



THE OUTLOOK

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One in Four Adults Experience Mental Illness Each Year

KERRY BREEN
COPY EDITOR

A recent study released by USA Today highlighted how, while many campuses are progressing, there is still a need for comprehensive mental health-care on college campuses.

According to the statistics

presented by the National Alliance on Mental Illness, one in four adults experience mental illness in a given year. Andrew Lee, director of Monmouth University's Department of Counselling and Psychological Services, estimates that nearly all of the students he sees are dealing with anxiety, depression, or both.

"I haven't run specific figures for last year or this year in terms of how many students might present with that issue," he said. "At least most students coming in are presenting with either anxiety or depression, or both."

According to the Anxiety and Mental Health cont. on pg. 3

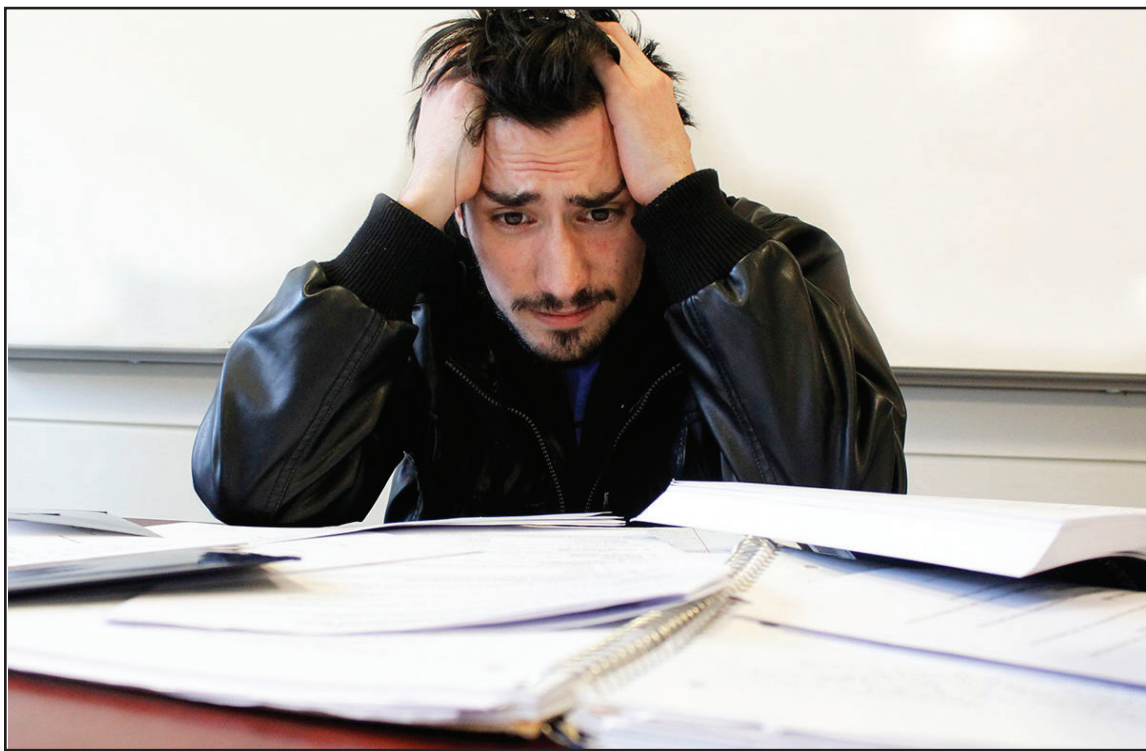


PHOTO COURTESY of Kiera Lanni

Anxiety disorders are the most common mental health issues on college campuses.

Major Decision

Does Practicality Outweigh Passion?

NICOLE SEITZ
STAFF WRITER

As an education and history student, I hear all the time about how I will never make a decent amount of money. Growing up I was always told I should go into a field like law or nursing, where I could have a better salary. I've also heard countless times that if I was to be a teacher I should teach something more "important" like math or science as opposed to history.

There seems to be this idea that majors such as business, nursing and others of that nature are more practical in comparison to majors in the realm of humanities like fine art, communication, and history.

Why is it that these majors have a reputation for not being useful in the real world?

Dave DePaola, a junior music industry and business management student, has a true love for playing music and would dream of being a professional musician. However, the idea that music isn't a very practical field to enter is ultimately affecting his decision.

"I don't expect to ever be successful professionally as a musician, and so working in the industry is the next best thing. I treat my business major as a

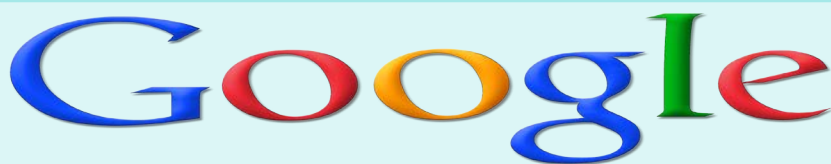
practical supplement to my music industry major," said DePaola.

Many students believe having a degree in business will help them be more prepared for the job market in the future. DePaola continued to explain what he learns as a part of the business school, "Within the School of Business [at the University] there are various concentrations one can choose from such as management, finance, or marketing. Even when you concentrate in something, the classes we are required to take in the business program teach us skills including the financial workings of businesses, techniques for marketing, and management skills," he explained.

Although getting a degree in business proves to be beneficial for many students, that is not to say a degree in a different field, like the humanities, would be less "practical."

Corey Dzenko, an assistant professor in the Art and Design Department, explained, "Students who major in fine art and design learn many valuable skills, such as how to solve problems, think creatively, communicate effectively in both visual and written forms, and interpret

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Awards \$3,000 to MU Organization

JAMILAH MCMILLAN
ASSISTANT NEWS EDITOR

Google awarded \$3,000 to students in the Institute of Electrical and Electronics Engineers and the Association for Computing Machinery (IEEE/ACM) in Jan. The funds will be used for the creation of an Association for Computing Machinery Committee on Women in Computing (ACM-W) chapter on campus.

According to ACM.org, there are ACM-W chapters on campuses and locations around the world. Chapters advocate for the full technological engagement of

women in all aspects of the computing field. At the University the chapter will aim to encourage, recruit, and empower female students interested in computing.

The award was the National Center for Women and Information Technology (NCWIT) Student Seed Fund Gift. Jessica Anastasio, a senior, along with two other computer science students applied for the funding from Google.org.

"We recently applied for a scholarship to start our own ACM-W chapter at Monmouth. This chapter will be a great place for women to come and network, seek support, etc. We ended up winning \$3,000 from Google to start this initiative which is really exciting," said Anastasio.

As the advisor of the IEEE/ACM Student Chapter, Jamie Kretsch, Chair of the Department of Computer Science and Software Engineering, said that she will take part in a number of exciting initiatives that the ACM-W chapter will host. "As far as my role in ACM-W, beyond helping to recruit women to join our group to learn more about computing, I'll be helping them offer workshops, provide educational and social opportunities for women in computing, and working with them to support each other and provide mentoring and outreach to younger women in high school and community colleges."

Programs like ACM-W are important because there is a

gender gap in the field of computer science said Anastasio. "Ever since I can remember I loved messing around with computers. But when it came to school, I felt intimidated when it came to computer science because I didn't know any girls who had studied it."

Nevertheless, she followed her passion, and ignored societal trends. "My curiosity and love for building things and problem solving inspired me to study computer science regardless of whether or not I was the only girl in the class," said Anastasio.

According to Kretsch the percentage of women in computing has changed drastically through recent history. "Na-

tional estimates are about 20 percent of computing students are female, although there are a large number of organizations—such as ours and those we are associated with—working to increase those numbers."

She said that the gender gap has worsened since she was a student. "Back when I was in school the percentage of females was much higher—my 'group' in college was almost equally male and female. The number of females started dropping in the mid to late 1980's and the drop continued up until recent years when professional organiza-

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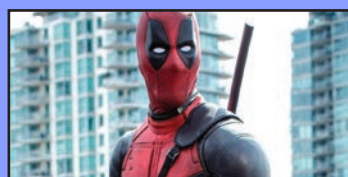
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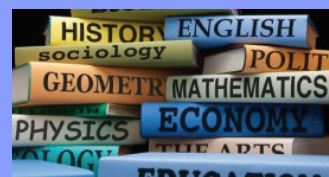
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Wilson Hall Name Change Update

VICTORIA RODRIGUEZ
STAFF WRITER

A panel discussion was held on Feb. 17 to discuss Woodrow Wilson's impact on the University in regard to the potential name change of Wilson Hall.

The panel consisted of Dr. Williams, Dr. Joseph Patten, Dr. Christopher Derosa, Dr. Richard Veit and Dr. Walter Greason. Each professor explained their area of expertise about Woodrow Wilson and then opened up the floor to discussion amongst students.

The panelists were asked what they thought should happen to Wilson Hall should it be renamed.

Greason said that Wilson Hall is "not the best name for what's going on in the building. This building is a better place for a dormitory, academic building. Celebrate his legacy in a different building, this building is our school's identity."

Derosa agreed that the name change is a good thing. "Not out of morality, I want us to feel like we can [change the name] because we wanted to do something positive."

Dr. Stephen Chapman, assistant professor of political science and sociology, was not on the panel but offered some insight on the topic. "...I do appreciate what the campus is doing in order to make the renaming possible. It's these discussions that make a campus one that is quintessential to the power of choice, which it exactly how each individual should feel

on campus."

Wilson Hall is currently undergoing discussion because in the beginning of last fall the flags went up amongst several campuses with various figureheads coming into question. The issue is in regards to the history if Woodrow Wilson it is appropriate to name the hall after him. President Paul Brown said that conversations are taking place at Yale University, Georgetown, Harvard, Amherst, Oxford University, and the University of Maryland. "The issue

of Woodrow Wilson's legacy, in particular, is the subject of vigorous discussion underway at Princeton University," he said.

Among being President of the United States, Wilson was a Nobel Prize recipient, president of Princeton University, and governor of New Jersey. Brown posed a possible problem. Wilson's "many views on race are troubling, especially from the perspective of the 21st Century, and especially at a university dedicated to affirming the worth of every person. These

competing legacies are why we began the conversations, and the process, to arrive at a balanced perspective.

The renaming has been up for debate since September with no definite verdict of what's going to happen. President Brown explained, "In the case of Woodrow Wilson Hall, which was named as such by the Board of Trustees in 1966, a formal act by the Board is required if a decision is made to alter the current designation."

Senior political science student,

Nicholas VanDaley, said, "I agree with, that Wilson being a known racist, I think we owe it to our students of color as well as our own message to rename the hall." Two Monmouth students added, "When looking at history we need to consider the context within which it occurred. By modern standards, the views & beliefs that Wilson held towards other races were not acceptable. He would be shunned and ridiculed for them today, and rightfully so. But within that time period, they were acceptable. Thus it is not fair to judge him by today's standards, as he did not exist in a world where those standards existed."

"By removing his name from the building, it would set a precedent where almost every single major figure in history is up for judgment due to having beliefs/ views that don't align with modern standards. So then what do we do with them? Are we going to remove them too? We can't just wipe away history like that."

Matt Kiamie said, "It's a part of U.S. history. It should be called Wilson Hall. A classroom of seniors met up to discuss the current topic and the feedback was that racism was more common in that period of time...We don't want the name to change we, are for the name staying the same. Yes he may have been a racist but for that time period everyone was racist. We can't hold him accountable for a norm that isn't the 21st century's definition of racist. The name Wilson hall should stay."



PHOTO TAKEN by Kiera Lanni

The debate for the name of Wilson Hall continues. The photo above displays the back of the building.

Google Awards Students with Scholarship

Google cont. from pg. 1

was a student. "Back when I was in school the percentage of females was much higher—my "group" in college was almost equally male and female. The number of females started dropping in the mid to late 1980's and the drop continued up until recent years when professional organizations and companies started efforts to reverse that trend."

According to the National Science Foundation, Kretsch is correct in her assertions of a decrease in female computer science graduates. According to the study in 1985, women earned 37 percent of computer-science undergraduate degrees. However, today more men than women are obtaining computer science degrees.

The report showed that computer science is the only field in science, engineering and mathematics in which the number of women receiving bachelor's degrees has decreased since 2002.

Janice Rohn a specialist professor in the Department of Computer Science said that she does not understand the decrease in female computer science majors. "It's important for there to be diversity in every field. It would be a shame for women to not be included in the design and development of the technology that is so

much a part of the world in which we live."

Kretsch anticipates that the incoming ACM-W chapter will reverse the gender gap, and encourage female enrollment in the University's computer science, and software engineering majors and minors.

Taylor Campo, a senior computer science student said that women should not feel intimidated by the computer science field. "Any woman who wants to get involved in computing should do so. They will become a part of this amazing age of technology. Perks of being involved with computing include having the skills for jobs that are in high demand, and you can get paid a lot to do something that you love."

Anastasio asserts that all Women In Computing (WIC) programs like ACM-W are crucial for the advancement of not only women, but technology as well. "Young girls simply stop wanting to study math and science because it is so culturally ingrained that they are for "men". If we want to continue to be better and bigger as a country we absolutely need these initiatives to inspire women to join the field, shrinking that gender gap. Once we achieve that, we will have an even bigger capability of innovating the next big thing."

Dangerous Drug Fentanyl has Less Legal Consequences than Heroin in NJ

RICHARD FELICETTI
ASSOCIATE NEWS EDITOR

New Jersey has long been a state with an overwhelming heroin problem. However, there is an even more dangerous drug that is infiltrating college campuses and threatening the lives of young adults.

Federal drug officials have declared the prescription opioid called fentanyl to be nearly 50 times more potent than heroin. According to the National Institute on Drug Abuse, "Fentanyl is a powerful synthetic opiate analgesic similar to but more potent than morphine. It is typically used to treat patients with severe pain, or to manage pain after surgery."

Despite its powerful strength, the legal implications in New Jersey are not as stringent as those for heroin. Since fentanyl is prescribed to patients for chronic pain, it is easier to obtain than heroin. However, a recent bill in Trenton has aimed to increase the legal consequences of selling and using non prescribed fentanyl.

Today, the most misused drugs are not street drugs, but prescription drugs, as they are easy to find and are not criminalized.

Suanne Schaad, Substance Awareness Coordinator, expanded on the dangerous consequences of reckless fentanyl use.

"The thing with fentanyl is that it is an insanely strong opiate, 50-100 times stronger than morphine," said Schaad. "When it is mixed with heroin, it can increase risk for overdose."

As Schaad noted, fentanyl is often mixed with heroin, as drug

users mix the two to increase their product, thus deceiving the buyers. The mix of the two dangerous drugs wreaks havoc on the body, causing chest pains, convulsions, trouble breathing, and death. Fentanyl is similar to heroin, so the buyer is typically unaware that he/she is actually purchasing a dangerous cocktail of drugs. Additionally, users may unknowingly take the drug with alcohol, which will undoubtedly cause death, as the opioid mixed with the depressive properties of alcohol can shut down the body.

Sachin Parikh, a sophomore biology major, said that the main reason for fentanyl's danger is its accessibility.

"Since it is a prescribed drug, it is more easily accessible, and therefore it is a drug that is easier to overdose on," said Parikh.

As fentanyl use becomes more prevalent, it is important to spread awareness on college campuses, where students are most susceptible to being fooled by a provider into taking a potent mix of opiates.

"It is important to make students on college campuses aware by telling them exactly how dangerous this drug is and that even though it is legal, it needs to be cautioned," said Andrew Betro, sophomore psychology major.

Moreover, sophomore business major Jake Marciniak said that people must remember not to overlook fentanyl's legality. Even though the drug is not criminalized, that does not mean it is not incredibly lethal.

"A common misconception is that even though it is not illegal like heroin and doesn't come in a bag, that it is safer because it is techni-

cally legal. Just because it comes neatly packed in a pill bottle does not mean that it can't hurt you," said Marciniak. "But the fact of the matter is that prescription drugs are no safer than the illegal drugs. The awareness that needs to be created is that a drug with larger potency and easier availability is ten times more likely to be exchanged between college students and replaced with street drugs. Overall, abuse is abuse, whether it is a legal or an illegal drug."

Moreover, Schaad said that Monmouth University will continue its efforts to raise awareness not only of fentanyl, but of every drug that endangers the lives of the student body.

"We continue to raise awareness on this and all substances. We have a Students in Recovery Group which supports students in recovery," said Schaad. "Our own MUPD are all trained to administer Narcan, should a student or a visitor to campus experience an overdose. We comply with state laws on the "good samaritan" policy, which encourages people to ask for help if someone is at risk for an overdose without risk for legal consequences."

Narcan is a nasal spray used for the emergency treatment of known or suspected opioid overdose that reverses the effects of the drug.

It is encouraged that any student with an abuse problem visits the Office of Substance Awareness, where they can have confidential meetings with a trained counselor. Appointments can be made Monday through Friday between 9 a.m. and 5 p.m.



IMAGE TAKEN from www.bbc.com

MU Students to Present their Research in San Diego

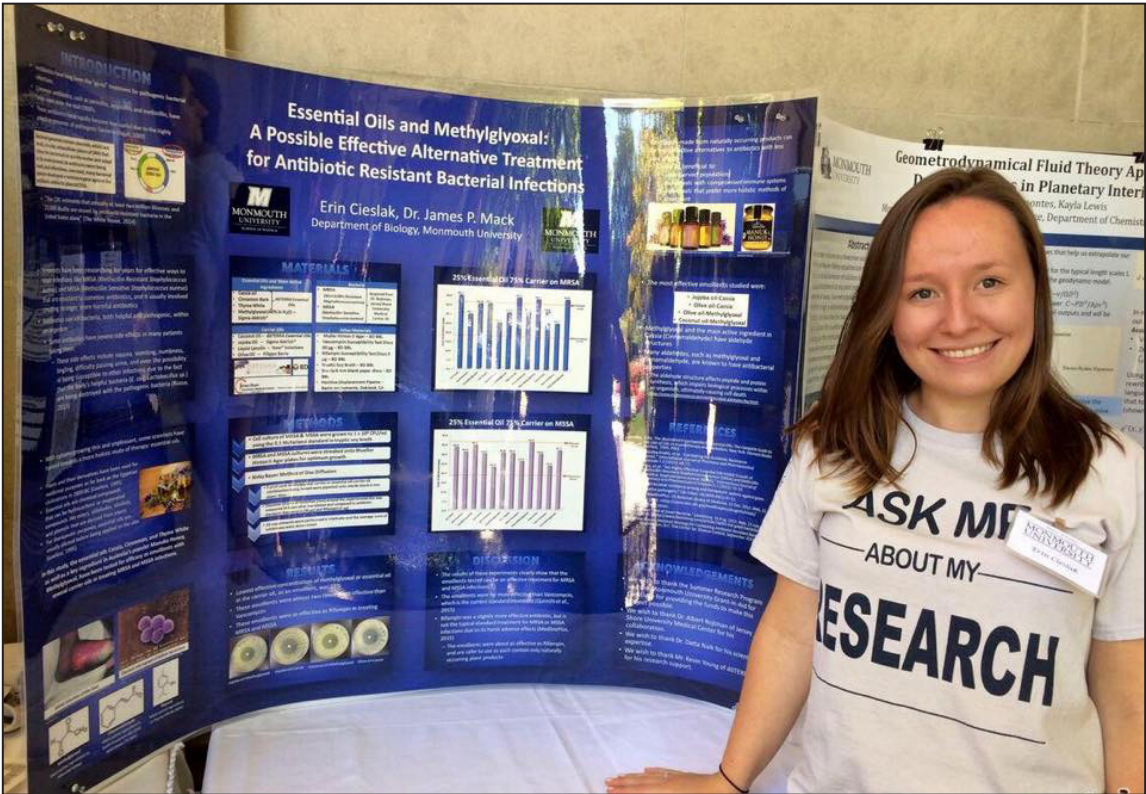
JALIZE CANELA
CONTRIBUTING WRITER

Seniors Erin Cieslak, biology molecular cell physiology student, Jenies Grullon, Health Studies student, and biology professor Dr. James P. Mack have been working towards developing a treatment for antibiotic-resistant bacteria by exploring the inhibitory effects of several essential oils. They will be presenting their research at the American Chemical Society National Meeting in San Diego, CA.

Since the development of antibiotics in the early twentieth century, millions of lives have been saved globally. However, antibiotics have not been effective in combatting bacteria that have eventually become resistant to them. Due to the overuse and distribution of antibiotics, treatment options have become limited. The main purpose behind this research is to develop a treatment for antibiotic-resistant bacteria by looking into natural plant products and diluted essential oils. By using natural products, treatments for these ever-evolving bacteria can be produced and used by individuals everywhere, even those who live in impoverished areas.

According to the Center for Disease Control (CDC), antibiotic resistance has become a worldwide problem. New forms of antibiotic resistant bacteria have spread between continents with ease and have posed a great threat to individuals who have acquired serious infections with bacteria that are resistant to one or more of the antibiotics used to treat them. The CDC has outlined four core actions that will help fight these infections: preventing the infections and the spread of resistance, tracking resistant bacteria, improving the use of today's antibiotics, and promoting the development of new antibiotics and developing new diagnostic tests for resistant bacteria.

During this research study,



Erin Cieslak will be presenting her research between March 14-17. Above she is pictured attending the summer research program at the University.

Cieslak looked into two bacteria in particular: Methicillin-resistant *Staphylococcus aureus* (MRSA) and Methicillin-sensitive, *Staphylococcus aureus* (MSSA) bacteria. The three essential oils that were used were Cassia, Cinnamon, Thyme White, as well as Methylglyoxal, which is the key component in Manuka Honey. These four materials were selected because their past usage has proved effective in previous studies done at the University.

Since these essential oils are irritating to the skin in their concentrated form, the oils were diluted with the safe carrier oils olive oil, jojoba oil, and coconut oil before they were used. By using the essential oils in their diluted forms, their effectiveness against the MRSA and MSSA bacteria was determined. In conclusion, the 25

percent dilution worked more effectively than the standard antibiotic, Vancomycin, and worked at about the same level as the antibiotic, Rifampin. However, Rifampin is not used as frequently due to its side effects.

Grullon was accepted to present her research into the National Conference of Undergraduate Research (NCUR) in Asheville, NC. At the NCUR, she will be presenting the effects of diluted essential oils on inhibiting the growth of *Pseudomonas aeruginosa*, another multi-drug resistant bacterium. Dilutions were performed using Lanolin and Jojoba oils with the essential oils and methylglyoxal. During her research, Grullon found that Cinnamon Bark and Cassia essential oils worked most effectively against this bacterium. Methylglyoxal also had positive results. At

the minimum inhibitory concentration (MIC) of these emollients, the inhibiting effects of this treatment on *Pseudomonas aeruginosa* was found to be equal to or more than Amikacin and Tobramycin, the standard antibiotics. However, these emollients were not as effective as Ciprofloxacin, which according to the U.S. Food and Drug Association (FDA) has many adverse side effects and is not commonly used. Combinations of other essential oils and were also tested, but were proven to be less effective than the emollient combinations.

Being a part of a research study allows students to gain knowledge and learn laboratory techniques outside of the normal course work. For Cieslak and Grullon, performing research with Mack has stimulated them to think critically and strategically. Mack said, "Erin and

Grullon are excellent students and researchers and I see a bright future for them. They make Monmouth proud and we will soon call them our alumnae."

They will join him (class of 1962) as fellow alumni. Cieslak, who has been accepted into Hofstra's Physician Assistant Program, said that the research has truly helped her appreciate the educational experiences she has had here at Monmouth. By speaking about the research and her role within the study, she was able to show her dedication and interest in the sciences. She also completed the Summer Research Program (SRP) at Monmouth with Grullon during the summer of 2015.

Grullon, adds to Cieslak's comments by mentioning the relationships they have developed with professionals in the field. The importance of this research topic is shared amongst scientists, researchers, and healthcare professionals. Specifically, Cieslak and Grullon have established relationships with the Chief of Clinical Microbiology from Jersey Shore University Medical Center and professionals at doTERRA Essential Oils, the company who supplied the essential oils, because of their interest in the students' research.

Research opportunities should be embraced during a student's undergraduate years. Being able to show interest outside of your required classes is very desirable to graduate schools, professional schools, and potential employers. In addition to being a part of potential life changing discoveries in science, one can also have the opportunity to have their research results published, which will be the next step for both Cieslak and Grullon. The central message? Take advantage of important opportunities at Monmouth, form as many connections as possible, and encourage yourself to learn outside of the classroom.

Bringing Mental Illness to Light

Mental Health cont. from pg. 1

Depression Association of America (ADAA), anxiety disorders are one of the most common mental health problems on college campuses. Forty million U.S. adults have an anxiety disorder; 75 percent of them suffer their first anxiety episode by the age of 22.

In 2008, the Associated Press and MTVU organizations surveyed college students about their anxiety, and discovered that 80 percent of students said that they frequently or sometimes experience daily stress. Thirty-four percent of students felt depressed at some point within the past three

months, 13 percent have been formally diagnosed with anxiety or depression in the past year, and 9 percent have considered suicide in the past year.

According to the study published by *USA Today*, that number has stayed nearly the same, with one in 12 students (just over 8 percent) having made a suicide plan at some point during their college career. The survey also pointed out that 49.5 percent of students had felt hopeless in the past year. 60.5 percent of students had felt lonely in the past year; loneliness is often an early warning sign of depression.

The increasing levels of mental health problems on campus may be

attributed to the various stressors that students face on a daily basis.

"I, in my role, see more anxiety than I see depression," said Mary Anne Nagy, Vice President for Student Life and Leadership Engagement. "I'm not a clinician. Diagnosing depression is different than seeing students who are stressed and anxious. It's a little easier for one to pick up on that in conversations with students."

"And when you're doing all those things and juggling twelve, fifteen, even eighteen credits sometimes, the demands of what I hope is a rigorous academic curriculum can lead to feeling pressure and stress, particularly around this time of year, when there's anxiety around midterms," Nagy added.

Depending on the year of education, different college students may face worries about different things. As their academic career continues, those issues can alter and change, shifting depending on the student.

"At every stage, there are different things that different students experience or suffer from," said Lee. "For instance, a first-year student would have lots of transition issues. They're coming in to a whole new environment, an experience that is unfamiliar to them. They're dealing with the stress surrounding transitions, change, adjustment, and things along those

lines," she said.

"A second-year student might not come in with those same issues because they've already had that experience of being her...You deal with no longer being a first-year student, and often they perceive less support and focus, and they want to create their own niche, their own space, in the college community."

Monmouth University takes many proactive steps to help combat mental illness on campus. While two-thirds of those suffering from mental illness do not seek treatment, according to an assessment taken by the American College Health Association in spring 2015, the University makes that treatment available just in case.

The counselling center has both psychologists and licensed professional counselors, known as LPCs. The center is open year-round, even during summer sessions, and students can attend unlimited sessions free of charge. Health services employ substance counselors who can help students suffering from substance abuse, and those employed by health services are capable of doing a cursory mental health check when students come in for physical issues.

There is also a consulting psychiatrist available on campus, in case an illness is severe enough to warrant medicinal treatment.

There is a variety of programming and education on mental illness, and there are several De-Stress Fests held throughout the year to help students who may feel overwhelmed. There are multiple hot lines available for multiple situations, and all residential life staff members are trained to help their residents when these services are not available.

The University is recognized by the Jed Foundation, one of the leading non-profit organizations working to protect the emotional health of teenagers and college students, for providing comprehensive mental health promotion.

"I think they certainly do enough to help students," said a sophomore student who wished to remain anonymous. "The only improvement I could suggest would be to maybe hold some programming in the dorms, maybe group programs about stress, just to make it more convenient for students. But overall, they do a good job."

"Over the years, we've done a lot to focus on this area," said Nagy. "It is a growing area of concern. I think campuses have to be realistic and be prepared to help support students who are struggling with mental illness, because with the right help and the right support and the right intervention and the right encouragement, everyone can be successful," said Nagy.

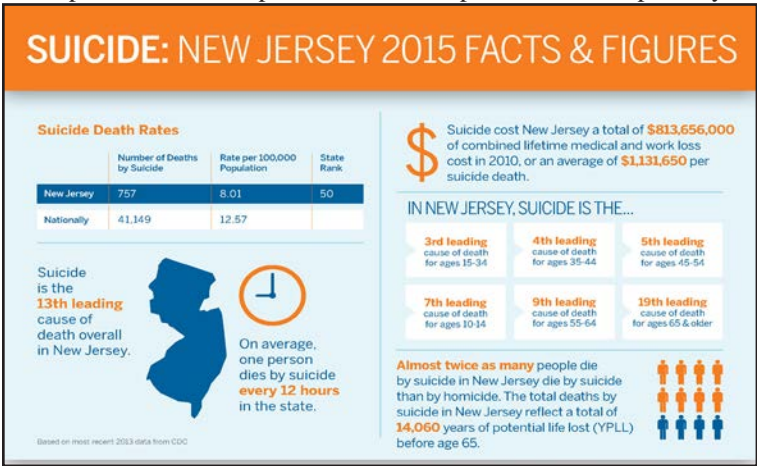


IMAGE TAKEN from <http://afsp.org/>

According to the AFSP, suicide is the 13th leading cause of death in NJ.

THE OUTLOOK

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Monmouth University
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West Long Branch, NJ 07764

Website: outlook.monmouth.edu
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And the Grammy Goes to...
The Outlook's Opinion on Awards Season

THE OUTLOOK STAFF

Lights, camera, action! It's that time of year again—awards season. Every year awards season comes around and many debate on whether or not to watch the variety of different awards shows. From movies to music, the entertainment industry set forth a wide array of shows that hope to gain the attention of a media consumer audience. The two main categories are music and movies. Usually, this would cover the interest of most everyone, but it seems to be that the hype and allure of awards shows is dying. The editors of *The Out-*



look discuss their interest levels. It seems as though many editors are interested more in music awards shows like the VMAs, Video Music Awards, and CMAs, Country Music Awards. It is much more accessible to be a fan for the music awards shows because one can hear music freely whenever, wherever. Another positive aspect of the music awards shows are the various musical acts. One editor said, "I like the VMAs the best because I love to see the performances."

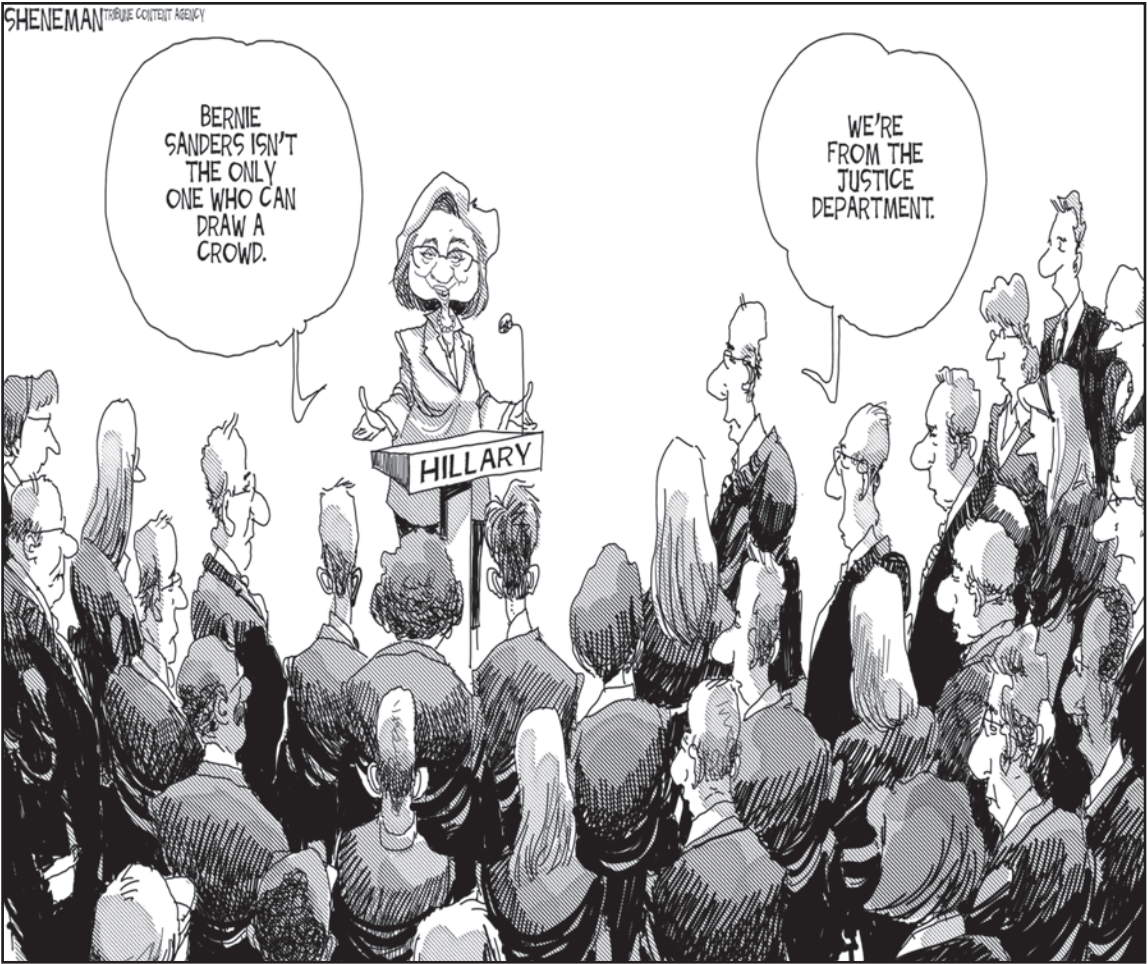
Many editors seem to be interested in the aftermath of the awards shows—discussion of fashion and of "uh-oh" moments. For many, the shows are all about the outfits. The excessive talk of who wore what is always a persuasion in watching at least the Red Carpet correspondence of the awards shows. Also, learning that a celebrity did something comical at an award show tends to be a favorite aspect of many people. One editor said, "They're [awards shows] worth watching only when something funny happens by mistake. Like this year at the Golden Globes Leonardo DiCaprio was caught making a funny face at Lady GaGa."

Unfortunately, there is also a lack of interest in awards shows. Editors

...people are bored of these three plus hour-long shows. The length and lack of interest in content makes for boring shows for many.

tended to agree that the shows can be quite boring and that they are very political and exclusive. One editor said, "The shows are way too industry-centric, so unless you follow it really closely there's no way to keep up." And, being busy bodies on campus, there isn't a whole lot of time to watch all of, for example, the Best Picture nominations for an award show. Furthermore, people are bored of these three plus hour-long shows. The length and lack of interest in content makes for boring shows for many.

One thing that most all editors could agree on was that they look forward to seeing if Leonardo DiCaprio will finally win an Oscar this year for his role in the movie *The Revenant*.



HOW TO SUBMIT ARTICLES OR LETTERS:

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

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The Challenges of Being a Starbucks Barista

VICTORIA RODRIGUEZ
CONTRIBUTING WRITER

Whether you work for Dunkin’ Donuts, Starbucks, or Rook, baristas know what it’s like to handle people who want “their” coffee. If you took a look behind the counter, you’d realize it’s not as easy as one might think to work in a coffee shop. It’s not simply pouring coffee from a pot and handing it off—

that’s a really insulting assumption. Everything is complicated, whether you’re cleaning, making drinks, calling the line or working the register. Baristas are excellent multi-taskers, and I pity the person who thinks it’s a brainless activity to work in a coffee shop.

It will be two years in June that I’ve been a barista at my local Starbucks. In that time, I’ve learned the ins and outs of the

job. For example, let’s talk about steaming milk. You probably think that one could just stick the milk under the steamer and walk away, but this is a misconception. Depending on what drink you are serving, there is an individual countdown of how long you need to hold that pitcher while keeping the steam wand just so, before you can place the pitcher down to steam until it’s the appropriate temper-

ature. There is a huge difference between making a latte and a cappuccino, but most people do not know the distinction. Often, customers don’t even know what they want to order, and rely on their baristas for a recommendation.

Instead of ordering blindly, I suggest that you at least know flavors you like. We have all been stuck in line behind the person that has never been to a coffee shop and requires 15 minutes of guidance before placing an order. As baristas, we sigh and cringe inside, try to smile and do our job. We are here to educate. That line out the door isn’t our concern; each individual is our concern.

People get really angry about waiting on a long line, sometimes getting out of the line and cutting everyone else just to yell. But baristas are people too, and it’s a very self-centered perspective to think that we exist solely to make coffee. Dealing with impatient costumers is one of the many challenging aspects of the job. Is it really fair to go and scream when you don’t receive your drink immediately? Again, we’re people too. It kills me when some says that we’re not paying attention, or not taking enough care when fulfilling an order. It’s impossible to get across to every customer that you care about his or her order.

Yes, we make your coffee and yes, we sell you our pastries or bagels, but we’re not there to be your perception of the overly peppy salesman, the one that looks more like enslaved happiness. We are respectable people who work in a job that requires us to politely and properly do our jobs and not be overly hyped work-monkeys.

So while you’re in a line, this is what we are doing behind the bar: we constantly clean, constantly move drinks and anyone who’s on register with no one helping them is responsible for a lot more moving. Any tea or food that’s ordered needs to be cooked or warmed—and that’s just if you’re working on register. Those on bar having to keep the bar constantly clean. If they’re the messier type, the job becomes a multitasking position. If you’re the only one on bar, you’re running back and forth between the hot and cold bars. Also keep in mind, items will run out depending on how many customers we get. So if we get a heavy rush, items we need for every drink are going to need replenishing, and if there’s no one to grab items from the inventory, we need to stop working on drinks and get those items.

So, before you go calling this job easy, think about how hard we have to work.



Victoria Rodriguez and her co-workers pose for a photo behind the scenes at Starbucks.

Is Donald Trump Making America a Joke?

ALISON SILVERMAN
STAFF WRITER

These days, if you turn the TV to any news station and wait about 15 minutes, you’re guaranteed to hear the name Donald Trump. The current presidential candidate has captivated the world of politics, but I think it’s an area that he should stay far, far away from.

The upcoming 2016 election is anything but a sleeper. America is full of great political figures, however, almost none of them are actually running. Is it a joke? Not really. A satirical reflection of American culture reflected by both the Democratic and Republican parties? Maybe. Let’s take a look at our current candidates:

Democrats:

- Former US Secretary of State Hillary Clinton, NY
 - U.S. Senator Bernie Sanders, VT
 - Rocky De La Fuente, CA
- Republicans:**
- Dr. Ben Carson, FL
 - U.S. Senator Ted Cruz, TX
 - Gov. John Kasich, OH
 - U.S. Senator Marco Rubio, FL
 - Businessman Donald Trump, NY

Okay, let’s start with this question: which one of those things are not like the other? Haven’t figured it out yet? I’ll tell you:

Almost every political candidate has political experience, except the man who leads the Republicans in the polls right now.

That’s right, folks. Donald Trump does not have political experience. Now, I follow up with this: would you let a

doctor operate on you with no experience? Would you let a dentist pull a tooth never having done it before? Would you pay to see a concert of a singer you’ve never actually heard of before? I could go on with analogies, but I will stop there. How are you going to let a man with no political experience run the country?

The answer is simple: You do not. Trump is a tyrant and a terror. He is the two-year-old who will go screaming down the toy aisle if he doesn’t get what he wants. He has been known to have no respect for other people, often going over his time limits during debates (more so than the other candidates), attacking those candidates unprovoked, and then denying the attack that he previously made.

For example, in September 2015, Trump attacked former candidate Carly Fiorina on her looks, a sexist attempt to nullify her efforts to be a candidate for the President of the United States. (Fiorina dropped out of the race earlier this month.)

“Look at that face! Would anyone vote for that?” Trump said during a debate. “Can you imagine that, the face of our next president?”

Trump added, “I mean, she’s a woman, and I’m not supposed to say bad things, but really, folks, come on. Are we serious?”

It is obvious that I don’t think very highly of Trump. Though I may not be the only American who thinks so, he’s still leading the Republican polls.

Come on, fellow students, let’s not make this a joke. Register to vote so he doesn’t become president!

“Love Yourself,” They Said

BRETT O’GRADY
OPINION EDITOR

I’m not sure if it is just me, but does anyone remember when we were told to love ourselves and the way we look? We were told not to worry because no one is perfect. We were told to own what we have and be proud! I can’t be the only one confused by the contradictory message being thrown at us from these contouring and other new makeup trends attempting to achieve this previously said ‘impossible perfection’.

These trends are throwing away originality and making women all strive for the same exact look.

Contouring is a new makeup trend which creates an illusion of sculpted cheekbones and chiseled chins by enhancing them with bronzer and dark makeup in the shadows. It’s almost scary to see the layering and blending steps of the ‘clown like’ makeup that must be applied to the face. There is also a new trend of thick, perfect eyebrows, in which you more or less draw in most of your eyebrow. I would like to clarify that I am not in the slightest against makeup; there’s nothing wrong with a little highlight here and there. However, this attempting to sculpt yourself into a different person thing is starting to make every day feel like Halloween.

It is bizarre how many magazines, websites and do-it-yourself videos are promoting such trends. They give tips and how to’s to create the “perfect brow” or “perfect cheekbone.” These girls are all attempting to achieve the same

look.

These trends are throwing away originality and making women all strive for the same exact look. It is so confusing to hear that nobody is perfect and to be happy with yourself, but then also to cover your face with a couple layers of make up and you’ll look “perfect!” What happened to the aspect of original beauty? Makeup artist Bobbi Brown spoke out against the popular trend.

“As a beauty expert, I believe in individual beauty, and it’s just not my aesthetic. We don’t need to be contouring like the Kardashians,” Brown said. “The contouring trend is so wrong because it tells women there’s something wrong with their face. There’s beauty in a full face, so I don’t like to paint in a cheekbone that doesn’t exist.”

Last summer, I went cabin camping in upstate New York

with a group of friends from home. My friend’s girlfriend has always been good with makeup so she really got into the contouring trend. However, it was almost sad to see that she wouldn’t leave the cabin without her full face of makeup done. She did not feel comfortable enough without her face being all done up in front everyone. This is an unfortunate example of the negatives of this romanticized trend.

All in all, makeup should enhance your best parts, not make you look like a wax figure. And, besides, what’s so bad about all our faces as they are anyway? High cheekbones are nice, but if you don’t have them, I’m sure your eyes are stunning, your lips are fabulous, or some other great thing is worth more of your energy than stressing out about creating something that isn’t there naturally.

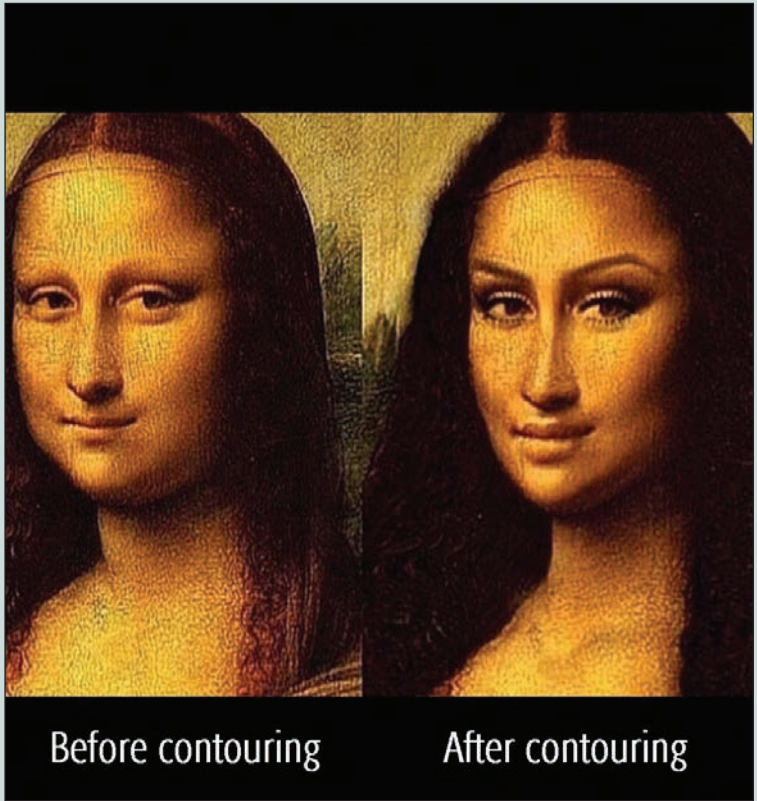


IMAGE TAKEN from wordpress.com

The internet makes light of contouring and all the other new make up trends with funny memes, but they fail to recognize the very serious self-esteem issues being created by these trends.

MU Debaters Strive to Make a Difference

PRESS RELEASE

Ten Monmouth debaters— who in addition to preparing for college debate tournaments— have been busy coaching Asbury Park high school students every Thursday after school and accompanying them to debate tournaments affiliated with the Urban Debate League. On the weekend of February 8th, the MU debaters coached the Asbury Park debaters at a tournament at the Institute for Collaborative Education in the South Bronx and February 12th to the 14th. MU debaters took the students to a tournament at Harvard University. The team won several individual speaking awards at both tournaments. The Asbury Park debaters met with the 2015 New York City Policy debate champion Dante de Blasio, son of the city's Mayor, Bill de Blasio.

The Asbury Park debate team gives special thanks to MU Debaters captain Danielle Doud, Angela Ryan, Kaitlin Allsopp, Prachi Patel, Abdullah Rashid, Kevin Ospina, Emely Diaz, Angel Soto, Marasia Laster, and Victoria Borges.

In his 2012 State of the State address New Jersey Governor Chris Christie highlighted o Asbury Park High School as one of the state's lowest performing high schools.

While New Jersey had a comparatively high graduation rate in 2014—88.6 percent—, Asbury Park high school remained an outlier; graduating only 49 percent of its student body, making it one of the few high schools in the state that had more students' drop-out of it rather than

graduating.

According to research findings by *Brookings.edu*, seventy percent of people that are incarcerated are high school dropouts, including most violent criminals and high school dropouts also links to drug and alcohol addiction, teenage pregnancy, and pretty much every social problem.

The MU-Asbury Debate Mentoring program was created in 2009, born out of Dr. Rekha Datta's Big Brothers/Big Sisters Project Bam with Asbury Park High School. The good news is since 2009 there have been 75 Asbury students compete on the Asbury debate team—most for multiple years—and to date one hundred percent of them have graduated from High School and all but three have gone on to college, the other three joined the military.

This program is fully funded by an MU debate grant secured from TD Bank – with the special assistance of Tony Lazroe, Freda Karpf, and Beth Brody. Another interesting spinoff is that Lianne Kulik, MU alum and former debater from 2012, was recently hired as a teacher at Long Branch high school—another at risk High School—and she started a debate team there that is now also competing in the Urban Debate League and thriving.

The MU Debate Team was recently contacted by another neighboring at risk high school seeking assistance in starting another high school debate team in the area. The Monmouth debaters will next be competing themselves in California over spring break and will also be coaching the Asbury kids in upcoming tournaments this semester.

HARVARD



PHOTO COURTESY of Monmouth University Debate Team

Monmouth Debate Team coaches the Asbury Park High School Debate Team at Harvard University

Bernie Sanders Could Be The First Jewish President

ALBERT SHALOM
CONTRIBUTING WRITER

Dr. Joseph Patten, Chair of the Political Science Department, said “not many people know that Bernie Sanders is Jewish.” Is this just a coincidence or is it more than that?

It was only eight years ago when history was made in America with the election of the first African American, President Barack Obama. Now, for the upcoming 2016 presidential elections once again history can be made with either the first Female President, Hillary Clinton, or the first Jewish President, Bernie Sanders, who are both running for the democratic presidential nomination.

Both Jews and females have made giant strides politically in the U.S. throughout history, yet both have failed to get to the ultimate prize, the American presidency.

Joe Lieberman was the first Jewish person to run on a presidential ticket as Vice President for Al Gore in 2000 and then sought the presidential nomination in 2004, but failed and didn't even end up running.

It's important to note the role and inspiration these leaders display for African Americans and other minority groups in what they can achieve and accomplish.

Professor Catherine Bartch, Instructor of Political Science said, “President Obama gives young African Americans inspiration to achieve things that may seem to be beyond them.” She continued, “The same could be said for Hillary Clinton in regarding gender and Sanders in regards to Jewish people.”

Charles M. Blow wrote in *The New York Times* on Jan.14, mentioned, “I told the boys that whatever else the president does or doesn't do, his impact on young people of color will most likely be incalculable. As I told them: For many young people like you and like my own children, the first president they consciously registered was Barack Obama, a black man... Obama is the first black president — and may well be the



PHOTO TAKEN from Freedom Works

Presidential Candidate, Bernie Sanders, rallies supporters on the campaign trail as he hopes to become the first Jewish President.

last, who knows — and that alone has a historical weight and impact on this generation that will play out for generations to come.”

Some voters have expressed disappointment with the idea that Bernie Sanders has downplayed his religious background. Michael A. Cohen, a columnist at *The Boston Globe* states in his article on *tablet-mag.com* on Feb. 12: “This should be a moment of pride for American Jews, especially when we're hearing more and more stories of anti-Semitism showing up on college campuses. It felt important to acknowledge this historic achievement.”

He continued to tell an experience, “One friend emailed me and expressed her disappointment was that it wasn't getting more attention. ‘I do think in an election where we are making such a big deal over the potential for the first female president of the United States, it seemed more than a trifle ironic that very few people seemed to think the first Jew to win a primary was worth a mention,’ she wrote. ‘We're not exactly a group that's had it easy over the past several centuries.’”

Dr. Patten pointed out that a probable reason for why Sander's and the media have not really drawn attention to his religious background is because “Sander's is downplaying his religion and following President John F. Kennedy's and

President Barack Obama's role model of downplaying religious and ethnic backgrounds.”

He continued, “Most people still believe that Hillary Clinton is going to win, but if Sander's gets to the national level you will most probably see the media and Sander's himself address his Jewish background.”

Angela Ryan a junior political science major and the President Political Science Club remarked, “It's a smart move. He's separating his religion and the state to serve for the good and will of the people.”

Mitchell Parker, a senior Pre-Medical Jewish student at the University and the student vice president of the Monmouth University Chabad Club commented, “For me, it doesn't matter what the future President's race or cultural background is, what matters to me is that he or she is going to be a good President. The media trying to play up a Presidential candidate's race or cultural background is all for hype and ratings.”

It should also be noted the importance of the timing of all this.

Dr. Patten noted that Sander's religious issue is not unlike Obama's racial issue when he ran for the presidency. Dr. Patten commented, “An African American becoming president was much more shocking (culturally) than if were to say a Jewish or female president was elected.”

Donald Trump Threatens to Sue Ted Cruz Over Eligibility

PRACHI PATEL
STAFF WRITER

With the 2016 election just around the corner, candidates from the Republican Party are suspending their campaigns and with only five candidates left, Trump has on numerous occasions gone after Ted Cruz for being born outside the United States. Trump has threatened to sue Cruz for running for President due to the issue of citizenship and eligibility. According to Trump, Cruz is automatically not a “natural born citizen”.

Considering Trumps definition of natural born citizen, Cruz would not be able to run for office due to Article two Section two of the United States Constitution. It states “No Person except a natural born Citizen, or a Citizen of the United States, at the time of the Adoption of this Constitution, shall be eligible to the Office of President.” The reason this requirement was put into the Constitution was to ensure that foreign influence would never impact or harm the American people. The debate and controversy



PHOTO TAKEN from BBC

Candidates Ted Cruz and Donald Trump exchange words after a campaign event in South Carolina last week, where tensions were high between the two.

sy with that part is with the term “Natural Born”. Nowhere in the constitution does it define the exact terminology.

Professor Cathy Bartch of the Political Science Department shared some insight about the issue. She said, “As someone who has taught American Constitutional Development, I prefer to view the Constitution as a ‘living document’, one that can be interpreted according to the changing times. This does

not mean the ‘original intent’ of the framers of the Constitution should be ignored, but I think their intent can be considered in the context of societal transformations and progress.”

She added, “Some Constitutional scholars argue it was the original intent of the Framers to consider ‘natural born citizen’ as someone born to U.S. with parents abroad. Others disagree. The question I pose to students and others is do you think

that it should still be required in the 21st century for a Presidential Candidate to be a natural born citizen, or should we think about the possibility of an amendment to allow naturalized citizens also the opportunity to run for the highest office?”

She asked, “That may seem radical, but I wonder if some founding fathers, like Thomas Jefferson, would welcome such a change?”

Dr. Joseph Patten, Chair of the Political Science Department, talked about his thoughts on the controversy. “The Constitution requires three presidential qualifications, that a person be 35 years old, fourteen years a resident, and a natural born citizen. The natural born term dates back to Roman times “natus naturalis” and the Supreme Court has never directly weighed in as to its meaning as it relates to presidential qualifications.”


He added “Natural born citizenship can be conferred upon either by being born on American soil (jus soli) or by blood through parentage (jus sanguinis).”

How this applies to the Ted Cruz controversy he explained, “The

controversy with Ted Cruz derives from the fact that he was not born on U.S. soil and only his mother was an American citizen at the time of his birth, his father is from Cuba. This has caused a bit of a controversy because in English Common Law rights of citizenship passed through the father and because some American statutes suggest that both parents need to be American citizens in order for citizenship to pass on to those born abroad.”

It has become evident that perhaps Trump could be looking for a way to eliminate his closest competitor for the Republican nomination. It is clear that though he may not be successful he perhaps will continue to bring it to the nation's attention in hopes that Cruz's polling numbers will decrease. Trump has always been a wild card so no one can really say if he will in actuality take action against Cruz.

Kelsey Alpaugh, a sophomore social work major has said “I think this election is very interesting and I cannot wait to see if Trump will continue to pursue this attack on Ted Cruz!”

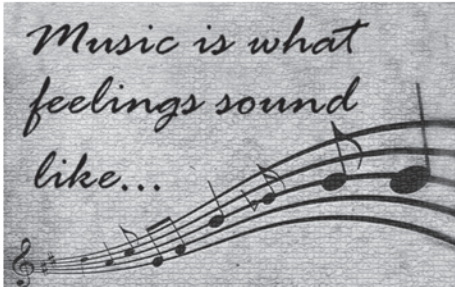



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Feel free to visit the office on Mondays or Tuesdays and/or contact the Editor-in Chief, Casey Wolfe at s0835799@monmouth.edu.



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Top 10 Items to Have in Your Backpack

LAUREN NIESZ
HEAD COPY EDITOR

Your backpack—probably a bag with gum wrappers, old class handouts, and food receipts crumpled at the bottom. It is also a bag with some of your most important items in it too!

Yes, you will always have your books, laptop, keys, and phone in it, but there are some more items that would be beneficial to have in there too.

1. Phone charger- Junior communication student Amanda Drennan said, “I always have a phone charger and/or a portable power bank with me. I don’t want to be caught with a dead phone.” A phone charger, whether you have the whole charger itself, or a portable power bank as Drennan suggests, is a very important item to carry with you. Even if it isn’t so we can keep checking the likes on our latest Instagram photo, keeping your phone charged is super important. You never know who may be trying to reach you.

2. Breath Mints/Gum- Never get caught with bad breath! Always keep breath mints or gum on you, especially if you are a coffee drinker. We may not be able to live without it, but coffee often leads to bad breath. Also, if you’re an antsy student sucking on a breath mint or chewing gum may help you to focus in class.

3. A Snack- Always have a snack on your person. Try to

opt for something healthy and something easy to pack in your bag. Dr. Merrily Ervin, Coordinator Of School Of Science General Education Courses and Professor of Nutrition, suggested trail mix: “I recommend that you make a big batch of trail mix. Then when you are ready to go out you can put a handful in a small plastic bag and toss it into your backpack.” She continues, “The trail mix can include nuts, dried fruit, seeds, wasabi peas, chocolate nibs or chocolate chips (cheaper than M&Ms). Season it with a little salt, cinnamon or cayenne, if you want.”

4. Headphones- It is always smart to have headphones because I don’t think any of us could live without music. Headphones are also important to have if you’re going to work in the library or any computer lab on campus. If you end up having to watch Youtube clips on the computer for a class you won’t disturb anyone by having the volume on.

5. Hair Accessories- Hair ties and small clips are always good to have. You never know when you want to switch up your hairstyle choice for the day. This goes for guys with longer hair too. Rock the man bun if you’re feeling it!

6. Nail File- This one lies near and dear to my heart. Male or female, when you break or split your nail and it snags on everything you’re wearing it is the most annoying thing to deal with. Then you end up trying to



IMAGE TAKEN from www.tumblr.com
Having the necessities in your backpack will help you be prepared for some of life's most unexpected moments.

bite off the part of the nail that ripped and you look crazy because you keep biting your nail. Prevent this unfortunate event by always having a nail file or nail clipper in your backpack.

7. Hand Sanitizer- Prevent sickness as much as you can and keep hand sanitizer in your backpack. Hand sanitizer can

also help if you touch something disgusting and you don’t have easy access to a bathroom sink. Keep your hands clean at all times.

8. Tide-To-Go- There is nothing worse than staining your shirt than having to walk around campus all day with the evidence sticking out. It is wise

to have a *Tide-To-Go* stick on you just in case your food or drink get the best of you. This is especially true if you are a messy eater. Messy eaters—you know who you are—do yourself a favor and invest in a *Tide-To-Go* stick.

9. An Umbrella- The weather is so unpredictable, better to always be prepared and have a small umbrella in your backpack. No one wants to get his/her hair and outfit soaked in uncalled for rain on his/her way to class.

10. Journals- Ally Afanador, sophomore English student, suggested that you always keep at least one journal in your backpack. “I always have a few journals in my backpack. Being an English major means all that creativity has to go somewhere and I just so happen to generally have a journal on me at all times.” Journals are a great thing to have if you end up having a great idea for a project or for something you want to write creatively. It’s always good to have a pad of paper that isn’t a course notebook in your backpack for things like this.

Your backpack is your lifeline for so many unpredictable life situations. It is better to be over-prepared for these situations than to be thrown into them blind. Actor Christopher Walken said, “At its best, life is completely unpredictable.” So, let your backpack live to its full potential and keep some of these items in there for those unpredictable life moments.



Winter Fashion Trends



EMILY CIAVATTA
STAFF WRITER

Achieving a fashionable look in the winter months is difficult when all you want to do is wear your comfiest sweatshirt and wrap yourself up in a blanket for maximal warmth. Staying stylish and keeping warm can be a difficult look to master, or it can be the easiest thing in the world if you have the right mindset. Maintaining your personal style can be a breeze in the winter with the right pieces and techniques, and just a few simple adjustments to your look can make a drastic difference.

One simple way to stay warm in the winter while still looking your cutest is layering. Layering is a classic and easy way to maintain a fashion-forward look, while still being practical for the cold weather. Not only is layering wildly trendy, but it also always helps to keep you warm. That

bundled up look we all strive to rock during those below freezing days is a perfect look for winter fashion. Layering is easy – a T-shirt, flannel, thick jacket and floppy beanie are all you need to piece together a cozy and fun outfit. Rebecca Roth, a sophomore communication student, is also a fan of layering and can be seen around campus bundled up to the max on those icy days. She said, “Layering keeps you warm but fashionable at the same time. It’s a winter go-to style.”

Communication instructor Nicholas Messina also opts for the go-to winter style of layering. “I’m a firm believer that in the winter, fashion takes a bit of a backseat to practicality. I want to be warm more than anything else. That’s why I layer!” said Messina.

Even fashion lovers who look forward every night to getting dressed the next morning take into account the freezing tem-



IMAGE TAKEN from www.pinterest.com
Sweater, scarves and boots make for the perfect winter ensemble for a casual day out.

“I’m a firm believer that in the winter, fashion takes a bit of a backseat to practicality. I want to be warm more than anything else. That’s why I layer!”

NICHOLAS MESSINA
Instructor of Communication

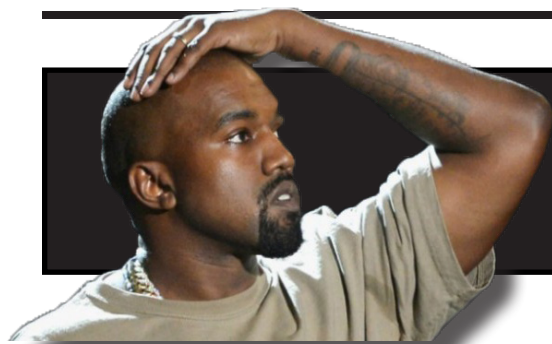
peratures, meaning that practical clothing has to come first. “Practical clothing” might sound scary to fashion gurus, but really it is completely possible to be warm and stylish. Messina achieves this by throwing on a wool sweater over his shirt for the day to stick with the layering look, and for warmth. “If you want to stay relevant and hip, go to your local thrift store – Goodwill has never let me down when I’m looking for a hearty sweater,” said Messina.

Another easy way to stay

warm in the winter is simply with a sweater. Sweaters are cozy and are a great practical article of clothing when the temperature is low. Sweaters are classic and go with virtually any style (i.e. preppy, girly, grunge). They are very versatile and a total a win-win choice. Caitlin Smoler, a sophomore health studies student, said, “When in doubt, always throw on a cute sweater because you’ll look trendy and keep warm.” Sweaters are in fact always trendy during the winter months, mak-

ing them a great choice for the winter.

Other ways you can keep warm in the winter while still staying fashionable are with thick jackets, fun hats, gloves and scarves, and warm boots. Winter fashion is the best because you have more options than you do in the warmer months. Jeans, flannels, scarves, and so many other things can only be worn when it’s cold out. So, while you are shivering during the cold winter months you might as well look cute while doing it.



KANYE WEST RELEASES "THE LIFE OF PABLO"

JACOB TURCHI
CONTRIBUTING WRITER

The biggest news in the music community the past month has been “Yeezus” himself, and his very anticipated seventh album. *The Life of Pablo* was released Feb. 14 on Kanye’s own record label “GOOD (Getting Out Our Dreams) Music, Inc.,” which has also released albums by other hip-hop and R&B artists like Common, John Legend, and Pusha T.

Three different singles were dropped in promotion of Kanye’s latest project, although none of them can be found on the final playlist. Fans were excited to see the collaboration between Kanye and Sir Paul McCartney on tracks like “FourFiveSeconds” and “Only One.” Both of these songs had a romantic element to them, and contained subject matters relating to Kanye’s own personal relationships and struggles with fatherhood. Then, the release of the track “All Day” brought back the more visceral and hip hop side to Kanye’s nature, in which he praised his own ego while being both very profane and upbeat.

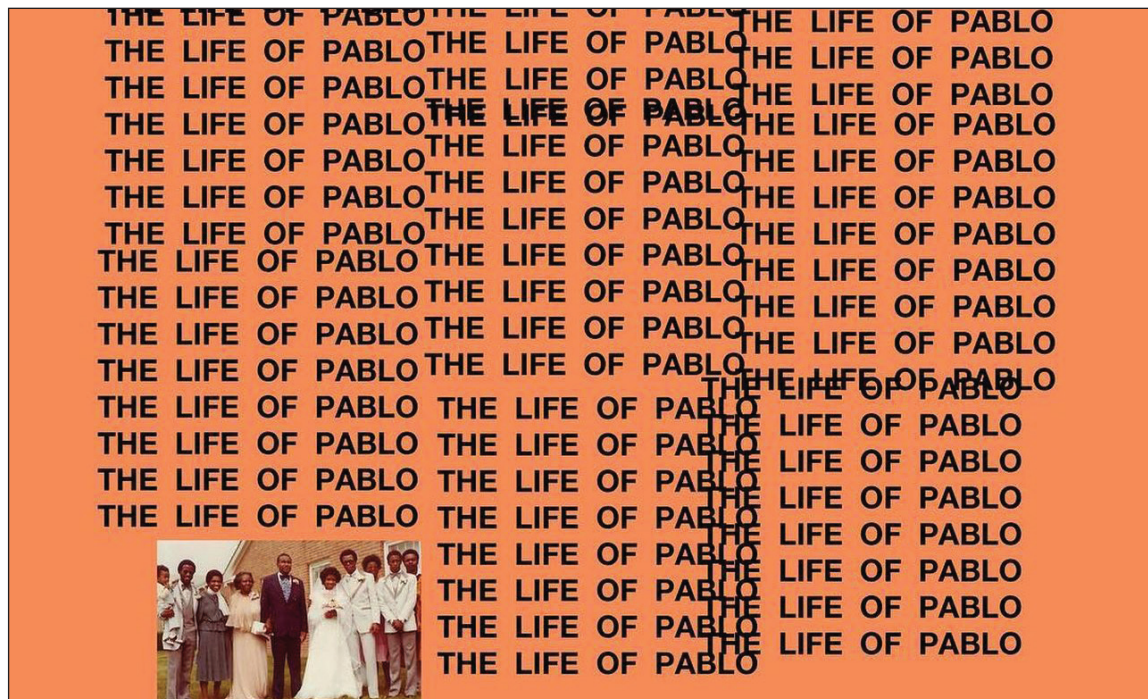
Before the album’s release, the project title went under three name changes. Originally called “So Help Me God,” it was then changed to “SWISH” and then to “WAVES.” It wasn’t until shortly before the album’s release that it was renamed *The Life of Pablo*. The album was promised to drop on Feb. 11, but was not officially put out until the 14th; in the days between, fans were kept abreast about what was happening with the album through Kanye’s Twitter feed.

Kanye first updated the album’s track list by adding seven additional tracks, increasing the work’s run time by over half an hour, still promising the fans that the album

would be done, mastered and ready to release on the 12th. He then released the cover art, as well as a website that allows you to fill in your own text in the same format as the album cover.

Finally the album was released, but only on the streaming website *tidal.com*, which serves solely to subscribers. Kanye has been a huge supporter of this service since it was created by Jay-Z in 2014, and has strongly urged fans to download and subscribe to the website. Although it did increase views to the website, it is estimated that the album has been illegally downloaded over 500,000 times. Regardless, Kanye is still sticking with the site and refuses to stream it under any free format. To this day, Spotify has not acquired the rights to stream *The Life of Pablo*.

The thing that makes Kanye’s albums so appealing to listeners is how thematic they are. From the beginning of his discography to now, fans have been able to see him grow as a musician and as a person, as the themes of every album pertain to his own life and problems. His first albums, *The College Dropout* and *Late Registration*, were both about his frustrations of being single, trying to live up to expectations, remembering his own upbringings in Chicago, and finding his own career path and sound for himself. Albums like *Graduation* and *808s and Heartbreaks*, however, seem to be more focused on the fame he has now found, his struggle to be original, and trying to find new ways of expression. His last two projects, *My Beautiful Dark Twisted Fantasy* and *Yeezus*, were certainly more introspective, analyzing his own flaws, ego, and lack of self-control, and he leaves the audience wondering whether it’s a good or bad thing. His latest project is no exception. *The Life of Pablo* is centered on



IMAGES TAKEN from huffingtonpost.com and theverge.com

“The Life of Pablo” is Kanye West’s seventh studio album and is only available via the streaming website *tidal.com*, which was originally founded by Jay-Z in 2014.

the relationships he has in his life with the church, the business, other people in the music world, his wife, his friends and family, and many others.

The first track, “Ultralight Beam,” is about the prominent connection Kanye feels with the Lord and how he seeks absolution often. The next tracks take a drastic turn, with “Father Stretch My Hands Pt.1 & Pt.2” recalling a one-night stand with a girl and the aftermath that follows, leaving him perplexed and unsure about his own situation. Kanye finds more melody on the next track, “Famous,” while poking further at the Taylor Swift issue. He goes on about his sexual escapades and how they came about from his fame. The next track, “Feedback,” becomes much more high-frequency, while he discusses the toll of

what he calls “being a genius” in the music game. The outro to the track becomes especially eerie and hard to listen due to the screeches on the track. The songs “Highlights” and “Freestyle 4” are both centered about Kanye’s sexual want, starting out romantic but then turning into something animal in nature.

The B-side of this album follows the same ideas, and still focuses on relationships with different people. The B-side also contains my two favorite songs on the entire album. “Wolves” is a haunting song that moves slowly to a pulse-like beat. Kanye’s voice is distorted over the track to give it a more removed, alien-like feel. He raps over it in very short verses, contemplating how his own mother would feel if she were to see him the way he is. The second one is “No More Par-

ties in L.A.” on this track, Kanye tries to remove himself from the other elites in the higher class. This very funky beat is accompanied by Kendrick Lamar. The two rap at each in a sort of dialogue, both discussing their frustrations with the artificial nature that their own art has put them into.

Over all, I think that *The Life of Pablo* has an interesting mixture of sounds that are both old and new for Kanye. The back and forth from very noisy to very gospel-like songs on this album makes it sporadic and even more entertaining to listeners. This seventh release for Kanye is definitely worth a listen, especially for those who have followed his work from the days of *The College Dropout* and enjoy seeing the evolution in his demeanor, personality, and his own art.

“Better Call Saul” Returns for Season Two

LAUREN ROSSI
STAFF WRITER

In a parallel manner to the way Season One opened up, *Better Call Saul* returned Monday night and began again with a flash forward of Saul Goodman as Gene, the manager of a Cinnabon in Omaha. Portrayed in black and white, we follow him through mundane

cleaning tasks as “Funny How Time Slips Away” by Billy Walker echoes in the background. Gene closes the shop and heads out with the garbage, but somehow manages to get locked in the dumpster room. Rather than opening the emergency door and setting off the alarm and police, Gene waits in the room for hours until someone lets him out, passing the time by carv-

ing a note amidst all the other graffiti smeared on the walls—“S.G was here.”

I’m a huge fan of the way the show moves back and forth in time, and I found the scene of him opting to be trapped rather than refusing to face the police or questions by opening the door to be really powerful. It is one of the rare moments when you get a glimpse of how he is in the future and the impact that his days working with criminals like Walter White has had on him. He doesn’t even want to risk a fleeing encounter with law enforcement and chance being discovered for who he truly is. However, the message left behind on the wall referencing his persona of Saul Goodman shows that he still misses the life he had to leave, and still yearns to go back to that time.

While Season One focused on why Jimmy McGill transformed into the criminal lawyer Saul Goodman, who made his debut in *Breaking Bad*, Season Two appears to be answering the question as to how he gets to this point. Now that he is free from his older brother Chuck’s control, Jimmy has the opportunity to set out and act the way he wants to; he is no longer held back by his desire to please

Chuck. It is the newfound control and freedom that sends Jimmy on some form of a mid-life crisis so to speak, where he contemplates giving up on being a lawyer altogether and instead working as a con-man.

The episode also divulges into Jimmy’s relationship with Kim as it shows signs of evolving into something more. Kim pushes Jimmy to accept a position with the law-firm Davis and Main and to think realistically about things, while Jimmy chooses to show her the benefits of his gift of gab and how it has its perks, such as conning a stockbroker into buying them expensive liquor and food in exchange for possible financial information down the road from their supposedly large inheritance. I found the actors, Bob Odenkirk and Rhea Seehorn, to really shine in this scene in the way they interact with one another and build on the charade with each line and knowing glance they share.

I was also pleased with the return of Mike, the grumpy ticket booth attendant and intense private investigator/muscle behind sketchy activities taking place. While his character is a near polar opposite to that of Jimmy, I can’t help but hope that their re-

lationship becomes stronger in this season, and that they begin to get involved with one another more like how it was in *Breaking Bad*. However, I did enjoy seeing the interaction between Mike and his client Daniel, who is so naïve to the type of people he’s dealing with, and his stupid banter in the show makes it clear that his future is quickly going downhill and that he is not exactly cut out for being a drug dealer.

At the end of the episode, we see Jimmy get everything he wanted—a job, a company car, his own office, an assistant—but he still can’t settle down and refrain from bending the rules a bit. As he walks across a clearly labeled switch informing people to not turn it off, Jimmy can’t help but flip the switch for a brief moment and see what happens. But everything around him continues to be the same, and no earth shattering catastrophe happens, so he flips it back into place. Connecting to the title of the premiere, “The Switch,” I’m anxious to see what’s in store for Jimmy McGill, and can’t help but hope that we get to see his transition into Saul Goodman in this upcoming season.



IMAGE TAKEN from amazonadvisor.com

“Better Call Saul” airs on Monday nights at 10 p.m. on AMC.

“Deadpool” Revamps the Superhero Genre

JULIANN FIORENTINO
CONTRIBUTING WRITER

With the superhero realm currently being so powerful and profitable, it would be completely understandable if writers and producers didn't want to stray from the current safe formula. The only problem with this theory is that comic book enthusiasts like myself might get bored with seeing the typical, run-of-the-mill adaption starring capes, villains and prolonged action.

Fortunately, 20th Century Fox has an answer to this genre overload—a \$132.7 million, action-packed, R-rated answer, that is. *Deadpool*, starring Ryan Reynolds and T.J. Miller, opened Valentine's Day weekend and broke box office records in the United States including biggest R-rated opening weekend and biggest opening weekend for first time director, Tim Miller.

Although the film received high praise for successfully breaking the fourth wall, meaning that Reynolds' character talked to the audience rather than pretending it wasn't there, it sadly didn't have the deepest of plots.

Originally introduced in the

early 90s by Stan Lee's *Marvel Entertainment* as a spin off from the stereotypical superhero, *Deadpool* serves as the mercenary alter ego of Wade Wilson, who develops special powers after undergoing a sketchy, life-threatening treatment for his terminal cancer. In fact, Reynolds originally played this character in Fox's 2009 version of *X-Men Origins: Wolverine*. But of course, his character, as well as the film itself, did not leave a memorable



IMAGE TAKEN from foxmovies.com

mark, and only brought in \$55 million opening weekend—a surprisingly low number for the fourth installment to the *X-Men* series.

But before getting into the nitty-gritty details of how this film slaughtered everyone's expectations, I should clarify that this movie is by no

means suited for the faint-hearted or viewers under the age of 18. This wasn't one of those, “Oh, it's only rated R for mild language” situa-

tions; this fast-paced, 108-minute action comedy included everything from crude and offensive humor, slashed-off body parts, tremendous amounts of nudity and, of course, foul language. Seriously, some of the jokes I didn't even understand. *Deadpool* was a mixture of *Saw*, *X-Men* and *Step Brothers*, but with triple the amount of blood and cursing.

It seems, however, that *Deadpool*'s fame did not just stem from the hilarity within dialogue (although there was tons), but the mere shock factor that 20th Century Fox associated a superhero with this type of screenplay. Not to the mention, Tim Miller practically opened the door for more hard R-rated fun in other *Marvel* territories, including the rumored talk of the untitled *Wolverine 3* stepping onto those same grounds.

Deadpool's writers also found themselves in hot water after introducing a character technically owned by *Marvel Entertainment* as well as using (and destroying) the broken down S.H.E.I.L.D. Helicarrier from 2014's *Captain America: The Winter Solider*. Although *Marvel* movies are known for Easter egg-ing, or hiding certain cameos from other movies, 20th Century Fox does

Box Office Record!

“Deadpool” had the biggest opening weekend for an R-rated film ever.

not own the rights to any of the characters, or plots, from *Marvel* comic books excluding *X-Men*, *Fantastic Four*, and now *Deadpool*. This explains why only two previously unseen *X-Men* characters are used as *Deadpool*'s sidekicks and why we probably will not be seeing them in the upcoming *X-Men* films.

Then what can be expected for the rumored 2017 *Deadpool* sequel? Well, just from what was seen in this movie alone, I can say more guts, more gore and maybe even a little bit more glory. An extended plot would be a plus, too.

In short, *Deadpool* not only delivered, but thrived with special help from the perfect salesman, Reynolds, who advertised this movie beautifully. So in theory, *Deadpool* may not be the superhero to save your cat from a tree or your house from burning, but he will definitely kick some serious butt out of an ex-boyfriend if asked nicely.

To Preorder, or Not to Preorder: Part II

JOHN MORANO
STAFF WRITER

Sometimes it seems like all the good games are right around the corner, but often upon release they turn out more hype than anything else. Last semester, I ran a feature on video game preorders, within which I gave advice on which games to preorder. I advised caution towards *Star Wars: Battlefront*, and recommended both *No Man's Sky* and *Fallout 4*. Since that time *Fallout 4* and *Star Wars: Battlefront* have been released, and their reception has been mostly in line with what I predicted. In this feature, I plan to describe several upcoming, noteworthy games that I have played pre-release.

Black Desert Online releases on March 3 of this year, and if you like action-based MMORPGs, this one is a must-try. *Black Desert* has been out in South Korea since 2014, and public demand for it has finally brought it to North America. I've only put a modest 20 hours into the beta and am already quite impressed; I wouldn't be surprised if it became the most popular action MMORPG after its release.

Black Desert's combat is a step up from that offered in *TERA Online*, which had been the genre leader. The graphics are frequently compared to those from *The Witcher 3*, and while I believe *The Witcher*'s graphics are better, the fact that this is even a discussion reflects positively on *Black Desert*; MMORPGs are notorious for having poor graphics, and *The Witcher 3* is debatably the best looking game of all time. In any case, both environments and characters look beautiful in *Black Desert*. There is a wide array of graphical options; this allows high-end computers to

make the game look better and older models to make it run more efficiently.

Black Desert also features a housing system, which allows one to own and edit houses/bases in-game. It seems like a number of recent MMOs have been passing this feature by, so it's exciting to see one that's giving it a try. There are a number of other noteworthy systems, such as horse breeding, a dynamic economy, PVP (player versus player) battles for territory, and crafting. Suffice to say, *Black Desert* is a very promising upcoming release, and fans of the genre should definitely take notice.

Ark: Survival Evolved is releasing a little farther out in June of this year. That said, I've played its beta extensively, and it feels very much like a finished game to me. *Ark* is a first-person survival type game, similar to *Minecraft*, or the less well known *Rust*. What sets *Ark* apart from these titles is a prominent gameplay feature: dinosaurs. At the start of *Ark*, you're dropped off on an island with the goal of building a fortified shelter. There are a number of threats making this difficult, such as weather, hostile dinosaurs, competition for resources, and potentially other players.

As to what one does in *Ark*, your short-term goal is to get a feel for in-game mechanics and level up, which gives you access to new technologies. After playing for a day or so, you'll then want to find an area, claim it, and start building a base. Make sure you take neighbors into account; if you build in what someone else considers their territory they may destroy your stuff, or make you move it if they're friendly. Early on, you'll want to make your base more secure, replacing that



IMAGE TAKEN from pcgamewallpapers.net

“Ark: Survival Evolved” is a first-person survival game, and is one of the many releases to look forward to this year.

walls with wood, then stone, and finally metal; hostiles will have much more difficulty destroying better walls. Automated defenses in the form of turrets are also a must, as your base persists even when you aren't playing, and someone might attack it while you're offline. You'll also want to build a large pen for the various prehistoric creatures which you can tame and ride/make use of in-game.

In *Ark*, you'll find that your ability to work with other players is just as important for survival as any skill you possess; honestly it's probably much more valuable. The social elements of this game, such as alliances and partnerships, are fascinating and immersive; I fully expect to write a paper on them at some point. *Ark* excels at allowing its players to make their own fun; as far as indie games go, I see it as second only to *Minecraft*.

Finally, we get to a game many have probably heard of, *Star Citizen*. For those of you unfamiliar with it, *Star Citizen* is by an enormous margin the

most successful crowd funded project ever, having raised over \$108 million in contributions at the time of this review. Its current release date is late 2016, although considering its history of delays, I don't expect in to meet this deadline. *Star Citizen* is a space simulation (space-sim) in the style of an MMORPG; it is also by far the most ambitious game I have ever seen. There is a list of features this game promises several times longer than this article in length. It includes player housing, a player-driven economy, the ability to land on planets, in-depth customization of space-ships, mining asteroids, harvesting gasses from stars, gigantic battles between fleets, and the ability to board ships and engage in first-person shooter combat. It's less like they're trying to construct a video game, more like they're trying to create a fictional world that will never grow old. For fans of sci-fi television, this game could very well be the perfect video game.

In the past year, *Star Citizen*'s developers (Roberts Space

Industry, or RSI) have started to release pieces of the game. I was presented with an opportunity to try it out for free, which I took advantage of and was quite impressed. Only the very foundation of the game is there as of now, but it's all quite solid. The graphics and sounds are top-tier, the gameplay is a step up from *Elite Dangerous*, which many consider the face of the genre (I myself reviewed it positively last year). The games single-player campaign features big name actors, like Mark Hamill and Gary Oldman.

I'm very intrigued by *Star Citizen*, and I look forward to playing the finished product. That said, it's not a game I can unconditionally recommend. RSI have made so many promises that I personally feel it is impossible to deliver. Still, I believe the final game will be excellent, even if it falls short of what was promised. If *Star Citizen* sounds at all intriguing, I highly recommend you check it out and come to your own conclusion; it's certainly interesting enough to justify a look.

PART I

**THANK YOU
FOR BEING A FRIEND**



TOP LEFT:
“These girls have been there for me 100 percent. I can trust them with anything. We always have a ton of fun and I don’t know where I would be without them.”
From left to right: Tobi Engstrom, Kathryn Blanchard and Amber Griffin. (Photo Courtesy of Kathryn Blanchard)

TOP RIGHT:
Ashok Reddy Kondapalli with his friends Swaroop and Gopal at an Indian festival on campus called Diwal. (Photo Courtesy of Ashok Reddy Kondapalli)



CENTER LEFT:
“Good friends are hard to found, since the very best is already mine.”
From left to right: Monica Ribeiro, Andi Alvarado, and Mikaela Mazzeo. (Photo Courtesy of Andrea Alvarado Ucles)



CENTER RIGHT:
Lauren Niesz, Jessica Leahy, Amanda Glatz, Mickey Mouse, Amanda Drennan, and Jasmine Ramos at Disneyland. (Photo Courtesy of Amanda Drennan)



BOTTOM LEFT
Best friends Nikoletta Innocenti and Isabella Petrocelli at the homecoming last fall. Isabella says, “Nikoletta is the best thing that Monmouth has given me! (Photo courtesy of Isabella Petrocelli)



BOTTOM RIGHT
Katryna Cordova wants to tell her friend, Shannon Otten, “I’m so happy that you and I met because I know we will always be there for each other!” (Photo Courtesy of Katryna Cordova)



What’s a song that always makes you feel good?

Compiled by: Kiera Lanni



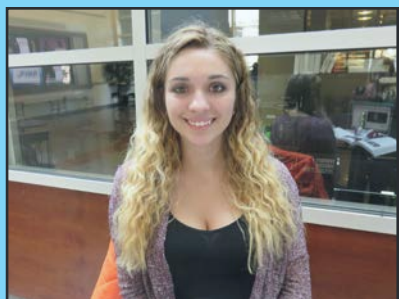
*Alison
Grad Student*

“Most recently, ‘Fight Song,’ by Rachel Platten”



*Jason
Senior*

“‘Somewhere over the Rainbow’ by Israel Kamakawiwo’ole.”



*Bryce
Sophomore*

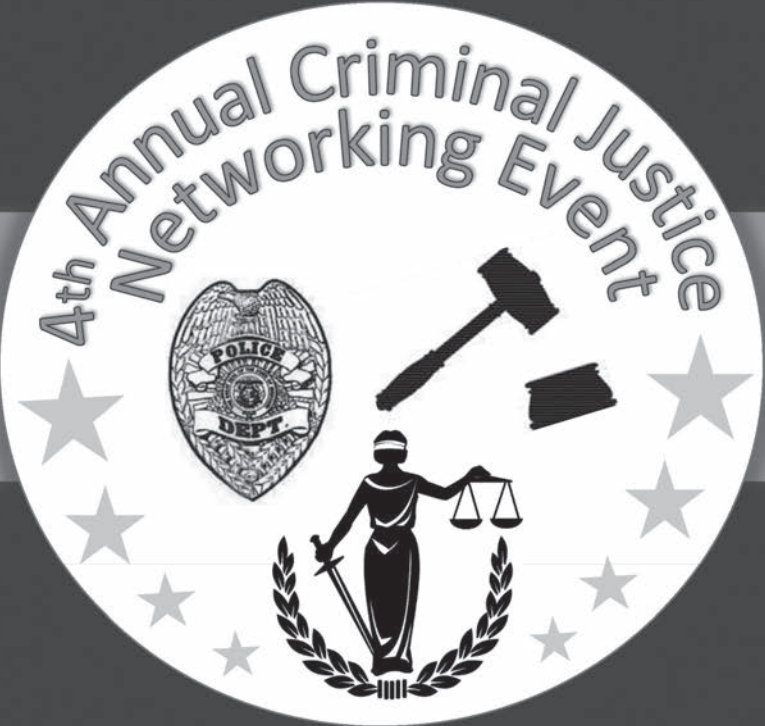
“Anything Beyoncé. She’s my spirit animal.”



*Sarah
Senior*

“‘Like a Rolling Stone,’ by Bob Dylan.”





*Wednesday, March 9, 2016
5 p.m. to 9 p.m.
Wilson Hall
Refreshments will be served*

All Students Are Welcome To Attend!

The Criminal Justice Department designed this event to connect students with working professionals in order to explore internship and career opportunities in the fields of criminal justice and homeland security. Presenters include numerous representatives from local, state, and federal criminal justice agencies.



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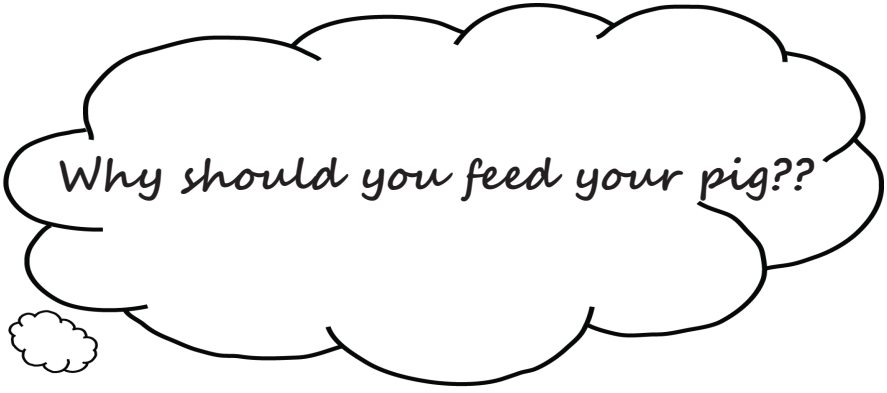
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Remember... don't let your pig starve!

Are You There, Universe? It's Me, Earth

ROBERT ZADOTTI
CONTRIBUTING WRITER

Recently, astronomers observed gravitational waves for the very first time, proving part of Albert Einstein's theory of relativity right: if there was a great astronomical collision, like two black holes, then the gravitational waves would echo throughout the universe, like a ripple in a giant pond.

These gravitational ripples finally reached us from millions and millions of light years away, where the collision actually took place, so we were finally able to officially confirm part of Einstein's theory.

Now to the common man or woman, this does not seem particularly relevant or exciting unless you're an astronomy buff. But the truth is actually

quite different.

Many big discoveries in astronomy have more to do with us than we realize. Each and every discovery changes how we as members of the human race see the universe we live in.

It's a sort of 'big picture' thinking, which allows for a renewed perspective on the world. If we think of the earth as a pond or tank, then we are all very tiny fish in a very large ocean. That's why it's important to be able to understand the different workings of the universe.

"The recent discovery of the gravitational waves predicted 100 years ago by Einstein is one of the most important discoveries of the 21st century," said Gloria Brown-Simmons, an Adjunct Professor in the Chemistry and Physics Department.

"Our understanding of space and time is fundamental to our being able to forge ahead into the future. The discovery highlights that we are currently in a second 'Golden Age' of astronomy and astrophysics," she continued.

As Brown-Simmons stated, our understanding of the universe is directly correlated to how we move ahead technologically and scientifically. We cannot focus on our own world and problems without first seeing how the large-scale perspective works.

The earth is simply a metaphorical cog in a machine, so it would do us good to have a broader view entirely. The important question for us is this: how do students of the University react to these discoveries, and to what degree?

"We as a planet exist in the universe, so big things that happen out there will most likely reach us eventually", says Phil Latawiec, a sophomore fine arts student.

Besides the literal examples of gravitational waves passing through and around our planet, the discoveries will reach us one way or another.

We view the universe in a snapshot, as we cannot view the stars above us in real time, since light only travels so fast. This way of observing how far and how soon things will be visible to us has led to astronomers looking deeper into the universe, as to learn more about it and how it works.

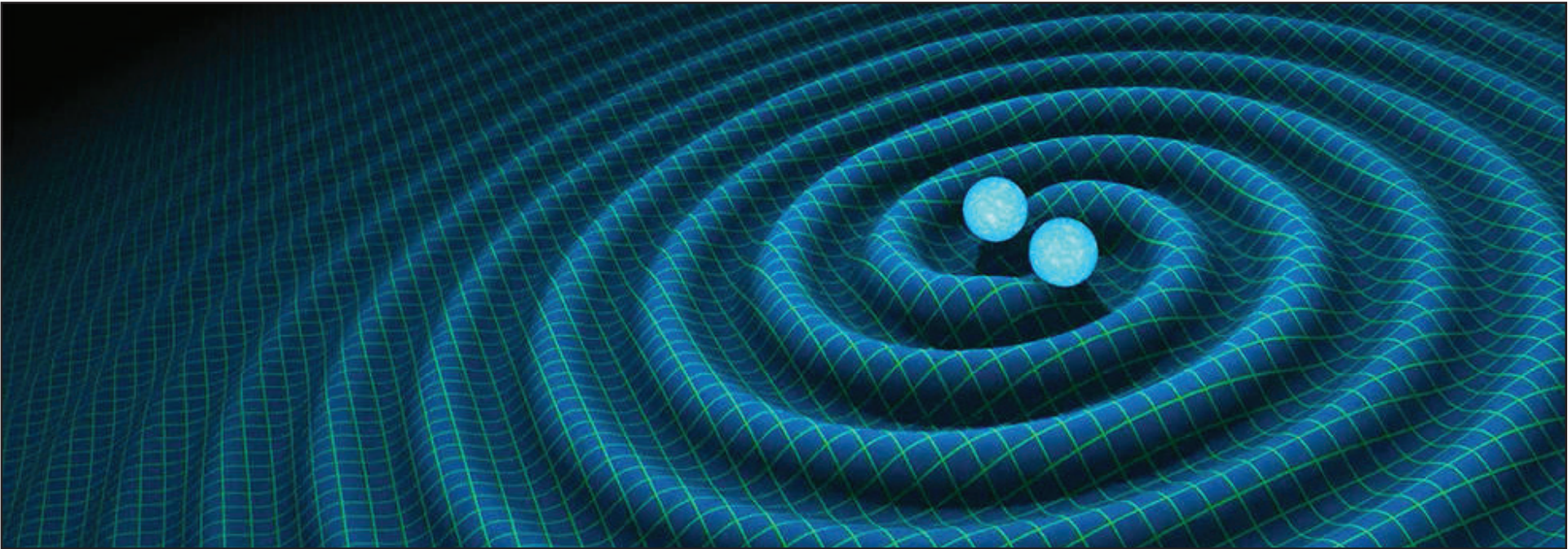
Whether or not we pay enough attention, what goes on in the rest of space will eventually find its way to Earth.

"All it takes is one fantastic discovery, and we will make all that back tenfold; if not in money, in knowledge and scientific potential," Michael Motola, a junior English student, commented about the merits of space exploration and study.

Whether we care immensely about astronomy or not, there has been nothing but ample reason to pay attention to the big discoveries in space, because in one way or another, it affects even the most regular person.

We pay attention to our own surroundings, so extending that same line of curiosity to our universe allows for even more discovery and advancement.

In an attempt to progress not only through our sciences but also as a species, it would do all of us some good to keep an eye on the stars.



Gravitational waves were recently discovered by scientists, proving Albert Einstein's long debated theory of relativity.

IMAGE TAKEN from NASA.gov

Major Key: The Potential Benefits of Entering an "Impractical" Academic Field

Majors cont. from pg. 1

visual culture, artworks and visual media of all kinds."

Dzenko continued, "Furthermore, art and design students learn about various cultures across history by taking art history courses, which helps them understand their place in the world and can help them become more critically engaged citizens in society."

Having received her PhD in Art History as well as her Master's, Dzenko finds great value in analyzing and interpreting contemporary art and enjoys teaching these values to her students.

Kelly Currie, a junior fine arts student, said, "Art history is important for everyone because it helps us know history and culture through the eyes of those who lived it and that is important for us now because it helps us interpret the world around us and better understand ourselves."

Currie continued, "Learning art

"Studying art and design has real benefits for students and a variety of real world, 'practical' applications."

COREY DZENKO
Assistant Professor

history is important for me personally because when I want to create something it gives me insight on how to construct my own art."

These kinds of skills and values that are typically viewed as "impractical" are just as important as "practical" majors.

Dzenko said, "Studying art and design has real benefits for students and a variety of real world, 'practical' applications. After graduation, students can employ what they've learned in their own artistic practices, as part of a collaborative and creative professional team, in museum and community arts organizations, and even outside of the 'art world.'"

These applications can be seen through the ambitions of students like Currie, who also has a minor in psychology. She shared, "I have a love for art and psychology, so I'm glad to be able to share this with people in school and through my anticipated occupation."

Currie continued, "I believe that art could truly be an aid to the mental health field as a means for communication and expression by individuals."

Regardless of whether you study science, English, or history, every major has its own set of valuable skills to be applied in the future. These skills may not be as evident to everyone, but many students find them extremely useful for their future careers.

We should not need to define practicality by the salary or demand of certain careers, rather by the effect each job can have on any aspect of society.



IMAGE TAKEN from theodysseyonline.com

Majoring in art is seen as somewhat of a taboo in college because many people believe that it is not a practical field of study.

Nothing Comes Close to the Golden Coast

AMANDA GANGIDINO
LIFESTYLE EDITOR

Oh, Los Angeles; your massive palm trees, sunny days, and laidback culture will be greatly missed by this Jersey girl. While waiting for my plane to depart from the LAX terminal, I felt the urge to abandon my flight and become a permanent California resident. But reality began to sink in and I realized that I would miss my friends, family and pork roll sandwiches.

The Garden State is the only place I have ever really felt at home. But to my surprise, after spending only a short amount of time in California, I began to feel as if I had found a new place to call home.

Robyn Asaro, the Assistant Director of Study Aboard, shared her thoughts on travel, "Traveling opens the heart and mind to new experiences, new relationships and a sense of awe that we often lose in everyday life."

I went to California for the annual Associated Collegiate Press Journalism Convention and not only did I gain valuable knowledge for my craft, but I also had the opportunity to fall in love with the state and all of its beauty.

With my luck, upon my arrival it was raining in Los Angeles. My group and I tried to make the most out of the dreary day since the convention had yet to begin. The rain was on and off but we decided to load into cabs to travel to the famous Santa Monica Pier.

Even on a rainy day, the pier was beautiful and surpassed Seaside Heights. Although the temperature was barely 60 degrees, us New Jerseyans were sporting sundresses, tank tops, and shorts. It was apparent that we were clearly from out of town.

We grabbed lunch at one of the restaurants on the boardwalk and made our way down to the beach. Once I felt the Pacific wash up against my ankles it became real that I was actually in

California.

Nicole Gallagher, a sophomore psychology student, has always dreamed of traveling to the West Coast. "The mountains and beaches seem breathtaking. California is definitely on my list of places I want to see," she said.

On the second day, I attended one conference during which I learned how to integrate technology within our college newspaper. The speaker was extremely engaging and the session provided me with excellent ideas for *The Outlook*. After our session, I went along with another editor to the Hollywood Walk of Fame and the Chinese Theater.

Seeing all of our favorite actors' and artists' stars, handprints and footprints was fascinating. While we were walking back towards the metro station to head back to our hotel, we spotted Ross Mathews, a famous television personality. We hoped to get a picture with him but his producer asked if we would like to be interviewed.

In that moment, I put on some MAC lipstick and attempted to calm my nerves. He was extremely friendly and asked us a few questions about the upcoming award shows. I checked off two items on my bucket list within those two minutes, so tune into *Hollywood Today Live* to see Alyssa Tritschler and I have our 15 seconds of fame.

After my moment of fame ended, I attended a studio tour of Warner Brothers. Seeing the studio where *Casablanca*, *Gilmore Girls*, *Friends* and so many other amazing television shows and movies were filmed was intriguing. When consuming our favorite media, we usually don't realize the amount of work and dedication that is put into production. The highlight of our entire tour was when I was able to sit on the actual *Friends* couch.

Tierney Rosen, a sophomore psychology student, said, "I love *Friends* because it always puts me in such a great mood."

If you are ever in Los Angeles, I highly recommended this tour because the *Friends* set was only one of the many amazing sights on the lot.

After our sessions on the third day, my fellow editors and I hiked to the Hollywood sign. Being up in the mountains that I had been gawking over for the past two days was invigorating. We were mesmerized by the LA skyline in the distance and took an excessive amount of pictures to capture its beauty.

It was almost difficult to wrap my head around the fact that I was physically at the Hollywood sign and not just seeing it on television.

On our final day, we concluded our sessions at the ACP convention. I am confident in the knowledge *The Outlook* staff gained at this conference and I believe that it will help us better our paper. It was an amazing learning experience and I am grateful I was able to learn alongside my fellow staffers.

We finished our trip off with a trip to Beverly Hills. While walking through the streets of Rodeo Drive, I had Weezer's hit "Beverly Hills" on repeat in my head. The streets were even more glamorous than I expected. Being on Rodeo brought on a feeling of elegance in the air.

After a day of window shopping, we traveled to Santa Monica and met up with the rest of the group. Being in this part of the city on a beautiful day was life-changing. Watching the sunset while listening to live music was mesmerizing. It was truly the perfect ending to my Los Angeles trip.

When reminiscing about the events of the trip on our way to LAX, it was safe to say that every staff member wanted to "accidentally" miss our flight back home. Now that I am back in New Jersey, I am longing for an In-N-Out burger, window shopping on Rodeo Drive, and the breathtaking Santa Monica Pier. I have left Los Angeles in hopes that someday I will return to that beautiful paradise.



PHOTOS COURTESY of Amanda Gangidino
Amanda Gangidino (top left, bottom second from left) and Alyssa Tritschler (top right, bottom second from right) see the sights in LA.

Graduate Studies Spotlight: Corporate and Public Communication

ERIN MCMULLEN
FEATURES EDITOR

After graduating with their Bachelor's Degree, many students choose to take the next step in their academic careers by attending graduate school. While some will seek specific schools with certain programs, others will enroll in a degree program right here at the University.

Corporate and Public Communication (CPC) is just one of over 20 graduate studies programs that prospective students have the option of enrolling in at the University. By earning their Master's in this particular field, "students will gain a competitive edge by mastering vital skills needed to analyze and produce effective messages for diverse audiences across multiple platforms," according to the CPC informational brochure.

The program offers three different tracks, much like the undergraduate communication program offers varying clusters for students, including Public Relations and New Media, Human Resources Management, and Public Service Communication.

Students who earn their CPC degree are typically looking for jobs

in the realm of public relations, health care, human resources, and marketing, among many other careers.

"I'm currently working as a marketing and media relations specialist. My position deals heavily with brand management, advertising, social media, and PR," said Roxanne Belloni, a CPC alum. "The CPC program helped me to develop my writing and analytical skills, and also exposed me to different aspects of communications as a career."

This 31-credit Master's program can be completed in just four semesters, but students are also able to complete an 18-credit certificate program if they are not looking to earn another degree.

Deanna Shoemaker, Director of the CPC Graduate Program, explained that many working professionals are simply seeking some more expertise in their field, not necessarily a second diploma, so the certificate programs that are offered allow them to specialize in a particular area and sharpen their skill sets.

Much like many of the other areas of study at the University, the CPC program strives to give students hands-on experiences that

will allow them to excel in their intended career paths after they graduate.

An internship course is offered as an option for CPC students looking to gain that kind of experience, and many are presented with opportunities to intern at local institutions, businesses, and companies.

Shoemaker and the CPC program have been working with Meridian Health, the largest employer in Monmouth County, to help place students inside some of their hospitals. By working within the medical field, CPC students are able to observe doctor and patient communication, as well as work directly with public relations and human resources specialists.

"Students have to get outside the walls of the classroom and learn by doing," commented Shoemaker. "We're trying to build those external opportunities for students to get outside of the classroom and work with real organizations in the community so that they're more ready for jobs."

Although the program has rolling admission, meaning that students are able to start taking classes during the summer, fall or spring, many current CPC students tend to

enter graduate school almost immediately after earning their Bachelor's Degree.

"The trend is that more and more students are interested in coming straight from their undergrad program into a Master's program," said Shoemaker. "So the thing that I like about the CPC program is that we have those students who are coming straight out of undergrad, but we also have working professionals with years of experience. There's a lot of nice mentoring there," she added.

The CPC program at the University tries to find a balance between grad level research and also professional experience because, as Shoemaker observed, students attend graduate school not just for theory and to conduct original research, but to develop hard skill sets that will help them get the job that they want.

But not only do students involved in the CPC program enjoy the opportunities presented to them when it comes to internships, they are also grateful for the personalized class sizes and enthusiastic professors.

"There are so many aspects of the CPC program that I like, but the personalization of it is the most

important aspect of it to me," explained Morissa Schwartz, a current CPC student at the University. "Professors actively engage with us; we are not lectured at but encouraged through activities and exercises that motivate us to think," she added.

Another current CPC student, Tamar Farajian, added, "I knew right away the CPC program was a perfect fit for me. This feeling was solidified as I attended classes; each professor shared the same passion, which only inspired and motivated me toward graduation."

Two new classes have recently been added to the CPC program's repertoire, Message Construction: Audio, Video and Web, which helps students integrate their digital messaging skills, and Presentational Communication: Design and Delivery, which provides students with knowledge about how to give presentations at conferences, as well as providing skills regarding different types of higher-level public speaking.

Shoemaker and the rest of those involved in the CPC Program have worked hard to make it what it is today, and will continue to help it grow into a program that will allow students to succeed.

Delta Tau Delta Crowns 2016 Delta Queen

ERIN SHEVLIN
STAFF WRITER

Shannon Marren crowned 2016 Delta Queen in Delta Tau Delta’s highly anticipated philanthropy event on Tuesday Feb. 17 in Pol-lak Theater.

Delta Queen is unlike any oth-er Greek event on campus. The competition lasted three months showing the competitiveness of each organization that the campus does not typically see for Greek events.

“Something that I think sets our event apart is the time we take with having contestants and making them a part of the process. Raising money is not easy, especially on a college campus so by making this something that ev-eryone could really be a part of, connect with, and enjoy is some-thing we wanted to be sure that happened,” said Dylan Vargas, a senior marketing and manage-ment student and coordinator of this years Delta Queen.

This year, Delta Tau Delta raised a jaw dropping \$6,510.58 for the Juvenile Diabetes Re-search Foundation. This money was raised from ticket sales, pen-ny wars, and the contestants indi-vidual fundraising efforts during

the second round of the comple-tion in November.

The contestants were all mem-bers of different Panhellenic orga-nizations on campus and included Danielle Alba from Phi Sigma Sigma, Brianna Varrone from Zeta Tau Alpha, Nicole Banks from Alpha Kappa Psi, Victoria Crescenzi from Delta Phi Epsilon, Shannon Marren from Alpha Xi Delta, and Clare Maurer from Alpha Omi-cron Pi.

The competition began on Nov. 11, 2015 with several different rounds each week leading up to the main event on Tues. Feb. 17, 2016. The main event in Pollack consist-ed of three rounds. The night be-gan with three rounds of the popu-lar television show “Minute to Win It” events followed by a question round in which contestants were asked three hypothetical questions about themselves. The third round was the crowd favorite in which each contestant was asked to showcase a special talent they had. Alba painted an impressive picture of Albert Einstein upside down in just six minutes. Next, Varrone serenaded the crowd and Banks demonstrated a make up tutorial on an audience member. Crescenzi created a remix to Justin Bieber’s hit song “Sorry” in which she



PHOTO TAKEN FROM Delta Tau Delta Instagram

Brothers of Delta Tau Delta take a photo with their new Delta Queen, sophomore biology student Shannon Marren of AXiD.

changed the words to be about the Delta Queen competition. Marren performed a dance to a mash up of hip-hop hits from over the years. Maurer closed out the round with a creative performance of “High School Musical” hits.

Prior to the event, there was a banner contest and scavenger hunt on Feb. 12. On Dec. 2, there was a Penny War competition round which was used to help boost the fundraising round which began on

Nov. 11.

“Being able to represent Alpha Xi Delta Iota Nu along with the Monmouth Delts as Delta Queen 2016 is definitely an honor. It gives me an opportunity to work closely with another organization and a philanthropy that means so much to me. The title of Delta Queen 2016 holds a special place in my heart and I am excited to begin this journey,” said Marren, a sopho-more biology student.

“While it is supposed to be fun and we invite all to the events to cheer on the participants, the main objective is for the group to raise awareness of the philanthropy so others can become educated and guests know where they are donating money to,” explained Michele Kaplan the Assistant Di-rector of Student Activities for Fraternity and Sorority Life on why Monmouth host philanthropy events.

Ice Hawks Cap Off Season in Newfound Conference

JAMES ROMANO
STAFF WRITER

The Monmouth University Ice Hockey team’s season ended on Friday, February 29, with a 3-2 loss to University of Pennsyl-vania in West Chester, PA. The Hawks, the fourth seed in the Colonial States College Hockey Conference, finished their season 13-10-2 and a conference record of 7-5-2.

Monmouth took the lead early. Senior center, Kyle Blazier, took a shot that deflected off of junior left winger, Anthony DeFede, and went into UPenn’s goal. Minutes later, DeFede passed the puck to Mike Frade, a freshman right winger, who backhanded the puck into the net. UPenn scored a goal late in the second period to make the score 2-1.

With 10 minutes of play left in the third period, UPenn somehow manage to score from behind the goal line. “There was a lot of traf-fic in front of the net,” DeFede said. “I honestly don’t know how it went in.”

UPenn scored the game winner within the final minute and a half of play making the final score

3-2. Monmouth fought valiantly in this close, tight checking, low scoring game.

Even though this loss sent the Hawks back to the nest,



PHOTO TAKEN BY James Romano

Kyle Blazier competes in a faceoff against TCNJ in the final game of the Monmouth Ice Hawks season.

every cloud has its silver lin-ing. Monmouth Ice Hockey as already made its mark on the Colonial State College Hockey Conference, showing rivals such as TCNJ, NJIT, Seton Hall, and West Chester that they can be a

Both DeFede and Bonora be-lieve that the team, as a unit, has taken major steps forward. “Our team grew hungrier and progres-sively more physical throughout the season, but finishing and scor-ing final goals was our problem,”

DeFede recalled. “Tony [DeFede] and I plan on skating in the off-season to work on some things as we prep for next season,” Bonora said.

Coach Amato had encourag-ing words to say to his players postgame. “Don’t hang you heads over this. You all worked hard from the start of training camp until this point,” Amato said. “You guys played a great game

and I want to thank you all for a great season.”

Not only Amato, but also Coach Norkus, who played amongst many of the upperclass-man, had final words for his team. “You guys had an awesome season. Don’t let this get you down,” Norkus said.

The season may be over, but the Hawks will pickup where they left off once their training camp begins at Jersey Shore Ice Hockey Arena in August 2016. “Until then, everyone should be in the weight room in order to meet the fitness requirements,” DeFede said. “It’s hard because our team isn’t together until Au-gust, but once August hits, it’s hockey season.

The team will work with their new cast as well as returning players in order to practice their timely goal scoring so they could clinch those ‘one goal games.’

Bonora and DeFede agreed that this year was pivotal for Monmouth University Ice Hock-ey. “It dictated where the team will be five to 10 years from now,” DeFede said. “Now, we’ve devel-oped a culture of winning that hasn’t been here in a long time.”

ON AND OFF CAMPUS ANNOUNCEMENTS

The Outdoors Club

The Outdoors Club is hosting numerous events this semes-ter. 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, do not worry. Our Future events include

Future Events to keep an eye out for:

March 25-27: Cabin Camping at Belleplain State Forest

April 3: Old fashioned pic-nic 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 Face-book group, Monmouth Univer-sity Outdoors Club, to find out about upcoming events.

MOCC

The Monmouth Oral Com-munication 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@mon-mouth.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* ful-fills practicum requirements for communication majors, howev-er, any majors can write for *The Outlook*.

Men's Basketball Falls to Iona, Rebounds at St. Peter's

JOHN SORCE
STAFF WRITER

Four thousand five hundred and twenty two fans packed the MAC in one of the most highly anticipated home games in years. But ultimately, the men's basketball team fell to the Iona Gaels 83-67 on Friday, Feb. 19 in front of the largest crowd in the history of the Multipurpose Activity Center.

The student section was filled an hour before the 10 p.m. tip-off on *ESPNU*. The Hawks came out fast and took a two point lead at the first media timeout, but the Gaels were in control the rest of the way.

Iona responded by going on a 19-0 run and took a 19 point lead into the locker room while holding MU to just 28 percent (9-32) in the first half and 2-11 from three. MU's 25 first half points were the fewest they have scored in a half all season.

"They scored and we didn't," junior guard Justin Robinson said when asked about Iona's 19-0 run. "We put our heads down defensively, which is something we've reiterated that we can't do and we did that for an extended period of time. It's not just Iona. If you do that against any team in the country, they're going to capitalize on it. We have to learn from that."

The Hawks came out in the second half by going on a 7-4 run to cut the deficit to 16. Iona extended the lead back to 20 with 15:20 to play. A pair of layups by sophomore guard Austin Tilghman made it a 15 point game with 10:58 remaining.

A three-pointer by freshman guard Micah Seaborn cut the deficit to 13, but like most of the



PHOTO COURTESY of Monmouth Athletics

Sophomore guard Austin Tilghman had 15 points in MU's loss to Iona on Friday.

second half, Iona senior guard A.J. English answered with a three of his own.

With 4:12 remaining, Seaborn nailed his second consecutive three-pointer leading to an Iona timeout with the score 69-58. The 11 point deficit would be as close as the Hawks would come. MU's defeat on its home floor was their first of the season.

"We've been on a good, good

streak but all the credit goes to Iona for how they played tonight," head coach King Rice said.

The Hawks are down a key performer in senior guard Deon Jones for an undetermined amount of time due to a broken right hand he suffered in Monmouth's 79-70 win over Manhattan on Feb. 15. But Rice says there are no excuses, and the rest

of the team needs to step up in his absence.

"No excuses," Rice said. "Deon wasn't going to stop a 20 point lead. Tonight, Iona was prepared. You could tell their coaches worked on a lot of stuff. They were ready for everything and that's a sign of a good coach. I give credit where credit is due. Usually, for one night, your team will step up and play better when

you have a guy injured. Tonight was not that night for us."

English led the Gaels with 31 points, seven rebounds and five assists. Robinson had 21 points and eight boards for the Hawks while Tilghman had 15 and Seaborn added 12.

The Hawks bounced back by knocking off Saint Peter's on Sunday, Feb. 21 in Jersey City by a score of 82-75 in overtime. With the win, MU clinched a top-two seed in the MAAC Tournament.

The two teams were tied at 28 at halftime and the game remained close for the majority of the second half. St. Peter's junior guard Chazz Patterson's jump shot gave the Peacocks a three point lead with 1:30 to go. However, Robinson answered with a three-pointer at the other end to tie the game. A pair of St. Peter's freshman guard Antwon Portley free throws made it 64-62 Peacocks with 1:01 to go, but Robinson hit a pair of his own to send the game into overtime.

In overtime, the Hawks failed to make a shot from the floor, but went 18-18 from the free throw line. Robinson converted 10 free-throws as MU outscored St. Peter's 18-11 to escape the Yanitelli Center with their 23rd victory on the season. Seaborn led the Hawks with a career high 26 points, while Robinson added 22.

MU is 23-6 (15-3 MAAC) on the season and return home Friday night as they take on Rider (11-17, 7-10 MAAC) at 9 p.m. on *ESPN2*.

The final game of the regular season is Sunday, Feb. 28 at The MAC against Niagara (7-22, 5-13 MAAC) at 5 p.m. on *ESPN3*.

Women's Basketball Wins Two on the Road

MATT DELUCA
STAFF WRITER

The MU women's basketball team defeated Canisius 81-71 Sunday afternoon at the Koessler Athletic Center. Junior guard Tyrese Purvis led all scorers with 21 points, including five three-pointers, setting a new season high for the Hawks. MU improved their record to 11-16 (9-9 MAAC), moving into a tie for sixth place with Siena.

"I shot the ball well today," Purvis said after the game. "My teammates definitely found me a lot out on the three-point area. We set a lot of great screens to get ourselves open, and we held it down on the defensive end as well."

The Hawks put three other players in double figures, including senior guard Sarah Olson (16 points), senior guard Jasmine McCall (14 points) and junior forward Christina Mitchell (12 points, seven rebounds). Senior guard Jasmine Walker added seven points, seven rebounds, and 4 assists.

Canisius opened the first two minutes with a 5-4 lead, but MU responded with a 13-0 run. After the Golden Griffins cut the MU lead down to single digits, McCall scored the last five points of the first quarter, making the score 25-11 after one.

The Hawks continued to extend their lead in the second, as Mitchell hit two consecutive shots to make the lead 18. Canisius was able to once again bring the lead down to single digits, making it a 36-27 game with 1:36 remaining in the first half. McCall scored again, and Canisius sunk one out of two free throws to make the halftime score 38-28.

MU came out hot in the second half with a 13-3 scoring run that extended their lead to 20 points halfway through the third quarter. The Golden Griffins responded with a run of their own, outscoring the Hawks 17-2 over the next four minutes to make it a five point margin with 1:18 remaining in the quarter. MU was able to stretch their lead back to seven, making the score 57-50 after three.

Canisius brought the lead own to six in the fourth quarter, but Purvis knocked down a three-pointer and Olson scored five straight to extend the lead back to 11 with 4:07 remaining. From that point, Canisius would get no closer than nine, making the final score 81-71.

"I think our offense is being fed by our defense right now," head coach Jenny Palmateer said. "The focus for the last few games, particularly in the last two, has been to play with a lot of energy and to really get down on the defensive



PHOTO COURTESY of Monmouth Athletics

Junior guard Tyrese Purvis drained five three-pointers on Sunday, an MU season record.

end. We've been forcing some turnovers and getting some easy buckets off that."

This marks the second consecutive victory for the Hawks, with the first coming Friday night, as they defeated Niagara University 68-55 at the "Taps" Gallagher Center. Senior guard Jamiyah Bethune scored a team high 17 points, with junior forward Christina Mitchell contributing 14 points and a team high 6

rebounds. Senior guard Sarah Olson was the only other Monmouth player to reach double digits, scoring 13 points in the contest.

"I'm really happy with our defensive effort today," head coach Jenny Palmateer said after the Niagara game. "That's the best full-court and half-court defense that we've played in a long time, and everybody did a great job to contribute on the defensive end."

MU held the Purple Eagles to

just 55 points, forcing 24 turnovers and scoring 26 points off of those turnovers. It was the third time this season the Hawks have held the opposing team to 55 points or less.

The team won three out of four games on their road trip, as they return home Thursday night to face Rider. Tip-off is slated for 7:00 p.m. and the game can be found on *ESPN3* and *WMCX* 88.9 FM.

Track Sweeps MAAC Championship

PETER LAZZARO
CONTRIBUTING WRITER

The MU men’s and women’s track teams each swept the field and took home the gold at the 2016 MAAC Conference Championship on Sunday.

This is the third year in a row that the men and women’s teams have swept the competition and been crowned MAAC conference champions. MU has now swept their last five conference championships, including two Northeast Conference championships.

The meet took place at the 168th Street New Balance Armory Track and Field Center in the Bronx, NY.

The men’s team took gold scoring 170 total points and the women got the win tallying 205 points.

“It was a very hard-fought, well-rounded win for our team,” head coach Joe Compagni said. “We pulled together and competed tough, and with a great team attitude.”

Junior Lindsay Bellaran was named women’s Indoor Track Most Outstanding performer. She individually won the 800 (2:10:29), and took second in the mile (4:48:63), which is a Hawks school record. She also anchored the victory for the DMR team, which set a new MAAC record of 11:44:68.

“It was a great experience,” Bellaran said. “The energy was amazing. I definitely attribute my success to my coaches and teammates. It’s so easy to go out and leave it all on the track for them.”

Geordan Ferguson, men’s team captain, took gold medal in the 60 hurdles (8:07) and helped win the 4x400 relay.

“The championship meet today was electrifying,” Ferguson said. “From the very beginning



PHOTO COURTESY of Monmouth Athletics

The MU men’s track team won the 2016 MAAC Championship with 170 overall points.

to the very end, our entire team carried an inspiring energy. That energy contributed greatly to our overall success today.”

MU’s men’s and women’s teams both swept the 60 meter dash. Sophomore Bryan Sosoo set a new MAAC and school record finishing with a time of 6.71.

Sophomore Domoah Kutu-Akoi took gold on the women’s side, with a time of 7.67.

Sophomore Corey Murphy, who took first place in the shot put (57’ 4.25”), said, “Our team ran, jumped and threw well and that energy carried over into the next event and led to more success,” Sophomore Corey Murphy, who took first place in the shot put (57’ 4.25”), said. “It’s

an awesome feeling to be a part of such a successful program on both the men’s and women’s side, and today was just a showing of that.”

At the end of the meet, Monmouth represented MAAC champions in the men’s and women’s 60m dash, the men’s 60 hurdles, the men’s 200, the men’s and women’s 800, the men’s shot put, the women’s DMR and 4x400 relay and the men’s 4x400 relay.

“To have both men and women bring home the ‘W’ is something special,” Ferguson said. “Also, it just goes to show how great our coaches are. Their knowledge, skill, and motivation are why we are in the position we are now.”

Compagni and staff were named the men’s and women’s Coach of the Year. This is the 41st and 42nd time he has received these honors during his tenure at Monmouth.

Finishing at the top of the MAAC conference for the third year will once again make MU the team to beat, but they are ready for the challenge.

“Winning gold for both teams is huge because we always know that the other teams in the conference have an arrow on our backs, being the reigning champions. To be able to rise to the occasion on both sides is not only impressive, but extremely exciting for our program,” said Tionna Garner, senior captain of the women’s team.

Baseball Beats Penn State in Season Opener

JOHN SORCE
STAFF WRITER

The MU baseball team opened their 2016 season at the USA Baseball Complex in Cary, NC this past weekend, going 1-3 in four games.

The Hawks picked up a victory on Opening Day against Penn State by a score of 3-1. Senior southpaw Frank Trimarco got the ball and hurled six innings, giving up one run on five hits while striking out five.

Gloucester County College transfer Ben Hoffman debuted in the eighth inning, escaping a one out, bases loaded jam by getting two batters to foul out to first base. After hitting the first batter in the ninth, Hoffman retired the next three Nitany Lions in order to record his first career save at MU. Redshirt sophomore first baseman Shaine Hughes set the tone on offense, going 2-3 with an RBI.

“I am really proud of the way we played today,” said head coach Dean Ehehalt. “Frank Trimarco was outstanding. He pitched out of a jam or two and really set the tone. Ben Hoffman got five huge outs to close it down.”

Saturday saw the Hawks get swept in a double-header (8-5, 8-4) against the Bryant Bull-



PHOTO COURTESY of Monmouth Athletics

Senior pitcher Frank Trimarco threw six innings in MU’s win against PSU Friday.

dogs, with the second game being 17 innings, the longest game the team has played since March 9, 2008, a 16 inning affair against UCF.

In the second game, with the game tied at four and neither team crossing the plate from innings 8 through 16, freshman pitchers Jordan McCrum and Joe Molettiere both threw four innings of shutout ball, allowing one hit and striking out three each in their respective debuts. The 17th inning belonged to Hoffman, but Bryant tacked him for four runs on four hits.

MU committed three errors in the first game, leading to five unearned runs in their 8-5 loss. Junior third baseman Grant Lamberton sparked the Hawks offensively, finishing 4-5 with 3 RBI.

After playing 17 innings the night before, MU had a quick turnaround and played another game the next morning at 11 a.m. against Army, which they dropped 6-5. The Black Knights took a 5-4 lead into the ninth inning, but the Hawks tied it with two out in the top of the ninth with an RBI single by Robbie Alessandrine. However, a two out error in the bottom half pushed across the winning run as Army celebrated their first victory of the new season in walk-off fashion.

The blue and white returns to the diamond in the Wofford Tournament beginning on Friday Feb. 26 against UNC Asheville in Spartanburg, SC. First pitch is scheduled for noon.

SIDE LINES

MBB Monmouth men’s basketball freshman guard Micah Seaborn has been named MAAC Rookie of the Week, league officials announced Monday. It is the third time this season that Seaborn earned the honor, tied for the most in the league this season.

MLAX Following its 2016 season opening victory over Jacksonville University last week, a pair of Monmouth University juniors were named Metro Atlantic Athletic Conference men’s lacrosse players of the week, league officials announced on Monday. Attackman Chris Daly was named the MAAC Offensive Player of the Week, while goalkeeper Nick Hreshko was tabbed the Defensive Player of the Week.

TRACK Lindsey Bellaran was named the 2016 Women’s Indoor Track Most Outstanding Performer, as the junior individually won the 800 (2:10.29), finished second in the mile (4:48.63 – school record), by less than a second, and anchored the winning DMR squad, which set a new MAAC record in 11:44.68.

UPCOMING GAMES

Wednesday, February 24
WLAX at St. Joseph’s
Philadelphia, PA 4:00pm
Sweeney Field

MTEN vs. Drexel
West Long Branch, NJ 8:00pm
Monmouth University

Thursday, February 25
WBB vs. Rider*
West Long Branch, NJ 7:00pm
The MAC

Friday, February 26
BOWL vs. Hawk Flight Inv.
New Brunswick, NJ All Day
Carolier Lanes

BASE vs. UNC Asheville
Spartanburg, SC 4:00pm
Russel C. King Field

MBB vs. Rider*
West Long Branch, NJ 9:00pm
The MAC

Saturday, February 27
SOFT vs. Hartford
Farmville, VA 9:00am
Lancer Field

SOFT at Longwood
Farmville, VA 1:00pm
Lancer Field

MT at Fastrack Meet
Staten Island, NY 4:00pm
Ocean Breeze Athletic Complex

MTEN at St. Joseph’s
Philadelphia, PA 4:00pm
SJU Tennis Complex

WT at Fastrack Meet
Staten Island, NY 4:00pm
Ocean Breeze Athletic Complex

*Conference Games



Junior Lindsay Bellaran was named women's Indoor Track Most Outstanding performer, individually winning the 800 (2:10:29) and taking second in the mile (4:48:63), which is a Hawks school record.

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Photo Courtesy of Monmouth Athletics