



THE OUTLOOK

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Adds STD Clinic locator

RICHARD FELICETTI
ASSOCIATE NEWS EDITOR

Popular dating app Tinder has now agreed to provide information about local sexually transmitted disease (STD) testing clinic locations, halting a long battle with a California advocacy group.

The decision marks an end to Tinder's battle with Los Angeles, CA based AIDS Health Foundation. In the fall of 2015, the group launched an ad campaign accusing the dating app of contributing to the spread of STDs.

Tinder has always marketed itself as a dating app, but critics argue that the app is only used for casual hook ups. Therefore, its reputation as a "hook up" app has contributed to the idea that the app is responsible for the spread of STDs.

"Hook up" is a colloquial term commonly used to refer to the act of making out and/or having sexual intercourse.

It has been said that the current generation is the "hook up" generation, as many people desire simply to have sex with others and not start a meaningful relationship. With Tinder, individuals can create a profile with a short biography explaining their interests and personality. Then, the users can upload a series of photos. Upon reading the profile and viewing the photos, the other

users, many of whom are a reasonable distance away, can either swipe right, indicating that this person is attractive, or swipe left, suggesting that there is no interest in this person.

Additionally, users can super swipe, meaning that they swipe upward and have a particularly strong attraction.

If two people swipe right on one another, they have the ability to chat and meet up. What happens next has caused some concern among health groups.

Therefore, the recent heat toward the app has prompted Tinder to take necessary safety measures.

"I think this new function is a great idea, because hopefully

Jaime Myers, a professor in the Health Studies and Nursing Department, said that any step toward proactive measures is a beneficial and necessary one.

"I think any way we can make finding STI testing locations easier for young people to find and access is a step forward," said Myers. "Sometimes the barrier to getting tested is just figuring out where to go and how much it will cost."

As Myers explained, sometimes people do not know the process of getting tested, and therefore neglect to even inquire. However, now that the specific information is provided within the app, hopefully more people will be proactive in seeking the necessary preventative measures.

Within the app, a function allows the user to locate the nearest STD clinic, therefore both parties can agree to visit before any interaction occurs.

"Something like this was definitely needed, because the app was garnering way too much bad publicity," said Wilson. "Now hopefully people will not be reckless when looking for a quick hookup."

Further, Jihad Johnson, a sophomore communication student, said that the app's latest feature is most definitely beneficial.

"It is good because with Tinder, you are dealing with strangers and you do not know much about them and it kind of reminds you that these people are

"I think any way we can make finding STI testing locations easier for young people to find and access is a step forward. Sometimes the barrier to getting tested is just figuring out where to go and how much it will cost."

JAMIE MYERS
Health Studies Professor

when two people meet up, they are secure that anything that happens will end safely," said Malcolm Wilson, sophomore health studies student. "Although it has been marketed as a dating app, it does have a reputation for being used simply to hook up with people, so the fact that an STD clinic locator is available on the app will make people more confident that they will be safe."

Tinder cont. on pg. 2

Does the Early Bird Always Get the Worm?

ERIN MCMULLEN
FEATURES EDITOR

While Founding Father Benjamin Franklin once said, "Early to bed and early to rise makes a man healthy, wealthy, and wise," American journalist James Thurber claimed, "Early to bed and early to rise makes a man healthy, wealthy, and dead." If whether or not a person identifies as an early bird or a night owl also has the ability to determine the quality of their life, which one of these two men are we supposed to believe?

Everyone knows that getting enough sleep each night is crucial in order to maintain a healthy lifestyle, but for many college students a proper sleeping schedule is simply not possible. Between homework, extracurricular responsibilities, and opportunities to socialize, sleep is often hard to come by.

Because of their busy schedules, many young adults turn into nocturnal beings upon entering college, regardless of whether or not their sleeping habits aligned more with the thoughts of Franklin during their time in high school.

Alyssa Healey, a senior health studies student, claims that she has been a night owl her entire life. "I was always the last friend asleep at sleepovers," she explained. "Now it still hasn't changed and there is definitely homework involved."

College students should get about six and a half to seven hours of sleep a night. Healey, however, typically averages about five hours, but feels as though she actually works best with less sleep than the ordi-

nary person. "If those nights come where I truly get an excessive amount of sleep then I get groggy the next day," she said.

Although this particular sleeping behavior may very well be true for some students, there are others who share the exact opposite experience.

Hayley Toft, a junior fine arts student, has sleeping tendencies that contradict Healey's. "I normally go to bed between 11 pm and 12:30 am and I wake up between 6:45 and 7:15 in the morning," she explained.

Toft's class schedule requires her to be awake by around 7:15 am on most days anyway, but she usually wakes up before her alarm even sounds in the morning. Regardless of her seemingly natural early rising tendencies, Toft added, "I get tired during the day all the time."

Researchers have actually found that a person's sleeping patterns are based more on genetics than on personal preference, although the latter also plays a pivotal role.

When studied, it was discovered that those who were night owls showed reduced integrity of white matter in several areas of the brain, according to a *Huffington Post* article written by Michael J. Breus.

White matter is fatty tissue found in the brain that facilitates communication among nerve cells, and a brain's loss of or diminished white matter has been linked to depression and disruptions of normal cognitive function.

It still isn't clear what causes

Early Birds cont. on pg. 16

NATION REACTS TO PASSING OF SUPREME COURT JUSTICE

BRENDAN GREVE
POLITICS CO-EDITOR

The nation is healing from the loss of Supreme Court Justice, Antonin Scalia, who passed away Saturday morning at the age of 79 years old.

Justice Scalia has served on the Supreme Court since he was nominated by Ronald Reagan in 1986.

President Obama addressed the nation on Saturday afternoon and said of Scalia, "He influenced a generation of judges, lawyers, and students, and profoundly shaped the legal landscape. He will no doubt be remembered as one of the most consequential judges and thinkers to serve

on the Supreme Court." He added, "Justice Scalia dedicated his life to the cornerstone of our democracy: The rule of law. Tonight, we honor his extraordinary service to our nation and remember one of the towering legal figures of our time."

His passing was also addressed during the Republican debate in South Carolina Saturday night by the GOP presidential hopefuls. New Hampshire Primary winner, Donald Trump, said, "Justice Scalia was a remarkable person and a brilliant Supreme Court Justice, one of the best of all time. His career was defined by his reverence for the Constitution and his legacy of protecting Americans' most cherished freedoms." Senator Marco Rubio said, "Justice Scalia was one of the most consequential

Americans in our history and a brilliant legal mind who served with only one objective: to interpret and defend the Constitution as written."

Iowa Caucus winner, Ted Cruz, said, "Today our Nation mourns the loss of one of the greatest Justices in history - Justice Antonin Scalia. A champion of our liberties and a stalwart defender of the Constitution, he will go down as one of the few Justices who single-handedly changed the course of legal history."

Members of the Monmouth University community are also paying their respects. Lecturer of political science and sociology, Gregory Bordelon, said, "It is a loss for not only the legal community, but for the country" and

added "However some Americans feel about Scalia's conservative attitudinal interpretations of some constitutional issues, there is no denying his ability to write succinctly and drive home his point, grounded in a sense of textualism and use of precedent that has been virtually unmatched in the modern era of the Court." Although Justice Scalia had a strong conservative views and didn't hesitate to dissent from the others, he was respected by many—liberal and conservative.

Professor Bordelon added, "I think Scalia saw that presumed confrontation as something positive, as some-

Antonin Scalia cont. on pg 6

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Some Students Question Howard Hall and Edison Hall Construction Project

KERRY BREEN
COPY EDITOR

For the past several months, Edison Hall and Howard Hall have been under construction; however, that construction may be turning the buildings into fire hazards.

The two halls were once interconnected. Due to the construction that is taking place, Howard Hall is now only accessible through Pollak Theatre, and Edison Hall can only be accessed through its main entrance. The two buildings are each three floors. Due to the construction, there is only one exit per building. Many of the classrooms do not have windows, concerning some students.

Patricia Swannack, the Vice President for Administrative Services, explained some of the measures that have been used to keep the two buildings safe while the construction continues.

"In Edison, we have maintained the fire rated egress stairs at the north end of the building and have temporary paths in place at the south end of the building to allow occupants to pass from the east corridor to the west corridor

should there be a need to in the case of an emergency," she said. "In Howard [Hall] we built an exit corridor and rated stairs to provide a safe exit from the north end."

However, despite these safeguards, some students do not believe that the buildings are entirely safe, mainly due to the limited exits.

"I am definitely not concerned about my students' safety or that of the faculty."

DR. WILLIAM SCHREIBER
Chair of the Departments of Chemistry and Physics

"Edison has closed down two stair cases and one building due to the construction," said a chemistry major who wished to remain anonymous. Due to her major, most of her classes take place in Edison Hall. "With that one exit being closed, it only allows students to use one half of the building for exiting and entering, and that doesn't seem safe."

"The limited number of entrances and exits are hazards," said Malia Padaliano, a sophomore English student. "There's only one exit in Howard, which seems dangerous."

Since the construction began,

there has also been an increase in evacuations from the buildings, which often causes class interruptions and other problems.

"Different things initiate alarms," explained Swannack. "Some were caused by the existing smoke detectors confusing dust with smoke. The new fire alarm devices will mini-

of the medical laboratory science. "There are complications operating in a building under renovation, but it is being handled very well."

It is also expected that the renovations will make the buildings safer overall once they have been completed. According to Swannack, Edison Hall previously had a limited

gered the alarm system.

The renovations that will come as a result of the construction will dramatically improve the safety of the buildings, according to Swannack, highlighting several ways that that change will come around, — such as new fire protection systems, new higher-capacity electric distribution systems, replacement of 50 year old oil-fired boilers and increased fresh air flows, and will more than double the available fume hoods for learning and research.

"We know it's noisy, dirty, and sometimes smelly," said Swannack. "We do attempt to do the worst of these tasks while students are out of the buildings and we are grateful for the cooperation that we have received from everyone involved."

The buildings house both traditional and seminar classrooms, as well as computer labs. Classrooms can hold up to 40 students; labs can seat up to 35, according to Monmouth University's website. Many science labs also take place in the buildings, which causes the potential for even more fire hazards.

The construction is expected to be finished by December 2017.

Community Colleges May be Free in the Near Future

JEREMY MANCINO
CONTRIBUTING WRITER

In what is surely a move that will excite prospective students across the country, many states are giving serious thought to the possibility that two year community colleges, should be free and/or easier to get into.

The idea has already gained some traction from President Obama's suggestion to make two-year colleges free in his final State of the Union address in January according to a *USA Today* article. Democratic Presidential Candidate Bernie Sanders has given the idea even more support, vowing to fight for free tuition for college students across the board. Three states—MN, OR, and TN— are experimenting with the idea, and more are planning to follow.

"There can never really be free tuition in this country," said Doug Stives, a specialist professor of accounting. "While it wouldn't be a bad idea on paper, you would still need to pay faculty members. The money would need to come from somewhere else— most likely property and

real-estate taxes." Considering that NJ already has the highest property taxes in the country, our state in particular would suffer. Stives sees a problem with any attempt to make college tuition a thing of the past, even if we don't have to pay for our education directly, someone has to.

Depending on who is taxed for how much it, could have unforeseen ramifications for our economy. "I'm all for decreasing tuition prices, but there are so many variables involved," said Karina Saucedo, a junior biology student. "Private and public schools are run differently, as are schools in different locations. I doubt they'll ever fix the problem entirely."

However some have already considered workarounds, most notably Presidential Candidate Bernie Sanders, according to a report from *CNN*. Sanders' somewhat unconventional plan involves taxing Wall Street speculators and other very wealthy individuals. This plan would generate a full \$300 billion in revenue, possibly enough to make the cut. However whether his plan is actually feasible is



IMAGE TAKEN from www.huffingtonpost.com

Some states look to make community college free for students.

still not yet agreed on, with various economists arguing for and against his efforts. Opponents say that the plan would greatly increase government spending by trillions, but Sanders' supporters argue that the plan would in fact save trillions of dollars. Sanders is but one of

many politicians and thinkers on both sides who are trying to solve an increasingly dangerous problem: the prices of many colleges, both two year and four year, are simply too unreasonably high.

No matter what proposal is put into action, most students

would celebrate it. "I was forced to go to a two-year community college because it would be cheaper than going for a full four years," said Johanny Toro, who transferred into Monmouth University after spending two years at community college. "I think it'd be great if they could lower the price."

Many students take the same shortcut that Johanny did. According to the American Institutes for Research and the Nexis Policy Center, up to one third of post-secondary students in the U.S. attend community college.

But even here they are sometimes stuck with sizable amounts of debt, making it more difficult for poorer students in particular to survive their college years with wallets intact. It is for this reason then, that there is such a great push for lessening college tuition.

Should MN, OR, and TN programs be successful, more states could adopt similar plans. The various plans being offered by politicians and states alike may be able to solve the problem with minimal fallout, but only time will tell.

Tinder Adds an STD Clinic Locator to the Application

Tinder continued from pg 1

strangers and that you should be safe," said Johnson.

"With respect to health messaging, Tinder may also want to find ways to advertise and normalize condom use, as well as other ways to prevent the spread of

some of the most common STIs such as chlamydia and gonorrhea," said Myers.

"Advertising the HPV vaccine would be another positive step forward in the sexual health arena, especially if they could direct users where to get vaccinated similar to the testing locations."

Finally, it would be helpful if they provided links to useful sexual health and dating websites that are medically accurate and non-judgmental.

For instance, goaskalice.com out of Columbia University is a great resource for even the more benign dating questions."



IMAGE TAKEN from newscult.com

The application Tinder added the STD clinic locator feature as a way to promote safe sex and to provide their users with safe sex resources.

IMAGE TAKEN from twitter.com

How Does the University Combat Winter Storms?

DANIELLE SCHIPANI
NEWS EDITOR

LAUREN NIESZ
HEAD COPY EDITOR

On Friday, Feb. 5 the University cancelled all classes after 11:30 a.m. due to poor weather conditions.

There were mixed reviews regarding the decision to cancel classes after the 8:30 a.m. and 10:05 a.m. classes had already met. One junior criminal justice student, Michelle Banko, was in a car accident on her way to her 10:05 a.m. class. “I absolutely think they should have cancelled first thing [that] morning. The police officer told me I was the seventh accident he had been to [that] morning,” Banko explained. “The mornings are the worst and waiting until 11:30 to cancel was so dangerous and risky on their part.”

“The snow storm on Feb. 5, 2016 was not predicted to accumulate as much snow as it did. We based our information on weather information from New Jersey State Police and NOAA (National Oceanic and Atmospheric Administration),” said Patti Swannack, Vice President for Administrative Services.

“When we realized that the snow was accumulating beyond what was predicted we decided to close at 11:30 a.m. Classes that were already meeting were scheduled to end at 11:25 a.m. We wanted it to be clear that students should not report for classes at 11:40 a.m. We try to close

between classes so there is no confusion whether students need to come in for part of a class.”

The University’s Chief of Police, William McElrath, explained that there were no accidents on campus on Feb. 5, but that the Monmouth University Police Department (MUPD) helped with an accident that took place on Cedar Ave in front of the campus.

One student who commutes from Middletown and requested to remain anonymous, compared their past experience with Brookdale Community College to their experience with Monmouth regarding weather related cancellations. “Unfortunately, when it comes to snow our campus is lacking the proficiency other campuses have keeping both commuter and residents informed on their process,” they said. “I’m still on the Brookdale RAVE Alert system and I knew 6:30am [that] morning Brookdale had a delay until 10:30am then at 9:00am I received another text and email saying Brookdale closed for the day, giving students sufficient time not to have to worry about being on the road.”

“Honestly, I thought they should have called it sooner,” said Sarah Lewis, junior English student who commutes from Matawan regarding the snow event. “It was more dangerous to drive in the morning than when they cancelled it later on. By that time people were already there. I think any threat of snow should be handled as a potentially dangerous situation especially because then it’s up to the student to decide if they can afford to miss class if

the university or professor doesn’t cancel and that’s a hard decision.”

Swannack discussed how the University determines whether or not they should cancel classes for the day due to a snow storm. Decisions include the help of the MUPD as well as several Vice Presidents at the University. “The University Police are required to notify several Vice Presidents (Vice President for Administrative Services Provost/VP for Academic Affairs, Vice President for Students Services and Leadership Engagement) that a storm warning message has been received. The notification can originate from NOAA, NJ State Police, County or local officials. Based on the information we receive we begin to make any necessary preparations needed,” she said.

She also explained that every storm is different and they continue to monitor storms as they progress. “I also talk with our Grounds Supervisors to determine campus conditions. I have called colleagues at 4:45 am to discuss what action we should take. In extreme events, we are able to decide what action to take the evening before. We try to get the information out as quickly as possible.”

There are several ways to be notified of a school cancellation. “Our Regroup Program allows broadcast messages to be set to cell phones, as well as text message. We update the emergency telephone information line (732-263-5900), send out email and voicemails messages and put information on our home page. Information is also put on Twitter

and Facebook,” said Swannack.

Banko expressed her feelings on the University’s decisions to cancel classes in the past. “Last year and this year there haven’t been sufficient calls canceling class when it’s been necessary. Classes weren’t cancelled for Jonas when all the schools around here were cancelled and they definitely should have been,” she said.

During snow events, MUPD is available to help students on campus, “MUPD conducts its normal patrols, and response to calls on campus, during a snow event. We will additionally call in locations to be plowed or salted on campus that might be considered dangerous. MUPD also lends out snow shovels to students who need to shovel out their parked vehicles during a storm. Students need to respond to MUPD headquarters to pick up a shovel,” said McElrath.

Vaughn Clay, Director of Off-Campus and Commuter Services, said that the Undergraduate population contains more commuters than resident students and claimed it is probably close to 55 percent commuters and 45 percent residents. These numbers include students who live off campus but are still close to the school.

Clay said that its important to give yourself enough time to get to campus, especially when the weather is bad. “When it comes to weather, it’s an individual decision and you need to be proactive and contact your professors,” he said. “If you are worried about getting to campus on a given day due to weather conditions then you should be contacting your professor on that day to let them

know. Its important to be proactive in that regard.”

Going forward, students should note that the student handbook states on page 80 under the closing section, “Except in unusual cases, the University will hold classes regardless of weather conditions. Students who are absent from classes because of impassable roads or dangerous traveling conditions will not be penalized for such absences.”

“Students should follow this policy. No one expects a student to jeopardize his/her safety in order to attend class. During the blizzard the University put this information up on our webpage so students would be reminded of the policy,” said Swannack.

Banko was unaware of this policy and explained that had she known she most likely would not have attempted to make it to class on Feb. 5. She feels information like this should be presented in a syllabus to prevent people from feeling as though they have to risk getting into an accident in order to maintain good attendance.

Swannack explained that the University will continue to monitor as many sources of information as possible about future snow related events. She encourages students, “that if they feel their safety is compromised to do whatever makes them feel safe. The weather in the northeast is somewhat unpredictable and I think we each have to exercise our best judgment whether we travel during inclement weather conditions,” she said.

Renovations for Pollak Theatre Budgeted at \$800,000

JAMILAH MCMILLAN
ASSISTANT NEWS EDITOR

Less than three months ago renovations began to be made to Pollak Theatre to update the space in order for it to work more efficiently as a theatre. These renovations were completed on Jan. 22

Molly Huber, a sophomore theatre arts student likes the improvements. “The renovations have really taken Pollak to the next level. The theatre is absolutely beautiful and has been updated to accommodate for a much more diverse set of acts,” she said.

“The remodel has given life to the theatre and it will enable students, faculty and staff to enjoy so many more performances. Thus everyone should really care about it. Pollak opens the campus up to a variety of different cultural and artistic opportunities,” she said.

In its original construction, Pollak was not meant to be a theatre. “Pollak Theatre was built in 1970. It was constructed to be a lecture hall, and it was built to project speaking--it wasn’t a theatre,” said Vaune Peck, the Counselor and Coordinator of Arts Programming and Promotion.

According to Peck the renovation of Pollak Theatre was swift. “The theatre was completely transformed in a month and a half. They got in here on Dec. 6 and they finished on Jan. 22, the day before the snowstorm. It was amazing; I couldn’t believe it. They worked around the clock,” she said.

According to President Paul Brown, PhD, the renovating of the theatre was significant for several reasons. “Pollak Theatre is an important ‘front porch’ for Monmouth. For many members

of our community Pollak Theatre may be the first place they see on our campus,” he said.

“On a more practical level, the seats were original to the construction of the building about 45 years ago and replacement parts were no longer available. The stage was not accessible for persons with disabilities, and there were a host of behind-the-scenes lighting issues. The venue was originally designed as a lecture hall rather than a performance venue, and the renovation addressed many of those issues,” continued Brown.

Some of the improvements included the expansion of the stage to a width of 40 feet, the adding of aisles and step lighting, as well as new carpeting. The desks were replaced with 700 theatre seats. The entranceway was remodeled with a set of brand new mahogany doors, and handicapped audience members can now sit closer to the stage due to new seating arrangements.

Furthermore, there were other improvements made to accommodate handicapped patrons and performers. “The hallway connecting the dressing room to the stage is fully accessible now. They lifted the floor to the stage, and put railings along it so it is ADA compliant. We have artists that might be disabled or in a wheelchair, and now they can easily get to the stage. Before they had to climb up three steps. That is really a nice element,” said Peck.

Before the renovations, the theatre was unsuitable for the transporting of large props. Peck said, “We had a play on the stage once, and we needed a van for the set. We had to carry it in over the seats. Now that we have double



PHOTO COURTESY of Vaune Peck

Pollak Theatre (above) after renovations were completed.

doors, companies can back their trucks right up and bring props in much easier.”

The Center for the Arts hosts over 145 events each year. However, before the renovations to Pollak Theatre, some of the percentage of live dances was restricted due to the size of the stage. “Before the expansion, the stage inhibited how athletic the dancers could be, and we had to limit the number of live dances. Since the renovations, we had a dance company here last Saturday night. The dancers came out onto the stage and could do a full leap or run. They had room to really dance, and it was so beautiful,” said Peck.

Frederick L. McKittrick, a professor of history and anthropology, and an avid user of the theatre is grateful for the improvements. “I coordinate the HD Live Broad-

casts of the Metropolitan Opera, the National Theatre of London, and the Bolshoi Ballet. We have about 6,000 patrons attending our 40 events per year. People love the broadcasts and many of our audience are setting foot on the campus for the first time. The new theatre is a great introduction to Monmouth,” he said.

According to Peck, President Brown played a big part in the renovation. She said, “When President Brown came in here to the first couple of events and he saw the building he became very aware of the fact that this was an auditorium and not a theatre. He picked up on this fact immediately. Then a few months ago I got a phone call from Patti Swannack, the Vice President of Administrative Services, and she told me that the president gave her a budget to start making some preliminary

renovations to Pollak Theatre.”

According to Brown, the project had a budget of about \$800,000. “Funding for the project came from our regular capital budget. We have been budgeting for the improvements for several years. The last major renovations to the interior of the theatre were done in 1999, so the time was right within our comprehensive buildings and grounds maintenance schedule,” said Brown.

There are still some aspects of the theatre that will be improved in the future. “We’re excited about future improvements, like renovating the lobby, and next month we’re expecting a new screen for the broadcasts,” said McKittrick.

“The most important thing for a lot of our patrons is restrooms closer to the theatre itself. Right now they use the ones in Howard Hall, and they all complain that that it is too far away. We also really need dressing rooms, and a common area for the artists to converge in,” said Peck.

Peck said that the new theatre is befitting of big stars like Rosanne Cash, and Arlo Guthrie, or large companies like Rockin’ Road to Dublin who are scheduled to showcase in the near future.

For Huber, and many others Pollak Theatre is a very important institute of the University.

“The very first time I saw an opera, *The Marriage of Figaro*, was at Pollak. The first time I experienced a live concert, *Augustana*, was at Pollak. And the first time I experienced a live orchestral performance was in Pollak, *St. Peters by the Sea*. Pollak is our resident professional theatre on campus. It is a beautiful space and can be enjoyed by everyone,” said Huber.

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An Outlook Opinion: College Student Religious Views

THE OUTLOOK STAFF

College is a time to grow individualised perspectives of the world through diverse interactions we have with people and experiences. Religiousness at college can play a large, or small role in your life as a student depending on what it means to you. While a majority of the *Outlook* editors were raised in Catholic households but attended public

about college that makes religious traditions more difficult to maintain. Many of the editors feel that it is hard to attend religious services while in college, however, others feel that religiosity is possible to uphold no matter the circumstance. One editor shared, "I think religion is very important to me. I still pray every day and make the conscious effort to go to mass." The meaning of religion can transform once you come to college. You

used faith to justify abhorrent acts. In recent events terrorists have used religion to to justify horrific acts. Some feel that the decrease in religiosity in young adults is because of continuous corruption in organized religion. One editor used the analogy, "one bad apple spoils the bunch. One bad impression can leave a person turned off to the idea of any organized religion." For some, college is meant to be the time of our lives. A period where twenty-somethings can experiment and throw care to the wind, sometimes straying from their religion.

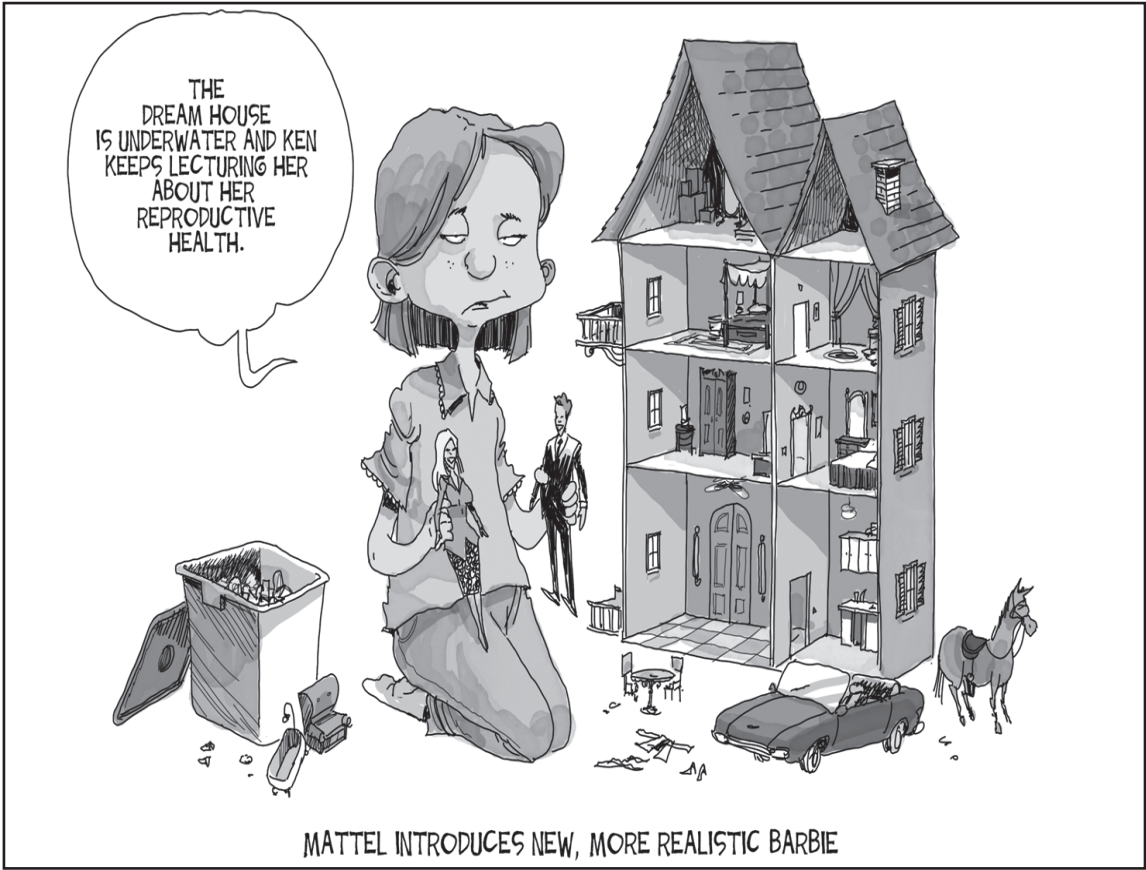
The meaning of religion can transform once you come to college. You may be raised with an understanding of religion that changes once you begin to feel more independent about making your own personal decisions.

"Most college students just want to go crazy and disaffiliate with the beliefs their family instilled such as no drinking, no smoking, and go to church every sunday," said an editor. Others dislike the notion of religion completely, believing that it restricts their intellectual freedom. One editor felt that science is more rational than faith. They said, "We really do not need God to explain the universe. Just because we do not understand something, doesn't mean God did it. Science continues to advance and explain how the world works."

schools, a few attended religious primary or secondary schools, or regularly went to weekly services. Although many of the editors felt that they were raised with religion, others disclosed that they were not pushed to be religious. One editor said, "My mom is kind of religious, but my dad isn't really. Neither are very strict about beliefs but my mom holds some principles like saying grace before dinner." For some, there is something

may be raised with an understanding of religion that changes once you begin to feel more independent about making your own personal decisions. "I realized that you don't have to go to church or any other services in order to believe in something. You can worship on your own if you choose, or just pray when you feel that you need to," said an editor. The more we are educated the more we learn about varying beliefs. Throughout history people have

Whatever your beliefs *The Outlook* editors hope you continue to stay open-minded and respectful of the diverse makeup of our college campus. Diversity at college is best enjoyed when individuals are respectful of one another, and willing to learn about those that might be different than themselves.



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Lives of Reason Review

Former MU Professors Collaborate To Write An Enjoyable Play

WILLIAM MCCORMICK
CONTRIBUTING WRITER

Kenneth Stunkel and Robert Rechnitz, both retired Monmouth University history and literature professors, respectively, have lent their refined sensibilities to spoofing the intellectual scene in a witty and humorous play.

The play, which is titled *Lives of Reason*, is set at a party thrown by the English Department of the fictional Livingston College (though several of the fictitious professors eerily mirror Monmouth scholars) amid a power struggle between professors to be dean of the school. The intellectuals are all too representative. The old scholar, the Marxist poet, and the post-modern deconstructionist all serve as the targets of the play’s acerbic witticisms. The real heart of the show is the tempestuous Ilona who is unhappily married to one of the English teachers yet in love with an old flame, Matthew Livingston, whose father happened to have founded the college. Ilona represents riotous affairs and all the enflamed sexual power and insatiable lusts (“I’m on fire,” Ilona says, “It feels like there’s fire under my skin”) the English professors cannot fathom.

The only character to appreciate David Hume’s “Reason is a slave of the passions” maxim, Ilona punctures Ivory Tower pompousness with ease. The post-modern English professor is quickly dismissed: “it takes a semester or two to explain what he does.” Unfortunately, not all of her lines are so barbed. Self-pity and indulgence mixed with men, liquor, and firearms hasten Ilona’s downfall, but the most unpardonable sin is her stilted dialogue. The Ilona character is also overwrought, swiftly lapsing into maudlin speech where profound insights were probably intended. The difference between brazen husky and alluring femme fatale is perhaps a matter of degree if not sensibility, (male sensibility, that is) but this writer was leaning toward the former by the end of the show.

The playwrights have sought to divorce the themes of the play from their experiences at Monmouth. Rechnitz says “It’s nothing at all that ever took place at Monmouth.” This doesn’t exactly add up. While “academia has a lot of warts” (Stunkel’s words) they are also distinct warts. The experiences of at least one of the playwrights bears closer examination. Stunkel was Dean of the Humanities and Social Sciences at Monmouth University and “knows the game extremely well,” according to Rechnitz. While the themes of the play suggests a spoof on the excesses of the academy, Stunkel produced a number of scathing criticisms of higher education throughout his career. These writings indicate that his concerns are deeper than the play’s style may reveal.

Some graduate courses at Monmouth, for instance, are run like super-expensive book clubs, while the showcase of Monmouth’s Psychology Department exhibits a study on giving girls pink Legos. Other cutting edge research laments the gendered style of cheesesteak eating. Of course, this is not to say Monmouth is un-

usual in this regard. The fish truly rots from the head down, especially if the rubbish can be tied to an activist-style program. The play, in this vein, has one of the professors resignedly read the work of his students. “Paul preached to the genitals” goes uncorrected, caricaturing the steep decline of standards

Some think the academy is cyclical by nature, with a reaction setting in after unhinged theorists go too far. But optimism in this case is tantamount to dishonesty.

in higher education. The shrill leftist insistence on equality and relativity has only accelerated the deterioration. Even more common in the typical Monmouth classroom are presentations by students followed by a subsequent class discussion largely driven by – surprise surprise – student participation. Stunkel, in a lively piece defending the lecture, notes: “Students may be full of themselves for an instant, but are likely to find in the context of subject matter how little of consequence they have to exchange.”

A well-rounded education requires hierarchy, and, as Stunkel observes, “In these egalitar-

As standards continue to decline (and tuition continues to rise) the humanities will have to eventually justify their worth and value to society.

ian times, hierarchy is a dirty word.” Any meaningful reformation of the academy must begin by attacking the dogmas surrounding student participation. Consequently, educational theories like constructivism, where the lecturer serves as a “guide on the side” as opposed to a “sage on the stage” ought to be recognized as a license for professorial sloth. Stunkel writes:

“At its best, a lecture is a critical, structured, skillful, thoughtful discourse on questions and findings within a discipline, delivered by a person who knows what he or she is talking about. Virtually by definition, students are incapable on their own of exploring the topic at the same level.”

The play excels in lampooning the explosive multiplication of specializations in the academy, which Stunkel and others argue has fostered a Tower of Babel like atmosphere. In the play, would-be dean Andrew

Hedman and his infatuation with Swinburne expresses the silliness underpinning specialization.

The satire here stemmed from the personal experiences of the playwrights. Professor Emeritus Stunkel did his doctoral work at the University of Maryland and writes disparagingly of ever-increasing specialization in the humanities: “there were 35 specialized historians who rarely knew what a colleague in the office next door was working on. Targets of inquiry have become increasingly esoteric. Recently we have histories of beans, shoes, and shoplifting.”

This problem is widespread at Monmouth, where a student may hear something in one classroom contradicting the arguments put forward in another. Lives deservedly ridicules impermanent and fashionable subject matter, (in vogue at Monmouth) like sexuality, alluding to a course at Livingston called “Clitoral Images in Emily Dickinson’s Poetry.” Though Monmouth has an American history track, it is impossible to find a course on the early U.S. republic (presumably too phallocentric) or discern any elements of coherence in the courses a student must take prior to graduation. The “cafeteria” style of choosing classes hurts students, making superficial insights more likely to be acquired than the valuable knowledge a rigorous program of study imparts.

Lives Of Reason is not totally immersed in the despicable facets of human existence, but also features characters with considerable charm. The protagonist of the play is the honorable Matthew Livingston, who finds the petty wrangling and backstabbing of the English professors loathsome. A reproach to the awe surrounding degrees, Livingston doesn’t even have a BA and maintains his roots. Like Stunkel favorite Lewis Mumford (he only finished high school but was an intellectual-humanist of the first class and said the Ph.D. was a badge of mediocrity) his character interrogates the commonly held belief of degrees and increased knowledge as handmaidens to increased humanism and decency. It is Livingston’s humanistic approach to literature – he speaks of his introduction to Shakespeare romantically – which creates the widest gulf between the English professors and himself. Livingston, unlike the English scholars, is content to enjoy literature on its own merits without searching for a post-modern “deconstruction” of texts. The humanist spirit Livingston illustrates is in retreat in the post-modern academy, an unfortunate fact the play strongly condemns.

The tone of this article is obviously pessimistic. Some think the academy is cyclical by nature, with a reaction setting in after unhinged theorists go too far. But optimism in this case is tantamount to dishonesty. As standards continue to decline (and tuition continues to rise) the humanities will have to eventually justify their worth and value to society. Let this defense be taken up, then, not by the philistine post-modernists, but rather by the Lewis Mumfords, Kenneth Stunkels, Matthew Livingstons, and, above all, the humanists of the world.

Is ‘Dating’ Still A Thing?

LAUREN NIESZ
COPY EDITOR

Hookup culture, love it or hate it, it seems as though it is here to stay. I rarely hear of anyone actually asking someone on a date anymore, but I have faith that there are some people out there that still have date nights and actual conversations about life. So many of us ~romantics~ find it hard to catch up with this hookup culture.

It seems a lot like people aren’t “asked out” anymore, but instead they are DMed, direct messaged, or swiped right on Tinder for an implied hook up. There is something so impersonal about the way that boys and girls today get together. It isn’t the cheesy romantic comedy pickup line or the simple “hi” in person. Instead it’s the creeping around social media

Hookup culture, love it or hate it, it seems as though it is here to stay. I rarely hear of anyone actually asking someone on a date anymore

and dating apps.

Honestly, I think that DMs and dating apps are just excuses to avoid person-to-person conversations. Sometimes, yes, it is easier to DM someone because you can really think about what your responses will be, but isn’t that the best part of getting to know someone? Seeing whom they really are when they have no time to plan out what to say.

Furthermore, it seems like our generation doesn’t like to label things anymore. If you’re hooking up, it’s nothing to anyone. If you’re hooking up and hanging out it seems like you’re just “talking.” But, what does

that even mean? What it means is that you’re not labeling anything because you’re keeping your options open. Again, with hookup culture, we aren’t limiting ourselves to just one person to spend time with. Therefore, we donned the potential partners in our lives as someone we are just “talking” with.

Avoiding labels gets us into some tricky situations. If you’re “talking” with someone does that mean that you can’t hook up with other people, or is that cheating? Would the person you’re “talking” to get upset about that or are they hooking up with other people too? And if they are, are you okay with that, or do you want something more from them? All of these questions, which are just scratching the surface of all the confusion, float in your head when you’re in a just “talking” relationship (a “relationship” like a connection you make on LinkedIn, clearly not a holding hands relationship).

Wouldn’t it just be easier to ask someone on a date and give a real relationship a whirl? I feel like it is easier to know if you like someone for who they really are if you spend more personal time with them. You waste less time getting to know someone than you do trying to figure out what your “relationship” is.

“Dating” comes with a set of social guidelines that clear up so many questions that someone who is just “talking” to someone would have. If you’re dating someone you aren’t seeing anyone else. Loyalty is expected. If you’re dating someone you’re both making the conscious effort to get to know one another.

To change this culture for the better it would be best to start by knowing what we are getting ourselves into, and be on the same page. If we are just “talking” to someone it could mean a thousand different things. Why do we do this to ourselves? We need to get to know people better. Foxy Brown once said, “To find a prince, you gotta kiss some toads.” So, let’s get to know the toads first and then figure out if they’re worth kissing.

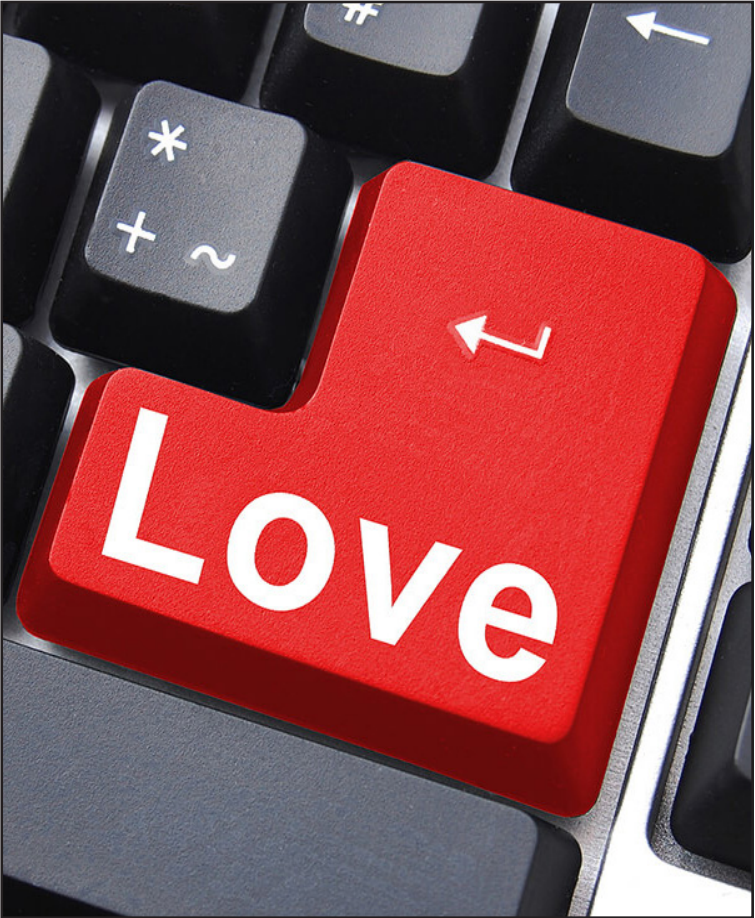


IMAGE TAKEN from wordpress.com

Several popular dating and messaging apps like Tinder have seem to somehow make actual dating become socially obsolete.

Beyonce Delivers Controversial Super Bowl Performance

JASMINE RAMOS
POLITICS CO-EDITOR

On Feb. 7, Beyoncé preformed the half time show at Superbowl 50, along side artists Coldplay and Bruno Mars. However, the performance quickly received backlash, for some thought the performance was a bit too controversial for television.

Beyoncé preformed her new song, “Formation”, a song about being in touch with her black culture, with lyrics such as “I like my baby hair with baby hair and afros - I like my negro nose with Jackson Five nostrils” and “I just might be a black Bill Gates in the making”.

And to go hand in hand with the lyrics, her performance included a theme of black empowerment, featuring her and her dancers dressed in honor of the Black Panther Party of the 1960’s and 1970’s.

Marni Senofonte, Beyoncé’s stylist for the halftime show, explained in an interview with Essence magazine, “It was important to her to honor the beauty of strong black women and celebrate the unity that fuels their power. One of the best examples of that is the image of the female Black Panther. The women of the Black Panther Party created a sisterhood and worked right alongside their men fighting police brutality and creating community social programs.”

She continues, “That they started here in the Bay Area, where the Super Bowl is being held this year,



PHOTO COURTESY of NJ.com

Beyonce Performs at halftime show in controversial black panther outfit

was not lost on her. And they made a fashion statement with natural afros, black leather jackets and black pant suits. That image of women in leadership roles; believing they are a vital part of the struggle is undeniably provocative and served as reference and reality.”

Jose Rodriguez III, a senior Finance major, explains why the Black Panther Party was important to tribe in Beyoncé’s performance. “The Black Panther Party was created in 1966 to challenge police brutality and to empower and help

Black communities who suffered from poverty, crime and poor educational systems. They had over 60 offices nationwide and, in many poor urban communities, they started a Free Breakfast Program for children. Over 10,000 children across the US benefited from this program.”

Many felt the performance was an attack on police enforcement and it did not sit well with them. One of them being former New York City mayor, Rudy Giuliani, saying that the Half time show was not the right

time for a political statement. “This is football, not Hollywood, and I thought it was really outrageous that she used it as a platform to attack police officers who are the people who protect her and protect us, and keep us alive.”

Republican Rep. Peter King said that her performance, “was extolling the Black Panthers, who were a terrorist organization, killing police officers in the ‘60s and ‘70s”, which is an assumption certain people have been making with the Black Lives Matter movement as well.

Many have been said to believe that the movement suggest violence against police officers, for example, Republican Presidential Candidate Ted Cruz has said that the movement “embraced rabid rhetoric, rabid anti-police language, literally suggesting and embracing and celebrating the murder of police officers.”

Black Lives Matter declared last fall, “We’re targeting the brutal system of policing, not individual police. The Black Lives Matter Network seeks to end the system of policing that allows for unchecked violence against black people. Right-wing portrayals of this as targeting of individual police are deliberate distortions to derail growing public debate about white supremacy, the ongoing epidemic of violence against black people, and the need to end institutionalized racism in the policing and criminal justice systems.”

Beyoncé also received backlash

for the music video to “Formation”, where she makes a lot of political statements to also pair up with the song. The opening scene in the video is of her laying on top of a police car, downing in a lake, which some have interpreted to be about the slow response to dominantly black community in Louisiana during Hurricane Katrina.

Rodriguez continues to explain, “There was nothing racist about Beyoncé’s song “Formation”, video, or Super Bowl performance. She’s letting people know that she embraces her heritage and that Black Lives Matter. Only a racist person would believe that she’s trying to say only black lives matter. No. With all the racial injustice that’s going on, it’s a shame that we have to remind people that we are all equal. That’s what the “Black Lives Matter” movement is all about.”

Gabriela Gurber, a junior marine biology major, added, “I think as a human, and an artist, she has every right to say whatever she wants to say, and express herself however she pleases. If it is offending you, do not buy the music, do not watch the music video and do not watch the performance. People do things all the time that are offensive to another person, or another culture. Its just one of those things where you cannot make everyone happy.”

On Saturday, Saturday Night Live poked fun at the situation by creating a sketch entitled, “The Day Beyoncé Turned Black”.

President Obama Issues Executive Order in Response to Cyber Attacks

KATHARINE DIX
STAFF WRITER

On Monday, February 8, the contact information of 20,000 FBI employees were published when FBI computers were hacked— according to CNN. Names, titles, email addresses, and phone numbers of the federal employees were among the information released. The hackers posted the information on Twitter, via the account of @DotGovs. It read, “FBI and DHS info is dropped and that’s all we came to do, so now it’s time to go, bye folks! #FreePalestine.” They also posted, “Well folks, it looks like @TheJusticeDept has finally realized their computer has been breached after 1 week.” The Justice Department is investigating the security breach. Justice Department Spokesperson, Peter Carr, told CNN that it does not appear to be sensitive information — such as social security numbers— that were compromised. The hackers continued their Twitter communication and posted, “When will the US gov-

ernment realize we won’t stop until they cut relations with Israel.”

Monmouth University’s Professor Yessir Gallagher previously worked for the State Department, and commented on the United States’ relations with Palestine, “I am most pessimistic about the long-term future of Palestine. The Israelis have allowed more than half-a-million settlers to move into Palestinian territory in the West Bank despite repeated pleas by American presidents and the United Nations that they not do so.” He continued, “I can’t imagine how they could ever peacefully move those people out of their settlements. I have little hope for a positive resolution of this problem in the near future. Continued violence - including more cyberattacks - is likely.”

This has become a concern for the federal government, and has prompted President Obama to take action. The White House has informed the press over the week that they are working to increase the security of federal computer

systems. Last Tuesday, President Obama signed an executive order to establish a federal privacy council that will ensure all federal branches of government are using the best security practices when protecting employees’ information, in addition to classified government information— according to White House Press Secretary, Josh Earnest.

Professor Gallagher, a previous employee of the State Department, was one of the employees whose information was compromised. He said, “The federal government has informed me that I am one of the twenty million federal employees whose data has already been compromised.” He also said, “I have no idea what the implications of that are, but they can’t be good; so, as a victim of the hackers, I feel that the government should have done something long ago to address the issue of computer security more effectively.”

As a part of this executive order, the *New York Times* reported information regarding President Obama’s

annual budget proposal. The proposal calls for a \$19 billion increase in the security of federal computers, and \$3.1 billion to replace outdated IT systems that are harder to secure. Monmouth’s political science professor and Dean of the Honors School, Kevin Dooley, said, “I think that infrastructure projects need to receive the funding that can preserve the safety of Americans. In this regard, an investment in cyber security is similar to an investment in updating our roads, tunnels, and bridges. The money is well worth the potential costs.”

He continued, “The problem however, is that there has been a blurring between the duties once performed exclusively by government bureaucrats and those performed by outsourced, privately operated firms. Much of the information that is in cyberspace will require an overhaul of how we protect people in the private sector. Is it legal for a government agency to protect the personal information of private individuals at private com-

panies?” He asks “Or is this the prerogative of the private companies themselves? The money that the president spent is a good start, but since cyber security is an issue that blurs the line between public and private, it is one that has constitutional consequences.”

A significant amount of Obama’s proposal will require congress to sign off, and The New York Times has stated that GOP lawmakers are less than willing to consider the new budget. However, President Obama has made it clear that he has spoken with Speaker of the House Paul Ryan, and he is optimistic that congress will approve his budget proposal. Monmouth University sophomore psychology major, Liz Roderick said, “It’s important to keep our cybersecurity high in order to protect our federal employees and sensitive federal information. If we don’t make any changes, we allow potential terrorists to access our most classified information, which can put our entire nation at risk.”

At a Loss for Words: The Nation Reacts to the Passing of Supreme Court Justice, Antonin Scalia

Justice cont. from pg. 1

something that would actually be better for the country, something that would encourage Americans to learn more about their democracy, study the intricacies of our institutions to make this great nation a better place.” For the country, something that would encourage Americans to learn more about their democracy, study the intricacies of our institutions to make this great nation a better place.”

Dr. Joseph Patten of the Political Science Department said, “He was the most consequential justice” and that, “He had the biggest impact of the direction of the court.” Patten also added, “He connected on intellectual and emotional levels.”

Senior political science major at Monmouth, Steven Lang, said, “It

will be interesting to see how the dynamic of the court changes after the loss of this man, but he is resting in a much better place now.”

However, the mourners of his death cannot prevent the political battle that will follow since there is now a vacant seat on the Supreme Court. Justice Scalia served as the biggest conservative presence on the Court.

Dr. Patten said, “It’s been a five to four court leaning Republican. This is why it is a political firestorm.” This is a problem for conservatives when it comes to Supreme Court decisions that are pending and will have to be decided by eight judges.

Professor Bordelon said, “For the majority of cases by the Court that are not decided five to four, that’s not an issue. The bigger controversy is what happens for those cases where

provisionally, the vote was five to four with Scalia in the majority.”

He explained, “In that case, the vote now is effectively four to four and unless there is further cajoling or persuasion to move the vote to get a five to three, then the tie effectively means a non-decision, with the decision of the lower court standing and no precedential value coming from that tie.”

The day of his death, the President said that he will nominate another Supreme Court Justice “in due time.” Who Mr. Obama appoints next will be crucial because it can throw off the dynamic of the court to the Democratic advantage.

This issue will now become a major factor in the 2016 election. Republicans are going to do all they can to prevent this disadvantage. Republican Senate Majority Leader, Mitch McConnell, said, “The Amer-

ican people should have a voice in the selection of their next Supreme Court justice” and that “Therefore, this vacancy should not be filled until we have a new president.”

Democratic candidate, Hillary Clinton, said, “The Republicans in the Senate and on the campaign trail who are calling for Justice Scalia’s seat to remain vacant dishonor our Constitution. The Senate has a constitutional responsibility here that cannot abdicate for partisan political reasons.”

While President Obama has the Constitutional right to appoint a new Supreme Court Justice, the Republicans will do all they can to block the nomination and hold off until 2017 when they can replace Scalia with another conservative if a Republican wins the election.

Presidential candidate, Ben Carson, said in Saturday night’s debate,

“I call on the Senate to stop any attempts to fill this crucial seat until we the people elect a strong constitutionalist this November.” All of the Presidential candidates and other Republicans are making the same argument.

Professor Bordelon said, “At this point, it will become a political chess match” and added, “Not only are we experiencing a deeply entrenched divided government with the Republicans controlling Congress and a Democrat in the White House, but we are also in the midst of an election year - a perfect storm for both sides to use a potential vacancy on the Supreme Court as a campaign lighting rod.”

Nobody knows who President Obama will nominate to replace Scalia, but Dr. Patten said, “This can be a game changer for the next twenty-five years.”

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Reasons You Should Wake Up Early

JULIA BURKE
STAFF WRITER

Getting up early is probably the most torturous thing you could do to yourself, or is it? Just the thought of waking up before the sun rises is enough to make a college student cringe, but it can positively impact your life. Additionally, it will allow you to break the stereotype that all college students sleep until 3 P.M. (because we all pretty much do).

Professor Jee Hyun Lim, who teaches voice lessons, mentioned, “An early start gives you a jump start to the day! Our concentration level is higher in the morning, and you finish class earlier!”

The early bird really does catch the worm; below I have listed the five benefits of being a morning person!

1. It gets your day started
2. It will make you more productive! We’ve all had that day (or many days) when we slept until late afternoon and felt so lazy; we accomplished NOTHING and had no time to accomplish anything because the day was nearly over. Waking up super late makes you feel like a useless couch potato and

no one wants to feel like that! Getting up early will allow you to be very efficient.

Makenzie Cox, a freshman psychology student, stated, “Waking up too late can waste the entire day. Getting up even slightly earlier than usual makes me feel better about myself and helps me get more ac-

complished.”

2. You get things done before anyone else is up

Not only will you be productive, but you’ll complete everything that you need to finish before anyone else wakes up. This way, you won’t miss an opportunity to go to Buffalo Wild Wings with your friends,

or go for a walk with your grandma on the beach. You’ll have the rest of the day to do what you want; the morning is the perfect time to get things done because you won’t miss out on any events!

3. You’ll have time to exercise

Especially as a college student, it can be difficult to find a time to ex-

ercise while balancing your hectic schedule of classes, studying, work, and a social life. You want to stay in shape, though, and there’s no better time to hit the gym, than in the morning. This will refresh you and help you start your day. Also, not many people wake up early so you’ll most likely have the gym all to yourself! #fitnessgoals

Deya Fuleihan, a freshman political science student, exclaimed, “I love waking up before my classes to work out. It motivates me for the rest of the day.”

4. It will become routine

It may be hard to wake up at first, but once you continue to do it, it will become easier. After a few weeks, you won’t even mind it anymore; in fact, you’ll realize how great it is to be a morning person and you’ll love getting up in the early a.m.!

5. You’ll get a good night’s sleep

By the end of the day, you’ll fall asleep easily. It’s such a great feeling when you crawl into bed at the end of the day, cuddle your pillow pet, and sleep like a baby; nothing beats that.

Getting up early will make you an overall healthier and happier person.



IMAGE TAKEN from thesuumhospital.tistory.com

Those that wake up early normally are more productive throughout their day.

Why You Need to Step Outside Your Comfort Zone

AMANDA DRENNAN
COPY EDITOR

Whenever you want to try something, there is always that voice in the back of your head telling you to hold back. But, maybe it’s time to find experience in being uncomfortable.

Communication professor, Claude Taylor, explains, “Stepping out of your comfort zone can be a valuable way to learn more about yourself and stretch your mental and physical limits. Of course it can be scary, but the risk/reward benefits can be significant.” There is a lot to do to get out of your comfort zone, just grab a friend and start your adventure!

There’s so much you can do that you would have no idea about if you didn’t push yourself. Surround yourself with people who are willing to help you open up and be yourself. Lauren Niesz, junior English student shared, “Being someone who is introverted, I find it hard to get out of my comfort zone. But, I found a friend who helps me!” Using your friends is a great tool to help you ease yourself into trying something new. Neisz continued, “If she wasn’t so persistent on getting me to loosen up I

wouldn’t be as happy as I am now.”

There are plenty of things that can help get you to loosen up and try new things, here are a few:

1. Don’t be afraid to be yourself- There’s no reason to be anyone but you. Just being yourself can lead to a lot of opportunities, so don’t hold back. Do whatever it is that makes you happy, and do not let the fear of being judged by others hold you back from anything.

2. Try something new- Do something you’ve always wanted to do. If you’ve always wanted to take a dance class, just try it! You’ve always wanted to try surfing? Why not? If there is something that you have wanted to do, there should be nothing stopping you. As long as you’re doing something reasonable, what’s stopping you?

3. Challenge yourself- Don’t let your fear hold you back. Do something that you might have always been afraid to do. Weather it’s an activity or even just trying a new kind of food. Put yourself out there to do something you are unsure of. The worst that can happen is that you fail, and you can always try again.

4. Take small steps- Don’t just throw yourself into any and every

activity, take things slow. You’re trying something new, don’t rush it. It is okay to take things slow. Work at your own pace and you’ll be able to discover opportunities that you might have known about.

5. Trust yourself- You know what is best for you, and you should trust your own judgement. Sure, you might feel some doubt, but that’s no reason to limit yourself. There’s no one who knows you better than you know yourself. Trusting yourself will allow you to feel more comfortable with the decision you’re making.

It is easy to get out of your comfort zone, once you try it. Some of your best lessons can be learned when you’re out of your comfort zone.

Junior English and education student, Maddie Arecchi, says, “If you don’t step out of your comfort zone you can potentially miss out on a handful of opportunities that you don’t even know are available to you.”

There is so much you are able to do, and all you need to set your mind to it. It can be scary trying something new, but as they say, “Life is what happens outside of your comfort zone.



IMAGE TAKEN from blog.tahoemountainports.com

Cliff jumping is a great way to get out of your comfort zone.

Reasons Why It Is Important to Always Have Your Guard Up

CHELSIE TROMBETTA
STAFF WRITER

Most people see having your guard up in a negative way. Specifically, when you see how it is portrayed in romantic comedies. The main characters are normally someone who has had their guard up their entire life and end up shutting people out. By the end of the movie, they meet someone that breaks their walls down and ultimately convinces them to lower guard.

Constantly having your guard up may enable you to shut out people which hinders the formation of relationships with others and can seclude you from the rest of society. However, having your guard up around others can also be positive in certain situations. In most cases having your guard up is beneficial because you are not always a ward of the intentions of others. Ellen Brennan a senior education student said, “You can’t always

trust people and you don’t know if everyone’s intentions are honorable, so keeping your guard up keeps you from getting hurt.” This is one of the main reasons why people want to have their guard up in the first place. They don’t want to get hurt.

If you have just gotten out of a serious relationship where your significant other cheated and lied to you, the odds of you having your guard up when dating after that are pretty high. It’s a good idea to have your guard up because you never know who you can trust. Cristina Rauco, a senior creative writing student said, “It’s always better that you protect yourself before considering letting anyone else in.” Which is another reason why it is good to have your guard up, people are unpredictable.

When you don’t know a person well enough, it’s natural that you’re going to have your guard up. You will not want to share too much information about yourself

because you are unsure of what they will do with your personal information. Social media continues to exemplify that when people neglect to have their guard their character becomes tainted by the information they share online. Tom McCarthy, Assistant Director of Counseling and Psychological Services, said “Many people put a

lot of information on social media without giving it much thought. Now, the information you’re giving out is public and not every person on social media has the best intentions in mind. So it is prudent to have your guard up and share with those you really trust.”

Since Catfishing has become a problem online where people are

sharing information and growing close to others they have met online that take on a false identity. *Catfish*, the MTV television series depicts people’s personal experiences with online deception. It is becoming more difficult to trust others with everything that is being done online. Therefore, it is vital to have your guard up when using social media. “Trust is earned and a lot of times people give their trust blindly and it ends up backfiring or hurting them. Trust is really a process; it takes time to earn or to give,” said McCarthy.

You should always think before you act and keep your guard up to protect yourself from being taken advantage of. You should always protect yourself by keeping your guard up. However, it is also important to not seclude yourself from the world. In every relationship it is important to take it slow and build trust within your relationship.

“The information you’re giving out is public and not every person on social media has the best intentions in mind. So it is prudent to have your guard up and share with those you really trust.”

TOM MCCARTHY
Director of Counseling and Psychological Services

Blue Hawk Records: Number Eight is Great

NICOLE SEITZ
STAFF WRITER

Blue Hawk Records is Monmouth University's student run record label. Every semester, the Applied Music Industry class taught by Professor Joseph Rapolla, head of the music department, holds auditions and scouts artists, records and produces a compilation album and hosts a live show at the end of the semester in the Rebecca Stafford Student Center. This semester will be the record label's eighth compilation album. After the success of *Shades of Blue* last semester, the label's seventh compilation album, the student officers at Blue Hawk Records are excited to see what this class has in store for the album this semester.

This past Wednesday night, Feb. 10, the Applied Music Industry class held their auditions in Lauren K. Woods Theatre. A total of 10 acts auditioned to be on the compilation album. Rapolla said, "I was really impressed with all the auditions this semester. It seems like the talent just keeps getting better and better."

The competition was stiff at this semester's auditions. Brianna Roberts, a freshman music industry student who is also a member of the music industry class, said, "There was a lot of

talent at the audition, which was great to see, but it also made it difficult to choose who would be on the album."

Christian Durham, a junior music industry student, a member of the class and treasurer of Blue Hawk Records, commented, "There was a lot of truly talented musicians that came out this semester. The competition was one of the best and most competitive I think Blue Hawk Records has ever had for the compilation album."

Although the decision was hard, the final six artists chosen for the album included: Taylor Puzio, a sophomore music industry student and acoustic artist; singer/song writer, Brittany Cannarozzi, junior music industry student, with music education and music industry students Vinnie Espinoza on guitar and Steve Fillipone on drums, respectively; The Skinny Dips, a beach rock band including Joe Sullivan on lead vocals and guitar and Steve Fillipone on drums, both junior music industry students; and Joy Morgan and Mike Grant on vocals with Jon Bass on bass, all sophomore music industry students. Punk Rock Duo and music industry students Joey Affatato (vocals and guitar) and Andrew Jackle (drums), are on the album as "The Carousers." Biology student Trevon Bailey

is on the album for his second time around, and freshman music industry student Dam Amato will be a part of the compilation with retro guitar and vocals style.

Rapolla has high hopes for this new class and is looking forward to this semester's album. Rapolla said, "I am really impressed with the fact that this class seems very engaged, very focused, collaborative and very ready to get into the production, marketing, and release of this compilation album." There are already dates set up for recording at Lakehouse Studios in Asbury Park with adjunct Professor Eric Romero, who is the head engineer at Lakehouse and also teaches a record production at the University. Also, there has been a release date set for the compilation album on April 20, where physical copies of the album and digital downloads will be available.

There are a lot of great things happening here for Blue Hawk Records this semester and this is only the beginning. Durham and Roberts both commented about what they are looking forward to this semester in the Applied Music Industry class. Durham said, "I am looking forward to a fun album this semester and hearing the finished product." Roberts added, "I can't wait to start working on



IMAGE TAKEN from www.facebook.com

Blue Hawk Records is set to release its eighth album this semester on April 20.

the compilation album because of the great talent we have this semester."

There have been a good deal of extremely talented musicians to go through Blue Hawk Records and it does not stop this semester. Rapolla stated, "We've got some really good songs this round. You can feel the enthusiasm and I think everyone's going to get caught up

in the momentum. This is going to be a good one!"

Let's hope the weather will be nice to have an awesome outdoor release show! To keep updated on what's happening with the album and any other events that Blue Hawk Records has planned, follow them on Facebook, Twitter, and Instagram. Something's happening here!

GET TO KNOW TWENTY ONE PILOTS

EMILY CIAVATTA
STAFF WRITER

Twenty One Pilots, with Tyler Joseph as the lead singer and Joshua Dun on the drums, has gone from a duo that strictly played small venues with a general admission audience to a band that everybody has heard of. After their release of *Blurryface* in May 2015, the duo gained a wildly vast mainstream presence that is only continuing to grow. "Stressed Out" and "Tear in my Heart" are songs that most people at least recognize or are just completely obsessed with.

You can find Twenty One Pilots anywhere from Tumblr, to Spotify, to iTunes, to headlining tours, all the way to various events where they guest perform. Just a few weeks ago, they played at the X Games in Aspen, Colorado. The band is clearly doing something very right.

Blurryface, although released in May of last year, is still on the top album charts, way above many new releases. "Stressed Out" is arguably the most popular song off the album, which is currently number three on the iTunes top songs chart and its music video has over 80 million

views on YouTube. Twenty One Pilots has truly made a huge mark with this album, so much so that it has not gone away even after all this time—it has only gained popularity.

The duo's music style is pretty hard to categorize. While many would argue electropop or indie pop as their overall genre, their music fits into multiple categories. Rap, pop, rock and punk are all other styles the duo tends to dabble in, making their music highly unique and distinctive. *Blurryface* is especially cool because it is a concept album, which always makes an album

have more depth. The character *Blurryface* is what the entire album is about, and Joseph, the leader singer, describes it to represent what people are insecure about.

Joseph writes all of the band's songs, and on *Blurryface*, he completely put all of his talent into these amazing tracks. The album is full of relatable lyrics that are acknowledged by fans everywhere. Songs like "Tear In My Heart," with its lyrically beautiful bridge, and "Polarize," with the ever-so-famous "Those stairs is where I'll be hiding all my problems" lyric, are sung loud and proud by the band's followers at all their shows. You can never find a silent crowd at their concerts, once again proving the band's success (and the fans' undying devotion to them).

No song on the album is one to skip over, as each one is special in its own way. The album begins with "Heavydirtysoul," which is usually the song they kick off their concerts with. The song's verses contain speedy raps but the choruses slow down, both comprising meaningful lyrics. And that is one thing the band achieved perfectly on the album: mixing genres. The beginning of a song may start off as one music style, but by the middle of the song they will have dabbled in something totally different. This technique added contrast and interest to each of their songs. Pop, rock, rap and electronic are genres the duo tended to make up the majority of the album's songs, but reggae is

another genre you'll be able to hear on *Blurryface*. Especially on "Ride," the reggae feel is extremely prominent, but it makes the song something unique and highly catchy. Twenty One Pilots manages to create songs that have happy beats and depressing lyrics, but something about that works so well and goes perfectly with the concept of the album. *Blurryface* finishes off with "Goner," arguably the most serious song on the album, and its powerfulness and is the perfect end to an undeniably flawless album.

The band toured the album starting last summer, but they are far from done. Currently, they are on tour overseas. The tour, entitled "Emotional Roadshow," is making its way back to the U.S. on May 31, 2016 in Cincinnati, Ohio. The band will be in close proximity to Monmouth in Camden, N.J. on June 11 and New York City on August 10 and 11, just a few short months away. Even though they are playing at bigger venues (like Madison Square Garden), I'm sure drummer Dun will still find a way to drum in the crowd while being held up on a slab by people in the audience. The duo always pulls unmatched stunts that set them apart from all other bands in the public eye at the moment. Not to mention, Dun and Joseph are total #bestfriendgoals.

Their success with *Blurryface* and just as a band overall is only going up from here; they never seem to stop bringing something new to the table.



IMAGE TAKEN from www.asdsu.edu

Twenty One Pilots is currently on tour overseas to promote its new album, "Blurryface."

An Interview With Rob Thomas

VICTORIA NELLI
STAFF WRITER

Q. When did you realize you wanted to work in television?

A. I remember trying to make television happen when I was 30. I'd written my first couple of young adult novels for Simon & Schuster. My book money wasn't quite enough to live on, and I was a TV fan. I ended up writing a letter to the president of CBS television, introducing myself, and including the bound galleys of my first novel and letting him know I wanted to write for television. In some sort of miracle that will never be repeated, he read the novel, passed it along to the producers of *Dawson's Creek* and asked me to develop a romantic comedy for television. That project became *Cupid*. I went from barely scraping together a living in Texas as a young adult author to having my own show on ABC in about 18 months. I'm not sure I realized at the time that I'd hit the lottery. I think I realized it after the business slapped me around for a few years after that initial success.

Q. What advice do you have for college students who are looking to pursue the television industry?

A. Even though this was not the path I followed, it's the path that the vast majority of television writers I know followed. If you want to write for television, move to Los Angeles. It's where the work is. Then do whatever you can to get a job on a television series, ideally one that you'd watch or want to write for. Do whatever you have to in order to get your foot in the door.

Net-

work.
Then, importantly, if you're lucky

enough to get that first job as a PA or an assistant, be the best PA or assistant you can be. Go on that coffee run with a smile on your face and a song in your heart. Be well-liked. Be effective in your job. If you do that, good things will come your way. Producers will eventually read your scripts. If they like them, they'll pass them to their agents with the all important, "and he/she is a great human being, too." Maybe you'll even get a freelance script for the show you're on.

Note: Do not lead with your ambition. You're likely going to have to do grunt work for a season or two before anyone volunteers to read you, help you out. Every writer there knows you'd rather be a writer than a PA, that you'd rather have their job. Still, it's good form to not constantly have that thought bubble over your head.

Q. What is something you wish someone told you about working in television?

A. That I would get rewritten. I began my career as a novelist, and no one ever touched my work. I had a tough time adjusting to handing my script over to a boss who would rewrite me. I didn't handle it well at all.

But that's the job as a member of a writing staff.

You are trying to write in the voice of the show. The voice was usually determined by the creator/show-runner. Your job is to minimize his/her work load by getting it as close to an episode he/she would've written.

You can't be too precious if you're working on someone else's show.

Q. What was your first job in entertainment and what did you learn from it?

A. My first job was as a staff writer on *Dawson's Creek* first season. The best thing I learned was how to get into scenes late and out of scenes early, an incredibly necessary skill for television writers. The script that got me most of my early work in Hollywood was this indie *My Dinner With Andre*-style spec script. It was 110 pages of dialogue. People talking over a meal. It just rambled and rambled. In TV, that's almost never an option.

Q. What is your writing process like?

A. I get up very early — 3 a.m. I try to be in the office by 4 a.m. My best writing hours are before the phone starts ringing, before people start knocking on my office door asking me questions. I try to get close on my first draft. I'm not one of those writers who slaps stuff down and then begins the real work on the second draft. I still rewrite and polish a great deal, but I don't start the process with a just-get-something-down draft.

Q. What was your creative process when you



IMAGE TAKEN from www.rollingstone.com

Rob Thomas is the mastermind behind shows like "Veronica Mars," "90210" and "Party Down" (pictured below).

came up with the original concept for Veronica Mars? How has it been doing a movie and seeing how much the fans care about this show?

A. *Veronica Mars* was originally going to be my next book for Simon & Schuster, but I started working in television, and eventually I realized I'd never get to the novel, so I gave back my advance money and wrote the original *Veronica Mars* pilot on spec. It had the advantage of being an idea I had in my head for several years before I ever wrote a draft.

I'd been a high school teacher for several years, and I'd wanted to do a teen show. *Freaks and Geeks* had just been cancelled, and I couldn't have loved that show much more than I did. If that show with its low-concept, beautiful coming-of-age stories couldn't stay on the air, I figured my best bet to get a teen show on was to write something high concept — teenaged private eye! — and let that high concept be my Trojan horse in order to sneak a teen coming-of-age show on the air.

The Kickstarter project was incredibly fulfilling. After the show's cancellation, it seemed like the only question anyone asked me was

whether there would be a movie. Not many movies get made based on low-rated CW series. Up until the amazing outpouring of support on Day 1 of the Kickstarter project, I secretly feared I'd just been listening to 20, or so, loud *Veronica Mars* fans about their desire for continuation and that we might launch the project and have no one show up. That would've been a humiliation I might've never recovered from.

Q. How has your time been so far on iZombie? How is it different from your time on some of your previous shows?

A. *iZombie* has been the happiest experience of my career. It's the first show I've done where the creators, the studio, the network, the cast all seemed to be in sync from the beginning. We've been treated so well. It's still an incredibly tough job with long hours, but when everyone is moving in the same direction and you're not wasting time and energy on creative standoffs, it makes it a joyful ride.

This interview is part of the "Unsung Heroes" series, which aims to better educate students about the television industry. Read more at <http://twwithvictoria.com/tvs-unsung-heroes>.

Raving Over "The Revenant"

ANNA BLAINE
STAFF WRITER

Every once in a while, a great actor that has been around for a long time gives a high caliber performance that reminds you of why they are so good at their craft. In

a nutshell, they solidify why they are masterful at transforming into characters. We've seen this with Robert DeNiro, Al Pacino, and Daniel Day-Lewis. This year, the actor that joins the ranks of those brilliant performers is Leonardo DiCaprio.

On the surface, *The Revenant* looks like a typical, two-hour long movie about a man seeking revenge for his family, but it is much more a story about a man who wants to be at peace spiritually and physically. DiCaprio plays Hugh Glass, a 19th Century frontiersman who

gets mauled by a grizzly bear while on an expedition with his son and fellow frontiersmen. He barely survives the bear attack, but his tenacity is the remarkable thing about this scene (other than the bear, who was just as much a character in this movie). The bear attack was twenty-minutes of intense agony with DiCaprio being tossed like a Frisbee and stomped on repeatedly, but somehow this character survives. When you think that things couldn't get any worse, Fitzgerald, a devious and menacing fur trader/mercenary played by Tom Hardy, is left behind to monitor Glass's condition. Fitzgerald tries to kill Glass instead, but only reaches as far as to bury him alive in an unmarked grave.

This movie echoes with Native American spiritual proverbs that interweaves with the journey that Glass finds himself on. His journey is about death and rebirth as well as revenge. Here is a man that should be dead and is figuratively dead inside because he lost everything that he holds dear, but he crawls out of this unmarked grave, iron-willed and hell bent on hunting down Fitzgerald. DiCaprio's character has minimal dialogue in the movie aside from the interactions he had with his Native American son. This

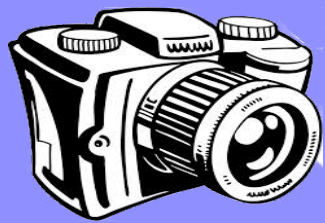
made DiCaprio's performance that much more beautiful and haunting. Not only did DiCaprio physically transform himself into a man who is desperate to live for payback, but he goes through numerous challenges like facing freezing degree temperatures and wildly cascading down a rapid, icy river while escaping from enemies, as well as eating raw bison liver in the middle of the frozen wilderness. One of the most harrowing scenes in *The Revenant* was an intense horse racing scene where Glass is evading an Indian ambush and rides head first off a cliff.

There is never a dull moment in this movie. You are always engaged in the next obstacle that Glass will find himself against and when he manages to surpass it, there is this sense of relief that he is that much closer to revenge. The director Alejandro Inarritu takes the audience on a spiritual quest, eluding to human nature and asking questions about vengeance. Is vengeance a task only fit for the Creator or can man partake in it? The main character struggles with this question until the very end, when he finally gets a glimpse of his wife and son equivalent of the tranquil peace he eventually finds. *The Revenant* is a great, cinematic feast all around definitely worth watching.



IMAGE TAKEN from www.indiewire.com

"The Revenant" is nominated for 12 Academy Awards, including Best Picture, Best Actor, and Best Director.



MOMENTS AT MONMOUTH



TOP LEFT:
CRIMINAL JUSTICE MAJOR BRENNAN LANNI RECEIVES THE PAMELA MARKOWITZ AWARD FROM THE LATE PAMELA MARKOWITZ'S PARENTS. THE AWARD IS PRESENTED TO A DESERVING C.J. MAJOR IN HER HONOR. (PHOTO COURTESY OF KIERA LANNI)

CENTER RIGHT:
GRACE ROEDER VISITED THE HISTORIC RADIO CITY MUSIC HALL THIS WINTER. (PHOTO COURTESY OF GRACE ROEDER)



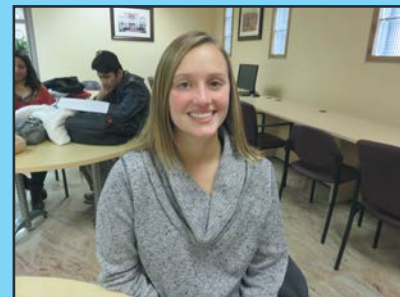
CENTER LEFT:
CESAR MONTERROSO AND HIS AIR FORCE FLIGHT CREW. (PHOTO COURTESY OF CESAR MONTERROSO)

BOTTOM RIGHT
ZACHARY KARVELAS WITH HIS ADVENTURE EDUCATION CLASS IN COSTA RICA OVER WINTER BREAK. (PHOTO COURTESY OF ZACHARY KARVELAS)



Where would you like to travel to one day?

Compiled by: Kiera Lanni



*Lauren
Senior*

"Greece."



*Cailyn
Junior*

"Italy."



*David
Junior*

"Japan."



*Kevin
Junior*

"All over Europe."



*Jeanette Villanueva
Admin. Assistant-
Study Abroad/Global Education*

"Greece and Dubai."

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+

-

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8:00pm

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When: February 26-28, 2016 (You will attend all three days)

Friday: 6:00 p.m. – 9:00 p.m.

Saturday: 8:30 a.m. – 5:30 p.m.

Sunday: 8:30 a.m. – 5:30 p.m.

Where: Neptune City Community Center,
117 3rd Avenue, Neptune City, NJ 07753

Who: The workshop will be run by trained volunteers who lead workshops at New Jersey prisons, community centers, and nonprofit groups.

How much: \$50 suggested voluntary donation to cover materials, lunch and snacks. No one will be turned away for inability to pay. Registration deadline is Feb. 19.

Space is limited. To reserve your spot, fill out the form below and mail it with your check to AVP-NJ, P.O. Box 10, Neptune, NJ 07754. You can also register and pay online at <https://www.eventbrite.com/e/avp-conflict-resolution-workshop-tickets-19815188763>

Questions? Call: Eleanor Novek, 732-988-0998.

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Email _____ Occupation _____

Check to "AVP/NJ" enclosed for \$____ or ____ Can we talk about a scholarship?

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*Winners may be featured on a banner, in the Outlook and will attend Awards Ceremony on March 23rd.

Just One More Episode: The Dangers of Binge Watching

DANIELLE ROMANOWSKI
CONTRIBUTING WRITER

In today’s day and age, virtually anything we desire is available at the single touch of a button. Entire television series are accessible to our society as a result of online streaming sources like Netflix, Hulu and Amazon Prime. These streaming websites have caused a habitual and continuous viewing among users that is commonly known as “binge watching.”

Binge watching can be defined as watching a particular television show in rapid succession, without any breaks to engage in alternate activity. This has become extremely popular among millennials, particularly college students.

Online streaming websites like Netflix and Hulu are incredibly successful due to the fact that they let their users watch multiple episodes in progression. It’s very rare that a Netflix user would log on and watch only a single episode of their favorite television show because it has become such an addiction to continue streaming.

Binge watching shows and movies online has become so popular that college students would rather sit in front of their laptop or tablet instead of actually flipping through channels on a television. Binge watching is all about instant gratification, convenience, and the accessibility to multiple episodes in just one sitting.

While binge watching your favorite show can be a fun way to leisurely pass time, there are many negative effects when it comes to this phenomenon.

Binge watching can be addicting, isolating and even increase procrastination levels in students. Many students have a difficult time finding motivation to accomplish their schoolwork, and Netflix isn’t exactly the push students need to help them get their homework done.

It has become very easy for college students to procrastinate and put off doing their work; many will find any excuse

not to begin an assignment.

There are thousands of TV shows available for streaming on Netflix, and continuous watching leads to longer amounts of procrastination. The idea that you don’t have to wait a week to watch the subsequent episode of a cliffhanging series keeps viewers engaged in streaming their shows.

The initial suspense of finding out what is going to happen next in a popular series leads to an ongoing binge effect and can really put off getting work done. With a plethora of TV

shows available at just a click of a mouse, it significantly raises procrastination levels in college students.

“Sometimes I’ll have the option to start an assignment or start studying for a test in advance but I’ll often find myself procrastinating, which usually involves me using my laptop to watch a television show instead of for a homework or study assignment,” Stephanie Merlis, a business marketing student, commented.

Not only can binge watching increase procrastination levels, but it is also an extremely isolating

activity. “Sometimes my roommates will all be hanging out in the living room at our house, but I can’t help but to continue watching my shows on Netflix,” said senior communication student Erin Shevlin.

Students can become so consumed in what they are watching that they may unintentionally disengage themselves from their roommates, friends and family. It’s very easy to become so consumed in what you’re watching that it stunts you from interacting with other people.

Binge watching is a very individualistic activity and if it is overdone, it can become extremely isolating.

Binge watching has become the most popular way to watch a television show, and the reason for that seems to be very clear: we live in a society of instant gratification and convenience.

We, as a whole, want what we want when we want it, and streaming websites like Netflix give us just that. We are able to control how much media we consume at one time and that opportunity has become severely abused through activities like binge watching.

How many times have we told ourselves, “just one more episode” while on Netflix? The answer is probably not that often. It seems as though binge watching is an activity that has consumed a majority of college students’ free time and will continue to be one of the driving factors of procrastination on university campuses.



IMAGE TAKEN from plarko.com

Binge watching is an easy habit to fall into, especially for college students, but it has the potential to increase a person’s level of procrastination, and even cause them to isolate themselves from their friends.

The University Celebrates Black History Month

ANNA BLAINE
STAFF WRITER

Although winter is not officially over yet, during the month of February there is still cause for celebration in recognition of Black History Month. Black History Month is not only about acknowledging the achievements of black inventors or Civil Rights leaders, it encompasses culture, pride, patriotism and humanity - something that is inherently human.

This year marked the 50th Anniversary of Martin Luther King Jr.’s visit to the University. King’s dream of disbanding segregation and embracing diversity was still not shared by everyone at the time.

In fact, his speech was not well received at the University when he spoke in front of a seemingly conservative audience,

a majority of them white faculty and students, on Oct. 6, 1966. The issues that he spoke about concerning segregation, poverty, the racially motivated killings down South, and the Vietnam War touched a nerve that made some people uncomfortable.

Nevertheless, King’s speech and presence were both timeless. He transformed the University and established principles that deeply reverberate on campus to this day.

The words that he spoke during his visit were reminiscent of his “I Have a Dream” speech; revolutionary in so many ways that a plaque in Wilson Hall was made in honor of his historic stop in West Long Branch. Black History Month is about cementing a legacy, and Martin Luther King Jr. did that the day he spoke on this campus.

During this semester, there is a wide range of events and discussions that involve something pertaining to black history or the issue of race. One of the discussions that has been prevalent since last year is whether or not Woodrow Wilson’s name should be removed from Wilson Hall because there is evidence implying that the 28th President was racist.

It has been a major topic of debate on campus among students and faculty. Many worry that it could be a stain on the legacy of the University; a legacy that has been maintained since the college opened and King’s rousing speech in 1966 marked that significant moment.

On a positive note, The African American Student Union (AASU) at the University is very active in promoting events that have to do with black history.

On Feb. 11, they hosted a “Pitch Black Party” in Anaconda Hall to celebrate music influenced by black artists and invite college students out.

“The party was really a way of introducing people to Black History Month and the African American Student Union. Immediately following the party we had a movie screening of *Dear White People*,” said Arianna Gordon, a senior health studies major and President of AASU.

Just as the campus itself is rich in history, so is the surrounding community. “This area of Monmouth County has certainly seen its share of black history, spanning from the Revolutionary War until the present. One of the more noteworthy events of political unrest was the rioting in Asbury Park during July

of 1970 that brought national attention to the Jersey shore,” explained Nicole DeSanctis, an Adjunct in the History and Anthropology Department at the University.

New Jersey has always been a place of opportunity, DeSanctis continued to explain. “On our own campus, Wilson Hall was designed with the help of Julian Abele, the first African-American professional architect”

No matter what happens at the University that makes us question the legacy of the college, there is still a conscious effort to externalize the message of freedom, justice and equality.

There is still an attempt to live up to the humanity that Black History Month represents. In the words of Thurgood Marshall, “In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.”

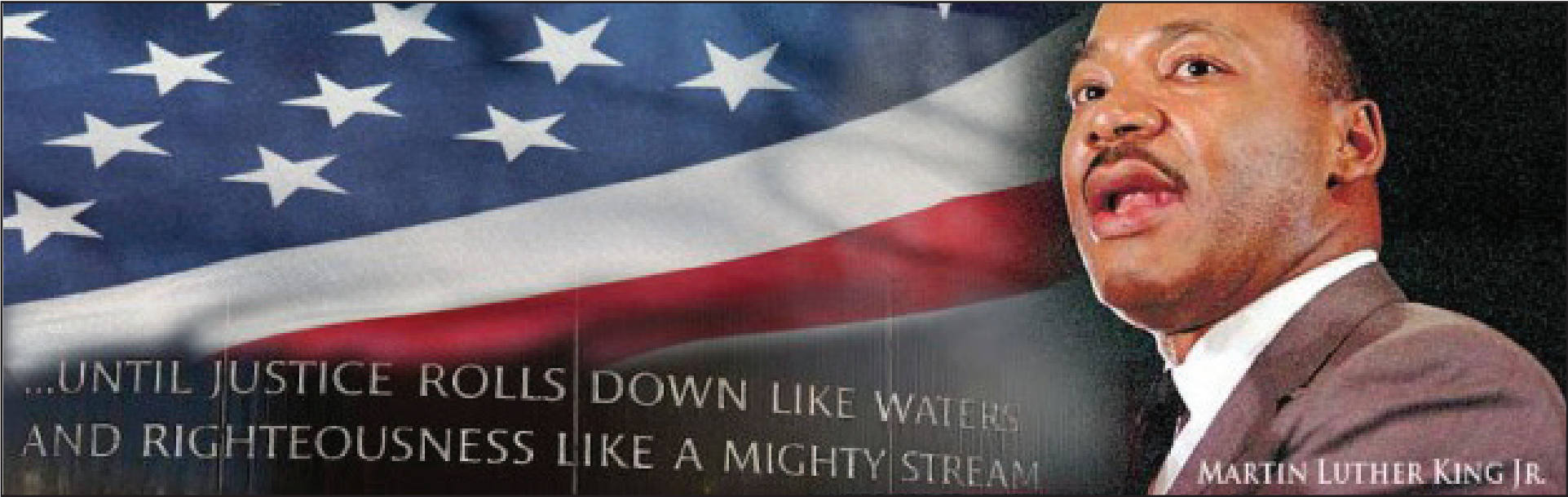


IMAGE TAKEN from chicagonow.com

Martin Luther King, Jr. spoke at the University on October 6, 1966, leaving an impression on this campus that is sure to last for years to come.

Music Festivals Through the Ages

NICOLE SEITZ
STAFF WRITER

Woodstock, Coachella, Firefly, Bonnaroo, Warped Tour, Governor’s Ball...the list goes on and on. Music festivals have always played a major role in the lives of many Americans, particularly the younger generations, but it seems that just as the culture has changed with the times, the meaning behind these melodic celebrations has also undergone some alterations.

“Music festivals have certainly evolved since I first remember them from the 1960s,” said Stuart Rosenberg, an Associate Professor of the Management and Decision Sciences who also teaches a class on the history of rock and roll.

“People think of the 1960s as the Woodstock generation, and the one music festival that helped commercialize the explosion of festivals to come in later decades was the Woodstock festival in the summer 1969,” he continued.

The Woodstock Music and Art Fair, referred to as “three days of peace and music,” was held in August of 1969 in White Lake, NY and is probably one of the most notorious music festivals in history.

Rosenberg explained how Woodstock was the first really big event that basically began the huge popularity of music festivals and made them a marketing tool.

“Music promoters could see the big business that these festivals could generate, and from the 1970s through today there are several festivals each year across the world that attract music fans of all genres,” he said.

Little do many people know, there were several major music festivals that took place before Woodstock that also contributed to shaping the whole idea behind these concerts.

One of these is the Newport Folk Festival, which was estab-

lished in 1959 and is still held today in Newport, RI. The first Newport Folk Festival is most noteworthy for being the place where folk icon Bob Dylan “went electric.”

Two years later, there was another music festival that is known for creating the format of Woodstock. Rosenberg recalls, “Perhaps the first signifi-

cant outdoor rock festival was the Monterey Pop festival in 1967, which featured the Who, Jefferson Airplane, the Grateful

Dead, the Mamas and the Papas, Janis Joplin, among others, including Jimi Hendrix and Otis Redding, who truly became pop icons as a result of their being there.”

This festival was held in Monterey, CA and mainly focused on the counterculture at the time by showcasing the importance of rock and roll to that

generation of young people. bastions of grand unification and understanding. They were places to make peaceful political statements and to love one another.”

“Music festivals in the past used to be bastions of grand unification and understanding. They were places to make peaceful political statements and to love one another.”

LIAM FRANK
Junior



IMAGE TAKEN from fireflyfestival.com

Music festivals are a place where music lovers of every kind are able to come together and connect with other fans who are just as passionate as they are.

tickets,” said Frank.

This begs the question: has the strong unity of the music lovers who once attended these kinds of festivals been lost?

Some of today’s major music festivals include Coachella Valley Music and Arts Festival in California, Firefly Music Festival in Delaware, and even Vans Warped Tour, which travels around the country. There are also a ton of music festivals for many different genres of music, even ones with religious undertones like the Creation Festival in Pennsylvania.

The popularity of music festivals seems to increase every year as the bands and the overall experience get bigger. Caitie Bitetto, a junior communication student, believes, “Music Festivals are one of the best ways to experience music. From going to see your favorite bands to discovering new bands and musicians, every moment is awesome.”

Bitetto attended Firefly Music Festival in 2014 and her favorite memory was being able to see her favorite band, The Foo Fighters, perform live. She is even more excited to attend the festival again this summer in June.

Although Frank makes a valid point by saying, “Past music festivals were more about music than today’s are,” Bitetto, another great music lover, sees the opportunity to experience music in such an exciting way. “You also get the opportunity to meet new people who are great and have the same music taste as you whom you would have never encountered otherwise,” she explained.

Although it may be true that many music festivals today put a lot of money into marketing and selling every attendee everything they have, music lovers can still go to these events and feel the similar kind of connection while listening to great music just like their parents did at Woodstock.

Early Birds vs. Night Owls

Early Birds cont. from pg. 1

owls, but it has been proven that those who stay up and sleep in late have a higher chance of feeling depressed, eating less healthy diets, and also experiencing more day to day stress than their early rising counterparts.

While these kinds of people tend to exhibit addictive personalities and antisocial tendencies, research also demonstrated that people who stay up late are more productive and display greater reasoning and analytical abilities.

Early birds, on the other hand, are typically more easygoing and overall satisfied with their lives. They are less likely to fall victim to substance abuse, and rarely find themselves dealing with feelings of anxiety or stress.

Researchers have also found that the human body comes equipped with its very own biological clock.

Katherine Sharkey, Associate Director of the Sleep for Science Research Lab, explained in a WebMD article that this clock is about 24 hours, thanks to the Earth’s 24-hour-light-dark cycle.

“Some people have a slightly

longer natural cycle, and some are slightly shorter,” Sharkey added.

Those with longer cycles tend to be night owls, while men and women with shorter cycles would typically be considered

It can be hard for a person to change their already-set bedtime ritual, but in order for an individual to alter their sleep habits for the better, those changes are necessary.

early birds.

While biology does play a large role when it comes to a person’s sleeping habits, an individual’s personal choices revolving around bedtime are equally as important.

Being well rested allows stu-

dents to remain focused and alert in class, which will have obvious positive effects on their academic achievements.

For the students who fit under the category of night owl who are looking to improve their sleeping habits, there are a handful of ways for them to work on bettering themselves when their eyes are closed.

Studies have shown that decreasing nighttime exposure to artificial light, like that from a computer or iPhone screen, and increasing daytime exposure to natural sunlight can actually shift a person’s sleep-wake cycle.

Sleeping in a dark room is also another way to gradually make the change from night owl to early bird, as is forgoing one last look at Twitter or Instagram before falling asleep.

It can be hard for a person to change their already-set bedtime ritual, but in order for an individual to alter their sleep habits for the better, those changes are necessary.

Biology and personal choice are both at play when it comes to whether or not a person can be classified as an early bird or a night owl, but for now, the question of which one gets the worm is still up for debate.

Early birds:

- Tend to be more persistent
- Are more resistant to fatigue, frustration, and difficulties
- Often have lower levels of anxiety and lower rates of depression
- Show higher life satisfaction and less likelihood of substance abuse

Night owls:

- Tend to be more extravagant, temperamental, impulsive, and novelty-seeking
- Are more likely to suffer from insomnia and ADHD
- Appear more likely to develop addictive behaviors, mental disorders, and antisocial tendencies

IMAGE TAKEN from themindbodyshift.com

Early birds and night owls share different personality traits.

Alpha Kappa Alpha Crowns 2016 Mr. **Pink** and **Green**

ERIN SHEVLIN
STAFF WRITER

Students packed into Pollack Theatre on Wed. Feb. 10 for Alpha Kappa Alpha Sorority Incorporated's second annual Mr. Pink and Green competition.

Dan Jefferson, a junior track and field athlete at Monmouth University, stole the hearts of the crowd and the judges as he placed first and was crowned Mr. Pink and Green for 2016.

"Dan absolutely killed it in the competition tonight. His Chris Brown routine in the dance portion definitely sealed the deal for him with the judges and the crowd," said Jamie Sayegh a senior health studies student.

Jameir Gee, junior and brother of Alpha Kappa Psi, placed second in the competition. The other contestants were Joe Johnson who is a sophomore criminal justice student, Sean Del Galdo who is a senior business administration and marketing student, and Colton Lambert, a senior computer science student. Additionally, last year's winner of the competition, Brian Maisonave, graced the stage again as this year's host for the night.

The competition was broken down into four sections beginning with a question portion. Each contestant was asked three questions: one about a member

of Alpha Kappa Alpha, one about themselves, and another pertaining to a fact about the sorority's history.

The second round of the competition was the much anticipated talent portion. The contestants put everything on the line in choreographed dances and songs. Jefferson started the round off with a choreographed dance to a Chris Brown song. Gee followed with a performance of two original songs that he wrote off his upcoming mix tape. Next was Del Galdo with an incredible performance in which he danced to a mash up of Justin Timberlake's greatest hits over the years. Finishing the round was Lambert with a rendition of Jim Carey's "Cuban Pete" from The Mask.

The next round transported the audience back to summer as the contestants showed off their best swim wear. The competition then ended with a formal wear round in which the contestants were each escorted onto the stage by a member of Alpha Kappa Alpha.

"My favorite part was working with the guys. They are a good group and have been really dedicated," said Kaila Lane, a senior communication student and member of Alpha Kappa Alpha.

The event also included performances from Monmouth University's acapella group, the Sea Sharps, American Idol con-

stant and member of Lambda Theta Phi, Julius Madden, Phi Beta Sigma Fraternity Incorporated, and the women of Alpha Kappa Alpha Sorority Incorporated.

Each year Alpha Kappa Alpha chooses a different organization to raise money for depending on the event. This year, tickets were sold for \$3 in advance and \$5 at the door. The money raised for Mr. Pink and Green will be donated to the American Heart Association.

With only one of the five contestants involved in Greek life, Mr. Pink and Green attracted a larger audience than the typical percentage of Fraternity and Sorority life. "At times, we see only participation from Fraternity and Sorority Life, and it was great to see students from other organizations and areas of campus participating. Their PR for the event was great and they had a full house," said Michele Kaplan the Assistant Director of Student Activities for Fraternity and Sorority Life.

Mr. Pink and Green is the first of several Fraternity and Sorority Life events that will be hosted this spring semester in Pollack Theatre.

For more information on upcoming events, follow the Multicultural and Professional Greek Council and Greek Senate on social media.



PHOTO TAKEN FROM Alpha Kappa Alpha Instagram
First place winner, Daniel Jefferson and Jameir Gee at the crowning of Alpha Kappa Alpha's Mr. Pink and Green.

Rock N' Raise Returns To Campus in Late February

DEVEN MCCARTHY
CONTRIBUTING WRITER

On Friday, Feb. 26 Rock N' Raise annual charity event will take over the *Hawk TV* studio in the Jules L. Plangere Center for Communications building. Rock N' Raise is a competition between bands who raise money and perform in hopes to win a grand prize and of course, bragging rights. This event is co-sponsored by WMCX and *Hawk TV*. WMCX and *Hawk TV* will both stream and broadcast Rock N' Raise live.

The idea of Rock N' Raise first came about in 2013 after Hurricane Sandy devastated the Jersey Shore. Both WMCX and *Hawk TV* wanted to put on an event to raise money to help those affected by Sandy, so the two organizations joined forces. Rock N' Raise since then has become an annual live production.

While WMCX and *Hawk TV* co-sponsor the event, the two organizations have very different responsibilities when plan-

ning Rock N' Raise. "*Hawk TV* is required to make sure we have a full crew for the event and insure the overall flow of production. Specifically as executive producer I have to make sure all the tech equipment is working and that the staff knows their role," said Joseph M. Ruggiero, a senior communication student and executive producer of *Hawk TV*.

As *Hawk TV* focuses on the live production aspect of the event WMCX focuses on the musical aspects. "As the music producer of this year's Rock N' Raise the majority of my planning included getting a hold of a whole bunch of bands and artist to take part in the event," says Larissa Trovamala, a senior communication student and an active member of both *Hawk TV* and WMCX. Some of the bands that Trovamala secured to perform at Rock N' Raise are The Mercury Brothers from Red Bank and Eastbourne from Asbury Park. "Larissa [Trovamala] has done an amazing job finding four local successful bands to

perform, explains *Hawk TV* executive producer, Ruggiero.

While the overall concept of Rock N' Raise remains the same the two organizations has added some new additions to this year's event. "We decided to spruce up the lobby by putting the acoustic performances out there so people who watch from the lobby can also have a close interaction with some of the performers," said Ruggiero.

Those are not the only changes that are taking place; the judging system is also different this year. In previous years the first place winner was the band with the most votes, but that is not the case this year.

There will be a panel of experienced judges who will vote, along with the fans and also the band that raises the most money for the American Cancer Society will receive another vote as well. Therefore, "there are a lot of different aspects and a lot on the line," said Ruggiero.

With Rock N' Raise rapidly approaching, there is still some preparation that needs to take

place, but *Hawk TV* and WMCX are ready to take on the challenge. "There definitely is some planning left to do, but what is a production without constant changes? It's called entropy," said Trovamala.

This year *Hawk TV* and WMCX are expecting around 100-200 people. All attendees can expect a fun time, with numerous ways to participate in the event. They can watch or listen live via *Hawk TV* or WMCX, come to the event itself and see production behind the scenes and how it works, or they can interact with numerous organizations on campus that will be in the lobby of Plangere during the event.

"Overall I feel there is something for everyone, especially because each paying attendee gets to vote for their favorite band which gives them a reason to come and support which performer they like," said Ruggiero.

Being that WMCX and *Hawk TV* have made Rock N' Raise an annual event, there are many students who look forward to this experience every year. "I at-

tended the first Rock N' Raise event my freshman year when all the proceeds went to those effected by Hurricane Sandy. I have been to every Rock N' Raise since then, it is always a great event with even better music," said Diana Busardo, a senior communication student.

Busardo, is not the only one looking forward to Rock N' Raise. "My favorite part of the event is seeing a live production and a concert, it is two of my favorite things taking place once," said Brianna DeRose, a senior communication student who was on the production crew of last year's Rock N' Raise. "This year I hope *Hawk TV* and WMCX earn more donations for such a great cause and I am looking forward to the Rock N' Raise," she continued.

Last year's Rock N' Raise event raised \$4,200 for the American Cancer Society. This year both *Hawk TV* and WMCX hope to exceed that amount, which will go towards Relay for Life and The American Cancer Society.

ON AND OFF CAMPUS ANNOUNCEMENTS

The Outdoors Club

The Outdoors Club is hosting numerous events this semester. The first will be on Game Night held on Friday, February 19 in the Student Center at 9pm. There will be multiple games and plenty of snacks. You can also stop by if you just want to meet the members and become more acquainted with the club.

If you cannot make game night but still want to join the

Outdoors Club, keep an eye out for:

March 25-27: Cabin Camping at Belleplain State Forest.

April 3: Old fashioned picnic at Shark River Park from 11 a.m.-3 p.m.

April 23-24: White Water Rafting and Aerial Zip Lining Adventure Course at Hudson Canyon, NY.

April 26 : Beach Bash, the lo-

cation will be determined closer to the date

*Come to an Outdoors Club Meeting every other Wednesday at 3:30 p.m. in Bey Hall 126.

You can also join our Facebook group, Monmouth University Outdoors Club, to find out about upcoming events.

MOCC

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!

The Outlook

The Outlook is looking for students interested in writing for the student-run newspaper. Sections include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club & Greek, and Sports. No prior experience is necessary. *The Outlook* fulfills practicum requirements for communication majors, however, any majors can write for *The Outlook*.

Men's Basketball Wins Eight Straight

JOHN SORCE
STAFF WRITER

The magical season for the men's basketball team continued after they stormed back from a 14 point deficit with 3:58 to go to take down the Rider Broncs (10-16, 6-9) in front of a sellout crowd of 1,650 at Alumni Gym in Lawrenceville on Feb. 12.

Monmouth went on a 17-2 run to close out the game after trailing by as many as 14 points in the second half. Junior point guard Justin Robinson put the blue and white on top for good as his 3-pointer with 3.8 seconds remaining gave MU a 79-78 lead.

"Big time players want the ball at the end of the game," Malcom Huckaby said on the *ESPNU* broadcast after Robinson's clutch shot. "I'll say that again: big time players want the ball at the end of the game. Some guys don't embrace the moment, the great ones do. Justin Robinson is one of the best guards in all of college basketball. Period."

The Broncs were unable to convert a last second shot and the Hawks escaped with their third consecutive single digit victory against the Broncs on the road, dating back to November 2006.

"Our kids made incredible plays," head coach King Rice said. "To come that far back and get it done in regulation is a credit to these young men."

The Hawks came out flying and took a 44-35 lead into half-time while holding Rider to just 12-31 from the floor and 2-12 from three. But the Broncs left the locker room looking like a different team, as they went on a 31-9 run to begin the second half and made good on their first seven 3-pointers to give



PHOTO COURTESY of Monmouth Athletics

Freshman guard Micah Seaborn led the Hawks with 22 points against Manhattan Monday night.

them a 13 point advantage with 11:50 to play.

Monmouth responded with two free-throws by junior guard Je'lon Hornbeak and a 3-pointer by senior guard Deon Jones to cut the deficit to eight with 8:53 remaining. However, two Kahili Thomas layups gave the Broncs a 12 point lead. MU freshman forward Pierre Sarr's layup with 5:22 cut it to ten, but Rider's Teddy Okereafor put in two la-

yups to give the Broncs their largest lead of the night, 76-62, with 3:58 to play.

The comeback began with layups by Jones, Sarr and freshman guard Micah Seaborn which was followed up by a 3-pointer by Hornbeak, cutting the deficit to five with 1:32 to play. Another layup by Jones, the team's lone senior, made it a three point game. That was followed by a 3-pointer by Sea-

born, a leading candidate for MAAC Rookie of the Year, to tie the game at 76 with 59 seconds to play.

Rider regained the lead after a Thomas layup put them up by two with 21 seconds to play. The Hawks called a timeout with 14 seconds remaining, setting up the game-winning 3-pointer by Robinson with 3.8 seconds on the clock.

"It means a lot to this team,"

Jones told Eddy Occhipinti of Monmouth Digital Network after the game. "Being down by 14 with about three minutes left and being able to pull this out, it's a credit to how hard we work. It shows maturity as well, because I don't know [if] a couple years ago that we would have been able to pull that out. We have matured as a team and to get through things like this, that's a credit to us for working so hard."

Four Hawks finished in double-figures led by Robinson's 21 points. Jones added 18, Seaborn had 17 and Hornbeak tacked on 12.

MU also defeated the Marist Red Foxes 87-61 on Tuesday, Feb. 9 in Poughkeepsie, NY. Five Hawks scored double-figures as Seaborn and Robinson led the blue and white with 16 points each. Hornbeak had 14 points while junior guard Collin Stewart added 10 points. Junior center Chris Brady finished just shy of a double-double as he finished with 11 points and nine rebounds.

On Monday, Feb. 15, the Hawks once again made history as they defeated the Manhattan Jaspers, 79-70, to earn their 22nd victory of the season. The two teams were equally motivated as the game was neck and neck right until the final minutes. Seaborn led MU with 22 points on the night with six rebounds, four assists and three steals. Robinson was close behind with 20 points and three assists. Brady had six rebounds.

The Hawks return to action in a nationally televised game against the second place Iona Gaels on Friday night. Tip-off from The MAC will be at 10 p.m. MU defeated Iona 110-102 in their previous meeting on Jan. 15.

Women's Basketball Splits with Fairfield, Manhattan

MATT DELUCA
STAFF WRITER

The women's basketball team fell to the Fairfield Stags 80-70 Sunday afternoon at Alumni Hall in Fairfield, CT.

Senior guard Jasmine McCall led the Hawks with 16 points off the bench, with senior guard Jamiyah Bethune contributing 15 points, four rebounds, and three assists. With the loss, the

team's record fell to 9-16 (7-9 MAAC), while Fairfield improved to 15-10 (10-6 MAAC).

"They went inside a lot, and we were undersized so that worked out in their favor," Bethune said after the game. Fairfield scored 34 of their 80 points in the paint, taking advantage of the mismatches inside, having three players over six feet.

Fairfield came out with hot shooting, beginning the game

on a 7-0 run. MU quickly responded with an 11-3 run of their own to make the score 11-10 at the first media timeout. The two teams would remain close throughout the remainder of the first quarter, ending the first 20-17 in favor of the Stags.

The Stags opened the game up in the second quarter, their lead increasing to eight at the media timeout, and 13 at half-time. McCall and junior guard

Tyese Purvis led the Hawks with eight points at the intermission, while Fairfield had three players already in double digit scoring, junior forwards Casey Smith (13), Kelsey Carey (10) and senior guard Kristin Schatzlein (10).

The Stags extended their lead to 18 points early in the second half, and would stay up 18 to close out the third. In the fourth, the Hawks slowly began to cut into the deficit, bringing it down to 10 twice. Bethune led the Hawks in the second half, scoring eight of her 15 points.

"I just tried to catch it and go off the edge to beat them on the first step," Bethune said.

MU entered the game against Fairfield hot, winning three of their last four games, including a 57-56 victory over the Manhattan Jaspers Thursday, Feb. 11 at Draddy Gymnasium.

Senior guard Sarah Olson led the Hawks in scoring with 16 points, 14 of which came in the fourth quarter. MU also received contributions from McCall, who netted 14 points of her own, and junior forward Christina Mitchell, who had a double-double with 11 points and 14 rebounds.

"We showed guts today," head coach Jenny Palmateer said after the Manhattan game. "We were struggling to score the entire game, and we had a core group that brought us back on the defensive end."

After seeing their lead shrink to four points in the opening minutes of the second half, the

Jaspers embarked on a 10-0 scoring run to make the score 38-24. After MU cut the lead to single digits, Manhattan started yet another scoring run, which brought their lead back up to 14 points at the end of the third quarter.

The Hawks went on a 7-0 scoring run at the 8:37 mark in the fourth, which sliced the Manhattan lead in half. After another Jasper three points, MU once again went on another 7-0 scoring run, this time sparked by a 3-point basket, a steal, and a fast-break layup all by Olson. With the score 52-49, Manhattan guard Blake Underhill converted on a layup while being fouled, but could not finish the three-point play, making the score 54-49. Olson's four straight points from the free-throw line made it a one point game with 2:15 left.

After both teams traded free-throws, McCall drove inside and drew the foul call, making both from the line to give the Hawks their first lead since the first quarter. The Jaspers were unable to score in the final seconds, making the final score 57-56.

The Hawks start their NY road trip on Friday, Feb. 19 as they travel to Lewiston, NY to face the Niagara Purple Eagles. Tip-off is slated for shortly after 7 p.m. with live audio on WMCX 88.9 FM. They will then verse Canisius at 2 p.m. on Sunday, Feb 21. The game will be shown on *ESPN3*.



PHOTO COURTESY of Monmouth Athletics

Senior guard Jasmine McCall led MU with 16 points in their loss to Fairfield.

Women’s Lacrosse Opens Season at Towson

CONNOR WHITE
SPORTS EDITOR

The MU women’s lacrosse team played their first game of the 2016 season against Towson last Wednesday, falling to the Tigers, 9-1.

However, despite the loss, first-year head coach Eileen Ghent is happy to get back on the field and believes her team is ready to make a big impact.

“Even though we lost, we played at a high-speed, and that’s what we want to do as a team,” Ghent said. “That’s why we play such a good pre-conference schedule—to get us prepared for the season. Mistakes are acceptable, as long as we have good energy, and play at a fast pace.”

The women’s lacrosse team will kick off conference play on Mar. 26 against Siena.

Ghent took over this year for previous head coach Denise Wescott after serving as an assistant coach for the Hawks the past three years. She is surprised with how well the transition has gone, thanking Wescott for providing her with great preparation.

“It has been a lot smoother than I thought it would be,” Ghent said. “Denise [Wescott] gave me a lot of responsibility as an assistant coach, which really helped my development and prepared me to take on this position.”

Despite losing Wescott before her final season as a Hawk, senior midfielder Marial Pierce is excited about Ghent being named head coach. She believes the young coaching staff (none of the three coaches have more than one year experience at their current position with MU) will establish



PHOTO COURTESY of Dan Stambaugh

Head Coach Eileen Ghent is currently in her first year as the women’s lacrosse head coach. She was previously the assistant coach for three years.

a comfortability with newcomers and are more than capable of leading the team to success.

“It’s been an easy transition,” Pierce, who netted 31 goals last season and was selected to the 2016 MAAC Preseason All-Conference Team, said. “It’s nice to see things that she [Ghent] pushed for as an assistant coming to fruition as head coach. She’s a great motivator and makes the team feel really close—you never feel like she’s talking down on you.”

Joining Pierce on the Preseason All-Conference Team is senior defender Kristina Vangeli. Both players were given the honors of first team last year when the season ended as well. Vangeli, who earned third team All-American status last year, says the awards give her extra motivation on the

field.

“It’s nice to see your hard work recognized, but I see it as more motivation to do better,” Vangeli said. “The bar is set higher and I need to keep doing anything I can for the best of the team.”

The Hawks will be returning eight starters from last year’s squad, who finished with a 12-6 record (6-2 MAAC) and lost to 2015 conference champion Fairfield in the second round of the MAAC tournament, 8-7. However, after their impressive effort in that game, Pierce believes MU has proven they can compete with the best teams in the league.

“The teams are all so talented, and there was a small margin at the top of the conference last year in terms of winning and losing to one another,” she said. “There’s no reason we shouldn’t expect to

be right back up at the top.”

The Hawks are projected to finish third in the conference, according to the MAAC pre-season polls. Last year’s runner-up Canisius is ranked at number one, with reigning champs Fairfield holding the second spot.

However, one big loss the Hawks will suffer this year comes in the vital position of goalie. MU is losing Katie Donohoe, who manned the goal for the Hawks for four straight years, earning Second Team All-MAAC honors. Taking over her spot will be senior Caroline Huelster.

“The change will impact the defense the most,” Ghent said. “There was so much consistency with Katie—they knew what to expect. But Caroline played really well against Towson and has a great senior confidence about her. Plus, there are two freshman goalies who are fighting for the spot, making [Caroline] work even harder to get better.”

That freshman class consists of eight members, including Monica Cortes, Theresa Danetti, Jenny Staines, Dana Spires, Logan Smet, Stephanie Delliturri, Emma Stukenberg and Riley Brager. Ghent believes in friendly competition within a team, and that there is no set starting lineup.

“The competition will always be there,” she said. “We are going to play the best players for that particular day, no matter who it may be.”

As for Pierce and Vangeli, they have high hopes looking forward. “I want to win the MAAC tournament,” Vangeli said. “I don’t think there’s any other way to go out,” Pierce said.

SIDE LINES

TRACK In the largest meet held in Multipurpose Activity Center (MAC) history, featuring 24 schools and over 1300 entrants, the Monmouth University men’s and women’s indoor track and field teams swept the field in the 2016 Monmouth Winter Collegiate Invitational on Saturday. The men’s team finished first in a field of nine Division I teams with 270 points, while the women’s squad claimed first out of 11 sides with 258 points.

“We had some great support from family and friends at home, great energy from our team and some excellent performances in every area as well,” stated head coach Joe Compagni.

SWIM To cap off the first swimming season at Monmouth University in decades, the men’s and women’s teams competed in the Metro Atlantic Athletic Conference Swimming & Diving Championships in Buffalo, NY.

The championships were held at Erie Community College from February 10 to February 13. Both teams placed ninth as the men accumulated 90 points and the women scored 97.

UPCOMING GAMES

- Wednesday, February 17**
WLAX vs. Rutgers
West Long Branch, NJ 3:00pm
Kessler Field
- Friday, February 19**
BASE vs. Penn State
Cary, NC 2:00pm
USA Baseball Complex
- WBB at Niagara*
Lewiston, NY 7:00pm
Welland Athletic Centre
- MBB vs. Iona*
West Long Branch, NJ 10:00pm
The MAC
- Saturday, February 20**
BASE vs. Bryant - Game 1
Cary, NC 12:00pm
USA Baseball Complex
- BASE vs. Bryant - Game 2
Cary, NC 3:00pm
USA Baseball Complex
- WLAX at Lafayette
Easton, PA 5:00pm
Fisher Stadium
- Sunday, February 21**
MT at 2016 MAAC Champ.
Pennington, NJ 9:00am
Rosedale Park
- WT at 2016 MAAC Champ.
Pennington, NJ 9:00am
Rosedale Park
- BASE vs. Army
West Point, NY 11:00am
Johnson Stadium
- MBB at St. Peter’s*
Jersey City, NJ 2:00pm
Yanitelli Center
- WBB at Canisius*
Buffalo, NY 2:00pm
Koessler Athletic Center

*Conference Games

Baseball Set to Start Season in Cary, NC

JOHN SORCE
STAFF WRITER

While winter remains in full swing in the northeast, the Monmouth baseball team is ready to get their 2016 season started down south.

After finishing 22-24 (14-10) a season ago, the blue and white begin their season with a trip to the USA Baseball Complex in Cary, NC where they will open up against Penn State on Friday, Feb. 19. A double-header against former Northeast Conference rival Bryant will follow on Saturday and a matchup against Army West Point on Sunday completes the team’s first weekend of action.

“We start the season down south for the better weather, but the trip also brings the players closer together as a team,” said head coach Dean Ehehalt, who will be entering his 23rd season at the helm in 2016.

The highlight of the Hawks’ 2016 schedule is a three-game series on March 3-6 against the defending College World Series Champion Virginia Cavaliers in Charlottesville, VA. This will be the third time in five years that Monmouth will take on the Cavaliers. Ehehalt says he purposely loads the schedule early in the season so the team can face the best possible competition.

“We’ve always played a pretty demanding pre-conference schedule and this year is no different,” Ehehalt said. “If you look at our schedule over the years, our last five to eight years we have played at least twelve games against teams ranked in the top ten. I know at least nine against Virginia and Vanderbilt who are the last two National Champions. We try to play in a regional setting at some point early in the season. This way, it gives us some good feedback where we are as a team.”

MU was picked to finish fourth in the MAAC by the league’s coaches. The Hawks received a total of 77 points and trailed Canisius (114 points, six first-place votes), Quinnipiac (109, three first-place) and Siena (98, one first-place).

“The conference is very competitive top to bottom and there are no easy weekends,” Ehehalt said. “If you look at the voting, the top two teams deserve to be there, but everybody after that is kind of close together. There’s a big mix of teams in the middle vying for the final four playoff spots since it’s an extremely competitive league. Being picked in the top part of the league is nice based on who we have coming back, and the other teams in the league that are very talented and well coached. Once the season starts we’re going to have our work cut out for us.”

The Hawks will be led offensively by red-shirt sophomore Shaine Hughes, who hit .289 with 12 doubles and 34 RBI while playing all 44 games in the infield in 2015. Junior outfielder Chris Gaetano and senior outfielder Dan Shea tied for a team-high three home runs a season ago, while Gaetano hit .286, good for second on the club. Also returning is senior shortstop Robbie Alessandrino, who has taken on a leadership role on and off the field.

“He’s become the heart and soul of our team from a personality and energy standpoint,” Ehehalt said. “He kind of personifies who we want to be.”

From a pitching standpoint, the Hawks return two starters in senior lefthanders Anthony Ciavarella and Frank Trimarco. Sophomore southpaw Mike Brambilla and red-shirt sophomore Justin Andrews return to MU’s bullpen after strong freshman campaigns. Brambilla posted a 2.60 ERA and struck out 20 batters over 17.1 innings as a freshman



PHOTO COURTESY of Monmouth Athletics

Senior Anthony Ciavarella was placed at number two on Baseball America’s 2016 Top MAAC Draft Prospects list.

while picking up two saves. After redshirting in 2014, Andrews gave the blue and white 26.2 innings out of the bullpen in 2015 while finishing 2-0 with a 3.04 ERA, while also recording four saves.

In their preseason conference preview, Baseball America ranked Ciavarella as the second best prospect in the MAAC for the 2016 MLB First-Year Player Draft behind QU pitcher Tom Jenkins. Ehehalt looks for his senior southpaw to end his career with a strong season.

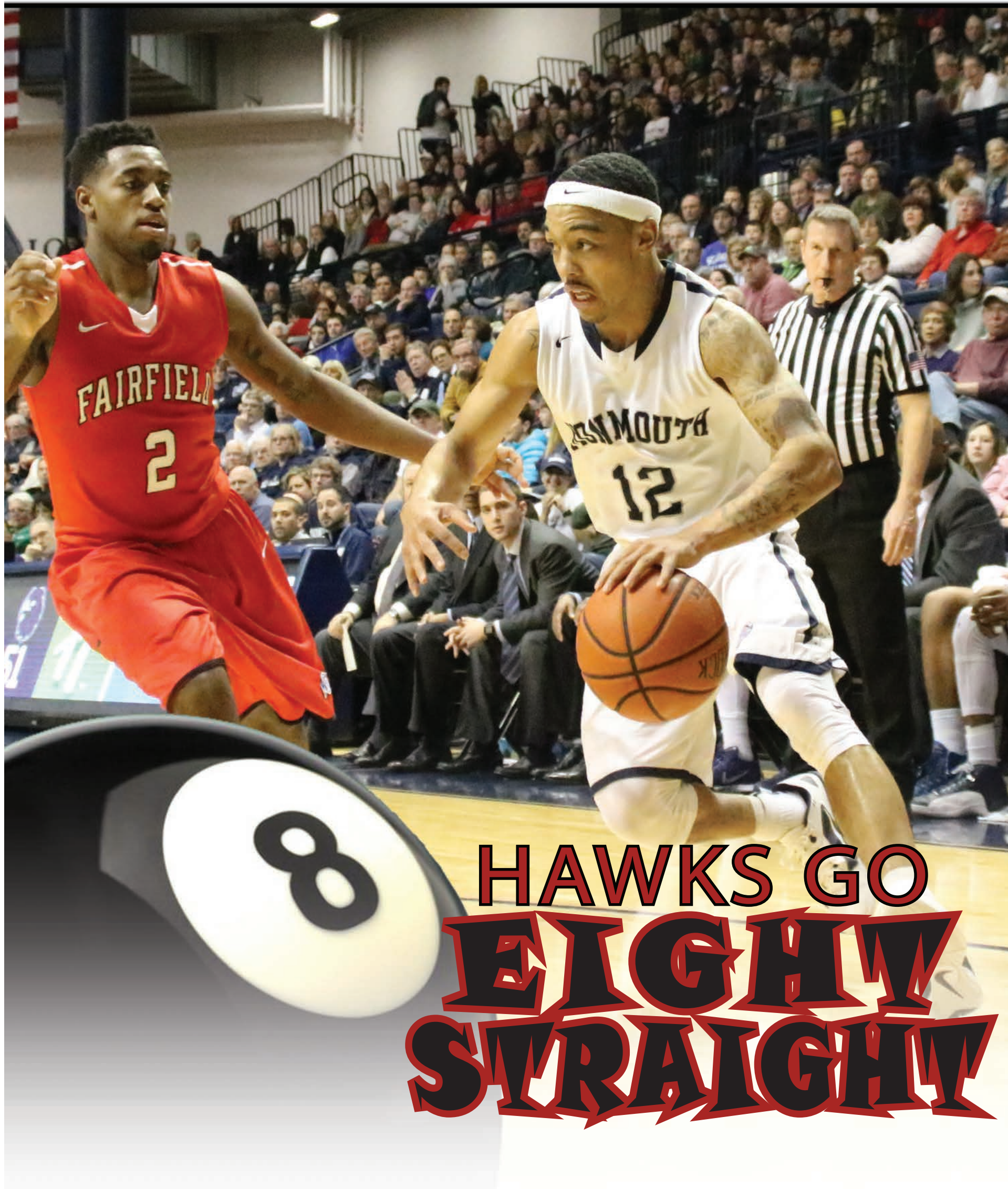
“[Anthony] is a left-handed pitcher who has a really good arm. He’s one of those guys who could be a draft pick in 2016. He went up to the Cape Cod League last summer and really developed and made that next jump in his game. He’s had a nice career for us and he’ll be one of our weekend starters this year. We’re looking

for him to go out with a bang.”

Nine of MU’s 20 home games will be broadcasted on ESPN3. All three games of MU’s home opening series on Mar. 25-26 against Rider will be broadcasted, followed by a Mar. 30 contest against Rutgers. A double-header on Apr. 16 against Siena will be included as well as a three-game series against Fairfield on May 14-15.

“The [ESPN] guys at Monmouth do a great job with the production,” Ehehalt said. “It’s good for our players and their families. It gives us good exposure nationally with televised games and we’ve really been able to use that as a positive in the recruiting process as well.”

The MAAC tournament will take place from May 25-29 and hosted by Manhattan at Dutchess Stadium in Fishkill, NY.



HAWKS GO **EIGHT STRAIGHT**

Justin Robinson (above) has helped the men's basketball team win eight games in a row and improve their record to 22-5 with four regular season games left to play.

Full story on page 18

Photo Courtesy of Monmouth Athletics