.

This is the first time actual voters can weigh in in the presidential nomination. Dr. Stephen Chapman, Assistant Professor of Political Science, said, "The Iowa Caucuses are so important simply because they come first. The media plays this up mainly because it is the first taste of actual votes being counted towards the presidential nominations. This causes increased ratings for media outlets."

However, the time consuming

process of the caucuses results in a lower turnout. According to the Iowa Caucus Project, on average one out of five registered voters shows up, Democrat or Republican, which is why it was surprising to see such a huge turnout this term.

So why is there so much importance in the caucus? Many believe that the results can reveal a meaningful signal of a candidate's strength or weakness. Also, according to Vox, every winner of a competitive major party presidential nomination contest since 1980 except for one started off by winning the Iowa caucuses, the New Hampshire primary, or both.

Dr. Chapman, continues, "The caucus is also somewhat important from a strategic standpoint. It can catapult a candidate into the "serious contender" list (as in Obama in '08) or could set the tone for the subsequent campaign in New Hampshire and other early primary states. It is also important because this is the time lower-tiered candidates will begin to suspend their campaigns. However, keep in mind that on the Republican side, the last two winners (Santorum in 2012 and Huckabee in 2008) did not ultimately win the nomination."

Caucus meetings for Iowa Democrats and Republicans both start at 7 p.m., and anyone who shows up can participate. However, Democrats and Republicans do not run their caucuses the same way.

The GOP process begins with the Pledge of Allegiance and then voters go straight into selecting their presidential candidates. For the voters who are still not sure, each campaign has a chance to have a representative make a final pitch. Some caucus sites are very formal with a printed ballot paper, while others go in with a candidate's name on a piece of paper. The total of votes is then sent over to Iowa GOP headquarters, where the running count is kept.

The Democratic caucus system is different. As soon as the meeting opens, the attendees must declare a preference for a candidate. Attendees begin to join groups of their candidate, and people who still cannot make up their mind join a group as "uncommitted."

In order to be considered "viable," a group must clear a certain threshold, usually around 15% of the entire total of attendees of the precinct. Once the first round is over, anyone who is in a group of not "viable" has



IMAGE TAKEN from Dallas News

Caucus voters register to vote in their precincts for their choice of presidential candidate in 2016.

the chance to align with a candidate who did pass the threshold.

One of the most controversial aspects of the Democratic caucus is the lack of a secret ballot. People have to cast their votes in front of their friends and families, which will stay with them for the next four years. Another controversial aspect of the caucuses is that only registered Democrats and Republicans can vote, shutting out independents.

Both results get reported back to each of Iowa's 9 counties' conventions, and the county votes get reported to the Iowa state conven-

tion. From there, the state results are used to determine how the parties' convention delegates are divvied up the candidates.

Natoye Miller, a third year communication major, said, "I think it is really surprising to see both Clinton and Sanders end the caucus in a draw. Nine months ago when Sanders announced he wanted to run, no one really knew how far he would get. I'm really excited to see where New Hampshire takes everyone."

Republican Mike Huckabee and O'Malley have both ended their presidential races as of Feb. 2.

## Patterson Cop's First Amendment Case Taken to U.S. Supreme Court

KATHARINE DIX  
STAFF WRITER

On Jan. 19, former Patterson cop, Jeffery B. Heffernan, plead at the Supreme Court. According to NorthJersey.com, the officer was tried for "overt involvement in a political election."

In 2006, Officer Heffernan was spotted obtaining a political lawn sign supporting a mayoral candidate, Lawrence Spagnola, who was trying to unseat the current Patterson mayor, Joey Torres, by another Patterson officer. This eventually spread to the chief of police in Patterson, who was a Torres supporter himself. Heffernan was then demoted to foot patrol. As a result, he sued the city for monetary damages.

NorthJersey.com reports that Heffernan retired in 2011, but his case did not end there. The former officer has been consistent in his claim that he was in no way active in the Spagnola campaign, and

that he was simply picking up the sign for his mother, who was bedridden.

It is due to him claiming he was not exercising his right to free speech that he appeared in front of the Supreme Court last month. Heffernan had no platform to exercise his first amendment rights, therefore had no reason to sue the city for damages.

Heffernan's attorney spoke to NorthJersey.com about the case. Attorney Mark B. Frost said, "If a police officer can constitutionally be demoted because his supervisor incorrectly believes that the officer supports a candidate for mayor, then any public employee could be demoted or even fired because her supervisor incorrectly believes that she is a Democrat or a Republican."

Frost wrote, "Employees would have to worry about everything they say or do at the office, for fear of leaving the boss with the wrong impression." Frost added

that if Heffernan was demoted for supporting the Spagnola campaign, it would have been illegal. So, why was it legal for him to be demoted without supporting any campaign?

Dr. Dooley said, "In terms of one's employment, free speech cannot be used to denote them because of their view. He's a government employee, and as a government employee you should have freedom of speech. In the private sector, freedom of speech must be considered because of inflammatory comments and fiscal damages because of it. Radio and TV. personalities say racist remarks, the company has every right to fire them. But since this is a public person, to be demoted for only to be perceived to have a political view seems inappropriate."

Lecturer of Political Science, Professor Gregory Bordelon weighed in on the issue. "The central constitutional question before the Supreme Court in this case does not directly involve the substance of

either a free speech or free association claim, but more so what level of proof a trial court needs to be able to determine whether a retaliation claim (when using those constitutional protections) is proper.

He continued, "In this case, the officer alleges that the Paterson police force improperly demoted him based only on a perception of the officer's attempt to exercise a constitutionally protected right (here, possibly free speech in why he bought the sign), but the case law of the Third Circuit (encompassing New Jersey) clearly indicates that the retaliation claim can only be legitimate if there is an adverse employment action (firing, demotion, etc.) based on an actual exercise of constitutional rights, not a simple perception of it. I believe that the Supreme Court has picked up the case to revisit that interpretation by the Third Circuit and will likely decide that lower courts have to take evidence on perception v. actual constitutional rights asserted which

may make it harder, in the future, for these types of cases to be decided without a jury trial, making summary judgment dismissals far less likely."

It is clearly a very complex case; due to Officer Heffernan not exercising free speech, only being perceived as exercising it. Even so, if he did exercise free speech, it would be illegal for him to be demoted due to his beliefs.

Josh Manning, a junior business major planning to go to law school, built off of Dr. Bordelon's statement. "If what Professor Bordelon is saying is true, he essentially doesn't have a first amendment claim. As a result, the court is not going to rule on the substance of this issue because his injury is not related to a first amendment issue. Essentially, the courts need to decide under what right the police department had to demote Officer Heffernan, and under what right Heffernan had to sue the city for monetary damages."

## Hillary Clinton's Email Controversy Still Lingered During Iowa Caucus

BRENDAN GREVE  
POLITICS EDITOR

Democratic front-runner candidate for the presidential nomination, Hillary Clinton, has been dealing with an email scandal that is just not going away.

For the last year, the FBI and Department of Justice have been probing into Clinton's emails that were on her private server during the time she was Secretary of State.

According to an article written in the *New York Post* last week by Jamie Schram, "Over the past year or so, investigators have flagged dozens of Clinton's emails marked as confidential or classified — and recently it was reported that her private server contained intelligence from the government's most highly classified programs."

Last week, former House majority leader, Tom Delay, said, "I

have friends in the FBI and they say they're ready to indict her." Delay continued, "They're ready to recommend an indictment and they also say that if the attorney general does not indict, they're going public."

Then on Jan. 29th, Steven Lee Myers of the *New York Times* wrote an article saying that, "The State Department on Friday said for the first time that "top secret" material had been sent through Hillary Clinton's private computer server, and that it would not make public 22 of her emails because they contained highly classified information."

Brian Fallon of the Clinton campaign said this story, "appears to be over-classification run amok." Then said, "We understand that these emails were likely originated on the State Department's unclassified system before they were ever shared with Secretary Clinton, and they have remained

on the department's unclassified system for years."

Also in defense of Clinton, Democratic Senator from California, Diane Fienstien said it makes no sense to her that, "Secretary Clinton can be held responsible for email exchanges that originated with someone else" and that "The only reason to hold Secretary Clinton responsible for emails that didn't originate with her is for political points, and that's what we've seen over the past several months."

However, her rivals do not see it that way. Republican Senator from Florida and presidential candidate, Marco Rubio, said during the seventh Republican debate, "Hillary Clinton is disqualified from being Commander and Chief of the United States" and that the first thing she would have to do if she was elected president would be to "pardon herself."

New Jersey Governor, Chris

Christie, said, "She put our national security at risk for her convenience." Senior political science major at Monmouth University, Nicole Benis said "I think it's outrageous that someone with such a scandal and essentially a criminal background, since they were government emails, could still be considered for president."

FBI director, James Comey said, "My folks don't give a rip about politics" and that "We're competent, we're independent and we're honest."

According to an article written by Bob Cusack and Ian Swanson of The Hill, Comey was appointed by President Obama and handled the mishandling of classified information by CIA director, General David Petraeus, and former Bill Clinton's national security adviser, Sandy Berger.

With the first hurdle for the nomination on Monday, Clinton is looking at the possibility of this

scandal effecting her presidential run. Going into the Iowa caucus, Clinton is clinging on to a five point lead over Democratic candidate, Bernie Sanders, which is down from her twenty-two point lead she previously enjoyed just a month ago—according to a Monmouth University poll taken one week before the Iowa caucus on January 28th.

Dr. Joseph Patten, Chair of the Political Science Department, said Hillary's email scandal is a "potential problem" and that "Hillary's problem is that people don't like her." He said that "Bernie Sanders is galvanizing the liberal wing of the party" but "Hillary does better with African American voters."

Dr. Stephen Chapman, Assistant Professor of Political Science, said "I think she already has likeability issues" but continued "I would not equate this election with 2008."



**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.

PRIZES:

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

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

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.





# Alternatives to a Gym Membership

COURTNEY BUELL  
CONTRIBUTING WRITER

Well, February is here, and for those who are doing their best to stick to that New Year’s resolution to lose weight and get fit, here are some new tips to honor it, without ever having to leave the house.

“Be the best version of yourself” is a well-known cliché one hears often, especially during the month of January. It seems that everyone everywhere is advertising to “lose the weight” or “get healthy.” The problem, however, lies not in where, but in how. Sure, it’s easy to join a gym, but as a fitness newcomer, it is tough out there making a plan to work out on your own.

With that in mind, February is right around that time when people begin to give up. The ambition that fueled you, that eye of the tiger has petered out, and you have found that the only marathon you are interested in is on Netflix. With frequent snowstorms and dropping temperatures, that gym membership has become less and less appealing. But there is a simple solution to get fit and healthy indoors, and it comes from a fellow student and fitness enthusiast. Meaghan Wheeler, a junior history education student, shared her workout philosophy, “Getting in a great work out from the comfort of your home requires 10 quick and simple exercises for three rotations!”

These at home exercises include:

1) **50 jumping jacks:** jumping jacks are simple, and work out both the legs and arms while pro-



PHOTO COURTESY of Nicole Meissner

Practicing yoga is an exercise that is easy to do at home and is very beneficial to one’s health.

viding excellent cardio.

2) **30 second plank:** this is a great exercise to build endurance and strengthen the core. Lie on the ground, push up, remaining parallel to the floor with only your hands and feet touching the floor.

3) **15 burpees:** Burpees may not be the most well known, but

they definitely do the job. In a rapid motion, jump down into a plank pose, do a push up, jump up, then repeat.

4) **30 second right-side plank:** do the same thing planking however lean to the right side with either a hand or a forearm firmly planted on the floor as well as

both feet.

5) **25 squat jumps:** jump up vertically, and on the way back down fall into a sitting position as low as you feel comfortable. Make sure your back is straight.

6) **30 second left-side plank:** repeat the same as before only on the left side.

7) **25 tricep dips:** this is a great work out for your arms. Position your arms behind you holding onto a chair. Lower yourself slowly to the floor, then push back up.

8) **25 hover jacks:** start in a plank position and jump both legs apart then together.

9) **50 bicycle crunches:** lie on your back and bring knees in, alternating.

10) **1 minute knee ups:** stand and bring knees up, alternating

Moyi Jia, lecturer in the department of communication, said, “I try to run three miles a day, that is how I stay active when it’s too cold to go outside.” Although some may not be able to make it to the gym, most of these workouts count as cardio.

Practicing yoga is also ideal for someone that prefers to exercise at home. The benefits of yoga include increased flexibility and heightened energy. Nicole Meissner, a sophomore business student, refers to yoga as a “state of mind.” “I enjoy practicing yoga because it has allowed me to think positively and avoid the gym in the cold,” said Meissner. Yoga will have you saying ‘namaste’ in no time.

Although these workouts may seem difficult, they will get you closer in achieving your goal of wellness and becoming the best version of yourself without ever having to leave the comfort of your home. These at home workouts will infuse you with self-confidence. Start saving your money and cancel those gym memberships because you can get fit in your own living room.

# Why It Is Important to Live in the Moment

CHELSE TROMBETTA  
STAFF WRITER

Have you ever noticed when you are in a restaurant that the people at the table next to you are all on their phones instead of talking to each other? It has become more difficult for people to engage in a conversation without becoming distracted by their phones. Our society has become inept of communicating with one another. It is important to not get into the habit of constantly being on your phone because you may begin to neglect what is occurring right in front of you.

There are preventative measures that will help you become present within your daily life rather than succumbing to the urge to check your phone. Mary Harris, specialist professor in communication, offers, “First, we need to be mindful and aware that the behavior of checking

your phone can be a problem. Then, you need to commit to being together. Some fun things to do that allow you to all hang out without being on your phones are watching a movie, playing a board game, or just talking to one another. It all comes down to wanting to change and be in the moment rather than on your phones.”

Making it a rule when you are with your friends to put your phone away for a couple of hours combats the temptation of pulling it out of your pocket to see the latest posts on Instagram. Actual face-to-face communication helps to build relationships and make lifelong memories. However, in order to make these memories we must resist our desire to stare at our phone screen while we are with others.

It is also beneficial to remember that if you are surrounded by good company, there is no reason to go on your phone because



IMAGE TAKEN from smh.com.au

Typically when most friends are together, they are normally looking down at their phones rather than at each other.

“You need to commit to being together. Some fun things to do that allow you to all hang out without being on your phones are watching a movie, playing a board game, or just talking to one another. It all comes down to wanting to change and be in the moment rather than on your phones.”

MARY HARRIS  
Specialist Professor of Communication

you are with the people that matter to you. Victoria Nelli, a senior communication student, said, “My group of friends only use our phones to show each other things that we find interesting or funny. If I do go on my phone to look at Twitter they’ll tell me to stop and sometimes take my phone from me. However, normally when we all hang out, we don’t really look at our phones because we are all with each other. You should enjoy the friends or family that you’re with and not worry about other things that are going on.” Once you put your phones down, you begin to bond with the people that are around you.

Another way to ensure that you do not spend too much time on your phone is by deleting some of your social media apps. Erin Shevlin, a senior communication student, said, “Over winter break I deleted all of my social media, because I felt like everyone just constantly looks at it and relies on it. Especially during awkward situations, we always turn to our phones. I found that by deleting everything it allowed me to step back and be more in the moment.” This is an excellent way to help you live in the moment because most people are checking social media when they are on their phones. If you remove these

apps, you will no longer have a need to check your phone constantly.

It is important to live in the moment and not behind a cellphone screen. Limiting your cellphone activity allows you to become closer with those around you and fully immerse yourself in the moment. You will be able to experience new things and learn about the people you spend time with.

If you begin to think about what you are missing in the few minutes that you are staring at the screen of your phone, then maybe you will not check it as often. After all, life is too short to be living behind a screen.



# BLUE HAWK RECORDS HAS ITS "HEART IN THE GAME"

NICOLE SEITZ  
STAFF WRITER

The University's men's basketball team has captured the attention of mainstream media, and now the squad has its own theme song written by Monmouth students. Andrew Boxman and Guy Battaglia, who both recently graduated from the music industry program at the University, were approached by Chair of the Music Department, Joseph Rapolla, to write a song for the team. The two took on the challenge and had the rap-rock anthem called "Heart in the Game" written and produced within two weeks. At the home game against the Marist Red Foxes on Jan. 24, Boxman and Battaglia, along with other Blue Hawk Records representatives, handed out free downloads of the song to every fan in the stadium.

As quoted in the *Asbury Park Press*, Ken Taylor, associate

athletic director for marketing and development at the University, said, "It's great that the students are getting behind the team and that they are putting their talents together to do this." Taylor continued to explain that they will play the song during the team's warm-ups right before the game for every home game. Boxman stated, "It's great to hear the song at every home game playing for all the fans. That's the most rewarding part of the whole experience."

The song has a really strong feel once you hear it playing in the Multipurpose Activity Center (MAC). "Heart in the Game" is the last song that plays right before the tip off. It's that point when the players and crowd have so much energy and they're ready to play. The chorus really sums up the whole atmosphere and gets the whole crowd going: "We go hard in the paint, put my heart in the game. Got players on the court and they're making

it rain. We go hard in the paint, put my heart in the game. Got players on the bench and they're going insane." Some of the lyrics make reference to the crazy shenanigans of the Monmouth "bench mob," as seen all over the internet.

The *Asbury Park Press* wrote, "The song grabs your attention with its driving instrumentation and catchy lyrics." Boxman said about the song, "I was excited to be contacted by the music and athletic department to write the song. We wanted to make the song relevant enough that it related to the team but have a broader basketball appeal. I think we succeeded." The song does just that by also making reference to former NBA stars like LeBron James, Michael Jordan, and Kareem Abdul-Jabbar.

Boxman was on vocals with Battaglia on lead guitar. Others on the track include current music industry student Pat Napurano on bass guitar, and mu-

sic industry graduates Kevin Houston on rhythm guitar and Joe Enright on drums. The song was recorded and produced by Blue Hawk Records in Lakehouse Studios in Asbury Park. The guys are rumored to be playing the song live during the last home game of the season on Sunday, Feb. 28 against Niagra at 5 p.m. in the MAC. You can now go to [HeartInTheGame.weebly.com](http://HeartInTheGame.weebly.com) to stream and download the theme song written exclusively for the Monmouth Hawks.

IMAGE COURTESY of Monmouth Athletics  
Justin Robinson (right) is one of the star players on the men's basketball team.



## Fall in Love with Todd Haynes' "Carol"

JULIAN GARCIA  
STAFF WRITER

The dinner scene is the bane of all screenwriters and filmmakers, and if it is not, it should be. Yet, there is such a scene near the beginning of *Carol*, the new film by the extraordinarily talented Todd Haynes, and it is wonderful. Elegant and refined housewife Carol (Cate Blanchett) is sharing a meal late at night in a secluded restaurant with department store worker and aspiring photographer Therese (Rooney Mara). In this scene, Carol asks Therese if she lives alone. Therese smiles for a second and says "No." Then her smile fades a little, and she looks away as she begins her sentence: "Well, there's Richard..."

Richard is her boyfriend who, like many young men in movies, wants to rush things. As such, she only cares for him in a conventional sense, and not because she truly loves him. Carol, at this part of the film, is in the middle of a divorce and fighting for custody of her daughter. Her husband still loves her, but she does not love

him, and her "activities," shall we say, are in direct contrast to the current flow of societal norms in the 1950s, where the film takes place.

Both women are trying to find themselves by the time they meet each other. Therese has hit a roadblock and doesn't know how to deal with her lack of enthusiasm for, well, anything. Carol wants everything and does not know how to compromise. Given the time period, it is especially impossible to get everything she wants. At this point I must say that it is pointless to summarize the plot of the film, and your attention must be redirected to the scene I discussed earlier. A smile, a muted but no less enthusiastic "no," a look away as she catches herself. Stripped down to only its necessities, the emotion left after that exchange is the absolute thrill of what she has just suggested.

*Carol* is a melodrama of pure sensation. If you haven't guessed by now, the film charts the romantic relationship between Carol and Therese. It creates its

achingly romantic air through glances, sighs, photographs, subjective camerawork, and all those other foolish things directors use in the name of subtlety. For this reason, *Carol* has a paradoxical effect in which you walk out of the theater not thinking much of it, until it claws at you for hours and you feel you must see it again.

The films of Haynes have a quality about them in which they feel spontaneous and austere at once, which was already evident in his second feature, *Safe* (1996). Take, for instance, the way Mara and Blanchett's arms lock during a scene in which they share a bed, or the scene in which they sit next to each other on the floor, and Mara leans in close to Blanchett's neck to smell what perfume she is wearing. These are meticulously framed, highly designed moments, but much like Jonathan Demme's movies, they feel electrifying in their externalization of his character's feelings.

The cinematic lineage can be traced back to Douglas Sirk's

1950s melodramas, specifically *All That Heaven Allows* (1954), another film about people who fall in love against the wishes of just about everyone around them (watch it—it's terrific). Sirk's films, like those of Haynes' and much like *Carol*, force you to not just see the film but to read into it. The look of *Carol* calls to mind the artifice of a Sirk film, who made it very obvious that it wasn't really snow, that wasn't really sunshine, those aren't the walls of an actual house. Despite the artifice in *Carol*, it draws us into its world, which is both very convincing of what the world looked like at the time and also an interesting and personal view of the 1950s. Congratulations must be given to the set and costume departments for this reason. The look of the film is involving, and combined with Haynes' austerity, it makes for many moments in the film in which it feels like shots of photographs, suitcases, and record players simply and overwhelmingly belong.

Though each scene feels like a masterpiece of carefully constructed personal filmmaking, the film is not without its faults. For one, the perspective switches from Therese's point-of-view to Carol's in several scenes. Though this provides greater insight into why Carol does what she ends up doing, they are jarring, especially given the subjective camera that acts as Therese's eyes in many of the scenes. Mara's character also feels removed of any sort of past, a fault of Phyllis Nagy's screenplay. She has no family, for instance, and why she is dating Richard in the beginning of the film, given their divergent personalities, seems a mystery. Credit Mara for doing more with the character than she is given to work with. There are also moments where the characters seem too unfair (Richard, particularly) and the yelling matches that occur in the film, though infrequent, feel inorganic and out of place.

However, this does not stop me from naming *Carol* to be one of my favorite films of 2015, and in

many of my first viewing criticisms it feels like I am reaching. In its best and quietest moments, the film feels like Wong Kar-Wai's *In the Mood for Love* or Sofia Coppola's *Lost in Translation*. Haynes, despite his austerity, never feels like he's forcing his hand when directing. Audiences and critics that bashed the film on release have confused "subtlety" with "coldness," to which I respond with, what do you expect? Do you want the characters to say, "I love you," as often as possible? A nuanced and sensitive filmmaker like Haynes knows that it doesn't need to be said, merely demonstrated. If these critics watched the film with an ounce of attachment, they'd realize that it is as warm, unafraid and equally heartbreaking as any unconventional romance released within the last decade or so.

Given the subject matter of the film, it is also admirable that it lacks any sense of self-righteousness. The film does not condescend to the audience and never points the camera to criticize "society," choosing to focus instead on the choices that the protagonists make and the personal, not societal, consequences these choices have. The way it handles its subject matter will make sure that it will stand the test of time, along with other great movie romances about forbidden love. It does not walk on eggshells but displays its story unabashedly and without fear, acting as any mainstream romantic film would and feeling it has nothing to prove because of it.

Haynes has magnificent control over the film, and it results in one of the most emotionally freeing, well-acted and beautifully designed films I've seen all year. In a modern film world where filmmakers make movies without any semblance of a personal style (*Black Mass*), or just let their cameras roll until the scene ends (*Trainwreck*), it is refreshing to see a movie in which a filmmaker actually knows how he wants his film to turn out.



IMAGE TAKEN from collider.com

"Carol" received six Oscar nominations, including Best Leading Actress and Best Supporting Actress for Cate Blanchett and Rooney Mara, respectively.



# YouTuber Casey Neistat is Changing the Game

EMILY CIAVATTA  
STAFF WRITER

If you have ever heard of the app Beme or the HBO series *The Neistat Brothers*, you might know someone by the name of Casey Neistat. He is a 34-year-old YouTuber and filmmaker who pretty much broke the internet last week with just one YouTube video. Neistat resides in New York City, and his location is a key factor in what makes his content on YouTube highly interesting and different than anything else on the site.

Over the past 15 years, Neistat has made a name for himself by producing multiple films and viral videos, but this past year his focus transitioned mostly to YouTube. He started daily vlogging last year and has since produced amazing quality on a daily basis, which is a pretty incredible thing to do. On Jan. 24, Neistat uploaded a video just like he does every other day, but with this one in particular he got over 11 million views in about a week—and the number is only growing.

Neistat's video, entitled "Snowboarding With the NYPD," has been featured on *Ellen*, various news sites and



IMAGE TAKEN from mediakix.com

Casey Neistat has over two million subscribers on YouTube and posts new videos everyday.

channels, the Jumbotron at different sporting events, and more. In this two minute and 41 second long video, Neistat snowboarded while being pulled around by a Jeep (not even with a rope, but with an HDMI cord) all around New York City during winter storm Jonas. Neistat has always been known to pull crazy stunts and go above and beyond, but this particular act was on an entirely different level, making his video extremely talked about and shared at an insane rate.

Although it is amazing that

Neistat is getting so much attention for the video, the quality of it (just like the rest of Neistat's incredible content) is what is really admirable about "Snowboarding With the NYPD." Since Neistat is a filmmaker, the way the video was put together was unbelievably remarkable, and that aspect only added to the uniqueness of the content. Small details like the background song (a remix of Frank Sinatra's "New York, New York") and interesting shots set the video apart from other content that is featured on

YouTube. In such a short duration, Neistat was able to pack in so many innovative features. He used a drone for aerial filming and implanted some of these overhead shots to add diversity.

Neistat's work truly goes to show how YouTube has vastly changed entertainment and how that change is only growing. Today, in addition to questions like "Coke or Pepsi," people ask, "Netflix or YouTube?" Many people today watch YouTube content just as much, if not more, than they watch TV, Netflix and movies. YouTube has become a hobby for many, so much so that it has turned into a job for a lot of the people who create content daily or weekly. Neistat is amongst these innovative people who make a living off of something that they are so insanely passionate about, which is a truly incredible part of YouTube.

Neistat also has a background in filmmaking, which obviously adds to the quality of his videos. However, Neistat encourages his viewers to create content even if they do not have experience, telling them that anyone can produce quality videos with the proper means and profound motivation. "Snowboarding

With the NYPD" shows that even if you produce videos on a daily basis, you can still make each video unique from one another and continue to wow people with something new everyday. Neistat does just that, and manages to stun and inspire his viewers with exceptional work, and this video is a prime example of that.

Neistat recently hit two million subscribers on his channel (and it grows at an insane rate each day) and he deserves every ounce of attention that he is getting. Neistat is what I like to call a super-YouTuber: he produces amazing videos, runs his own company/app, has a family that he loves and cares for, travels often, is a motivational speaker at various events, along with many other successes. Neistat started off with nothing, making his way up from a dishwasher to an established YouTuber and filmmaker. He adds to the diversity of YouTube with his unique content and contributes to the growth and development of the site. The progression of YouTube is huge for our generation, and Neistat shows just how possible it is to be successful with nothing but a camera, computer and a dream.

# BRIE LARSON IS HOLLYWOOD'S NEW "IT GIRL"

TAYLORE GLYNN  
CONTRIBUTING WRITER

*Room* is a film of about captivity in many more ways than one. Based on Emma Donohue's 2010 novel, the story follows Joy, a kidnapped young woman, and her five-year-old son Jack before and after they escape from the 11-by-11 room in which Jack has spent his entire life. The isolation of Joy, known more prominently by Jack and the audience as "Ma," is both physical and mental: kept in a miniscule garden shed for seven years and having mothered the child of her kidnapper, Ma is left to find solace within her own mind, even after she returns home. The most impressive and rewarding case of escaping captivity, however, is that of Brie Larson and the industry attention she's now owed.

This is not to say Larson has had an unsuccessful career—far from it. Starting from her childhood, Larson has attached herself to a number of successful television shows and films that only increase in acclaim: the much-loved series *United States of Tara*, the impressive indie-romance *The Spectacular Now*, and the critically acclaimed *Short Term 12*. And while the last role mentioned is considered to be her "break-out" by industry media, *Room* is the project that has thrust her into the narrow eye of the public.

Rather than exploiting the horrific details of Ma's isolation and repeated sexual abuse, the film and its screenplay (a

terrific adaption written by the novel's author) force the audience to witness her turmoil on a more rewarding and weighty emotional platform



IMAGE TAKEN from eonline.com

through moments between mother and son. These moments are where Larson's quiet mastery is at its best: Ma's quick anger when Jack fails to connect with Legos, her subtle triumph when he grasps the difference between TV and real life, and her acute frustration when he won't eat his birthday cake. And while her character spends much of the film battling fear and depression, Larson shows Ma's inner strength and complexity rather than allowing the heavy subject matter to create a broken victim.

It seems that this mastery is not lost on anyone: audiences have raved, as have critics. However, it is the rapidly-growing pile of small statuettes that is causing both industry and public buzz; Larson has dominated this year's awards season. After taking the top prize at the Golden Globes, the SAG Awards, and the Critics Choice Awards (among others), it seems that this first-time Academy Award nominee is headed straight for the biggest win of all, in a category including veteran heavyweights Kate Winslet and Cate Blanchett.

Many are comparing this stellar rise in attention to that of Jennifer Lawrence: after her nomination for indie-darling



IMAGE TAKEN from hollywoodreporter.com

Brie Larson has won a Golden Globe, SAG Award, and Critics Choice Award for her leading role as a mother in captivity in "Room."

*Winter's Bone*, Lawrence experienced unheard of acceleration into the seldom-accessed territory of megastardom and universal public approval. Much like Lawrence, Larson has demonstrated the kind of authentic, incredible likeability that has taken others their entire careers to cultivate; to close her Golden Globes acceptance speech, Larson vowed to write thank you notes to anyone she forgot to mention on stage. However, her already substantial pre-*Room* career suggests a longevity that could outlive that of Lawrence's, and then some. It could even be said that Larson's most recent performance reflects more emotional range and deftness than Lawrence has exhib-

ited in any of her Oscar-winning roles, as well as any of this dramatic magnitude this year.

To add to this already worthy list of roles, her turn as Ma has not only opened doors for an unlimited amount of opportunities, but has removed them from the hinges. Since the release of *Room*, she has already been confirmed as signed-on to another buzzed-about literary adaption, *The Glass Castle*, as well as *Kong: Skull Island*, which is currently filming.

Prior to their escape, Ma tells her son he's going to love it. When he asks, "Love what?" Ma leans in close and tells him with conviction: "The world."

Brie Larson, "The world is going to love you."





# MOMENTS AT MONMOUTH



**TOP LEFT:**  
NICOLE SEITZ PERFORMING AT  
LANGOSTA LOUNGE DURING  
THE LIGHT OF DAY FESTIVAL  
(PHOTO COURTESY OF NICOLE  
SEITZ)

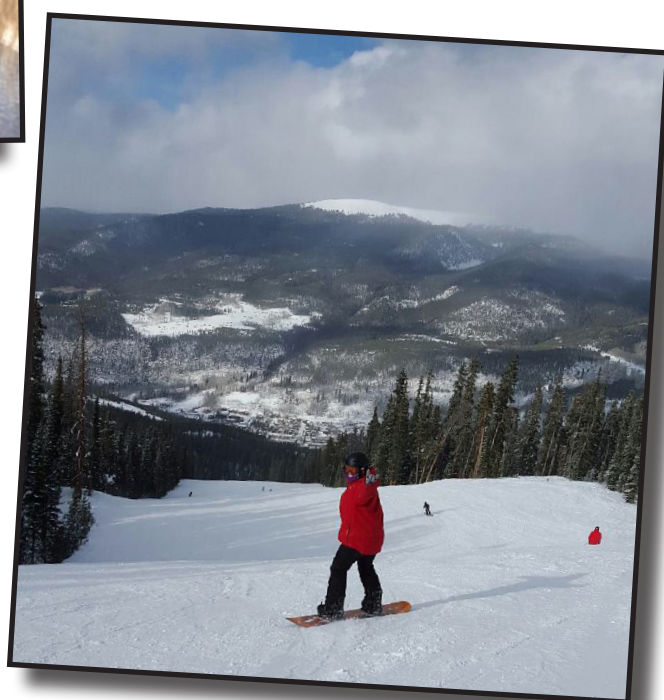
**CENTER RIGHT:**  
RACHEL FOX AND MAGGIE  
ZELINKA PARTICIPATED IN  
WINTER COMMENCEMENT  
ON JAN. 15 IN THE MAC.  
(PHOTO COURTESY OF  
RACHEL FOX)



**CENTER LEFT:**  
LAUREN NIESZ AND AMANDA  
DRENNAN TAKE A SELFIE WITH  
SHADOW THE HAWK  
DURING MU'S BASKETBALL  
GAME AGAINST SIENA. (PHOTO  
COURTESY OF LAUREN NIESZ)

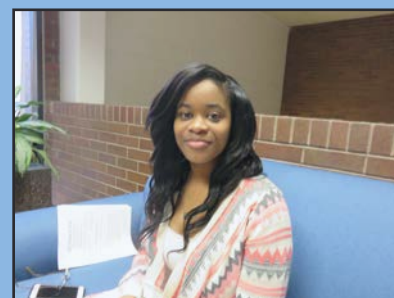


**BOTTOM RIGHT**  
SENIOR SHANE  
BRAVAND-HANCOCK  
WENT TO COLORADO  
TO SNOWBOARD  
AND SEE HIS FAMILY  
(PHOTO COURTESY  
OF SHANE BRAVAND-  
HANCOCK)



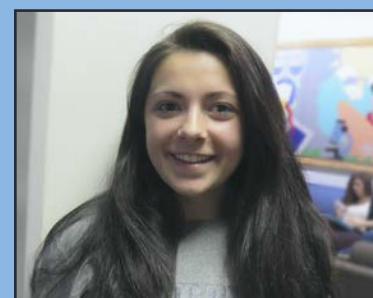
## WHAT'S YOUR FAVORITE THING TO DO ON A SNOW DAY?

COMPILED BY: KIERA LANNI



*Breonah  
Freshman*

"Watch Netflix, eat, and sleep."



*Christina  
Freshman*

"Stay in and watch movies."



*Kristen  
Freshman*

"I like to shovel."



*Laura  
Freshman*

"Watch Netflix and go sledding."



*Maritza  
Cashier- Bey Hall*

"Look out the window, and take  
a walk in the snow."





DOWNLOAD THE NEW

PWR APP!

HOW TO DOWNLOAD

1) Go to the iTunes App Store or Google Play store on your smartphone

2) Search for "PWR"

3) Scroll down until you see "PWR Monmouth University"

4) Click to download the App

PROMOTING WELLNESS & RESILIENCY

MONMOUTH UNIVERSITY

Download on the App Store

GET IT ON Google play

FEATURES

→ Ways to build strength

→ How to recognize concerns

→ Resources to get connected

GET THE PWR APP AND...

REACH OUT. CONNECT. FEEL GOOD.

Counseling and Psychological Services, 3rd Floor, Rebecca Stafford Student Center

Tel. 732-571-7517 Email: [mu counseling@monmouth.edu](mailto:mu counseling@monmouth.edu)

JOB OPPORTUNITY

Consignment Works

\$10.00 an hour, 15 hours per week

Flexible scheduling!

References mandatory for employment.

West Long Branch Shopping Plaza

Next door to Post Office

181 Locust Avenue, West Long Branch, NJ

Phone: (908) 489-9873 E-mail: [consignmentworks1@gmail.com](mailto:consignmentworks1@gmail.com)

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](mailto:mucopycenter@monmouth.edu)

Visit | Order Online:

[www.monmouth.edu/digitalprint](http://www.monmouth.edu/digitalprint)

JR'S

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

YOGA

Wednesday Nights

Feb 10, 17, 24

Mar 30, April 6, 13, 20

8:00p - 9:00p

Hesse Hall, 1st Fl, Rm 104

Sun Salutations

Relaxing Yoga Poses

Breathing Techniques

Sponsored by Counseling & Psychological Services, Residential Life and The Art of Living

For special accommodations or questions, please contact Counseling & Psychological Services at 732.571.7517





Do you have a student  
employee who shines in the  
spotlight?

NOMINATE THEM TO BECOME

# STUDENT EMPLOYEE OF THE YEAR

NOMINATIONS ARE DUE BY TUESDAY, FEBRUARY 23<sup>RD</sup>

FOR MORE INFORMATION, CALL  
THE OFFICE OF STUDENT EMPLOYMENT  
AT 732-263-5706

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



# Student Starts Photography Company In a Flash

NICOLE SEITZ  
STAFF WRITER

Senior year is when students often experience the dreaded “senioritis,” a slang term referring to the feeling most students get right before they graduate when they are over all of the work and responsibilities of school and college life. Senior music industry student Sam Bastone, however, has been feeling quite the opposite.

At the end of the 2015 spring semester, not only was Bastone elected as President of the University’s student run record label, Blue Hawk Records, but as her interest in taking pictures grew, she also added photography as her minor.

Throughout the year, Bastone and the others involved with Blue Hawk Records have been planning some pretty big things, not only for the campus but also for the Music Department. Each semester the record label helps the music industry class put together a compilation album and an EP release show.

Bastone and a selected group of music industry students are also planning a trip to Nashville, TN this summer to attend the Music Business Association’s annual conference. Bastone, along with other officers at the record label, are planning various shows on and off campus for this semester.

But along with being the president of Blue Hawk Records, Bas-

tone has managed to start her own photography company, Bastone Media. She has taken pictures for numerous Blue Hawk Records events including Rock Cure Socks Off this past November, the Shades of Blue EP release show last semester, and the Light of Day festival

Bastone said. As seen on the Facebook page for Bastone Media, she also enjoys taking pictures of her adventures in New York City and Asbury Park, featuring singer/songwriter Brittany Cannarozzi, a junior music industry student.

Bastone’s love for live music and

and the brother rock duo Jozcel and Jonzi Fernandez, while Flammable Animals includes music industry graduates Guy Battaglia, Joe Enright, and Kevin Houston and current senior music industry student Pat Napurano. Bastone has recently done some band photoshoots with

end of the day I just want to be at a show.”

With the recent success of the Kickstarter that was set up for Cortex Music, a free music consumption service created by senior music industry student Matt Alonso, Bastone has been working closely with him as well. She has taken pictures for the project, including promotional shots of the first band that was registered with Cortex Music, Grin and Bear. As Cortex Music begins to grow, Bastone will continue to work with Alonso to market the streaming service.

But Bastone Media does not stop there. This past December, music industry alum Andrew Boxman and Flammable Animals wrote a song called “Heart in the Game” for the University’s men’s basketball team. *The Asbury Park Press* wrote an article about the team’s new unofficial anthem and included a picture that Bastone had taken of the artists in the studio recording the track.

Bastone admitted, “I was surprised to find the picture I had taken in the article. It was pretty awesome to see my own photo there though.”

Bastone Media has only been around for a short while, but has made some great strides since Bastone herself began working on it. She seems to have a lot of passion for this particular project, saying, “Art is subjective and there really is no ‘wrong’ way to express yourself with it.”



IMAGE TAKEN from facebook.com/bastonemedia

Samantha Bastone has combined her love of live music and photography to create Bastone Media, her very own photography company.

show over winter break.

“What I like about photography is it captures the moment and it makes the viewer feel as though they’re actually where the photo was taken,”

photography has also led to her taking pictures for University bands like The Bunks and Flammable Animals. The Bunks includes music industry alum Jon Chang-Soon

Flammable Animals to promote their new music as well as a music video in the making.

Bastone said, “I love taking pictures of anything, really, but at the

## Are We Too Hooked on Technology?

GABRIELLE IENTILE  
CONTRIBUTING WRITER

We are often told to take the advancements in technology with a grain of salt. Although such advancements allow people all over the world to gain and share a myriad of information, they have also connected the globe in ways unmatched in any other time. Those who are critical of its effects, however, argue that it also means losing touch with one another, and ourselves.

Those who grew up without the Internet, cell phones, mobile devices – our parents, teachers, and people born before 1995 – boast an enchanted childhood chock-full of adventure, imagination, and skinned knees.

They shake their heads at toddlers playing games on iPads instead of climbing trees, at kids playing video games for hours on end while the sun is shining just outside their windows, at teens refusing to be torn away from their phones even for a moment to have a conversation outside of alternating little blue and green boxes on a screen.

“Where is their sense of wonder?” they implore. “Why aren’t they exploring the world around them?” they demand. It is almost

as if we’ve become two different species, one perplexedly studying the other, while the other is sedated with Instagram.

Emily Nieliwocki, a freshman psychology student, believes that technology is doing some kind of harm to children. “My cousins, who are nine, seven, and five years old, are always on their own iPads playing Minecraft,” she said. “I definitely think it’s becoming a problem because they’d rather play games by themselves than with each other.”

But to what extent are these claims true? Is a grain of salt

guessed as both positive and negative change.

It is not enough to lump “technology” into a single, uniform category in which all of its components have the same effect – either to develop or destroy human nature. There are innumerable parts that make up the vast technological body, all possessing various levels of significance.

For example, to say that always being on your phone, computer, or iPad is detrimental to one’s imagination, creativity, or intelligence is too simple an assertion. You need to consider what people pri-

Professor in the Communication Department, believes that the online media made available to the public is generally a positive advancement, but not one without risks.

“People today consume more news than they’ve ever done in the past because of the easy access to information online,” she says.

With that being said, Vujnovic also warns, “because there is so much information out there, it is difficult to know which sources are credible,” and that she doesn’t think that “the quality of information we get today is better.” This

asserted that to paint the condition of literacy today with broad strokes “is to oversimplify the effects that technology has had on language usage.”

Because mediums like Twitter and texting are indicative of how we talk rather than how we write, Teitge believes that “educators must be more diligent these days about teaching students how to recognize different discourse spaces and to respond accordingly.”

It is the responsibility of teachers to prevent poor reading habits and reduced attention spans that technology tends to foster.

So what does this all mean? Should we all be running for the salt? While the debate about technology is complicated, it is important to remember that you control the media you use, and not the other way around.

Whether or not we want to be glued to a screen is up to each of us, and by being conscious of the information we use, technology can help further our imagination, creativity, and intelligence.

Whether or not you grew up with the technology we have today, we are all versions of the same species, seeking adventure with what we have at our fingertips – dirt or screens.

“People today consume more news than they’ve ever done in the past because of the easy access to information online.”

MARINA VUJNOVIC  
Associate Professor

enough dosage to understand the calamities technology has caused, or are these differences between generations over exaggerated and over-seasoned?

In trying to come to a solution, we find that the answer isn’t so simple. There are many factors at play in relation to the pro-con technology debate that can be ar-

marily do with their easy access to all kinds of information.

While there are many apps, games, and media that are much more distractive than beneficial, there also exists a plethora of information that can improve one’s imagination, creativity, and intelligence.

Marina Vujnovic, an Associate

is due to “unchecked, unbalanced information, rather noise...that stands in the way” of being informed.

Another complex tech problem is how literacy has been affected by social media and other technologies.

David Tietge, an Associate Professor in the English Department,



IMAGE TAKEN from mediaserver.com

Kids growing up today seem to spend a majority of their time playing games alone on their electronic devices as opposed to enjoying outdoor activities with friends.



# Taking Care of Business

## Companies Begin to Address the Lack of Female Entrepreneurs

ERIN MCMULLEN  
FEATURES EDITOR

It's no secret that women have almost always been given the short end of the stick. They don't make as much money as men, childcare is expensive, and they are constantly fighting for the rights to their own bodies. Debates about these issues are typically at the forefront of the discussions that revolve around gender politics, but it seems as though many people forget, or are simply unaware of, the fact that women are virtually invisible in positions of power almost entirely across the board.

Regardless of the fact that women make up 50.8 percent of the country's population and hold almost 52 percent of all professional-level jobs, ladies in the U.S. make up only 14.6 percent of executive officers, 8.1 percent of top earners, and 4.6 percent of Fortune 500 CEOs, according to the Center for American Progress.

No one seems to talk about the severe lack of females who have "CEO," "Project Manager," or "President of the United States" written on their business cards.

Although women like Hillary Clinton and Carly Fiorina may be fighting to get a hold of that last title, the other millions of women in America remain, for the most part, completely unseen in authoritative positions, even at levels much less significant than what The White House has to offer.

And, surprise, surprise, the buck doesn't stop there. Not only are women offered fewer promotions and higher-ranked positions in their careers, but recent studies have also shown that women entrepreneurs are not given the same opportunities as their male counterparts.

It was found that female entrepreneurs on ABC's hit show *Shark Tank*, where "contestants" are able to pitch their ideas for new products and businesses to a panel of investors, were not only backed by the investors less often than the men who appeared on the show, but they also received less money

than their male competitors as well.

In fact, Rock Health founder and CEO Halle Tecco compiled data from the first seven seasons of *Shark Tank* and found that companies founded by men received an average valuation of almost \$1.7 million while companies founded by women received an average valuation of just over \$781,000.

Arianna Gordon, a senior health studies student, takes issue with the fact that women are not presented with equal opportunities. "I think it's ridiculous because women work just as hard and they're just as intelligent. It's not fair," Gordon said.

There always seems to be a lot of talk about the need to address gender inequality, but not enough action. "It's just a constant exercise of trying to pretend that women are being treated equally, but we're not," Gordon commented.

But Gordon isn't the only one upset by the lack of equality that women face in most aspects of their lives. Upon learning about the unfair treatment that women are exposed to in the business world, cosmetic and beauty retail chain Sephora started *Accelerate*, a brand new annual program "dedicated to building a community of innovative female founders in beauty," according to their official website.

Corrie Conrad, the Head of Social Impact at Sephora, said, "Even in the beauty industry, where most customers are women, female founders are still underrepresented."

She continued, "We see a unique opportunity to draw from our history of working with entrepreneurs to build a supportive community for early-stage female founders."

With that message in mind, Sephora's *Accelerate* program is set to begin in April with a "one week boot camp" where women looking to start their own beauty businesses learn what it takes to create and keep up with a successful company.

The rest of the program provides them with lessons from beauty

mentors and seasoned entrepreneurs and will end with a final demo day at the end of August.

Luckily, Sephora isn't the only company making attempts to combat the uneven grounds that women with original ideas find themselves standing on.

Vimeo, a video sharing website, has created a new initiative called *Share the Screen* that they "hope will help close the gender gap that is so pervasive in the entertainment industry," according to their website.

The film and entertainment industry, much like just about every other industry, is almost completely dominated by men.

In 2014 alone, 85 percent of films had no female directors, 80 percent had no female writers, 33 percent had no female producers, 78 percent had no female editors, and 92 percent had no female cinematographers, according to the

Center for the Study of Women in Television and Film at San Diego State University.

Contrary to the picture that those statistics paint, there are plenty of women who are not only incredibly interested, but also more than capable of working in the film industry, and Vimeo's *Share the Screen* initiative was created just for those women.

In the coming years, the company plans to "invest in female-led programming, educational workshops, meetups, interviews, and more that spotlight and support female voices in the Vimeo community."

Mary Harris, a Specialist Professor in the Communication Department, thinks that this initiative in particular is great because it forces people to face the issue of gender inequality. "It brings awareness to this type of issue," Harris explained. "And it's also a

great public relations strategy for Vimeo."

Ashley Beneventine, a sophomore social work student, agrees, "I think programs like these are a great way to recognize a lot of girls who don't have outlets to turn to."

She continued, "They can take an everyday girl and give her the opportunity to not only find herself, but help others find themselves, too."

Hopefully in the near future, more companies will follow in the footsteps of both Sephora and Vimeo by creating programs and initiatives that will offer women more opportunities to fulfill their dreams.

Whether those dreams are to start a new line of cosmetics or to write and direct a new movie, women should have the same opportunities as their male counterparts when it comes to making those dreams a reality.



IMAGE TAKEN from uvc.org

Female entrepreneurs face far more obstacles than their male counterparts when it comes to starting their own companies, so a number of businesses are creating initiatives to combat this form of inequality.

## In Latest Trend, Plus-Size Labeling is Out of Fashion

SARAH BAUKNECHT  
MCT CAMPUS

There's a makeover of sorts sweeping the fashion industry, but it's not about what clothes look like. Instead, it's about how retailers are talking about them.

ModCloth, the e-commerce site specializing in vintage-inspired fashions and accessories, recently announced that it's removing the "plus" section of clothing from its home page, and is in the process of eliminating plus-sized language from its website.

Shoppers will be able to find sizes for a range of body types all in one place on the site, or there will be a way for them to search for pieces that come in sizes above XL via a filter to be called "extended sizes," which someday could also include petite, tall and other size variations.

"ModCloth's mission is to help women feel like the best version of themselves, and we believe this is another way we can promote inclusivity," co-founder and chief creative officer Susan Koger said in a statement.

Koger, a Carnegie Mellon University graduate, started the company in 2002 with Eric Koger, who is now her husband. Employees are based in Pittsburgh, San

Francisco and Los Angeles.

The online retailer conducted a survey about the experience and perceptions of plus-sized fashion. It involved about 1,500 women ages 18 to 35 in the U.S.

survey found, while about 65 percent said they'd prefer to find their size in the same section as all the other sizes.

Koger and the site's "ModStylists" witnessed these findings

and the response from shoppers was positive.

ModCloth also strives to carry styles that are available in many sizes. For instance, most pieces in its debut in-house label of dresses

store chain J.C. Penney is launching more options for sizes 14W to 24W and 1X to 3X in stores and online.

It also plans to replace the plus-sized apparel section on its website with something called "The Boutique," which will be stocked with looks for fuller figures for daytime, social occasions and fitness.

Also making headlines has been Lane Bryant's new #PlusIsEqual campaign, a series of black-and-white images by fashion photographer Cass Bird that features plus-sized models proudly showing off their curves.

It's been splashed across TV ads, social media and major fashion magazines like *Vogue*. There's even an app that allows any woman to superimpose herself onto a billboard image of the campaign that can be shared on social media. According to Lane Bryant, which specializes in women's sizes 14 through 28, 67 percent of U.S. women wear a size 14 to 34, but those women often aren't seen in fashion editorials, on television or elsewhere in the media.

"We believe all women should be seen and celebrated equally," the retailer declares on the campaign's website, plusisequal.com. "It's time to represent."



IMAGE TAKEN from blog.modcloth.com

ModCloth has eliminated plus-sized language from its website to make shoppers feel more comfortable.

who identify as wearing a size 16 or larger.

About 60 percent of them reported feeling embarrassed about going to a separate store or department to find their size, the

firsthand at its recent pop-up shops in Los Angeles and San Francisco. In these temporary brick-and-mortar stores, styles in many sizes were displayed side by side, rather than in their respec-

and separates, called You x ModCloth, come in sizes XS through 4X.

But ModCloth isn't the only retailer trying to better cater to curvy fashionistas. Department



# PRSSA: New Strategies for New Goals

**ALYSSA TRITSCHLER**  
CLUB & GREEK EDITOR

Throughout the 2015-2016 school year the Public Relations Student Society of America [PRSSA] has seen growth within its chapter due to a change in club atmosphere and member requirements. The club allows public relations students to improve their resume by providing free PR to the clients of Shadow PR Firm, a nationally recognized student run PR firm.

Since PRSSA was brought to campus, student involvement was low. Many of the members in the club were participating solely to fulfill their practicum, which is a mandatory one-credit course for all communication students. The goal of practicum is to give students experience outside of a lecture based class and creates working materials to put into a portfolio. The course was created due to a lack of internship experience in the communication department as many students were fulfilling their experiential education requirements through various options such as studying abroad.

After seeing the lack of enthusiasm and involvement amongst the members involved in practicum, this year's PRSSA executive board called for change.

Meetings typically lasted about 20 minutes in the past, and now are conducted for at least 45 minutes to an hour.

"We wanted to change the structure of the meetings so it would be more beneficial to everyone, including ourselves [the executive board]," said Deven McCarthy, a senior communication student and President of PRSSA. "Rather than meeting once a week to hand in the materials due each week such as press releases, flyers, and blog posts, we wanted to actually teach the students how to make media kits and give them opportunities to network."

The executive board did this by creating workshops that are held at least once a month and are conducted by various professors

opinions, speaker series are also held at least once a month, which bring in public relations professionals from growing companies to speak with students about their experiences and allow students to ask questions. This gives

"PRSSA has changed so much since my freshmen year. The appeal to the club used to be short meetings and that the name looked good on a resume. Now the appeal is the club's professionalism and beneficial structure," said Erin Shevlin, a senior communication student.

While working with local clients in the area is a starting point, the executive board hopes to gain more clients of bigger names and reputations. The goal is starting to be reached as the club formed a relationship with the New Jersey Devils over the course of the fall semester. Although PRSSA is not currently doing any PR for the professional hockey team, the group has been working with ticket sale representatives from the organization to form college nights that university students could attend.

"Today, the MU PRSSA Chapter has grown through the dedication and hard work of its executive board and members. It is led by its new faculty advisor and specialist professor, Professor Alexis Nulle, who serves the chapter of nearly 40 active members, oversees the required Practicum work and provides clients with professional public relations services," said specialist professor Kristine Simoes.



Public Relations Student Society of America (PRSSA) meets every Wed. at 3:00 p.m. in Plan-gere room 235. All students are welcome to join and gain a better understanding of the public relations field.

everyone, including ourselves [the executive board]," said Deven McCarthy, a senior communication student and President of PRSSA. "Rather than meeting once a week to hand in the materials due each week such as press releases, flyers, and blog posts, we wanted to actually teach the students how to make media kits and give them opportunities to network."

The executive board did this by creating workshops that are held at least once a month and are conducted by various professors

# Inter-Fraternity Council Hosts Open House

**KENDAL ADAMS**  
CONTRIBUTING WRITER

Monmouth University's Inter-Fraternity Council (IFC) hosted its annual Fraternity Open House last Wed., Jan. 27 at 10 p.m. in Pozycki Hall Auditorium. The council invited all potential new male members to attend and learn about the fraternal organizations the university has to offer.

The Inter-Fraternity Council is comprised of all fraternity presidents and an executive board to oversee all seven fraternities at Monmouth. According to the Monmouth University Greek Life website, the council's goals are to: "promote harmonious relations among the fraternities of Monmouth University; promote inter-fraternalism participation in intramurals and all fraternity/sorority events; standardize, control, and regulate the recruitment activities; support and recommend expansion of new fraternities; and cooperate with the University and Campus organizations in matters of common interests."

To begin the night, the council's executive board introduced each organization and allowed each group to give a brief presentation to the potential new members, before breaking off into separate rooms. The organizations included all seven fraternities and Monmouth's professional business fraternity: Alpha Kappa Psi, Delta Tau Delta, Phi

their best "fit."

"The main message of IFC is to join a brotherhood where you feel is most alike to your best friend group at home, that you can be yourself in, and that will help you grow," said Kevin Zielaznicki, sophomore finance student and IFC President.

As the potential new members (PNMs) were learning about each

communication in the rooms, rather than watching a video or presentation.

"It's always great to see the excitement buzzing around IFC recruitment. Regardless of where each new member ultimately decides to go, you know they're making a decision that can shape the rest of their lives," said S. Derby Sale, In-

tern for Student Activities.

The benefits to joining IFC, or Greek life at Monmouth in general, are endless. Being a part of a Greek organization offers connections, potential leadership roles, community service and philanthropy opportunities, etc. The reason one may join an organization may be as simple as the desire to find a friend you share similar values with,

or the want for more activities to place on your resume. However, there are more reasons to discover along the way. The brotherhood or sisterhood with one another is not only for four years of college, but for the rest of your life.

"By joining Greek life, I was able to expand my horizons and help better myself. Joining Tau Delta Phi has been an amazing experience and it gave me the opportunity to be a part of the Inter-fraternity council, which has also been a great experience. Greek life is an amazing experience, and it brings you lifelong friends and beneficial connections in the future," said Maximillian Sperling, IFC Administrator.

No matter which organization you join, they all share similar values and want to share those values with others. With fraternity recruitment coming to a close and sorority recruitment around the corner, it is important for potential new members to keep an open mind while seeking the organization that will best fit them and their interests.

"The main message of IFC is to join a brotherhood where you feel is most alike to your best friend group at home, that you can be yourself in, and that will help you grow."

-KEVIN ZIELAZNICKI

Kappa Psi, Sigma Pi, Sigma Tau Gamma, Tau Delta Phi, Tau Kappa Epsilon, and Theta Xi. Each organization presented information about its chapter's history, founding members, current members, philanthropy, community service events, and brotherhood. The event is to help potential new members understand what each organization values, and to encourage them to find

organization, the chapters had brothers in separate rooms of Bey Hall set up for the PNMs to visit after the presentations. This is to ensure that PNM's go into depth when searching for their potential future organization. It helps them to meet chapter members individually and give them more detailed information about the fraternities. There is more opportunity to learn and grow with face-to-face

organization, the chapters had brothers in separate rooms of Bey Hall set up for the PNMs to visit after the presentations. This is to ensure that PNM's go into depth when searching for their potential future organization. It helps them to meet chapter members individually and give them more detailed information about the fraternities. There is more opportunity to learn and grow with face-to-face

# ON AND OFF CAMPUS ANNOUNCEMENTS

<div>Residence Hall Association</div> <div>The Residence Hall Association (RHA) meets every Wednesday at 8:00 p.m. in the second floor lounge at New Hall. All are welcome to join! We will begin planning our annual Winter Ball and could use your creative ideas. For more information, contact Danielle St. Vincent at s0887667@monmouth.edu</div>	<div>Panhellenic Council</div> <div>The Panehllenic Council is holding formal recruitment this upcoming weekend, Feb. 5-Feb. 7. In order to participate in sorority recruitment, you must have 12 completed credits from Monmouth University, as well as a cumulative 2.5 grade point average or higher. PHC wishes all potential new members luck on their journey to Greek life!</div>	<div>MOCC</div> <div>The Monmouth Oral Communication Center invites you to take advantage of free peer tutoring for presentations and public speaking! Our walk-in schedule is posted outside of JP 203, or you can contact Kevin Moedt at s0879290@monmouth.edu for an appointment. Interested? Join us in JP 135 on Wednesday's at 2:45 p.m. to see what we are all about!</div>	<div>The Outlook</div> <div>The Outlook is looking for students interested in writing for the student-run newspaper. Sections include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club &amp; Greek, and Sports. No prior experience is necessary. The Outlook fulfills practicum requirements for communication majors, however, being a communication major is not required to write for The Outlook.</div>	<div>Council for Exceptional Children</div> <div>Council for Exceptional Children Organization will have their last meeting for the semester on Wednesday December 9th at 3pm in McAllen Hall in room 222. If you have any questions about the club please email Vanessa LaRocca at s0892428@monmouth.edu.</div>
--	--	--	--	--



# Men's Basketball Earns Two Conference Wins

JOHN SORCE  
STAFF WRITER

For the first time in nine years, the men's basketball team picked up a victory in Hamden, CT as the Hawks defeated the Quinnipiac Bobcats 66-51 on Jan. 28.

Defense dominated the first half as MU took a 27-20 lead into halftime, 20 points being the fewest they have given up in the first half so far this season. The Hawks continued to play lock down defense in the second half as they held the Bobcats to 15-69 (21.7%) from the floor for the game. Monmouth shot only 33.9% but it was enough for the program to pick up their first victory at TD Bank Sports Center since it opened in 2007. Junior guard Justin Robinson led the scoring with 13 points while junior center Chris Brady added 11 points and seven rebounds.

"I'm very excited about our kids fighting to get this win," head coach King Rice said. "Our guys are continuing to believe in each other and our defense was tremendous."

The Hawks returned to their home court on Jan. 30 against Saint Peter's where they defeated the Peacocks 73-57 in front of a sellout crowd of 4,105. Robinson led MU with 18 points and junior guard Collin Stewart added 17.

Additionally, Stewart is still recovering from a sprained ankle that he suffered in the Jan. 24 matchup against Marist. He was wheeled to the press con-

ference after the game while sitting on top of a food cart, ankle wrapped up with an ice pack. However, there was never

kid, and I love it," Stewart said. "I'll do anything to play. I just forget about it once I start playing. I had in my mind since

man," Rice said. "The other day [Thursday at Quinnipiac], all of his shots looked like they were going in, but they were just off a

hard to guard."

The Hawks took a 36-25 lead at halftime, but the Peacocks came out of the half by going on a 10-4 run to cut the deficit to five with 14:48 to play. While Monmouth tried to pull away after that, the Peacocks wouldn't go down without a fight as they were in the midst of a 12-4 run late in the second half, once again closing the gap to five. But as he's done all season, Robinson came up with a clutch 3-pointer to extend the Hawks' lead to eight with 4:38 left to play. Monmouth scored the final 11 points of the game to secure their sixth home victory in as many games.

The Hawks improved to 17-5 on the season and are now 9-2 in the MAAC. MU is a game ahead of Iona and Siena for first place in the conference. Monmouth returns to action on Monday night as they travel to the site of the MAAC Tournament, the Times Union Center in Albany, NY, to take on a Siena team (15-7, 8-3 MAAC) that is undefeated at home this season. With the two teams playing as well as they have, Robinson expects the atmosphere to be somewhat of a preview of what is to come in the MAAC Tournament.

"Absolutely, just because of the buzz we've had and the fact [that] we beat them a week and a half ago. I'm anticipating a very rowdy crowd," Robinson said.

Monmouth returns home on Friday, Feb. 5 as they take on the Fairfield Stags at 7 p.m. on ESPN3.



PHOTO COURTESY of Monmouth Athletics

Junior guard Josh James gathered eight rebounds in MU's victory over Quinnipiac.

a doubt in his mind he was playing in this game.

"It's basketball. This is what I've been doing since I was a

Monday I was going to play."

"People would not even try to play on a foot like this, and he's just a tremendous young

little bit. Tonight, he has one of the prettiest jump shots you've ever seen and when he gets that one-dribble pull-up going, he's

## Women's Basketball Loses Two, Olson Scores 1000th Career Point

MATT DELUCA  
STAFF WRITER

The women's basketball team came up just short Saturday afternoon, losing 68-60 to Fairfield University at the Multipurpose Activity Center. Sophomore guard Dana Carbone led the Hawks in scoring with 14 points, 12 of which came off of three-point shots. However, the main milestone of the day came from senior guard Sarah Olson, who scored her 1,000<sup>th</sup> career point in the game.

"It feels awesome," Olson

said. "It is definitely the exclamation point for my career. It is a great accolade to have." Olson started her career at NJIT before transferring to Monmouth after the 2012-13 season. She had to sit out a year after the change due to NCAA regulations.

"It speaks to who she is as a player," head coach Jenny Palmateer said. "It also shows how valuable she has been to us, and we've only had her for two years. I'm really excited and happy for her." Olson finished the day with 11 points and became the second Monmouth

basketball player to reach the feat this season, with men's guard Justin Robinson accomplishing it on Jan. 18.

After a tightly-contested first half, MU built a six point lead in the opening minutes of the third quarter. Fairfield would respond, however, as the Stags went on a 12-2 run and never looked back. The Hawks then cut the deficit to 4 points at the 6:55 mark in the fourth quarter, but the Stags would answer with another 12 point run, opening the lead to 13 points with 2:29 remaining in the game. A

couple three-point shots from Carbone would not be enough, however, as the Hawks fell 68-60 at home.

The Hawks came into Saturday's game looking to respond after losing on the road to Quinnipiac University, 85-58, Thursday night at the TD Bank Sports Center. Sarah Olson led the Hawks in scoring against QU with 16 points, making six of the eight shots she took, including all three of the three-pointers she attempted. Junior guard Tyese Purvis contributed eight points, while senior guard Jamiyah Bethune added seven.

responded yet again, ending the quarter on an 11-1 run. Quinnipiac would hold their lead in the fourth quarter, making the final score 85-58.

"If you're not able to keep up with them and score with them, you can go down really quickly," Palmateer said after the game, attributing Quinnipiac's multiple scoring runs to their hot shooting performance. "At one point they hit three three-pointers very quickly, and all of a sudden it's nine points on the scoreboard for them." QU finished the game shooting 47% from the floor and 42.3% from three-point range, outshooting the Hawks in both categories.

Palmateer also noted one of the reasons why Hawks struggled to keep up with the Bobcats was turnovers, as Monmouth turned the ball over 25 times in the game, compared to just 15 for Quinnipiac. "That was a double-edged sword for us today, because Quinnipiac capitalized on them and converted them into scores on the other end," she said. The Bobcats finished the day with 27 points off of turnovers, which accounted for about 46% of their total for the game.

Monmouth also received a contribution from freshman center Erica Balman, who set career highs in scoring and rebounds, with eight and 10. In addition, junior forward Christina Mitchell finished the game with six boards.

The Hawks will host Manhattan on Tuesday. The game can be found on WMCX 88.9 FM, with tip-off scheduled for shortly after 11:00 a.m.



PHOTO COURTESY of Monmouth Athletics

Senior guard Sarah Olson recorded her 1000th career point in MU's loss to Fairfield Saturday.



# Men’s Lacrosse Opens Up Season Against LIU Post

**CONNOR WHITE**  
SPORTS EDITOR

The MU men’s lacrosse team kicked off their 2015-16 season on Saturday with a scrimmage against LIU Post on Kessler Field. After the scrimmage, where no score was reported, head coach Brian Fisher is confident his team will be ready for their first official game against Jacksonville Feb. 14 in Jacksonville, FL.

“The preseason is a grind,” Fisher said. “The trip [to Jacksonville] will be fun. It will be good to have some nice weather, and it will be an evenly matched game.”

Last year, MU finished with a 6-8 record, going 3-3 in conference play. All three conference wins were acquired at home. The season earned them a fourth place finish in the MAAC and a playoff bid, where they lost in the first round to #1 seed Marist, 11-6.

“Home games are always fun,” Fisher said. “You get the support of the fans, it’s not easy going into a new environment and taking on a team on their home turf. A lot of our games on the road were close, tough losses.”

The Hawks will lose four seniors from last year, including Garrett Conaway, Ryan Schwartz, Ryan Hursch and Zach Johannes. However, upperclassmen returning from last year will be graduate student John Castellano and a powerhouse junior class which boasts 24 members.

“As a start-up program when

we were freshman, we grew up together,” junior midfielder Tyler Keen said. “It helps having that on-field and sideline support from such a core group of guys.”

Keen was named co-captain earlier this year along with junior midfielder Eric Berger.

“I’m honored to be a captain of this team,” Keen said. “A lot of guys here could be in the same position I’m in. It definitely comes with a lot of responsibility, but I’m ready to take on that role.”

Coach Fisher credits the two captains’ standout work ethic for earning the prestigious titles.

“They have an amazing work ethic and have added a great culture in their time here,” Fisher said. “They both have the respect of the entire team.”

Two key returning players are sophomore attacker Bryce Wasserman and red-shirt sophomore midfielder Dylan Schulte. Wasserman led the team with 21 goals and 10 assists last season, while Schulte added three goals and one assist with 25 ground balls. Both were named to the MAAC All-Rookie team following the 2014-15 season.

“It certainly has given me something to back up,” Wasserman said. “It got my name out there. The expectations are definitely pretty high this season.”

The team has been selected third in the 2016 Metro Atlantic Athletic Conference Preseason Coaches Poll behind defending



PHOTO COURTESY of Monmouth Athletics  
**Junior Midfielder Tyler Keen** was named co-captain of the MU men’s lacrosse team earlier this year.

champion Marist, and Quinnipiac. Although a great feat considering this is only the program’s third year, the players believe they deserved more.

“We’re upset, honestly,” Wasserman said. “We believe that we are the best team in the conference, and it’s now our job to show that this year.”

MU will be welcoming nine freshman this season: Adam Friedman, Gordon Phillips, Jake Wilson, Griffin Vanderbeek, Eamon Campbell, Griffin Figel, Mike Dedvukaj, Hunter Jones and Jake Henze.

“We have a very talented freshman class, like any Division One program will,” Fisher said. “Some of them will get on the field right away, and others won’t—but for good reason.”

Overall, Fisher is pleased to see how far his team has come.

“There has been growth here on every level,” he said. “They are a polished group of guys and we are ready to take on the season.”

# Men’s and Women’s Track Ranked Top 10 in Mid-Atlantic

**CONNOR WHITE**  
SPORTS EDITOR

The men’s and women’s track and field teams have earned some tremendous accolades recently, being ranked sixth and eighth in the Mid-Atlantic Region by the U.S. Track & Field and Cross Country Coaches Association (USTF-CCCA).

In addition, the men’s team was placed at 46<sup>th</sup> in the country.

“It’s a great thing, but we still know we have a ton of work to do,” head coach Joe Compagni said about the rankings. “We’re happy with the numbers and the rankings, but we need to continue to get stronger.”

The Hawks backed up their na-

tional and regional status Saturday, posting some great times at the Penn State National in State College, PA. Junior Dylan Capwell earned fourth place in the 800-meter with a time of 1:47.70, in one of the fastest races in the NCAA this year. In addition, junior Tionna Garner placed 10<sup>th</sup> overall in the 800-meter with an MU record mark of 2:09.46.

“They are the leaders of a tightly knit distance group,” Compagni said. “We knew coming into the weekend they would be lining up with some of the best runners around, and they really pulled through.”

But that isn’t where the Hawks were done breaking school records. Juniors Lindsey Bellaran and Jenna Cupp placed eighth and eleventh in the mile with times of 4:50.56 and

4:53.69, respectively. Both earned ECAC qualifying marks and spots at the top of MU’s record books.

Other ECAC qualifiers include sophomore Allie Wilson, who finished first in the unseeded 1000-meter race with a time of 2:55.33. Freshman Brianna Stratz placed third in the 500-meter race at 1:16.04, and senior Kendal Hand earned seventh place in the 800 with a time of 2:13.55.

“It was really encouraging, especially after travelling a few places this weekend,” Compagni said of the Hawks, who also competed at the Boston University Terrier Classic, Bucknell Bison Open and the Ramapo Invitational this past weekend. “We’re taking some really important steps coming into the most important part of the season.”

**BOWLING FINISHES SIXTH IN ARLINGTON**

The bowling team placed sixth overall this weekend at the Prairie View A&M Invitational at the International Training & Research Center in Arlington, TX.

Standout performances from the weekend included juniors Kaitlyn Reth, who individually finished 20<sup>th</sup> overall with a 198.33 average, and Jessica Nannemann, who ended the weekend 28<sup>th</sup> overall, posting a 190.17 average.

On Friday, MU posted a 1-3 record; however, their single win came over the #1 team in the country, Arkansas State, by a score of 1058-1025. They dropped the other three matches of the day to #3 Vanderbilt (922-1117), #4 Sam Houston State (963-1040) and #8 Stephen F. Austin (944-970).

The Hawks went 1-4 on Saturday, their win coming in their first match against #19 Tulane by a score of 924-891. In the victory, Nannemann carded a 207 and senior Mariah Jacobson posted a 204. MU’s four losses came from Texas Southern (903-849), defending National Champion #2 Nebraska (1116-863), #10 UMES (1094-985) and #21 Prairie View (1024-939).

MU will return to competition Feb. 12-14 at the Stephen F. Austin Stormin’ Ladyjack Classic at Palace Lanes in Houston, TX.



PHOTO COURTESY of Tom Connelly  
**Junior Tionna Garner** placed 10th overall in the 800-meter race with a time of 1:47.70.

## SIDE LINES

**MSOC** Monmouth University men’s soccer senior back David Acuña Camacho has earned the College Boot Supporter’s Choice Award, the Soccer News Net has announced. Acuña Camacho received the most votes from soccer fans in the annual Soccer News Net poll recognizing the national player of the year.

Fan voting accounts for 40 percent of the total toward selection of the Soccer News Net College Boot. Winners of the Soccer News Net College Boot will be announced next week.

**SOFT** The Monmouth University softball team has been picked to finish sixth this season in the Metro Atlantic Athletic Conference Preseason Coaches’ Poll, the league office announced.

In addition, sophomore outfielder Chloe Howerth was named to the Preseason All-MAAC Team. The Hawks finished last season 19-25 (12-8 MAAC) and made a run to the championship round of the MAAC Championships, finishing as the conference runner-up.

## UPCOMING GAMES

- Monday, February 1**  
MBB at Siena\*  
Loudonville, NY 7:00pm  
Marcelle Athletic Center
- Tuesday, February 2**  
WBB vs. Manhattan\*  
W. Long Branch, NJ 11:00am  
The MAC
- Friday, February 5**  
WBB at Iona\*  
New Rochelle, NY 11:00am  
Hynes Athletic Center
- WT at Armory Track Inv.  
New York, NY 12:00pm  
The Armory Track & Field Ctr.
- MT at Armory Track Inv.  
New York, NY 12:00pm  
The Armory Track & Field Ctr.
- MBB vs. Fairfield\*  
W. Long Branch, NJ 7:00pm  
The MAC
- Saturday, February 6**  
MTEN vs. UCONN  
West Point, N.Y. 9:00am  
Lichtenberg Tennis Center
- MLAX at Princeton  
Princeton, NJ 1:00pm  
The Class of 1952 Stadium
- MTEN vs. Army  
West Point, NY 4:00pm  
Lichtenberg Tennis Center
- MT at Villanova Invitational  
Staten Island, NY 5:00pm  
The MAC
- WT at Villanova Invitational  
Staten Island, NY 5:00pm  
The MAC
- Sunday, February 7**  
WBB vs. Canisius\*  
Buffalo, NY 2:00pm  
Koessler Athletic Center
- \*Conference Games*



# SPORTS

THE OUTLOOK  
MONMOUTH UNIVERSITY



**Sarah Olson scored her 1,000th career point during the women's basketball game against Fairfield University on Saturday, Jan. 30.**

*Full story on page 18*

Photo Courtesy of Monmouth Athletics