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30 Percent Of College Students Use Non-Medical Stimulants

RICH FELICETTI ASSOCIATE NEWS EDITOR

Along with the numerous benefits of gaining a higher education comes an influx of responsibilities. Often, a student can be overrun by homework, studying, and extracurricular activities, as there simply is not enough time to complete all these tasks. Therefore, according to a CNN report, more students are turning toward stimulants in order to stay awake this

A new report by the Substance Abuse and Mental Health Services Administration, which reviewed data from the annual Natural Survey on Drug Use and Health, discovered that many college students are beginning to experiment with stimulant medications such as Ritalin and Adderall. A stimulant is defined as any substance that raises levels of physiological or nervous activity in the body.

Typically, these drugs are used to treat Attention Deficit Disorder (ADD), Narcolepsy, and other disorders that affect one's attention span. However, students often misuse the drug to gain that same increased fo-

Suanne Schaad, Substance Awareness Coordinator at the University, said that the use of stimulant drugs only provides temporary effects, and the aftermath may not be beneficial.

"Roughly 30 percent of college students abuse stimulants like Adderall and Ritalin. There are certainly risks associated with using these medications without a prescription," said Schaad. "It puts us at risk



Non-medical stimulants can include Ritalin and Adderall which are usually prescribed for ADD, Narcolepsy, and other disorders.

may pose a medical dilemma. The 'crash" after using these types of drugs are difficult for folks to recover from. Users will report not being able to fall asleep or having their sleep patterns 'out of wack' for many days after use."

As Schaad explains, many students may become reliant on the drug to function normally; the drug may alter the student's pattern of living and he/she may not be able to reverse these effects.

Schaad also said that stimulant use is a vicious cycle, as students become dependent on the drug to complete tasks.

"Research tells us that the students who tend to use these types of drugs are students who have below a 'B' average and find time management and the pressures of school too overwhelming," said Schaad. "Students have the perception that they can't do it without the 'help' of the stimulant, and this perception is what leads to continued use. Students seem to for addiction and if we have an think it is a safe drug to use, but underlying heart condition it aren't aware of some of the dan-

gers associated with it."

Jeremy Colon, a sophomore criminal justice student, said that today's students are simply a product of their generation, and that may contribute to the rise in stimulant use.

"I believe more college students are using stimulants to complete work because we come from a generation where we are used to everything being instant," said Colon. "We never had to send letters by mail, we had email. We have the internet that our parents didn't necessarily have access to. Basically, we are used to finding the speediest and most convenient route in order to get the end result. This includes taking stimulants instead of sitting down, turning off the phone and distractions around us, and getting down to business."

Furthermore, Moon Ho Kim, a sophomore business student, said that students are distracted from their schoolwork by things such as friends, phones, and partying,

Stimulants continued on pg. 3

Strong Job Market for 2016 Grads

DANIELLE SCHIPANI NEWS EDITOR

A recent report from the National Association of Colleges and Employers estimates that in 2016 employers will hire 11 percent more college graduates than the class of 2015.

"The perception of the job market among employers is also climbing. This year, 42 percent of employers that participated in the survey characterized the job market for Class of 2016 graduates as very good or excellent," states the study. "Just two years ago, only 18 percent of responding employers had the same lofty view of the job market for Class of 2014 graduates."

Jeffrey Mass, Assistant Director of Career Services, explained that he has seen this increase in employment opportunity as a trend over the last five years. Five years ago the annual Career Fair had about 60 to 70 employers and this year there were over 120 employers who attended the Career Day on campus.

Aimee Parks, Assistant Director of Human Resources for Student Employment, pointed out that there is no set reason for the increase in employments rates and that the reason for this increase could be due to an increase in jobs overall or there could be more people

"It is encouraging to hear that there is an 11 percent increase in hiring, so that eases my mind a bit more," said Brittany Lamb, a senior business administration student graduating May 2016. "It also gives me hope that the job market will continue to grow over time, and more jobs will be available for college graduates."

Yet alumni of the University still report having struggled graduation. "I had three internships and was on two executive boards at Monmouth. This helped me secure a lot of interviews but there is still so much competition, so I often missed out on jobs. Most commonly I was told someone with more experience got it over me," said a University alumna Kelly Hughes. "I thought I did everything right and would have gotten a job faster than November but now I see that it takes time to find a particular fit.'

Hughes now has a job in her desired field of Public Relations in Philadelphia but explained that at points the job search was indeed very stressful.

Parks explained how a higher chance of getting a job does not not necessarily mean that the job will be in your field. Hughes attested and said, "No one I know really has their ideal job out of college.'

Jessica Caffey, a senior criminal justice and psychology student who is graduating in May 2016 said that the new study does relieve some stress but, "I would have to see more information on who is hiring and what positions would be available. If the positions do not apply to law enforcement, it would not relieve much anxi-

Caffey also explained how she is nervous about finding a job after graduation because many of her friends who graduated and are looking for a degree in law enforcement have been struggling to find a job in the field.

"I went through so many phone interviews, which are growing in popularity and are so awkward because you can't actually see who you're talking to but you know they're judging you," said Heather Muh, another University alumna who graduated this past May and started a position in her field about a week ago.

"Once I got through phone interviews I had quite a few inperson interviews with several companies but none of them panned out because many companies seem to be looking for candidates for entry-level positions but want a lot more than entry-level experience," said during their job search post Muh of her job searching expe-

> Students should also be aware that they should not tie themselves down to their major after graduation. "What we tell students is to always be open. Firms like hiring recent students for all sorts of majors. For example, JP Morgan is open to

> > Jobs continued on pg. 2

Students Turn to CrowdFunding

RICH FELICETTI

While a higher education provides numerous career opportunities after graduation, a majority of students are often discouraged by the massive amounts of debt that they ac-

As paying tuition grows increasingly difficult, many NJ students have turned to online crowdfunding for assistance. Crowdfunding, or the practice of funding a project by raising many small amounts of money from a large number of people, is typically used by those who are unable to afford the entire sum by themselves. Websites such as GoFundMe, YouCaring, GiveForward, and Fundly provide a platform for users people who read their story can is so ridiculously expensive then donate to the cause.

Thus far, tens of thousands of education-based crowdfunding accounts have reportedly been created this year, and the trend continues to grow. Currently, over \$20 million has been raised for students in the Garden State

At the University, many students were divided on the topic of crowdfunding, as it may seem like an innovative idea, but it can potentially spiral out of control.

Connor Orr, a sophomore psychology student, said that the use of crowdfunding is an interesting way of acquiring tuition money, so long as students are reasonable with their requests.

"I can definitely understand why people would resort to

to tell their story to the masses; crowdfunding, because tuition these days," said Orr. "People might actually donate to the cause, which is helpful. However, if people start to catch on and more and more college students keep doing it, it might turn people away and become a problem.

Currently, Monmouth University's tuition alone stands at an average of \$33,000 per year, which is comparable to many private universities. However, many students still find covering the entire cost to be an onerous task.

Often, students will take out loans to cover tuition costs, and these loans are repaid over a number of years. It can be a few

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Potential Legalization of Marijuana in New Jersey Grabs the Attention of the University Community

JAMILA MCMILLAN ASSISTANT NEWS EDITOR

New Jersey lawmakers held a hearing to consider the potential legalization of recreational marijuana New Jersey will be the 5th state in America to do so.

Presently, New Jersey allows marijuana usage strictly for medicinal use. According to the Asbury Park Press, NJ lawmakers will begin to consider whether or not marijuana should be taxed and regulated for citizens 21 years and older. In a poll administered by the Monmouth University Polling Institute, in 2014 the percentage of New Jersey voters for and against the legalization of marijuana was nearly equal.

If marijuana were legalized and allowed on campus, Suanne Schaad, the Substance Awareness Coordinator, said that the campus would be a 'sh-t show.' "It would eventually become the norm to see students high, and smoking weed on the quad. In class students would be day dreaming, and not as presalters our state of mind. The effects of it are truly not going to assist our society," said Schaad.

William McElrath, Chief of the Monmouth University Police Department (MUPD), thinks similarly that the legalization of marijuana would have a detrimental impact. "The legalization of marijuana would greatly increase its use. I also fear that it could possibly lead to an increase in injuries and deaths as have passed laws decriminalizing a result of people driving their vehicles while under the influence of marijuana," he said.

accidents," said Schaad. "People more commonly know to call a cab or an Uber if they're drinking but it's not parallel with smoking. I don't think people see it as being as dangerous as alcohol. Smoking weed, then driving does not seem states like New Jersey that legal-

as bad as drinking four beers and then driving. But you can't smoke up and then go drive to McDonalds, because you've got the munchies,'

Some students think that the on Monday, Nov. 16th. If legalized, legalization of marijuana would cause little change. "For one thing, students might go to class high, but I'm pretty sure some people do that anyway. I found a joint in one of the ashtrays outside of the Dining Hall. So I don't think legalization would make a difference because college students are using it already," said Jen Russo, a sophomore animation student.

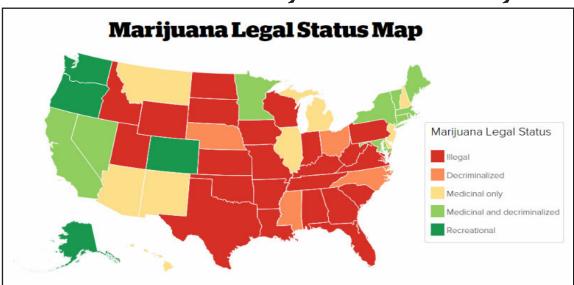
> According to researchers at the University of Michigan, Russo's assumptions are correct. Last year the daily or near-daily number of marijuana users on college campuses were the highest since 1980. According to their study one in every 17 college students is smoking marijuana on a daily or near-daily basis.

According to statistics from MUPD, in 2015 there has been a total of 12 student arrests for marient. Marijuana is a substance that juana possession and/or associated paraphernalia at the university.

Dr. Joseph Patten, the Chair of the Political Science Department, said that the decriminalization of marijuana is growing in popularity due to high incarceration rates in America. "There are roughly 2.5 million people currently behind bars, which is more than any country in the world," he said.

According to norml.org, 20 states marijuana possession. In nearly all of these states' decriminalization protects individuals from arrest, "Smoking marijuana causes car prison time, or from having their criminal record affected by a firsttime possession.

Patten said, "There is a spectrum between states. There are those states that legalize marijuana, like Colorado, and there are a lot of



 $IMAGE\ TAKEN\ http://mic.com/articles/103674/8-facts-about-marijuana-legalization-everyone-should-know\#. F3s7OLKwing the comparison of t$ The map above displays the legalization status of Marijuana througout the U.S. as of 2015. New Jersey is displayed in yellow, meaning that the drug can is limited to medicinal use only. The only

ize marijuana simply for medical transportation fund is near bankmarijuana, and then there are other states that short of legalizing it, have decriminalized it, meaning that one will not go to jail for it, but will have to pay a fine.'

Nancy Uddin, the Chair of the Accounting Department, deduces that an increase in tax revenue is bound to ensue with the legalization of marijuana. Nonetheless, she affirms that state legislatures do not always use revenue the right way. "Historically, New Jersey hasn't spent taxes for what they were collected for. For example we collect tolls on the parkway and turnpike, and that's supposed to go to roads, but it really doesn't. So it all depends on what the legislatures chose to do with the budget once they estimate what the revenues will be after taxing that commodity," said Uddin.

Patten does not think that an increase in revenue from marijuana tax would significantly impact the state's budget. "At the state level there are a lot of problems in terms of the budget. For instance, the

ruptcy, the pension fund for state employees is a multi-billion dollar deficit, and property taxes are very high, the highest in the country. The average property tax rate is \$8,000 per house," he said. "So given the enormity of some of the structural problems New Jersey has, it is hard to imagine that simply legalizing marijuana would serve as a cure for some of these major structural problems," he continued.

states to use the drug recreationally include Alaska, Washington, Colorado, and Oregon.

Russo does not support the recreational use of marijuana, but she does support medicinal use. "I think that people smoke marijuana to get high, and that's their lives, and they can do whatever they want. But I think it is stupid, like why are you easily killing your brain cells like that. But I think it's okay for medical reasons, because it helps people," she said.

"New Jersey has very strong criteria for being eligible for a medicinal marijuana license. California does not, you could go in for a minor ailment almost, and be awarded at an early stage."

a medicinal marijuana license," said Schaad.

According to Schaad, although marijuana may be legal in some states, citizens are still using illegal means to obtain it. "In the states that have legalized it, it is actually more expensive to buy it from the state than it is to buy it from Joe Shmo drug dealer from down the block. So people are still buying it from Joe Shmo drug dealer because it's cheaper, and it's stronger," she feels.

Patten believes that marijuana does have the potential for legalization due to a divide in opinion of marijuana use.

"I think it is possible. There is a generational gap on this issue, and I think that naturally older people view this issue differently than younger people. The same kind of generational gap existed with same sex marriage and we just experienced dramatic shifts of thinking on same-sex marriage over the last ten years, and now it's the legal law of the land. I think this issue is still

Students Use Crowdfunding to Pay for College

Crowdsource continued from pg. 1

decades before one is finally relieved of tuition debts, which may make the crowdfunding concept enticing.

Caroline Shanahan, a sophomore nursing student, noted that crowdfunding is a convenient and simple way to gather the necessary funds.

"I have never heard of crowdfunding for college tuition before, but I think this is a good strategy because it is something you can organize from the comfort of your own college dorm room," said Shanahan. "However, although the idea seems good, it might have some drawbacks. It takes a lot of time and effort to follow these accounts, and there is a possibility that people might not even donate, so you cannot put all of your eggs in one basket, because you might end up

with no donations. A lot of that time great way to spread the word for a and effort could instead be used for schooling and homework.

Erin Smith, Undergraduate Admissions Counselor, said there are some drawbacks to crowdfunding for tuition funds.

"There is no guarantee that the crowdfunding will cover all four years of college tuition," said Smith.
"There are numerous other ways, such as applying for scholarships that can yield great results.'

Furthermore, Ava McClendon, a sophomore art student, said that crowdfunding is an effective way to receive help, because people always unite to help one another.

"The only drawback that is evident is that critics might bash the student for 'begging' for money, but there is always a sense of negativity with every charitable thing in life,' said McClendon. "Otherwise, it is a

good cause and for people to come together to help one each other.'

The constant transformation of technology has enabled students to implement different strategies, such as crowdfunding, in order to pay for tuition. Students who have already graduated said that such a strategy was not popular when they attended college, and if it was, they would have made the most of it. In the past, taking out a loan was one of the only options. However, the vastness of the internet has provided a number of ways for students to gather their

Anthony Branco, a spring 2015 MBA graduate, said that crowdfunding for college tuition did not exist when he was applying for college, so he had to cover the costs himself. However, he noted that he most definitely would have attempted to get donations had the idea been around.

"Crowdfunding is a generally new phenomenon and it is just now beginning to gain popularity among the general public," said Branco. "Typically students would have to cover the costs of college by themselves, but now technology has allowed them to ask for donations. If crowdfunding was popular when I was applying, I most definitely would have attempted to gather my funds through the internet, as I know a lot of people that are really struggling to pay off their debts."

Job Market for the Class of 2016

Jobs continued from pg. 1

all majors upon graduation," said Mass.

Parks described how important it is for students to branch

competitive the job market can

Mass also offered advice to students and explained the importance of having two or three internships before graduation. out and challenge themselves He said that students should try

"Students need to take advantage of opportunities and take at least a second internship while in college. They should also take advantage of the workshops, conferences, and informative events that are always happening on campus."

> JEFF MASS **Assistant Director of Career Services**

to take advantage of opportunities and take at least a second internship while in college. They should also take advantage of the workshops, conferences, and informative events that are always happening on campus," she said. She encouraged students to remember how

while in college. "Students need to have one internship within their major and one outside their major to give them a wide variety of experience to put on their resume. "This is important because an internship allows you to explore different professional fields without being tied down to them. It is also great for networking," he said.



Students in New Jersey have been using Crowdfunding to help them manage increasing tuition rate

University Alumni Discuss their Experiences with Drugs at the "What Life is Like in Recovery?" Event

DANIELLE SCHIPANI NEWS EDITOR

Two former drug addicts, who now identify themselves as being in long term recovery, spoke to about 70 Monmouth University students and faculty members at the third annual "What is Life Like in Recovery?" event in Magill Commons on Tuesday Nov. 17 at 7:30 p.m.

These individuals, who are both university alumni, spoke openly about their experiences with substance abuse. The first speaker, Lauren, discussed how she started drinking alcohol and smoking pot in high school and by age 19 she was a dependent heroin IV user. She explained how her addiction altered her life and rid her of her morals and values. "In the midst of my addiction everything fell to the wayside. I dropped out of high school, I stole me," he said. from everyone I was around, and my family kicked me out of the tween addiction and physical dehouse," she said.

to recovery through a 12 step fellowship program that she is still a member of today and has now been sober for three years. "Today I can tell you that my life is and is constantly craving a high. much better and that I am now able to be a member of society,"

said Lauren.

Lauren explained how she chose to share her story in hopes that it will reduce the negative stigma that is often associated with substance abuse. She also pointed out how it is important for people who are recovering from addiction to come together and to never isolate themselves.

David was the next speaker and

of his addiction he described how he would have done anything to stop. He too started his recovery with a 12 step program. He was watching the sunrise after he had been sober for 90 days and, "out of nowhere I started to cry. It was the first time I felt connected to life without drugs. That is what recovery is," he said.

"The main message I took

this has become an annual event ally puts things into perspective. because, "Students need to know that there are students on campus who are in recovery. They also need to know that there are resources and services for them on campus that are free and confidential. If a student is struggling they need to know they are not alone."

The Office of Substance he has been sober for six years. away is that it can happen to any- Awareness is a free service

It isn't enough to just read it in a textbook. Both students were really brave getting up in front of complete strangers. It is a completely vulnerable situation and the students that attended were supportive and actively listened which I know the speakers appreciated."

There was a question and answer portion at the end of the event where the speakers welcomed any and all questions from the audience.

This year the room was filled to capacity and there were few if any empty seats. Attendees were offered refreshments before and after the event.

Sponsors of the event included the Office of Substance Awareness, MU Students in Recovery, Council for Exceptional Children, Phi Kappa Psi Fraternity, Lambda Theta Alpha Sorority, Lambda Theta Phi Fraternity, Counseling Student Association. Social Work Society, and Theta Xi Fraternity.

Disclaimer: The last names of the two speakers were omitted for this article in order to keep their ano-

"Out of nowhere I started to cry. It was the first time I felt connected to life without drugs. That is what recovery is."

DAVID **University Alumnus**

He emphasized how addiction is a mental illness. "I had a lot of anxiety and drugs made me feel ok. Drugs are not my problem, they help me feel better, they fix

He defined the difference bependence. Physical dependence She was able to start her path is when an individual cannot stop taking a drug without going through withdrawals while, addiction is when an individual enjoys the effect drugs give them

Dave was also an IV heroin Awareness

one and there are people on campus right now who I might not even know are addicted to such deadly drugs such as heroine," said Nikolas Guarino, a sophomore business finance student and president of Theta Xi fraternity. "The main thing that stuck with me is that if you see someone suffering from drug or alcohol abuse, whether it's a friend or a classmate, you should get them help early and not let it progress further."

Schaad, Substance Suanne

where students who are struggling with substance abuse can get free and confidential help and can be found in the student health

Casey Smith, who is currently the Treasurer of Counseling Students Association (CSA) and a graduate student studying mental health counseling, described how the speakers were brave in sharing their story. "As a future counselor, I love hearing from people in recovery tell their story. Getting to know their Coordinator at background and what they did user and during the last two years Monmouth University, said that to overcome their struggles re-

Visiting Writer's Series Welcomes Award Winning Writer Edward Hirsch

The Visiting Writers Series hosted their second event of the semester with writer Edward Hirsch as guest on Nov. 17.

Hirsch is the recipient of the National Book Critics Circle Award, a National Endowment for the Arts Fellowship, and the American Academy of Arts and Letters Award for Literature.

ing a club drug at a party. Hirsch has experienced extreme grief, but he chose to channel that grief into a book of poetry that is about

Hirsch read from 12 selections of his work. Most memorable would arguably be "To Poetry," "Cotton Candy," "Branch Library," "Special Orders," and, of course, selections from Gabriel. When asked of his method of



PHOTO COURTESY of Michael Thomas Edward Hirsch sat with members of the University community in

Rechnitz Hall before the reading to discuss his work.

Memorial Foundation.

Associate Dean and Director of the Visiting Writers Series, Michael Thomas, opened the event with words from the Shakespeare play, *The Tempest*. He quoted the character Miranda from the play: "O, I have suffered/ with those I saw suffer." This was a prelude to the introduction of a genre of grief and sadness, which is a genre of one of Hirsch's most minded him of his grandfather's popular books of poetry.

This poetry book is titled, Gabriel: A Poem, after Hirsch's 22-year-old son, Gabriel, who

He currently serves as president choosing which works he would of the John Simon Guggenheim read from, Hirsch responded, "It is written through four generations." Hirsch says it is like a "spiritual journey."

> It starts with his grandfather in the poem "Cotton Candy," which is about his last memory as a child with his grandfather. In this poem, Hirsch writes how he and his grandfather were walking across a bridge and how the sturdy cables of the bridge refingers. All the while, Hirsch, just a young boy at the time, was eating cotton candy.

His next poem is reminiscent and was something that most of his reading," he continued.

died of cardiac arrest after tak- of his father; it is called "Special the audience members could re-Orders." His father was a box late to. salesman and, as a box salesman, a special order was a favorite of his. These were his favorite because they were more challenging and fun to create and design.

> Poems about himself and his self-discovery were also presented. His poem "Branch Library" was about finding himself again. In the library he would be able to lose himself in a world of poetry and prose, but he returns to the idea of this library when he loses his thought.

Lastly, Hirsch recited from his book of poetry, Gabriel. Gabriel is a book length poem with no punctuation. The lack of punctuation, Hirsch says, "is meant to drive you forward" when reading. Throughout the book, Hirsch discusses reflections from past poets, like Ben Jonson, who have all person to have as one of our lost children and written about it.

The book is loosely divided ries." into sections, or what Hirsch calls "near poems." Hirsch read a handful of these "near poems" that attempted to catch the essence of the book itself. It seemed as though Gabriel was a young man who had an overall zest for life and, as Hirsch put it, "he never knew where he was going until he got there."

The event ended with a "Question and Answer" in which many participants did not ask questions, but thanked him for his beautiful works. Gabriel earned a lot of attention in the Ouestion and Answer portion. One question referred to the writing process of Gabriel and how it affected Hirsch. To this Hirsch said, "Writing Gabriel was tremendously helpful for me."

He further said, "poetry can't give us back the people we lost," but it can help in the grieving process. The use of poetry as an

Being relatable is something that Michael Thomas, Associate Dean of the School of Humanities and Social Science, strives to achieve in the Visiting Writers Series. "I want a 20 year old to be enriched and enlivened by our Series as much as the 70 year old in the audience or the faculty members or scholars of poetry," said Thomas.

Thomas said that Ed Hirsch was chosen to be a part of this year's Visiting Writers Series because "Ed Hirsh is one of the leading American poets in the country writing today and he is also one of our best teachers of poetry."

Furthermore, Dean Thomas says that Hirsch is a "Citizen of poetry" and that he is "the ideguests in the Visiting Writers Se-

Of the event's success, Thomas said, "I think it was one of the most successful events [of the Visiting Writers Series] because it reached so many people." The response was very positive from faculty and students alike.

Samantha Genise, senior English and education student, said of the event, "The topic of this event was heavy, but it was a topic that everyone could relate to. It was very touching."

Faculty tended to feel the same way as the students. Lecturer Professor of English Frank Fury said, "My experience was marked by the accessibility of his words, and I mean that term in the most complimentary way possible."

"He managed to be both profound and human at the same time, and I would think that is a difficult task for any writer to pull off. He did it beautifully and outlet was important to Hirsch movingly; I thoroughly enjoyed

Non-Medical Drug Use

Stimulants continued from pg. 1

that they often need stimulants to catch up on their work. "If people prioritize and manage time more efficiently , then it shouldn't be as bad of

an issue," said Kim.

Colon said that there is little that can be done to prevent this issue, as students will always find a way to obtain what they

"Our University's police force is constantly working towards keeping our campus substance-free, but when there's a will there's a way," said Colon. Students will continue to find a way to get their hands on these addictive stimulants in order to get work done, consequently not grasping the concepts being taught but simply letting the substance do the work for them."

Colon said that it is imperative for students to realize that they can get work done without the drug, or else they will always depend on it.

"Some years, this office hosts an 'Adderall Awareness Day' around exam time to raise awareness of this drug," said Schaad. "There is also the annual De-Stress Fest during exams to help students deal with stress more effectively. I provide presentations to classes, teams, organizations that also address substance use, including stimulant use."

Schaad also urged any students facing a drug abuse issue to visit the Office of Substance Awareness in the Health Center to talk to a counselor, as the service is free and confidential.

THE OUTLOOK

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Mailing Address:

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

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Thank You Monmouth For Being You

As another Thanksgiving day comes and passes, The Outlook editors reflected on what we are thankful for at Monmouth University. There are the obvious answers such as the men's basketball team finishing third in the Advocare Invitational in Orlando, the beautiful landscape, and the occasional sighting of a hawk on campus.

With all this said, we would like to take some time and thank the administration for their dedication to the Monmouth community. The Outlook editors never once feel threatened or nervous about publishing a story because the University lets us write what we feel is important, whether it is good press or not.

An editor said, "I feel that the University respects our right to free speech. When there are tough questions that need to be answered administrators are usually transparent and helpful. I commend the University for the respect they have for student journalists."

agree that sometimes they receive backlash for writing in the opinions section, there is never malice. "I wrote a touchy article for the opinions section and received a letter from a faculty member who did not agree with my opinion. The letter did not say that my opinion was wrong; the faculty member just wanted to get their opinion on the matter out in the open as well," said an editor.

The Outlook is also grateful for the numerous amount of clubs offered by the University. It is not normal to find clubs that encourage membership from all majors, but the University is a rare exception. Besides The Outlook, our editors are active members in the Outdoors Club, Students Advo-Life, PRSSA, etc. The amount of clubs at the University apsomething for you, Monmouth Outlook believes that the Uni-

Although many of the editors versity encourages students to be members of multiple clubs on campus and look for ways to explore beyond their major.

The Outlook editors would also like to thank the faculty for going above and beyond their roles as professors. Whether it be through scheduling or securing internships, our advisors have helped us plan our years at Monmouth.

While discussing with friends at other colleges, The Outlook editors realized how incredibly attentive Monmouth University's faculty is. "My professors and advisors have really helped me grow as a student and as a person throughout my time at MU. I'm honestly really appreciative of the dedication that so many faculty members put into cating Girls Education, Greek their work and their students," one editor said.

So thank you Monmouth. pears limitless; If there's not Thank you for your dedication towards the students and your lets you create it. In fact, The ability to allow the students to



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

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When **BOOKS** Turn Into **Movies**: Should You Be Excited or Weary?

ANNA BLAINE

The last film in *The Hunger* Games trilogy, "Mockingjay: Part 2" just hit theaters on Nov. 16. Based off the bestselling book series by Suzanne Collins, Katniss Ever-deen is the fierce heroine played by Jennifer Lawrence movies have garnered a lot of attention and soared in popuwas released in 2012.

Strong female heroines are the kind of characters that Katniss is described as a 16black hair, gray eyes and olive skin. Sounds like Katniss has features in common with a great example of this. I bea Native American Indian, doesn't it? Jennifer Lawrence ter while I was in high school. is beautiful and a great actress, but does not fit this the world of Hogwarts witchdescription. Even though she craft and wizardry. Watchdied her hair a darker color, ing the movies was a differcasting was off. I remember the books since the directhe uproar over the young tors were forced to cut a lot to capture the Harry, Herm-

black actress (Amandla Stenberg) casted as Rue. It was disappointing to see the double standard of views when Jennifer Lawrence does not look anything like the book description of Katniss. For the record, I thought Stenberg made an excellent Rue by the way.

Shouldn't physical appearin the film adaptations. The ance matter just as much as acting talents when you are casting for a movie based off larity since the first movie a book? I think casting directors should try to remain as true to the books as possible. When I read books, I like to are in demand right now, but be able to envision a characas someone who has read the ter on screen the way I see book series, I was very sur- them on page. It definitely prised to see that there was makes me feel more appreciano opposition to the casting tive that the casting director of Lawrence. In the books, of studios go out of their way to cast an actor/actress that year old girl who has straight look, move, and interpret a character just like the books.

The Harry Potter series is came a huge fan of Harry Pot-I remember being sucked into



Tyrion Lannister as described by author George R.R. Martin (L) verse Peter Dinklage who plays Lannister in HBO's Game of Thrones.

of material, but nevertheless I was enthralled by Daniel I still can't help feel that the ent experience from reading Radcliffe, Emma Watson and Rupert Grint. They were able

It was as if they walked right out of the pages of the book I have read after seeing the onto screen. What made a difference when it came to these Freeman was a lot older than character portrayals was J. K. I how envisioned Alex Cross, Rowling, the author of the se- it was still a great perforries, constant involvement in mance and he captured the the films.

On the contrary the film adseries left me scarred for life. I series, but the movies were atrocious. I was not a fan of Kristin Stewart's emo, angstridden, slack-jawed interpretation of Bella Swan. The only good thing I have to say about Taylor Lautner as Bella's best friend Jacob Black is that he has nice pecks; nothing else about him resembled the character described in the books. In fact, many of the characters in the movies did not appear on screen how I envisioned them reading Stephenie Meyer's books.

There are some major factors that can influence how I the book before I see the film for the novel.

ione and Ron I had pictured. adaptation. Kiss the Girls by James Patterson is one book movie. Although Morgan character.

I am currently reading the aptations to the Twilight book Game of Thrones book series by George R.R Martin which have to admit that I am guilty is a popular show on HBO of enjoying the Twilight book at the moment. I watched the show before reading the books so now I just picture the actors when reading the books. In the books, Tyrion Lannister has half a nose and mismatched eye colors, but I still enjoy picturing Peter Dinklage.

I thought about watching Fifty Shades of Grey to see if Christian Grey is really that handsome for Anastasia Steele to talk to her "inner goddess" but then I remembered how much I disliked that book.

So when your favorite book gets turned into a film, look into the cast list and the direcfeel about characters brought tor before buying your tickets. to life from book to screen. I It would be a shame if the movthink it helps not having read ie discredited your high regard



IMAGE TAKEN from BuzzFeed.com

Daniel Radcliffe (R) was casted to play Harry Potter in the Harry Potter series. J.K. Rowling, author of the series, was influential in the casting process.

Invisible Illnesses, Not Invisible Symptoms

JENNIFER MURPHY STAFF WRITER

According to Molly's Fund, a charity that supports invisible illnesses, "Invisible disabilities are chronic illnesses and conditions that significantly impair normal activities of daily living. In the United States, 96 percent of people with chronic medical conditions show no outward signs of their is physically demanding at times, illness, and 10 percent experience and obviously even more mensymptoms that are considered disabling."

Invisible illnesses like anxiety, depression, ADHD, and chronic pain are very present in many people, but you often wouldn't know by looking at someone – or even talking to them. They are diseases that run under the surface, and are often hard for people nesses is that they can go undeto understand. These invisible illnesses are tough – not just for the people that have it, also for the people that stick with them Many times people with anxiety, physically see someone's pain,

 while they're going through it. Invisible illnesses are emotionally taxing on both ends because it can be difficult to open up about. How do we introduce the topic when we meet someone new? Do we even introduce the topic at all?

There are things to remember when approaching the topic of invisible illnesses. Having anxiety, depression, or ADD/ADHD tally demanding most of the time. When you have a mental disease, emotional needs can change daily. even every few hours. Here are some things to understand about invisible illnesses:

"But you don't look depressed? You look fine."

The struggle to invisible illtected. Sometimes it isn't obvious if someone is depressed or struggling with chronic pain.

depression, or ADHD suffer very silently - because they don't want to make a big deal out of their situation, they think maybe other people won't understand, or they might be embarrassed to admit.

According to www.invisibleillnessweek.com, "Approximately 96 percent of people who live with an illness have an illness that is invisible. These people do not use a cane or any assistive device and may look perfectly healthy."

Always remember that even people, who seem totally fine, like they have it all together, can be battling a war on the inside.

Some things you can't just "get over."

An invisible illness is not something that can be cured with a simple "everything will be alright. You don't have anything to worry about, it's really not a big deal." Just because you can't

that doesn't mean they are not and how to help alleviate them, struggle. It's very understandable, you can understand a little bit and helpful, that people want to express to someone that whatever ple experiencing these disease. is causing them stress and/or anx- As someone with anxiety, I don't iety is actually not a big deal, and pretend to know all the answers

better what it is like for the peoin retrospect it may not be, but in or experiences to the subject of

Always remember that even people, who seem totally fine, like they have it all together, can be battling a war on the inside.

the moment when an anxious per- anxiety or mental health, and I son is at the height of an episode, telling them to relax only makes them feel like you're brushing aside something that is very real

Now that you understand more about what invisible illnesses are ize they aren't alone.

understand my experience, my triggers or struggles are not universal. However, I do hope a little explanation or inside to the world of invisible illnesses can help anyone who is struggling to real-

Monmouth Student Reimagines the World of Music Distribution

NICOLE SEITZ

Pandora streams free music, but you have limited say in what plays and the commercials are endless. Spotify streams free music where you are able to choose what you listen to, but the commercials are still there. On iTunes you can download music with no commercials, but it costs money. Now, imagine a website where you can download music that is all yours for free and the artists can get paid a fair amount for all the music they create. That is what Cortex Music is.

Matt Alonso is a senior music industry student at the University who transferred here from Caldwell University in Caldwell, NJ, where he studied communication with a focus in radio. While he was there, he met many people who worked in the radio business, but someone told him he should not go into radio because it is dying me-

This experience is what lead Alonso to look into the music industry field where he stumbled across the University's continually growing music industry program. This new change in direction for his schooling is what lead to the idea for his own music platform, Cortex Music.

About three years ago while driving to dinner with his family, Alonso was listening to poor quality sounding music and thought to himself, "What

to download quality music for free while still paying the artists?" He then saw a billboard for headphones on the side of the road and the idea for Cortex Music came about.

Alonso has been working on this platform ever since. It's hard enough being a full time student with essays, projects, and homework, but also being a working student takes a lot of time out of

about marketing for artists and about the live aspects of music. Alonso says that all the handson experience has really helped him during this process. By talking to many big and local acts and learning about their experiences, he was able to learn about what artists now want and also their thoughts about the industry.

The idea of Cortex Music is

Pandora or Spotify where your experience is interrupted by commercials. The ads are like billboards where people can see them without interrupting their music enjoyment. "From the local rock stars

to the national touring acts, launching Cortex Music puts the control of the music industry in the hands of the artists. Getting them paid, connected with each

if there was a way for people Alonso has learned a great deal advertisements are not like a place where bands can build relationships with their fans and other bands. Artists and bands can support each other and connect with each other to build more marketing opportunities. "It's a way to make local music stronger together," said Alonso.

This platform is one step closer to happening, it just needs the proper funding to really take off. Alonso launched his Kickstarter a few weeks ago and is receiving pledges until Jan. 10. He needs \$5,500 to launch Cortex Music. Artists and bands who pledge at least \$50 are pre-registered to be one of the first artists featured on the streaming site. Bounders and Grin and Bear are some of the first bands to be backers for Cortex Music.

There is an average of 4,000 undergraduate students at the University, so if each one of them pledged a single dollar, Cortex Music would already have almost 80 percent of its necessary funding. If there is nothing college students love more, it's free stuff. COrtex Music revolves around free music and supporting bands that you love to listen to.

Alonso took a simple idea and has created a novel plan for the music industry that helps everyone involved. His passion and dedication to the idea has brought him this far, so who knows what the future holds. Help Cortex Music keep rocking on by visiting www.kickstarter. com/projects/1072311706/cor-



PHOTO COURTESY of Nicole Seitz

Matt Alonso, a senior music industry student, is currently working to create a new music distribution and marketing platform called Cortex Music.

it all and put a lot of hard work and passion into building this

Through an internship at the Stone Pony in Asbury Park, NJ where he works in hospitality, their ads on the website. These

your day. Alonso manages to do a platform that will work for all the variables in the business: the artists, the fans and the advertisers. Artists get paid for their music, fans get their favorite music for free, and advertisers can put

other and their fans and most importantly: getting their music heard." Alonso explained in a Kickstarter video about his new

Cortex Music is not only a place to download music but also

Feminism Isn't Just for Females

ERIN MCMULLEN FEATURES EDITOR

For a number of reasons, many people in today's society are afraid to identify themselves as feminists. Both men and women seem to flee from the term in fear of also being categorized as crazy, delusional, or what many consider to be worse, a "feminazi."

The media plays a large role when it comes to creating negative connotations and stereotypes for what it truly means to be a feminist. When celebrities and pop culture icons publicly dismiss and discredit the feminist school of thought, as well as those who identify as feminists, the people who look up to and idolize said celebrities will most likely soon begin to discredit feminism themselves.

Although there are a number of men and women in the media who portray and view feminism in a negative light, there are plenty of other amazing celebrities, both male and female, who use their heavy media presence as a way

to campaign and fight for gender equality.

Many of the celebrities who do the most talking about feminism in interviews and on various social media platforms do seem to be women, but there are also a fair amount of male stars who just as proudly consider themselves to be feminists. Even still, many men seem to shy away from the term.

Payal Patel, a senior political science student, thinks that a lot of males are afraid to identify themselves as feminists "because people consistently identify feminism as a radical bra burning movement, but they fail to realize that it's not that intense." Patal continued, "It's basically believing in equal rights for all sexes and, to be honest, I find nothing radical about that."

Regardless of the "bra burning" image that many people think of when the topic of feminism is brought up, there are a number of influential men in popular culture today who defy the stereotype and make it a priority to stand up against gender inequity.

1. Aziz Ansari

As one of the funniest comedians and television actors today, Aziz Ansari uses his celebrity status to teach people about feminism. In his most recent stand-up tour, he spent a majority of the show talking about how creepy men can be and how they need to quit following women around on the streets.

Ansari is beginning to realize how serious of an issue sexism is, so he's doing his best to address it as often as possible. In an interview with *Cosmo*, he explained, "Sexism stuff doesn't get that same gasp that racist stuff gets sometimes, and that's something to keep in mind."

2. Matthew McGorry

Better known for his role as John Bennett on Orange Is The New Black, McGorry revealed on Twitter several months ago, "I am embarrassed to admit that I only recently discovered the ACTUAL definition of feminism. Being a feminist is for both men and women. I AM A FEMINIST."

Even male celebrities who typically land roles as the "tough guy"

are able to understand the importance of feminism.

3. Joseph Gordon-Levitt

Just when you thought you couldn't possibly love him anymore, it turns out that Joseph Gordon-Levitt proudly identifies as a feminist. While making an appearance on *Ellen*, Gordon-Levitt revealed that his mother raised him and his brother to be feminists.

"She would always point out [...] that our culture often does portray women like objects...she wanted me and my brother to be aware of it because we see these images on TV, in the movies and on magazines all the time." Gordon-Levitt's early recognition of the sexualization of women lead him to become a full-time fighter for gender equality as an adult.

4. Daniel Radcliffe

is now pursuing a lifetime full of several occasions, he has openly idea of the "friend-zone," and even equality.

about the severe lack of female writers and directors in the film industry.

5. Benedict Cumberbatch

As if being British wasn't already enough of a selling point, Benedict Cumberbatch openly and proudly identifies as a feminist and has even been seen wearing a shirt that reads "This is what a feminist looks like."

Not only that, but his fans, who are mostly female, are sometimes referred to as "Cumberb*tches," but Cumberbatch isn't really on board with that nickname. He explained in an interview, "It's not even politeness. I won't allow you to be my b*tches. I think it sets feminism back so many notches. You are...Cumberpeople.'

Although feminism is not just for women, it seems that many people Daniel Radcliffe has moved on think that way. If more men in the from the world of wizardry and media, like the ones mentioned above, were not afraid to educate feminism and gender equality. On themselves and identify as feminists, we would be one step closer discussed the misogyny behind the to ridding the world of gender in-













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Obama Administration to bring in 10,000 Syrian Refugees

KATHARINE DIX

After the Paris Attacks three weeks ago, The White House has released to the press and on their website that President Obama is going to welcome 10,000 Syrian Refugees into our country within the next fiscal year. This has sparked debates throughout the country on if this is the right way to go.

Some say no, because they could be radicals and pose a threat to our country, and that we need to first take care of our own citizens before taking care of those from other nations. Others say yes and are sympathetic to the situation the refugees are coming from.

Not all states are as welcoming as President Obama. CNN reported in Nov. that 31 states are not allowing refugees into the country. These leaders mainly oppose allowing refugees to enter the country because 10,000 refugees, requires potential they believe they will be security threats.

refugees into the United States. He said, "We have millions of refugees who find themselves in this tragic condition because of a civil war or conflict that has been going on for years. Many have found a temporary home in the Middle East or Europe. This is a tragic and humanitarian issue. I am very supportive of helping refugees find a permanent home. Many refugees say that if peace comes, they want to return back home. They lose loved ones and property because of war so I am very sympathetic. There is a fear that within these refugees, in these numbers, there may be a few radicals posing as refugees and that they may be members of the Islamic State. This is something that concerns me and all of us."

He continues, "But what I want to explain is that the U.S., with President Obama indicating taking about refugees to go through organizations such as the CIA or FBI. At the Dr. Saliba Sarsar, professor of end of the day, there is no guaranpolitical science, also had thoughts tee. But we need to trust the system

on whether or not we should allow and welcome them with open arms. It is mostly women and children that are looking for a new home and it is our moral obligation and human response to give them one."

There is a very complicated process that anyone must go through before becoming a refugee. A video on the website "attn." narrated by Secretary of Defense Jeh Johnson describes the situation step by step.

First, the person must apply to the U.N. High Commissioner for Refugees to obtain refugee status. It must be proven that the person in question can no longer live safely in their home without the fear of being prosecuted for their race, religion, political affiliation, social group, or nationality. Once they meet refugee crisis, the refugee is referred to a country. If the person is referred to the U.S. Government, they go through a more rigorous screening process than anyone else entering the United States.

According to RCUSA, they go through a resettlement support center where the refugee's personal background information is Department reports that this fiscal

acquired and sent to the Department of Homeland Security for the in person interview. As said in the attn. video, the refugees go through process with the National Counterterrorism Center, FBI, Department of Defense, Department of Homeland Security, and the Department

In addition to these security measures, RCUSA adds that refugees go through medical screening, they are matched with a sponsor agency, go through cultural orientation, a second interagency check, and then they are admitted into the U.S. Clearly, it is a very thorough process. Attn. reports that Johnson believes Syrians have to go through an even more intense screening

An argument of many citizens who are against allowing refugees into the country is that we need to first focus our fiscal attention on our own citizens. What they do not realize, is that every year the United States has a budget already set aside for supporting refugees. The State

year's budget allocates \$442.7 million to refugee admissions, \$35 million to administrative expenses, and \$1.15 billion for overseas assistance.

According to supporters of President Obama's agenda, by aiding the refugees and allowing them into our country and helping them begin new lives, we are not taking anything away from the American citizens because a budget such as this is set aside for refugee related expenses every year.

The U.N. reports that Syrians are now the largest percentage of refugees. More than 12.2 million people are in need of asylum; this is half of the population of Syria. 5.6 million of those people are children.

Mallory Iselberg, a junior political science major, explains her take on the situation. "We should let them into our country, but we should monitor how many we let in. we cannot let 5 million in, because what are we going to go with them all? I say yes, we have always had bands of people come in, so I do not see how this should be any differ-

Monmouth Debate Hawks Won Team and Individual Awards at University of Rochester this Weekend

PRESS RELEASE

JASMINE RAMOS POLITICS EDITOR

The Monmouth University Debate Team won a team and an individual speaking award at the University of Rochester's Debate Tournament this weekend (Nov 21-22). Payal Patel and Matthew Toto made it into the playoff rounds and Sabrina Saenger won an individual speaking award. MU had 24 debaters (12 teams of two) compete at the tournament this weekend.

When asked about how she felt about making the playoff rounds, Patel said, "It was my last debate tournament so I was really nervous going in. But I had a good partner (Toto) and we made it through five rounds and into the playoffs, By the end of the tournament I was really happy because it was a good way to end my Monmouth debate year."

Matthew Toto adds that the tournament was a learning experience. "We fought hard against schools like New York Universo that's pretty cool. It is cool to show the younger debaters that matter. Anybody can succeed if ice Divison involved one of our you work hard enough."

competed in the varsity division hold their own against students



On Nov. 21-22, The Monmouth University Debate Team won a team and an individual speaking award at the the University of Rochester Debate tournamaent.

that includes debaters on debate scholarships. Monmouth debaters competed against other debate teams from teams from New York University, Cornell University, the West Point Military Academy, the New School and other teams from the tristate area.

Doud said, "Overall, the Rochester Tournament was sity, and Cornell and succeeded a great experience. Bringing twelve teams, we had the largest showing, meaning that pretty what school you go to does not much every round in the Novteams. It was great to see the Team Captain Danielle Doud new kids, and the ones enrolled and partner Victoria Borges in the class taught by Dr. Patten,

from big schools like Cornell, NYU, Binghamton, and Roch-

She continued, "While not everyone may have done as well as they would have hoped, myself included, the thing we liked to focus on is having fun. Whenever I had a second, generally during food breaks or on the bus heading back to the hotel, good time. Yeah, our eight hour ticular debate tournament was bus heading up there could have such a learning experience. Evbeen better, but at least we had eryone there was so enthusiastic some fun with it."

The Monmouth teams includ-Borges, James Hawke and Sa-

brina Saenger; Kaitlin Allsopp and Prachi Patel; Payal Patel and Matthew Toto, Christopher Daly and Emely Diaz; Lauren Fano and James McGinley; Marasia Laster and William Kimmel; Keith Lee and Austin Skelton; Edward Littig and Angela Ryan; Abdullah Rashid and Angel Soto; Kaitlyn Sibley and Matt Worral; and Christibel Tulashie and Nick Wiker. Many of these teams made their debating debut at the tournament.

Chair of the Political Science Department and advisor to the debate team said, "I'm have an enormous amount of respect for our team captains Michelle Grushko and Danielle Doud and all of the members of the Debate Hawks. They work hard researching their case and in debate scrimmages and compete fiercely against debaters from some of the finest universities across the nation"

Junior Political Science student and third year debator Angela Ryan said, "The tournament was a lot of fun and being a couch and debator, i got more to be there. Overall, this tournament helped all of us get togethwas turly a memorable trip."

Each year, a topic is picked to be debated throughout the year. The topic for this year is Resolved: The United States should significantly reduce its military presence in one or more of the following: the Arab states of the Persian Gulf, the Greater Horn of Africa, Northeast Asia. The Monmouth team researched and wrote three separate cases involving each of these three strategically important regions.

Each two person team competes in six rounds of debate, three on the affirmative and three on the negative, with each debate round lasting approximately two hours. Teams that make it into the playoff rounds continue debating on Sunday in one round eliminations until a champion emerges. Monmouth alum and former debaters Dan Roman, Jessica Roberts, and Dylan Maynard helped coach the teams at the tournament. A special thank you to political science senior and experience debater Saliha Younas for helping to coach the teams this weekend.

The Monmouth Debate Team I always asked to make sure enjoyment when I saw the team received awards at the West Point everyone was at least having a as a whole succeed. This par- Military Academy tournament a few weeks ago and will next compete in early Feb. at Cornell University.

Please contact Prof. Joe Patten at jpatten@monmouth.edu ed Danielle Doud and Victoria er and bond. Going to Rochester if you are interested in learning more about the debate team.

This Week In History

On Dec. 3, 1993, NASA launches Space Shuttle Endeavor on a mission to repair the Hubble Space Telescope.

Presidential Quote of the Week

"We must work to bind up the wounds of a suffering world- to build an abiding peace, a peace rooted in justice and in law."

> PRESIDENT HARRY S. TRUMAN 33rd President of the United States

7 Songs of Lyrics to Describe Entering Your 20s

JULIA BURKE

It feels like just yesterday you were playing jumprope at recess and coloring butterflies in different shades of chalk denly, its your 20th birthday and you don't know where all ple reaching the "Big 20." those years went. It's exciting, at once.

reflects on turning 20, "It feels like you're a child and ways. Like you're eight and 38 simultaneously and it doesn't make sense.'

ahead of you, but your teens love, you can do it. years are over now. When you

2. "I Lived" by you're 20 that you come face-

"Being in your 20s is scary but exciting at the same time, we should look forward to," said Brett O'Grady, a a soph- had taken that chance.

more business student.

It can seem frightening at times, but don't panic, it's all about living in the moment and celebrating all of the little victories in life.

Below, are seven sets of lyron the pavement. Then sud- ics that serve as great pieces of advice and inspiration for peo-

1. "Unwritten" by Natasha confusing, and terrifying all Bedingfield- "Today is where your book begins, the rest is Tori Dalessandro, a 23 year- still unwritten": You are the auold R&D engineer at Ethicon, thor of your own life and write your own story. Every day you can wake up and be the person an adult at the same time al- you want to be and strive to achieve all of your goals. You have so much opportunity and time to pursue your dreams, young and have so much life guitar or finding a job that you

2. "I Lived" by One Repubturn 18, you're legally consid- lic- "Hope that you fall in love, ered an adult, but it's not until and it hurts so bad, The only way you know is give it all you to-face with reality and realize had": Taking risks and pouring that you're actually a grown- your heart into something is a great thing to do because the outcome can be incredible. Yes, it is possible that you can fail, it's a new chapter in one's life but more often, people regret doing nothing and wish they

"Baby you don't have to know exactly who you are, because figuring it out could be the best part": Sometimes young people, especially in college, feel like they have to have an exact plan and stress so much about deciding a major and what they want to do in the future, that they forget to enjoy the journey. Life is about the journey and all the adventures that happen along the way that make up your identity, your stories, and your memories. Don't forget, these are the best years of your life, so have fun. Don't stress about the future, everything will fall in to

4. "Believe in Me" by Demi In one's 20s you're still whether its simply learning Lovato- "I'm going to wake up feeling beautiful today, and know that I'm okay, Cause everyone's perfect in unusual ways": Some days can be harder than others and you may doubt yourself, but you have to learn to love yourself and be comfortable in your own skin. No one's perfect, but that's what makes everyone special. As you grow up, you tend to become certain of yourself, but twenty is still young and many still have insecurities. It takes time, but you

3. "Daydream" by Tori Kelly- have to embrace your imperfec- out of blankets with your best

5. "Life of the Party" by Shawn Mendes- "We don't have to be ordinary, make your best mistakes, 'Cause we don't have the time to be sorry, so baby be the life of the party": Never hesitate to be yourself, you can't worry what others think. Enjoy yourself and only let you dictate your feelings. Just let loose and don't be afraid to have a good time and love yourself as an individual because that is what you're supposed to do. Be the one at the party who's dancing passionately like Taylor Swift at an awards show, without a care for what other people think.

6. "Never Grow up" by Taylor Swift- "Oh darling don't you ever grow up, don't you ever grow up, Just stay this little, Oh darling don't you ever grow up, don't you ever grow up, it could stay this simple": No matter how old you get, always keep that little kid inside of you

and be genuine with others. never be that young again so Sometimes you just need to make sure that you take time act like a child and make spit- to enjoy and appreciate it," balls at the diner or build a fort Campbell said.

friends.

7. "Don't Forget Where You Belong" by One Direction-"Don't forget where you belong, home, Don't forget where you belong, home, If you ever feel alone, don't, You were never on your own": Life may take you in many directions, but never forget your roots. They make up who you are and 'home" is where your family and long-time friends are that truly care about you. Never feel isolated because you always have these people to rely on and to bring you happiness. Don't forget your past and the people in it, it is important; it has made you who you are.

Dr. Kenneth Campbell, professor of anthropology expressed his tips for people approaching their 20th birthday, "My would be to not be in too much of a hurry to get older and to really embrace and enjoy every day and to appreciate that time in your life.

"There are some advantages Keep your imagination open to getting older, but you will

End of Semester Survivial Guide

1) Wait until the last minute to study—Sure, you have 15 credits, heck, maybe you have over 18 credits to study for. But, if you avoid studying for them until the last minute you will be able to fit only you, but your friend as well. in more social activities with your friends, which, let's face it, is far more important than your degree.

2) Slash your own tires—You commute; take advantage of it! Miss your least favorite/most stressful class by slashing your own tires. You don't have to deal with the boredom if you don't have a means to get there.

3) Lay on the floor and cry mental breakdown is a great excuse not to study. Depending on how mentally unstable you are due to finals stress, this could

4) Lash out at people often act like a total jerk to everyone. They should understand. Lashing out at people will definitely make the end of the semester less painful for you...for them? Maybe not, but oh well!

5) Don't go out...ever—You need to stay in one room every day. A change of scenery is the last thing you want. That might distract you, and you don't want

6) Eat one meal a day. As a matter of fact, neglect your body's needs altogether. Your body comes second when it is the end of the semester and your classes pile on the work.

7) Stay up until the wee morning hours. Don't start it any earlier than 8:00pm because, look, you have ~other~ stuff to do. Staying up really late is great for mental

Okay, in all seriousness, do the opposite of this list and you'll be fine. Your friends are such an im-

portant lifeline for you during the end of the semester. Don't lash out at them if you're stressed or overwhelmed; talk to them about it! Chances are that most everyone on campus is going through the same feelings of pressure that you are, so talking to a friend will help not

Amanda Drennan, a junior journalism student, says "I like to get out with my friends; we can go catch a movie or do a seasonal trip like going to the PNC Holiday Light Show, because it helps us take our minds off of studying. We all need a break."

Fallon Beato, a freshman student deals with heavy workloads by "taking every assignment one Avoiding studying by having a day at a time." "Quality is a lot more important than just getting it done. And doing assignments one step at a time throughout the semester will be a lot less stressful last hours, which is great to avoid once it's due at the end," she con-

Stress is a scary thing when it You have a lot of work; people de- comes to the end of the semester serve to know! If you're angry, just because, yes, the struggle is definitely real! It is important to note that not all stress is bad stress.

> Psychological Counselor, Chris McKittrick, reveals that, "Stress is a natural response to stimuli and can help motivate someone to take action." But, he continues, "Too much stress, on the other hand, can be overwhelming, lead to health concerns (headaches, digestive issues, loss of appetite, etc.), changes to sleeping patterns, and cause emotional distress.'

It is important for us, as busy college students, to monitor our stress levels and recognize when we need to take a step back and evaluate our situations. And this is especially true for the end of the semester. As for the inevitable last week of the semester-finals-McKittrick says that his best piece of advice for surviving finals is to "Sleep. Eat. And Drink water; by ensuring that basic needs are being nourished, physical and emotional wellness is bolstered."

Fun Ideas to Do & Places to Go For Winter Break

CHELSIE TROMBETTA

With winter break right around the corner, it's time to start thinking about what you are going to do with your time off, a whole month leaves a lot of room for fun.

Here are some ideas and suggestions of what to do and where to go before the spring semester starts:

• New York City- The city is one of the most popular places to visit, especially around this time of year. If you're ready to face the large crowds of people and want to cross something off your bucket list, then going to Time Square to watch the ball drop on New Year's Eve is the perfect trip for you. Even if you don't want to go on New Year's Eve, any trip planned to NYC will always lead to fun things

Jamie Sayegh, a senior health studies student said, "You can see a show on Broadway and then get something to eat. Some good places to go to are Shake Shack and Max Brenner."

There are also tons of stores for shopping or you can just walk around Central Park and find many things to do like visiting the zoo or going ice skat-

• Skiing- Another popular activity to do during this time of year is to head up to the mountains to ski and snowboard.

"I'm from upstate New York so a lot of people like to go on ski trips during winter break. Popular places to go are Jiminy Peak or to go to Mount Snow in Vermont," said Tricia Race, a senior psychology student.

Another popular area for skiing is the Poconos in Pennsylvania. There are many different mountains and places to go up there. Some include Camelback Mountain that has 34 trails, and Alpine Mountain Resort which also has an ice skating rink.



Skiing at resorts such as Camelback Mountain, is a great place to visit with family or friends for a day skii trip with reasonable ticket prices.

ums to eating cheesesteaks, strut down Broad Street. Philadelphia offers a lot of fun activities that would make for Tanger Outlets in Atlantic City the perfect day trip.

sistant Professor of Sociology said, "A cool place to go with friends is the Waterfront Winterfest. It's just over the Ben Franklin Bridge in Philly.

This festival has an ice-skating rink, fire pits, food, hot chocolate, and a huge heated tent that is set up like a ski lodge. Also, a portion of the tent has a beer garden in it."

If you want to see some of America's history, then the Constitution Center is the place for you. McGovern also shares this website, constitutioncenter. org which shows exhibits being offered at there for a limited

You can also experience a Philadelphia tradition by heading to the city on New Year's Day to watch the Mummer's Parade. The Mummer's Parade is a celebration to bring in the New Year, which features different groups of entertainers who dress up in unique cos-

• Philadelphia- From muse- tumes, play instruments, and

•Atlantic City- There is the that has many popular outlet Dr. Jennifer McGovern, As- stores and restaurants nearby if you want to plan a day trip to go shopping.

If you are 21, you can go down to Atlantic City with your friends and stay at one of the casinos. In each casino, there are clubs you can go to like Haven in the Golden Nugget or The Pool at Harrah's.

Whether it's with your friends or with your family, planning a day trip to the city or a weekend trip to the mountains will be a great way to spend some of your winter break.

For the days, that you don't want to travel into the city, or spend too much money, you can never go wrong with doing different things in your area.

Activities like going to see a movie, shopping at the local mall, or going bowling, are also a great way to spend the day. These are just some of the many different things you can do to have a fun and memorable winter break.

"THE NIGHT BEFORE" RINGS IN THE HOLIDAYS

own memorable scenes, Rogen

LAUREN ROSSI CONTRIBUTING WRITER

While the latest film produced by Seth Rogen may not be a new Christmas favorite to watch every year, it certainly provided viewers with gut-wrenching laughter and a nice transition into Christmas time. The Night Before revolves around the tradition of three best friends: Isaac (Rogen), Ethan (Joseph Gordon-Levitt), and Chris (Anthony Mackie). These longtime friends have always spent Christmas Eve together since the death of Ethan's parents, but now that they all are growing up and forming their own traditions, this year will be their last spent together.

The friends parade through feel-good the city with their ridiculously ugly Christmas sweaters as they try to follow their previous es- though capades. They venture to bars, a Chinese food eateries, and even mimic the giant piano scene in F.A.O Schwartz from Big, opting for a rendition of Kanye West's "Runaway." The song undoubtedly adds extra laughs to the scene, especially as the surrounding parents tried to cover their children's ears. This goofy humor continues as the trio moves onto karaoke and sing surprisingly rather well—though the same can't be said about their dance

Regardless of the fact that it is their last year of completing this tradition, the friends seem to repeatedly get caught up in their own concerns and lives. This develops into the core dilemma of the movie: they are grown up now. Chris is becoming a famous football player, Isaac is married and about to have a child, and Ethan still has some growing up to do as he grapples with abandonment issues. However, the film manages to not make it get all gushy and stereotypically emotional like most other Christmas movies. It

stole the show as Isaac with his hysterical humor that has been showcased in previous films like Superbad and The Interview. Isaac's drug-induced adventures and convoluted way of think-ing gave the film the majority of its comedic highlights and laughter that shook the theater as viewers couldn't help but burst out chuckling. Notably it was Isaac's uncontrollable facial expressions that constantly popped up throughout the film that kept the laughs rolling. Rogen

proves to have a unique power night above as their dark extethe characters each had their of contorting his face into obscure structures, and it certainly works here.

There was a number of minor characters that also impacted the movie and had their own humorous roles. Mindy Kaling from *The Office* and Lizzy Caplan from Mean Girls offer more ridiculous scenes as they get involved with the adventures of the three friends throughout the night. Aside from these actresses adding to the film, there were some surprise celebrities that were incorporated into the story and induced their own fair riors are illuminated with massive snowflakes, snowmen, and sparkling red and gold lights created the Christmas spirit of the city. Along with this image was the classic tree in Rockefeller Center providing viewers with another Christmas favorite and connection to the holiday season.

The Night Before also utilized classic Christmas movies to play off of and allude to, referencing Home Alone and following the main character's tricks to stop the villains, as well as mirroring the Sticky Bandit's methods of stealing. There were also references to How the Grinch Stole Christmas and It's a Wonderful *Life*, poking fun at the films and perhaps doing a bit of an ode to them too.

Overall, the film offers a lot v a d e d of laughs for its 101-minute runthe ning time. If you're looking for a good a laugh and periods of

tears forming in your eyes because you can't handle Seth Rogen's hilarious scenes, see The Night Before. The movie offers a nice, easy transition into Christmas time without overdoing it and is a good comedy to check out if you're in need of an uncomplicated film that just makes you laugh. With finals quickly coming upon us, an easy-going comedy is something we all could probably use.



GJAY PART E" MISSES ITS TARG

AMANDA GLATZ ENTERTAINMENT EDITOR

A brutal plotline and heavy themes have always made The Hunger Games a complicated series. Suzanne Collins' dystopian story about a girl at the center of a rebellion is expertly nuanced with social commentary that makes it a standout leased in its genre. It's a shame, then, that the final film installment funcfeels rather dull.

After the immense popularity of the books, The Hunger Games got the Hollywood treatment in 2012, kickstarting a franchise that would make a huge success out of its cast. Starring as the arrowslinging heroine Katniss Everdeen was Jennifer Lawrence, now an A-lister and recently named Entertainment Weekly's Entertainer of the Year. Beside her was Josh Hutcherson as the earnest baker Peeta and Liam Hemsworth as the brooding Gale. Rounding out the cast was Woody Harrelson and Elizabeth Banks, both perfect fits for their quirky portrayals of Haymitch and Effie, respec-

tively. The Hunger Games was most successful when it focused on just that: the games. In a postapocalyptic world where children are forced to kill each other for sport, the first two installments of the series were packed with themes about the media and big government. By the time we reach *Mockingjay*, Katniss has incited a full-scale rebellion movement as factions throughout the districts have near its conclusion, the wellbeing of an entire civilization is at stake, but the significance of it all gets lost in translation from book to film.

The first downfall of Mockingjay is that it was split into two films. The first half,



gone to war. As the series draws tioned mostly as a prequel to the big finale. It introduced us to President Coin (Julianne Moore), who led the rebellion and turned Katniss into a propaganda figure now destined to shoot videos instead of arrows. Nothing overly significant really occurs and the film struggled to stand on its own, but the trade off was supposed to be an incredibly impactful Mockingjay Part 2 that throws us right into the action.

This formula has worked well in other adaptations, most notably the Harry Potter series. The problem here is that the first half of Mockingjay Part 2 felt exactly like its counterpart: there was a lot of walking, a lot of talking, and very little actually happening. Again, we watched Katniss struggle with her role in the rebellion. Again, we watched Katniss hesitate between choosing Peeta and choosing Gale. Everything felt recycled and even a little boring.

Given the life and death circumstances of the plot, boring isn't really an ideal quality for the film to have, but I found myself struggling to stay engaged. Things don't really pick up until Katniss announces her plan to sneak onto the frontlines and assassinate President Snow (Donald Sutherland) herself. Finally we get some action (not to mention a particularly dreaded character death), but even this feels dulled down and rushed past. The film fails to linger on any emotional beat for too long, and we're left feeling unattached to any of the char-



IMAGES TAKEN from rsvlts.com and blogspot.com

"The Hunger Games: Mockingjay Part 2" is the last installment of Suzanne Collins' popular dystopian book series. The conclusion of Katniss Everdeen's story clocks in at a lofty runtime of two hours and 17 minutes.

Technical aspects of the film tor's decision to rush several also didn't do it any favors. The effort to make everything dark and gloomy as a reflection of the times was a poor substitute ending of such a powerful sefor an actual execution of the themes—mostly, it just made some of the scenes hard to see. The series has successfully used music in the past (the four-note whistle is especially recognizable), but seemed to underuse a lot of its scores here. The acting was also nothing extraordinary, but perhaps that blame falls less on the actors themselves and more on the source material. While we know Lawrence and company are certainly capable chise's final installment, the Girl of packing a punch, the direc- on Fire has never felt more dull.

important scenes left something to be desired.

I expected a lot more from the ries, but *Mockingjay Part 2* was underwhelming. While adapting a popular novel series into a film franchise is no easy task and there is certainly no way to please everyone, the movies have always managed to stand on their own until now. Many of the directing decisions were a let down, and huge storylines were rushed in favor of silent shots of Katniss staring off into space. It's a shame that in the fran-

E RETURN

EMILY CIAVATTA

English Adele has serenaded us once again with her powerful vocals and love-struck ballads. tains lyrics that are plastered The Grammy-winning artist all over the internet. "Hello" released her last album, 21, in 2011, which earned her extreme popularity in the media and love from critics. Her followup to that album, 25, was just on this album lived up to the released on Nov. 20. Given the significant time gap between her previous album and 25, one heavily pop-influenced. This would think there would be some sort of uniqueness to her new work. Unfortunately, Adele lutely not like Adele at all, overhas crooned us with her same all sounding extremely forced. old style. This is her third studio album filled with a jumble of slow songs that all sound the ing out. On tracks like "Send same when thrown together (not My Love" and "Water Under to mention her lack of creativity with the numbered title once again). When giving this album that imitates many of today's a listen all the way through, popular artists and bands such you'll find very few standout as Taylor Swift and Maroon tracks and tons of noticeable flaws.

It is undeniable that the woman has tremendous talent, but it musical style. Nothing is wrong would have been nearly impossible to top the success she had the norm, but these songs do with her latest album. 21 was not fit in with the album and do certified diamond in the U.S., setting the bar high for 25. After much anticipation, the lead single, "Hello," was released in throughout Adele's 25 is her October and was highly successful in the media and with critics. Much like her older work, est Devotion" are tracks that "Hello" is a powerful, slow love showcase this style, with the

like it could be placed on her album 21. Although it was typical of her to release a song like singer-songwriter this, it is certainly a track that gets stuck in your head, plays on every radio station, and conwas a perfect lead single for 25, getting everyone excited for its release.

> However, not all of the songs standard that "Hello" set for it. A handful of songs on 21 were new pop influence found on 25 was not tasteful and was abso-This new sound reminded me of when artists begin to start sellthe Bridge," you can hear this over-powering pop influence 5. Both these tracks on 25 are typical radio-playable songs that stray so far from Adele's with artists branching out from not showcase the talent we all know Adele has.

A more enjoyable tone found ballad that honestly sounds just latter being one of the only



Adele's "25" is the first record to sell over 3 million copies in one week, according to Billboard.com.

tracks that really stands out on doing so. the album. Adele's deep voice fuses perfectly with this soulfulness. When Adele puts out a good song, she always does it a million times better and harder than any other artist does, and she absolutely does not fail us with this song. However, on "I Miss You" and "River Lea," the strange melody of both songs took away from this soulful sound that everyone seems to usually love. Something about both melodies feel extremely off, as if she tried to do something a little bit different but fect lyricism, making it one of entirely horrible, but 25 definite-

Besides "Hello," the typical slow love ballad is featured on 25 several more times. "When We Were Young," "Remedy," "Love in the Dark," and "All I Ask" are all examples of 'typical Adele' songs. Her lack of variety bores some people, but there are others who look for just that in her work. I personally think that "Remedy" is the only ballad on 25 that stands out besides "Hello." Here, ing the album filled with a mix Adele does not fail us with her deep, powerful vocals and per- Nothing Adele releases can be absolutely did not succeed in the most memorable songs on ly could have been better.

the album.

While 25 did not live up to the standard that 21 left for it, it was not entirely a let down. There were a few standout tracks on the record, and of course, Adele's infamous talent. Even on her not-so-good tracks, Adele's voice shined through like it never fails to do. But her pop influence and strange choice of melody on some tracks did not sit so well with some, leavof both flaws and strengths.

Alessia Cara is Pop Musics Break Out Sta

JULIA BURKE STAFF WRITER

Alessia Cara, 19-year-old singer-songwriter, got her start in the music world by posting acoustic Youtube covers of popular songs from her bedroom floor in Brampton, Canada. She was discovered by Taylor Swift after covering "Bad Blood" and Swift tweeted at her, impressed Twitter followers, Swift's tweet helped bring attention to and propel Alessia's single, "Here," ter emerging artists chart, according to billboard.com.

her debut album, Know-It-All. where Alessia celebrates and There are also ballads that are have a good time at a party. Her voice is dominant, soulful, and captivating throughout the album. Many of the ideas present in the songs were relatable to me because I'm the same age as Alessia and this really captured my attention. Since Alessia contributed to the songwriting, the album is so real and personal, giving it an individual touch; she describes experiencby her cover. Having 66 million es I have been through myself, in a different perspective, making it fascinating.

The first track is "Sevento No.1 on Billboard and Twit- teen," and it's an ideal opening to Know-It-All because it sets the mood for the rest of the al-

embraces her youthfulness. She discusses how, as a young girl, she's always yearned to grow up, but now that she's older, she wishes she could, "freeze the time at seventeen." It's a fun, upbeat song and symbolizes Alessia's freshness in the music career.

The music throughout the album is distinctly pop and most of the songs made me want to bop my head along to the beat and just dance. The song "Overdose" is dominated by drums and clapping, which work because they coincide with the intensity of the metaphor of love On Nov. 13, Alessia released bum; it's an invigorating song being compared to an overdose.

solely Alessia's breathtaking voice accompanied by the piano or acoustic guitar, which are beautiful as well. "Stars" is a piano ballad which is just so pretty and serene and contrasts with the desperation and sadness in the song, "Cause I've been laying here, learning what memories can't do."

Not only does the album include songs that are energetic, harmonic, and stripped down, but the lyrics in the songs are so meaningful and vivid as well. Listening to the songs made me lustrative were from "Four Pink Walls": "I grew up memorizing all the cracks in the walls, staring up at the ceiling watching particles fall"; and from "River of Tears": "Still got the flowers that you sent and the note you wrote that said that we're meant to be forever, I still keep them all as evidence in a drawer under the mirror filled with empty promises."

"Here" is the most wellis usually on the radio. The song is a shoutout to anyone who has ever been at a party and didn't enjoy themselves; usually deemed as weird to not and a vital part of her story.

But Alessia doesn't care what people think; she is honest in "Here" and is once again very descriptive with lyrics like, "And I'm standing by the TV with my beanie low.'

Some songs have simple life lessons that are inspirational; Alessia promotes the idea of loving yourself and it's empowering for girls, especially. 'Scars to Your Beautiful" portrays a girl that is hard on herself and doesn't see her beauty, but Alessia ensures that she, "should know she's beautiful envision exactly what Alessia just the way [she] is." Additionwas describing, like she was ally, in "Wild Things," it seems painting stories inside of my as though Alessia is speaking head. Some lyrics that were il- to her fellow females again, and she insists that it's okay to be your own person and to embrace it; she urges, "find your grace, don't hide your face, and let it shine, shine, shine.' These are such powerful messages and are especially important coming from a famous singer-songwriter who is a role model for many girls.

Alessia is just beginning her career in the music industry and she is already thrivknown song on the album and ing. She is extremely talented and down-to-earth and I know she's going to go very far. I'm thrilled that I discovered her while she's still emerging beit's unique because it isn't cause I'm excited to see her like the typical songs that talk grow and succeed. I recomabout how fun a party was. It mend listening to her album stands out but also is relatable, and also watching her Youtube because most people have ex- videos where it all started, beperienced this before but it's cause they are simply amazing



IMAGE FROM musictimes.com

Blue Hawk Records Spotlight:

NICOLE SEITZ

One of the contributors on this semester's Blue Hawk Records compilation album is jazz artist Kellan Brennan. Brennan is a junior communication major focusing on radio and TV studies at the University. He has been playing piano for nine years and enjoys listening to and playing all genres of music. Some of Brennan's influences are Steely Dan, Esperanza Spalding, Frank Zappa, Jimi Hendrix, Miles Davis, and Sublime.

"Kellan is a phenomenon that only comes around once in a while, personality wise and musically," said Liam Frank, a junior music industry student, how the recording went. Brenabout our featured artist. "His nan did the vocals and piano music shows great understanding of standards in his favorite genres, while also mixing a bit drums for the song. On bass of mystery so that the listener can't quite classify it.'

ed here at Monmouth and behe started writing more music. He has since been very active in the local music scene, writing music and playing locally.

want...as long as it's dynamic," Kellan said about the combina- stressful making sure all the lease show in one week!

tion of jazz and R&B influences with pop and rock foundation cording would sound good. that can be heard in his music.

For this semester's compilation album, Brennan has recorded a song called "Old Soul" in Lakehouse Studios. Kellan says this song is about that classic "Piano Man" bar scene and a beautiful, smart, amazing girl. Originally, he only had two chords that he knew had to be made into a song, and this foundation became the masterpiece that is "Old Soul."

Brennan was on the Fall 2014 compilation album with the band Chasing Paper where he just played piano. This time around in Lakehouse Studios, Kellan recorded everything live and was very much in charge of while Will Sauslky, a junior music industry student, played was senior music industry student Chris Durham. Dino Ma-It wasn't until Brennan start-rino and JJ Fabricatore, junior music really shows in his work music industry students, add gan to listen to more jazz that some jazz flare with their tenor and alto sax. Joe Callandrillo, a graduate of the music industry program, plays trumpet on the recording as well. He said he it." Don't forget to get your fill "Jazz can be anything you liked being in command of the music more but it was a little

parts were right so the live re-

finished recording sounds amazing and you can hear the song live at the release show Dec. 9 in the Rebecca Stafford Student Center at 2:50 p.m. You can also pick up a copy of the album and hear the other amazing artists that are featured. As far as the future goes for Brennan's music, he isn't stopping here!

Brennan plays solo piano regularly at McLoone's Pier House in Pier Village and Gotham in Red Bank. Also, he is working on a jazz band project with Sauslky and Erin Holmes, a graduate of the music industry program. Brennan would eventually like to put together a classic trio band, but in the meantime is working on recording some music that you can check out on his Sound Cloud or Instagram where he posts regularly.

Kellan's love and passion for and we're really excited to see what the future holds. As Frank likes to put it: "He truly is a pioneer of the 'Homebrew Jazz' genre, as he and I like to call of some "Homebrew Jazz" and other rocking artists at the re-



PHOTO TAKEN by Liam Frank

Kellan Brennan performs at Gotham in Red Bank, NJ, every

JOHN MORANO STAFF WRITER

I'm about two hours into Fallout 4 and have just made friends with "Dogmeat," a stray German Shepard and my first in-game companion. I'm walking along, mostly following a road, occasionally going through ruined woods, and doing a bit of scavenging. By the time I come upon a red rocket gas station, I've picked up a double-barrel shotgun and a pipe-rifle to go with my 10mm handgun. Dogmeat and I kill off a few nuclear mole-rats infesting the place and are quite happy to find some empty cans and a hotplate.

I lockpick a door, hack a computer, and find a journal entry. It has details on caves beneath the gas station which contain stores of smuggled goods. I take a minute to give Dogmeat some stuff to carry, tell him off running through cave-muck and nuclear waste in search of new guns. After what felt like a few minutes, we've picked the cave clean and we're headed back to Sanctuary where we'll store our loot. I take a quick break to check how long I've been playing, and am more than a little surprised to find that I've logged four more hours, and it's now 2:30 a.m.

Bethesda, Fallout 4's developer/ publisher, excels at making immersive open-world games where players lose themselves in the fiction. The last Bethesda game of this type was the wildly successful Elder Scrolls: Skyrim. Skyrim is considered by many to have been the best game of the last console generation, and commercially it sold over 20 million copies. Skyrim also received numerous "Game of the Year" awards from various gaming websites/publications. There were two key features which made Skyrim so successful: it had hundreds of hours' worth of content and it provided a uniquely immersive experience to players. Skyrim gave you choices, and it made you feel like the character you were playing was an embodiment of you.

Whereas Skyrim was a first person action/adventure-fantasy title with the expected swords, arrows and magic, Fallout 4 is a first person shooter with guns, grenades, and power armor. It has melee weapons, like swords, but they're not really good for anything; the world of Fallout 4 was destroyed around 2070 during a nuclear war between America and China, so Fallout 4 takes place in a post-apocalyptic Boston. Society in Fallout 4, before the apocalypse, parallels the 1950s, and, humorously, still does after the apocalypse. Fallout 4's plot is dark satire, and it's Bethesda's most mature plot yet (there are a few points

As far as plot goes, Fallout 4 is no Witcher 3 (Witcher 3 is top-tier), but it's very good, and in terms of immersion, *Fallout 4* is second to none. As far as content goes, expect language and as much blood and gore on par with cable television. Maybe slightly beyond that, actually, but the tone of the game makes the blood and gore almost light-hearted and not too impactful.

Going back to my adventure with Dogmeat, in previous Fallout titles a gas station would likely be a boring location. At best it might yield some bottlecaps (the currency of Fallout 4) and I want guns. Cans and a hotplate would be trash, not even worth picking up. Fallout 4, however, has introduced a new loot mechanic, all in-game. All items are made of components; those cans had aluminum, and the hotplate had steel, copper, and screws. la bottle for the glass earlier). With this new system, all this junk littering the world which previously had no value now serves a valuable function.

Fallout 4 is not a game without flaws, though. Many feel that the graphics should look better; I think that they're fine, and that some are being thrown off by the post-nuclear war wasteland. Glitches/bugs are a problem—it's easy to get stuck in terrain, or have something happen in a quest that shouldn't (be sure to save frequently). I personally see Bethesda games, like Skyrim and Fallout 4, as the most ambitious games on the market. I feel that bug issues are unavoidable in games of this scale, and Bethesda has an excellent track record of fixing them.

Going forward, Bethesda plans to release downloadable expansions (Bethesda DLC is generthat he's a good dog, and then we're where it falls flat, but the ending, at I needed this to make a scope for ally excellent) and mod support. least the one I got, was phenomenal). my gun (I had picked up a nuka-co- If Skyrim is anything to go off of,

mod support will be a major gamechanger. Modding is where users design content for a game that has been released (and mod support will make that much, much easier, when Bethesda releases it). Mods can change pretty much any feature in the game, like sound, gameplay, weapons, and graphics. I have a modded Skyrim with dynamic sounds (like birds chirping, and more soundtrack options) altered gameplay (more realistic, if shot in the head by an arrow, I die, but so do enemies), hundreds of new weapons, and vastly improved graphics. My Skyrim (a four-year old game) actually looks better than Fallout 4. Mods have the potential to vastly improve Fallout 4, which is already exceptional without them.

I'm out of space already, and I haven't even had time to cover the excellent settlement option (which allows you to design/maintain communities in the world), power armor, equipment crafting, radio stations, faction interactions... scratch that, I don't even have the space left to finish this list. In summary, Fallout 4, while not without flaws, does what its predecessors have successfully and adds innovative new mechanics. It's not by any means perfect, but it also has no real competition. If you take the amount of content, the level of immersion, the quality of the story, and the gameplay together, there's really nothing that directly competes. Far Cry 4 has better shooting and Witcher 3 has a better plot, but overall, I feel like Fallout 4, taken as a whole, is ahead of the pack. I'd give Fallout 4 a 10/10, and if I value all its aspects equally (I tend to care more about plot, personally), it would be my favorite game of the year. If you're at all interested in this game, pick it up. Fair warning, though: play it when you've got free time to spare, or it'll nuke your GPA.



"Fallout 4" is a first person shooter set in post-apocalypic Boston. The game was released by Bethesda on Nov. 10 for Windows, PlayStation 4, and Xbox One.

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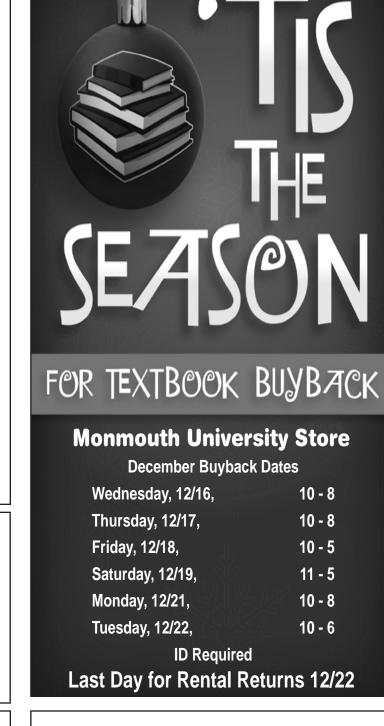
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TOP LEFT:

Student Wayne Girard
went to Amsterdam during
Thanksgiving Break to see
his cousin, who is preparing
for their third child. Girard
was thoroughly enamored by
the beauty and the culture of the city (PHOTO COURTESY OF WAYNE GIRARD)



Senior Comm. Major Danielle Axelrod and her parents went to Georgia this Thanksgiving to see her brother, Chris, for the first time since he left for basic training for the Army.
She is so proud of the young
man he has become and
thankful that he is
making sacrifices for our country. Thanks Chris! (PHOTO COURTESY OF DANIELLE AXELROD)





CENTER LEFT:

Sophomore Andrew Moon on a surf/ski trip to France, standing in front of the great Mediterranean Sea. (PHOTO COURTESY OF ÀNDREW MOON)

BOTTOM RIGHT:

The Brothers of Delta Beta Sigma Pi helped the Jersey Shore Dream Center in assisting the less privileged. The center provides food, clothes and home goods to people in need. This past month they distributed over 5,000 lbs. of food to over 800 men, women, and children. (PHOTÓ COURTESY OF CHANDLER NICHOLS)





What is your favorite moment at MU this semester? COMPILED BY: KIERA LANNI



Brian *Sophomore* "The Relaxing Day with the puppies."



Nick Junior

"I became friends with Brian."



Tony Sophomore



"Coming back and seeing all my friends



Kelly Sophomore

"Going to Homecoming with my sorority sisters.





Fred Del Guercio Designer/Tech. Director- Dept. of Music and Theatre

"Opening night of Anything Goes."

Monmouth Ice Hockey Succeeding In New Conference

JAMES ROMANO STAFF WRITER

The Monmouth University ice hockey team has an overall record of 13-3-1 and a conference record of 7-1-1, as a newcomer in the Colonial States College Hockey Conference. They face interdivisional opponents like West Chester University, The College of New Jersey, Princeton University, and University of Pennsylvania, among others.

In past seasons, Monmouth played in the Mid Atlantic Collegiate Hockey League, where they played bigger schools such as Pennsylvania State University. "We switched into this conference [Colonial States College Hockey Conference] this year for the advantage of playing teams that are similar to our own competitive level," said Stephen Bonora, the veteran goalie and corporate public communication graduate student. "Before the season started, Blazier Amato [Monmouth's Head Coach] went to Millersville to present our nesses and improving upon them for case as to why we should be in the league."

The player-coach duo won, beating Rutgers University and Saint Joseph's University in their bid to join the conference. Once the switch was made to compete in the Colonial States College Hockey Conference at the beginning of the 2015 to 2016 season, which started in Sept., the team was eager to hit the ice and get to work. "The new conference guarantees us exciting match-ups with Princeton, Millersville, TCNJ, UPenn and we still schedule nonconference teams like University of Maryland, Rider, and Wagner that further the strength of our schedule," said Head Coach Gregg Amato.

The team practices twice a week at Jersey Shore Arena, located in the Monmouth Hawks from spring

Wall Township. Practice is where 2011 to fall 2014, mostly competed play in. We get to play almost all of we match up perfectly against each

the preparation for the Hawks' as a forward where he attempted the New Jersey teams, which makes weekly opponent takes place. "Like to amass goals and assists for the for fun inter-state rivalries." Blazier any sport, it's about analyzing weak-squad. "I'm truly jealous that I didn't said. "Additionally, it being our first



PHOTO COURTESY of Monmouth Ice Hockey

[Monmouth's Team Captain] and Monmouth's ice hockey team is currently 13-3-1 in the 2015-2016 season.

the following week," Amato said. 'In the games I'll try to make a few adjustments during intermissions, but by then it's in the players' hands to decide the outcome." The coaches dissect and analyze the game in attempts to put the best player in the right situation for success to be achievable.

Not only Coach Amato, but also Assistant Coach Stevyn Norkus, a Monmouth University Ice Hockey alumnus, has a say in major team decisions. "The transition from player to coach has been a smooth and enjoyable experience for me," Norkus said. "I graduated Monmouth with an education degree, so I believe that coaching is just another form of educating." Norkus, who played for get to play against these teams that we match up well against," Norkus said. "It also helps that this is the most skilled and talented Monmouth team that we've ever had."

Players who have been playing for the organization are excited about the team's progress. "This team is truly something special," said senior Kyle Blazier, Monmouth's Team Captain, who has been playing center since his freshman year. "We've become closer as a team and become increasingly competitive in all of our games. However, this year is a dramatic increase." Blazier believes the season is going quite well as the Hawks are a force to be reckoned with in the league as well as the non-league matchups. "The CSCHC [Colonial States College Hockey Conference] is an exciting league to

season in this league, we are faced with the task of making a name for ourselves.'

Coach Amato believes that the top two wins thus far this season include the 5-2 win at Wagner College, as well as the 6-2 win over West Chester University, who were the defending conference champions. The team may have tied TCNJ on the road in early Oct., but this draw may prove to be an important point in the standings as the season progresses. "We've had two exciting contests against an equally matched opponent in St. Joe's, a 3-2 win and a 4-3 OT win," Amato said. Blazier, who had goals and assists in each of the two bouts with St. Joe's, was thrilled with each of the wins.

"They are a very skilled team with a high-powered offense, and other. We had won the first game against them, our home opener this season, by one goal. Going to their arena, we knew they'd be bringing their A-game and that we needed to as well," Blazier said.

Captain Blazier is in good company. Other centers on the team include Liam Kealy and Anthony DeFede. "All of whom are first line caliber," Coach Amato said. Defensemen Ryan O'Rourke and Talon Ribsam hinder opposing forwards who attempt to enter Monmouth's zone on the ice. "Forwards Steve Loreti seems to have a knack for scoring the 'big goal' and Eric Luetters has been our best player for much of the season," Coach Amato said.

Even though these players are contributing immensely to team victories and overall successes, they are not going to be playing Monmouth Ice Hockey forever. "MU Ice Hockey has been a great experience so far," said freshman Chemistry major Erik Smith, who plays forward for the team. Smith said that the Colonial States College Hockey Conference is much different than his high school play as the pace of the game is much faster and the teams have more depth in their lineups. "I feel challenged in this league as it is a big step up from high school hockey,' Smith said. Freshman, like Smith, are the future of Monmouth University Ice Hockey.

Coach Amato and the rest of the team said that they expect to compete for a championship. However, their expectations extend far beyond the 2015 to 2016 season. "We expect to continue to be able to recruit stronger, faster, and smarter athletes to Monmouth," Amato said. "Coach Reithinger's [the General Manager] and my vision is to build this program into a state powerhouse."

Rock Cure Socks Off Benefits American **Cancer Society**

FORREST TAYLOR

The Music Alliance paired up with Colleges Against Cancer to hold "Rock Cure Socks Off," a concert event that was held to raise multiple compilation albums since it money and awareness to help benefit the American Cancer Society. The concert was held on Thursday, Nov. 19 in Anacon Hall.

needed to walk by the stairs of the Rebecca Stafford Student Center opportunities involving many ele-(RSSC), where luminaries were ments of the music business. Some found in dedication to someone of the aspects of the music business who has been affected by cancer. Students had the opportunity to get creative and design the luminaries and were also encouraged to make donations or learn more about the organization. Students who made a donation at the door were entered to win one of the various prizes avail-

Daniel Panaro, a senior science student said, "I personally have multiple cancer survivors in my family, along with others who sadly were not able to beat this horrible disease. I truly believe it is so important to stress the awareness along with try to put on these types of events to doing everything possible to raise money for something that affects so many of us. I think it's almost impossible to not have been affected by cancer in some sort of way, so everyone should try and do their part in helping out others that are in cased the mission the University need."

The concert featured members of both Blue Hawk Records and The Music Alliance, whose new music

will be included on their upcoming compilation album. The artists in the show performed acoustic tracks, original pieces of music, and covers of popular singles.

Blue Hawk Records has recorded was founded by University Professor Joe Rapolla and Music Industry students over approximately two vears ago. Blue Hawk Records pro-When entering the concert one motes the overall process of creating original music along with offering that are of focused on are the record ing process, public relations, and album design.

> Rock Cure Socks Off spread the current musical talent University students have to offer while supporting a cause that is important to many students on campus.

> "This event is one that truly hits home for me, I've unfortunately had to deal with numerous amounts of family members that have had to battle this awful disease. I think it's great to see students here at Monmouth University reach out and raise money and awareness for cancer and to contribute to such a great cause like the American Cancer Society," said Brandon Suk, a senior health studies student.

> Rock Cure Socks OffThis showcommunity has for taking action and supporting philanthropic causes and organizations like the American Cancer Society.

SAB Spreads Awareness For Veterans Suffering From PTSD

TOMMY FOYE

On Wednesday Nov. 18th, the Student Activities Board (SAB) held "Boot Camp" on the residential quad to help raise awareness for those in the military suffering from Post-Traumatic Stress Disorder.

'The 'Boot Camp' event was a great way to bring awareness to what soldiers go through when they come home. We even had veterans come over at one point and talk to students about

mental and emotional stress oc- which students were able to curring as a result of injury or severe psychological shock, typically involving disturbance of sleep and constant vivid recall of the experience, with dulled responses to others and to the outside world."

James Ruffino a sophomore marketing student and Awareness Chair on SAB stated that he "felt that bringing this event to Monmouth's campus would really help raise awareness to something that is not talked about enough on this campus

take pictures of themselves or with friends. That picture would be pressed onto a dog tag, resembling those that military men and women wear. Lastly, the Veterans Association on campus had a table with information on Post-Traumatic Stress Disorder with pamphlets, worksheets, and a small American flag that event goers were able to take away from the awareness af-

"I am extremely proud of

"Bringing this event to Monmouth's campus would really help raise awareness to something that is not talked about enough on this campus,"

JAMES RUFFINO, SAB AWARENESS CHAIR

their experiences with the military. A lot of the students came out and asked questions and learned more information that they had not known prior to the event. Also, there were many fun races through the inflatable obstacle course that was provided which put an exciting touch to the day," said Mel Lewis, a Graduate Assistant for Student Activities and the Programming Assistant for Fraternity and Sorority Life.

SAB wanted to give the campus a meaningful event which brought PTSD to the forefront. The legal definition of PTSD, according to Oxford Dictionary, is "a condition of persistent

and I'm glad my executive board and I could execute it to its full ability. I was also extremely satisfied to actually see students very interested in learning about what PTSD is and how people overcome it."

To make sure that this event was more than just a lecture, SAB ensured the event was informative and interactive. The first attraction was a humungous inflatable obstacle course that students were able to race one another for some fun competition, yet related to the event in the sense of what "obstacles" veterans have gone through in order to keep our country safe.

Next, there was a novelty in

James for planning Boot Camp because he took an extremely important issue, PTSD, and made it into an event that was interactive and enjoyable so that students would walk away with a great experience as well as learning something new. With how much our veterans sacrifice for our country, it makes me proud that SAB was able to pay this tribute to them. Our hope for the event was that participants will walk away with tools to make veteran students acclimating back to campus life more comfortable," said Alicia Torello, a junior communication student and President of SAB.

Sorority Bingo Sheds Positive Light on Greek Community

ERIN SHEVLIN CONTRIBUTING WRITER

The Monmouth University Panhellenic Council hosted its third annual Bingo Night on Friday Nov. 20 in Anacon Hall to give underclassmen an opportunity to meet members of the Panhellenic community.

The room filled with excitement and laughs as dozens of women came together for a fun night filled with bingo, prizes, and an opportunity to get a step closer to finding their home in the Greek community. Each of the six sororities on campus attended the event as well as six representatives from each organization. Throughout the night, everyone in attendance was able to play several rounds of bingo with the chance to win gift cards and other prizes.

After each round, an organization was invited to the front of the auditorium to illuminate some of the important aspects of their organization. Each spoke about their chapter's colors, mascot, and founder's day, and more importantly their phi-

portance to the chapter.

"Bingo night, as well as the

lanthropy, values and their im- Membership Vice President for campus.

other events that Panhellenic ful events such as bingo are lenic Council are a great way organizes for the potential new for women who may have their for students on campus to gain members, are a great way for doubts about what people in so-

Alpha Xi Delta.

"Having fun, yet meaningevents planned by the Panhelevents planned by the Panhelinsight at what sorority life is the girls to learn about the dif- rorities do or for women who like while giving Greek orga-

mately help them decide if going Greek is the right choice for them," said Victoria Wright a junior psychology student who is also the Recruitment Team Workshop Coordinator for the Panhellenic Council.

Formal spring recruitment is a three day long process in which students travel to each sorority on campus in hopes to ultimately find their home in an organization that matches their values. Registration for spring recruitment can be found on the University's website under Fraternity and Sorority Life.

'Recruitment can be nerveracking so getting to know people before going through can really help girls concentrate on why they want to join a sorority not why their so nervous," said Rodrigues. "My advice for anyone going through formal recruitment would be to be yourself and follow your heart. I know it sounds cheesy but at the end of the day, joining a sorority is for life so go for the one you see yourself being a part of for the rest of your life, not the one your roommate or whoever

"Having fun, yet meaningful events such as bingo are for women who may have their doubts about what people in sororities do or for women who want to learn more. It is also a great opportunity for the women who are in the organizations to come together and celebrate why they are a part of their own organizations,"

PROGRAMMING ASSISANT FOR FRATERNITY AND SORORITY LIFE

through formal recruitment," English education student and Fraternity and Sorority life on organizations, which can ulti- convinced you to join."

ferent sororities and their phi- want to learn more. It is also a nizations the opportunity to lanthropy, values, etc. so that great opportunity for the womway they know a little bit of en who are in the organizations background information on the to come together and celebrate different chapters before going why they are a part of their own organizations," said Mel Lewis, said Emily Rodrigues, a senior the Programming Assistant for around women in these Greek

break down the stereotypes surrounding the Greek community.

"Coming to an event like sorority bingo helps to make girls feel more comfortable being

Benefits of Being Involved On Campus, From Alumi

BRIAN FOYE CONTRIBUTING WRITER

On Wednesday, Nov. 18, the Student Activities Board held their weekly general member meeting which featured alumna Lucy Russo '14, Courtney Locke '15, and Sami Kofsky '14, to speak to current SAB members. The three women spoke of their past experience being involved on campus and how it has prepared them for their future endeavors.

The meeting was panel based, allowing members the opportunity to ask the alumna questions of their choice. Junior communication major, Alicia Torello, the Student Activities Board President, ran the discussion. Questions varied from "How has joining a club on campus helped you find a job," "What is it like to be in the real world," and "How does SAB relate to working in a business setting?"

The ladies went on to talk about their career paths after they graduated from the University. Russo is now an Event Planner for David grade Teacher, and Locke is a the executive board. Software Quality Assurance Engineer at Verizon.



PHOTO TAKEN by Brian Foye

(Left to right) Sami Kofsky, Courtney Locke, and Lucy Russo spoke to the Student Activies Board members about their experiences as Monmouth alumna, and how SAB prepared them for the future.

Senior marketing student Tom Egan, said "It was a pretty cool Between the mixture of Rus- experience to see some of the old friends at Monmouth." so's humor, Kofsky's intellect, SAB board that welcomed me as and Locke's wit, the event brought a freshman come back and talk to decided to gather the girls quickly back memories for the older stu- everyone about what they are up to ask them each "what one thing

Stark Design, Kofsky is a seventh dents, especially the members of to. Being a senior, I learned how I from SAB that you took with you can use SAB in my upcoming job interviews and career, plus it is always great to see some of my first

Once the meeting was over, I

after graduation?"

Each of the alumna answered the question, "What is one thing you learned from SAB that you took with you after graduation?" Locke began speaking first and started said, "With working in

tech, SAB gave me the experience with working with many types of personalities, some which may be difficult to deal with. I learned that having patience is one of the most valuable skills when working with a team."

Following Locke's response, Russo answered, "Experience is key in college. Being a psychology major and having that as my background, I didn't have all the experience that I needed to execute larger scale events. So being on SAB and having those positions, I was able to learn how to maintain a budget, and work on my time management."

To conclude the panel, Kofsky replied, "Going off from what Lucy said, time management was a huge thing that I was able to take away from SAB. I was able to accomplish my own work and help others as well, without any difficulty which helps with my teaching."

Megan McGowan, Associate Director of Student Activities & Student Center Operations, has spent a great deal of time with the club as the advisor and has seen the women grow. When asked how it was having past SAB officers back, McGowan said, "It was great seeing them! It brought back many great memories and a little taste of how SAB was in the previous years."

Residence Hall Association

The Residence Hall Association (RHA) meets every Wednesday at 8:00 p.m. in the second floor lounge at New Hall. All are welcome to join! We will beideas. For more information, s0887667@monmouth.edu

Ten Thousand Villages

Ten Thousand Villages is hosting a third world craft sale to benefit Handcrafted Hope. The event will be taking place Tuesday Dec. 1 through Friday gin planning our annual Winter Dec. 4 at First Presbyterian Ball and could use your creative Church (167 Cedar Avenue Long Branch, NJ). For more informacontact Danielle St. Vincent at tion, contact Lorrie Mileham at 732-774-0656.

MOCC

The Monmouth Oral Communication Center invites you to take advantage of free peer tutoring for presentations and public speaking! Our walk-in schedule is posted outside of JP 203, or you can contact Kevin Moedt at s0879290@monmouth.edu for an appointment. Interested? Join us in JP 135 on Wednesday's at 2:45 p.m. to see what we are all about!

Boom Roasted Productions

From Dec. 2- Dec. 5 at 8 p.m., TheatreFest will be held, which is free of charge and open to the campus. Other events include: Dec. 2: a Collection of Scenes, Dec. 3: MU Theatre/Music Majors and Minors Cabaret Night, Dec. 4: Disney & Genderbend Night, Dec. 5: Alpha Psi Omega present Original Works Night.

Council for Exceptional Children

Council for Exceptional Children Organization will have their last meeting for the semester on Wednesday December 9th at 3pm in McAllen Hall in room 222. If you have any questions about the club please email Vanessa LaRocca at s0892428@monmouth.edu.

Women's Basketball Pick Up Two Losses Over Break

MU Loses Home Opener to Robert Morris University, 60-47

MATT DELUCA CONTRIBUTING WRITER

After losing a close game in overtime to Lehigh University a week earlier, the upstart a 6-0 scoring run of their own to Monmouth women's basketball fell to Robert Morris University 60-47 in the 2015 home opener. The Hawks got off to a slow start, ond quarter on another quick scoring only two points in the first 4:40 of the game, shooting 1-6 (17 percent) from the field. ing the Hawks to call timeout.

Senior guard Jasmine Walker hit Monmouth began to turn on boost from their defense, which comeback to the new press defor three sparking the Hawks offense, who went on a 5-0 scoring run to cut the Colonials' lead to 1. Robert Morris countered with close out the quarter, making it 18-11 after the first.

The Colonials opened the sec-7-0 run, building their largest lead of the night before forctheir press defense, which forced multiple Colonial turnovers. The Ĥawks were unable to capitalize, suffering from another extended scoring drought, this one lasting 5:42. A three pointer from sophomore forward Dana Carbone and a layup from senior guard Jamiyah Bethune cut the deficit to 9 points at halftime for Monmouth.

The Hawks received a major

kept them in the game despite shooting 27 percent from the field in the first half. Monmouth head coach Jenny Palmateer was pleased with her team's efforts in the new style "I love it, I think it is going to be our bread and butter. The hard part is that we have to score to get in it, so we have to become more efficient offensively so that we can really get in fully." The Hawks only scored 20 points in the first half, led by Walker who contributed five points.

The Hawks opened the second half on a 6-0 run, which cut the Colonials' lead to 29-26. Senior guard Sarah Olson scored a basket, and then forced a Robert Morris turnover which led to baskets by Bethune and Walker. With the momentum on their side, the Hawks had a chance to claim the lead for the first time of the night after forcing a tensecond violation on defense. Unable to capitalize, Monmouth fell down by double digits after a couple three point shots from Rebeca Navarro and Ashley Ravelli, giving the Colonials a 12 point lead.

The Hawks entered the fourth quarter down by 14 points, being plagued by turnovers and empty possessions throughout the second half. Junior forward Christina Mitchell picked up her fourth personal foul early in the fourth, forcing her to sit a majority of the quarter, which proved to be a big loss inside for

Monmouth received 11 key points from Olson, who provided a spark both on the offensive and defensive sides of the ball. Olson credits the third quarter later.

fense "It really catches teams off guard, they have to scout for and prepare for it. That's important because how can you prepare for getting pressed 40 minutes a game?" Although she had no recorded steals in the game, Olson still made an impact, forcing many Robert Morris players to commit turnovers. The senior had five steals in the season opener against Lehigh, and has played a major role in the team's new style of defense.

Hawks freshman guard McKinzee Barker added to her sensational start to the season, stuffing the stat sheet with six points, nine rebounds, and one assist. The guard also came close to a double-double against Lehigh, scoring nine points, grabbing nine rebounds, and accumulating nine assists. Palmateer had nothing but praise for the young Hawk "The thing I'm most im-pressed with is that she winds up in the stat sheet in every column. She's been doing a great job playing complete games, shooting a great percentage for

Barker is shooting 53 percent through the first two games, and looks to carry that success throughout the rest of the sea-

Robert Morris improved to 2-1 on the season, while Monmouth fell to 0-2. The Hawks face Colgate next. Monmouth pulled out the win in Hamilton, N.Y. over their Patriot League foe. A close contested game ended in the Hawks favor 86-80 following a frantic overtime period. The Hawks continued their road trip and headed to Providence days



Sophomore forward Dana Carbone added six points and two assists for the Hawks as they fell to Robert Morris in their 2015 season home opener.

Providence Enjoys Home Court Advantage, Defeats MU 71-59

MICHELLE GONZALES
STAFF WRITER

The women's basketball team fell to Providence this past Saturday afternoon at Alumni Hall to a tune of 71-59. Junior guard Tyese Purvis and sophomore forward Dana Carbone netted a collective 24 points for MU. Senior guard Jasmine Walker earned 10 points and 10 rebounds on the night while seniors Jamiyah Bethune and Sarah Olsen each tabbed eight. The loss puts the Blue and percent. White at 1-3 so far this season.

pare for what we will face in conference play," said Head Coach Jenny Palmateer. "Our record reflects a challenging non-conference schedule that is designed to help us achieve our season goals."

The Hawks opened up scoring, snagging six of the first eight points scored. MU held its lead until the eighth minute of play, when the Friars broke the tie, making it 13-10. Providence's Jovana 'Yoyo' Nogic and Erica Mever contributed to the Friar lead until Olsen added a threepointer for the Hawks. The first quarter ended in favor of the Friars, 16-13.

Walker was put on the line in the first minute of the second quarter, finishing both shots for MU. But Providence responded with the next seven points. With just over seven minutes left in the half the Hawks were down 15-23. Sarah Beal put in a layup and a

Friars' lead. The clock dropped under a minute and MU was trailing 25-34 when Purvis brought some life back to the Hawks. Her three-pointer closed the gap and the half, making it 34-28.

In the first half, Providence capitalized on all 12 of MU's turnovers, while the Hawks could seal only four of the Friars' nine. The Friars outshot the Hawks, maintaining 41.9 (close range) and 57.1 (three-point) shot percentages to MU's 22.2 and 25.0

Aliyah Miller stole the show "We have been in some tough in the third quarter for the Frigames, two going to overtime, ars, putting up four field-goal and each one has helped us pre- attempts as well as an offensive rebound. Providence drew out a 44-33 lead three minutes in, forcing MU to call a timeout. MU answered with four points from Purvis and junior forward Christina Mitchell. At the four-minute mark the scoreboard read 46-42 and the Friars still had the lead. Carbone and freshman guard Mckinzee Barker netted four points for the Hawks but the third guarter closed at 52-45 in favor of Providence.

MU relentlessly opened the fourth and final quarter with five points, attributed to Purvis and Bethune. But in time, Providence's Evi Liskola, Nogic, Miller and Beal would close out the game with 11 more points, damage MU could not recover from.

Overall, the Hawks hit 80.0 percent of their free throws to the Friars' 57.1 percent. From the floor, Providence outshot MU, 45.2 percent to 29.0 percent. The pair of foul shots to cushion the Friars also disadvantaged the and gaining the experience. Mov-



Freshman guard Mckinzee Barker earned her first ever Metro Atlantic Athletic Conference Freshman of the Week honor after her perfromance againgst Colgate.

Hawks from long range, 58.3 percent to 25.0 percent. However, MU had fewer turnovers in the second half (2-7) and outscored Providence in bench points (26-

"We use every game and practice as learning tools. And it's really the most effective way to learn, by making the mistakes

ing forward, we just want to perfect the little things and iron out the kinks in our game," said Olsen. "We're sticking to our run and gun and system and working on being a better run and gun

The Hawks begin their conference quest on Friday at 7pm when they take on the Siena College Saints at the Multipurpose Activity Center in West Long Branch.

Siena is currently 1-5 so far this season after loss at the hands of St. Bonaventure, Northeastern, Southern Illinois, Alabama State and Navy. Their lone win came against Morgan State during a road trip in Annapolis, M.D.

The game will be aired live on ESPN3 by the Monmouth Digital

Men's Basketball Stuns Nation

MELISSA PRAVATA STAFF WRITER

The Monmouth men's basketball team returns home from the Advocare Invitational with two huge wins over no. 17 Notre Dame and University of Southern California. Their only loss throughout the tournament was to Dayton during the semi-finals. The tournament, presented by ESPN, was all-star bench. a weekend long event beginning Thursday, Nov. 26 and ending Sunday, Nov. 29.

The first game began with high energy as the Hawks defeated no. 17 Notre Dame for their first battle of the weekend. Not only was this the first time in Hawk history that blue and white defeated a Top 25 ranked team but the win also marked the 900th total victory in Monmouth basketball.

This was an extremely exciting moment for our kids and our program. Our kids played hard, believed in each other and just weren't going to be denied tonight. When you believe in each other, anything can happen," said Head Coach King Rice on the victory over Notre Dame.

The Fighting Irish fell to the Hawks as Monmouth got the ball with 32 seconds remaining and tied the score at 68-68. Junior guard, Justin Robinson killed time on the clock right before driving to the right side of the basket and drawing a foul from Notre Dame's Jackson. Robinson connected both free throws with 3.6 seconds to make the final score 70-68 and the Hawks nation shocking upset.

Not only did Monmouth's men's basketball win over a crowd on ESPN that night, but their bench let the world know that everyone has a part to play on the team, on the court and off. Many celebrasideline ecstatic grabbing the attention of viewers and even the nation. The Hawk's bench squad, led by cousins Dan and Louie Pillari, along with freshman Tyler Robinson and injured forward Greg Noack, have brought a new mean-

bench squad in college basketball history.'

"This trip has been amazing for all of us. Tyler, Louie, Dan and I wanted to just support the team as much as possible and create an energy that was easily transferable throughout the team. And then the Monmouth bench was created", says Greg Noack, one fourth of the

The bench had some moments

may have assembled the greatest with junior center Chris Brady both connected for 10 points.

Sunday where the Hawks faces USC for the second time this season. Last time Monmouth saw the Trojans they fell, 90-101, however this time the Hawks came out on top with a 83-73 victory over USC to take third place in the Advocare Invitational.

"This trip has been great for our team and program! We got to

With 1:50 remaining, the Hawks called timeout and got the ball to The tournament concluded on Deon Jones who drove from in front of Monmouth's bench to dunk over two Trojan defenders and bring the the lead back up to five. Naturally, the Monmouth bench also had another reaction to Jones' dunk.

> USC's Nikola Jovanovic hit two free throws to cut it back to back to three, and Robinson answered with another three-pointer with 56



Junior guard Justin Robinson broke the Advocare Invitational scoring record this past weekend when he scored 77 points in three games earning him the recognition of MVP of the tournament in the process.

to celebrate the next match against come to Florida and play against Dayton, however there was not too much to get excited over after the Hawks efforts fell short in the semifinals, 73-70 on Friday night. After coming off of a 16-point deftory plays on the court had the icit, Justin Robinson matched his career-high 28 points for the third time this season and just missed that game-tying show as the buzzer went off to conclude the game. Three other Hawks also had double-figures. Red-shirt freshman guard, Micah Seaborn, contributing to supporting your teammates ed 12 points and five assists while and USA Today says, "Monmouth junior guard Collin Stewart along foul shots.

some high major competition to really test ourselves, before going on this long journey of the season", said junior guard Josh James

on the experience of the weekend. Robinson set a tournament scoring record with 77 total points in just three games, falling just one short of his career high Sunday night against USC. The Trojans we're pushing late in the game but MU answered when UC cut the deficit to three with just 2:02 remaining in the game with a pair of

seconds left that broke the record scoring 77 total points in the process. Jones made two more foul shots right before Micah Seaborn delivered a three-point play with 32 seconds to go, and Monmouth would get the victory up by 10,

The Hawks return home with a 4-2 record and finished 2-1 in the tournament. MU's next game is on the road Dec. 4 to start the weekend New York trip with Canisius up first. They will play their first home game on Sunday, Dec. 13 against Wagner at 2 pm.

Football Downs Gardner-Webb 23-9 in Final Game of Season

JOHN SORCE STAFF WRITER

second season of Big South foot- quarter as sophomore kicker/puntball on a high note as they topped er Matt White was able to pin the the Runnin' Bulldogs of Gardner-Webb offense at their own Webb on Nov. 21 by a score of 23- two yard line and freshman line- a

MU opened the scoring on their first drive as redshirt freshman quarterback Cody Williams completed a second and one pass to junior wide receiver Darren Ambush for a 49 yard touchdown to cap a quick five play, 80 yard drive and put the Hawks up early 7-0. Monmouth scored again two drives later on a two yard run by junior running back Zack Welch giving them a 14-0 lead after the first quarter. Gardner-Webb added the only points to the board in the second quarter, a 35 yard field goal by sophomore kicker Paul Schumacher that capped an 18 play, 56 yard drive but the Hawks had the lead going into halftime, 14-3.

Schumacher added two more field goals in the Runnin' Bulldogs first two drives of the second half. but the Hawks answered with a tive finished the season leading big play of their own as Williams threw a strike in the end zone to

down conversion for 36 yards and backer Tre Nelson recorded a sack in the end zone for the safety, adding two more points to the board. Senior cornerback Joe Johnson recorded the game-sealing interception on the second-to-last play of the game.

"It was a great way to end the season, to finish third in the Big South in only our second season says a lot about our players," Monmouth head coach Kevin Callahan said. Today was a terrific defensive effort. There were a number of times we were backed up deep in our own territory and we held them to field goals or forced a fourth down stop. I'm very happy with the way the kids played and kept rising to the occasion."

Sophomore safety Mike Basile recorded ten tackles and an interception on the day. The Brick nathe Big South and setting a new Monmouth single season record redshirt freshman wide receiver with 119 tackles, passing Aaron

Reggie White Jr. after a fourth Edwards' record of 114 set back in 2001. Basile led all of FCS football a 21-9 MU advantage. Monmouth with 7.1 solo tackles per game, re-The Hawks completed their recorded a safety in the fourth corded double digit stops in nine games and led the Big South with 70 solo tackles.

ing to top that in year two, there are people who would be skeptical about that," Callahan said about his safety's 2015 season. "I thought Mike had an outstanding sophomore year and that was another significant step in his development. He's a terrific player, he's instinctive and he always puts himself in a position to make plays."

Basile's focus is just on doing what he can to help his team win

"I just go out and do anything I can do to make our team win whether that's making tackles, play deep or play the ball then that's what I want to do." Basile said in an interview with Matt Harmon of the Monmouth Digital Network. "I practice hard and I go through practice to make it easier for game time. Once game time comes, anything I can do to help the team win is what I'm going to

Williams finished the day 11-17 for 148 yards and two touchdowns. Junior running back Lavon Chaney tallied 51 yards on 18 carries. Welch picked up 34 yards and a touchdown on 10 carries. Fresh-"If you look at what he did as man wide receiver Ugo Ezemma freshman and to say he was go- led the team with four receptions and had 33 yards. Ambush and White Jr. had one catch each, both of those going for touchdowns.

MU completed the season with a 5-6 record and finished at 3-3 in the Big South, which was good for third place in the conference after being picked to finish sixth in the preseason. The two teams that finished ahead of them were selected to compete in the FCS playoffs. The Hawks had seven players earn All-Big South honors. Basile and Ambush were name first-team All-Big South while Chaney, senior tight end Hakeem Valles, sophomore center Alex Thompson, junior linebacker Payton Minnich and Johnson were named to the conference's second team.

"Each one of our players represented on the All-Big South list have worked hard and are deserving of this recognition," Callahan said. "They were all an integral part of Monmouth's third place finish in the Big South."

SIDE LINES

TRACK The defending Metro Atlantic Athletic Conference Indoor Track and Field Champion Monmouth University men's and women's squads have been selected as the preseason favorites according to a vote of the league's head coaches, the league office announced today.

Monmouth has captured all four conference indoor championships since joining the MAAC for the 2013-14 season.

Junior defender Casey Hanna and senior midfielder Cori Allen were named to the Longstreth / National Field Hock-Coaches Association (NFHCA) All-Mid-Atlantic Second Team, the organization announced Monday. Hanna captures her secondstraight All-Region Second Team honor, while Allen earns her first career regional accolade. It marks the seventh consecutive year a Hawk was added to the NFH-CA All-Mid-Atlantic team and 12th All-Region player in head coach Carli Figlio's nine years at the helm.

UPCOMING GAMES

Friday, December 4 WBB vs Siena* W. Long Branch, NJ 7:00 pm The MAC ESPN3

MBB at Cainsius* Buffalo, NY 7:00pm Koessler Athletic Center

Saturday, December 5 BOWL at Garden State Classic Howell, NJ All Day Event

Sunday, December 6 WBB vs Niagara* W. Long Branch, NJ 2:00pm The MAC ESPN3

MBB at Niagara* Niagara University, NY 2:00pm Gallagher Center

Tuesday, December 8 WBB at Princeton Princeton, NJ 7:00pm Jadwin Gymnasium

Thursday, December 10 WBB vs Eastern Michigan W. Long Branch, NJ 7:00pm The MAC ESPN3

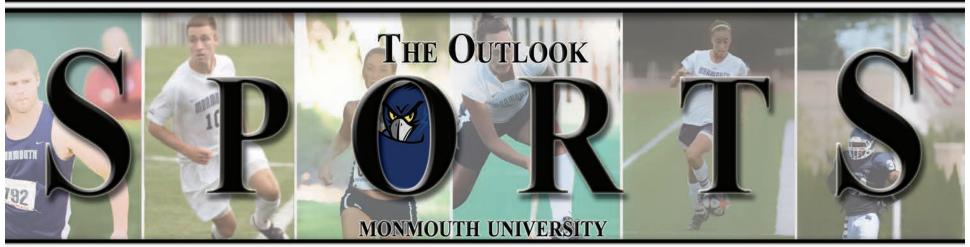
Sunday, December 13 MBB vs Wagner W. Long Branch, NJ 2:00pm The MAC ESPN3

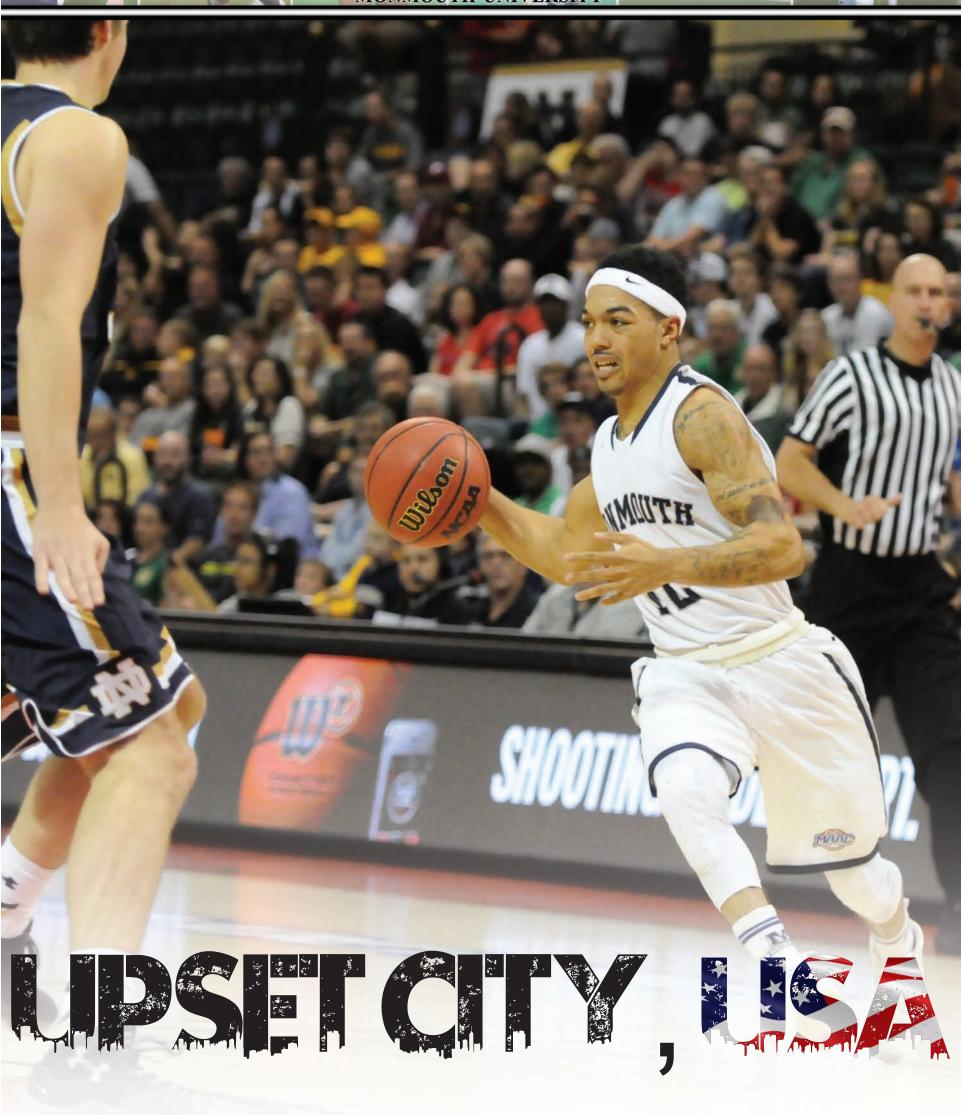
Tuesday, December 15 MBB at Georgetown Washington, DC 7:30pm Verizon Center Fox Sports 1

Sunday, December 20 MBB at Rutgers/ Piscataway, NJ 1:00pm The RAC

WBB at Farleigh Dickinson Hackensack, NJ 7:00pm Stratis Arena

*Conference Games





Monmouth men's basketball participated in the Advocare Invitational over Thanksgiving break. Justin Robinson (above) was named MVP after setting a tournament record of 77 points.