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Brown Announces Retirement Interim President Dimenna Takes Over



PHOTO COMPILED by Courtney Buell and Jamilah McMillar

Interim President Grey Dimenna has taken the place of former President Paul R. Brown and will be serving as the President of the University until further notice.

JAMILAH MCMILLAN MANAGING/NEWS EDITOR

no longer the President of the University, as of yesterday, Tuesday, Feb. 28. This was announced to members of the University community through an email and press release sent from the Board of Trustees. Former Vice President of General Counsel, Grey J. Dimenna, will be serving as the Interim President until a new president is selected.

[former President Brown] decided to retire under his own volition," said Henry Mercer, Chair of the Board of Trustees. "It was something that he expressed a desire to do. There are certain aspects confidential, but this is something Brown wanted."

"I didn't come to the decision to retire lightly, and after many discussions I knew the time was right," said Brown, in the press release.

Brown joined the University in 2013. He was the eighth President since the University's establishment in 1933.

"In his three years as President, I believe that Paul R. Brown's implementation of the strategic plan is his finest accomplishment. This initiative resulted in the growth of academic programs and facilities on campus, as well as the national recognition of our Polling Institute and ath-Skelton, president of the Student Government Association (SGA).

"Personally, Brown's abrupt and sudden retirement

more than confident that Interim school better than Grey." President; Dimenna will continue to lead Monmouth in the right di-Paul R. Brown, Ph.D, is rection. I hope that the next President is able to bring more excitement amongst the student body, and grow our academic programs even further," Skelton continued.

Brown's sudden announcement of resignation caught many individuals by surprise. "I wasn't privy to anything, and the email caught me off-guard. I have worked here for over 30 years, and the only time that I witnessed a similar case [of sudden resignation] was in 1979, when there was a faculty strike, and they wanted the president to resign,' said Donald Moliver, Dean of the School of Business, Ph.D.

"However, unlike the 1979 situation, this was a decision made that, under our bylaws, are by the Board of Trustees and Brown for reasons only they are privy to," Moliver continued.

Although the resignation may have come as a surprise for most, that was not the case for those involved. "I think it was around the holidays when they approached me about taking the position of Interim President. I know that they have been discussing resignation with Brown for a bit," said Dimenna.

According to Mercer, the Board of Trustees is in no rush to find a successor. "We will be rolling out a national search; we do not have a timeline as of now. Grey will, be taking the reigns, until we find someone with equal stature to all the presidents before him."

"The Board of Trustees feels letic programs," said Austin very fortunate that Grey Dimenna was able to come back as the Interim President, he had success running as President of General Counsel, and he filled a lot of roles," said Mercer. "No one leaves me confused, but I am knows the inner-workings of the

Dimenna worked at the University for 21 years before retiring in July 2015. According to Moliver, his familiarity with the University is comforting. "Fortunately, we have Grey Dimenna stepping in who knows the University personally. He knows the mission, faculty, the staff, and the trustees," said Moliver. "I think that it is good that we aren't bringing in an outsider who is green. There will be continuity.'

According to Dimenna, the first thing that he wishes to do in his new position is reconnect. "I want to listen to the students and the faculty and get a feel for what's going on. I don't have an agenda as of now, but I will be working closely with the Board and continuing to move forward with the strategic plan.

Dimenna asserts that he is not interested in a permanent posi-

"I do know Grey Dimenna and I think he is an excellent interim choice," said Don Swanson, a Professor of Communication. "As University Counsel and Vice President he was always heavily involved in day to day decision making and he knows many of the people he will work with. He also served as Chair of the Administrative Negotiation Committee in contract negotiations with the faculty, so he should have a grasp of the concerns of faculty," Swanson continued.

"It is great to be back on campus," said Dimenna. "I have received more hugs today, than I have in a long time. I look forward to being the Interim President. Being the President of a University is pretty exciting; l look forward to it."

School of Education Receives NAPDS Award

KELLI GALAYDA STAFF WRITER

The University's School of Education gained national recognition after being named the recipient of this year's Exemplary Professional Development School Achievement Award from the National Association for Professional Development Schools (NAPDS) in early February.

The award acknowledges the Monmouth University Partnership, the professional development partnership that has crafted a working relationship between the University and several local P-12 schools, including Freehold Township, Hazlet, Long Branch, Manalapan-Englishtown, Middletown, Ocean, and Eatontown. It will be presented to the Department on March 10 at the NAPDS annual conference in Washington, D.C.

The objectives for the University Partnership are to increase P-12 student learning, provide great teacher preparation, provide professional development for teachers, and to innovate new practice in teacher education, according to the teacher before my student NAPDS award application.

Dr. John Henning, Dean of

the School of Education, explained how his department met these goals. He said, "We work with teachers and administrators on professional development, meaning we help [them] become better at what they do."

According to Henning, many new programs are being piloted within the department. A new requisite by New Jersey state law for education majors requires that students spend an extra semester student teaching in schools, meaning they will undergo a yearlong clinical internship. The University has rolled out the program early, giving students the chance to spend more time gaining experience in the classroom.

Nick Corrado, senior mathematics and secondary education student, testified to the significance of the new program. "The year-long clinical program allowed me to get a tremendous amount of extra experience in the classroom, working with students and faculty," he said. "I was able to learn different classroom strategies and ways to engage the students from an experienced

Education continued on pg. 3

Monmouth Community Reacts to Offensive Social Media Post

JASMINE RAMOS CO-POLITICS EDITOR

An Instagram post from Oct. 20 was circulated by students and other members of the University community last week due to its allegedly racist overtones. After morning. The email stated, "We being reposted by a student who have received numerous reports was offended by the photo, the of a social media post shared by image reached over 1,000 social media hits in less than one day.

The photo featured a Monmouth junior. Dennie Augustine, holding up a cardboard sign that said, "Need \$ for child support #BlackTrash."

"I was visiting home in October and my friend's friend had a party, and we all know the crazy themes, college students have for parties, so the theme for this party was 'White Trash vs. High Class,' People made signs saying stuff like, 'Lost the keys to my trailer #whitetrash' I thought what I should write on my sign, so I wrote something truthful," said Augustine.

Augustine said her dad left her when she was 7 years old, so, according to her, her sign said something personal. "[Her father] has not paid a dime of child support, so I wrote that. I also

am African American, so I put '#blacktrash' because I wasn't comfortable writing trash' since I am not Caucasian."

The post led former President Paul R. Brown, Ph.D to send a campus wide email Thursday a student that contains offensive and racially charged language. Monmouth has a strong commitment to diversity, and there is no place in our community for speech or actions that disparage

Social Media continued on pg. 3

INDEX

News	2
Editorial	4
Opinion	5
Politics	6
Lifestyles	9
Entertainment	10
Viewpoint	12
Club & Greek	15
Features	16

Sports

18

Copy Machine Causes Conflict In Communication Department



The copy machine in The Jules L. Plangere Center has been causing headaches for professors and students alike; it is an issue that has sparked an interest in the overall maintenance of the machines on campus.

AMANDA DRENNAN

The Department of Communication at Monmouth consists of 50 employees, 400 undergrad students and just one copy machine, which has gained a reputation for improperly functioning the past two semesters.

Most departments Monmouth University depend on their copy machines as a way to pass information on to students for classwork and homework. The malfunction or absence of these machines can cause problems for several classes, and delay the work that needs to be done.

Dr. Marina Vujnovic, associate professor of communication, "I never imagined that something like copier could effect my classes as much as it did. I have to re-think assignments and activities and utilize ecampus more because I can't make enough copies for handouts. Especially difficult situation is with the midterm. I like to give traditional paper exams. I think they are psychologically less frightening for students but this time around I had to do ecampus exam. This situation has replaced the plug." been frustrating for many faculty and quite honestly inexcusable."

Today a copy machine might seem like more of an outdated piece of technology, being that they were put on the market in 1959, according to Smithsonianmag.com. Almost 60 years later, who are impacted by recent influx this technology is still used on of copy machine malfunctions. lege campuses. On Monmouth's cation student, said, "I've had campus, there are about 100 copy machines. These machines are maintained and supervised by Monmouth's Digital Print Center (DPC).

David Tsang, Manager of the DPC, explained that there is an on-sight tech that's on campus who can repair copy machines with a temporary fix until parts for a permanent fix are ordered.

Tsang said, "Sometimes there are parts for the machine that are broken that need a replacement part. We don't have all of these parts on campus, so temporary fixes are made to the machine while parts are ordered.'

The machine is used by several faculty members a day and Tsang explained that sometimes mistakes on the operator's end could cause problems with the machine.

Dr. Aaron Furgason, Chair of the Department of Communications, said, "I was aware that

issues existed with the copier. There were occasional issues during the fall term with the copier. Once the spring term began, those issues multiplied by a ten-fold increase."

According to Dr. Furgason the Department of Communications is in serious need of a functioning copier. With faculty relying on a faulty machine, it not only frustrates the user, but students who should be receiving work or even tests and projects.

John Morano, professor of journalism, said, "This department consists of some 400 undergraduate students, a graduate program, several dozen faculty and staff and yet has no fully functioning copier. Under the best of conditions, it's a bit of a feat making everything work smoothly, without a copier, it's somewhat absurd."

According to Tsang the copy machine in the department comes with an interesting history. He said, "When the machine was brought to the department the plug required a special outlet that it needed to be plugged into. Instead of replacing the outlet, facilities cut through the wires and

Tsang explained how this could have led to the copy machine possibly not receiving enough power, which could explain the recent malfunctions of the machine and its inability to continue working.

Faculty are not the only ones classes where we couldn't receive handouts for homework because there was no way to make copies of the material."

Faculty have resorted to using other printers in the building when the copy machine is down. There are several printers in The Jules L. Plangere Center, but different student organizations are dependent on these machines and Tsang explained that constant use of any machine will cause it to wear down.

Morano explained, "If the department's copier is on the fritz (which is the case this semester) the only other practical option is what we've done, roll over the copier from WMCX, which is much smaller and not really up to the task."

Anthony Papetti, a senior communication student and WMCX eboard member, said, "It was very convenient to have a usable printer/copier right where you work. Not having it and knowing it went to staff who already have a great amount of resources is frustrating since we get in trouble whenever we would use their printer to print important material.

"The Communication Department took the copier right out of my office without any notice. Now there's a huge gap in my office, I don't know how I'll get by, the rest of the semester," said Ali Nugent, music director at WMCX.

There are several factors that could be leading to the issue of the copier being out of use, but Tsang explained the idea isn't to find who to blame, but who can fix the problem.

Dr. Furgason said, "The department is scheduled to get a replacement copier in July. Not ideal for the department or students in Communication, but we will have to function as best as we can under the circumstances.'

Tsang's response to the current copier issue is that the DPC is hopeful on replacing the copier in the department sooner than July. Until there is a permanent fix, Tsang suggests that professors utilize the Digital Print Center as a way to make do with their issues as it is always available for students and faculty to take advantage of.

FBI Sends Warning to Students of **Employment Scams**

MEHDI HUSAINI ASSOCIATE NEWS EDITOR

The Federal Bureau of Investigation (FBI) emailed a warning to the University as well as other institutions highlighting the prevalence of employment scams directly targeting college students in an email that was forwarded by Career Services on Feb. 16.

The FBI warned of scams conducted by fake companies posting administrative positions online for college students. In the message the Bureau asserts that students should be leery of any job that requires depositing checks into an account or wiring funds to other individuals or accounts. They also state that many of the scammers who send these messages are not native English speakers, therefore, students should look for incorrect grammar, capitalization, and tenses in scam emails.

The University's Career Services Center has taken note of these scams. The office responded by sending out a mass email to students relaying information about how students can protect themselves from losing money and personal information in fake employment opportunities.

William Hill, Assistant Dean for Career Services, said, "With the anonymity that the internet allows people to operate in, it's easier for the bad guys to create [the impression] that they are legitimate businesses when they're not."

According to Hill, one of the best ways for Monmouth Students to go about getting legitimate employment is to use the Hawks CareerLink. "Every job has to be approved before it goes on our job board," said Hill, "It makes catching fraud a lot easier.'

Hill explained that his employees must make sure to get verbal confirmation from employers about openings and make sure to verify all aspects of each listing, such as the website and location of the company, before offering them to University students.

Bill McElrath, Chief of Monmouth University Police Department (MUPD), urges students to contact MUPD if they suspect Hill, "But when it involves money they are victims of fraud. "If a or a job, it's okay to ask quesstudent reports a scam, we take an tions.

initial report and conduct a followup investigation. The follow-up might include contacting outside agencies to assist," he said.

"When we receive information on a scam, we will notify students ourselves, or contact Career Services so that they can contact students about the scam," continued

When addressing the fact that the scam targeted students specifically, William Reynolds, Adjunct Professor of Computer Science and Software Engineering said, "Students are maybe a little bit more trusting...whereas people in the workforce have learned to be a little more weary and more critical." Reynolds also added that he plans to tell students in his IT classes to protect their personal information and be wary of online

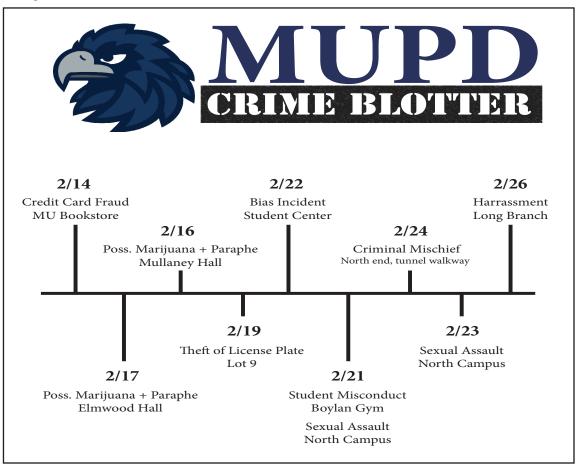
"Never give any important information to recruiters. This would include Social Security numbers and credit card or bank account information," warns McElrath. "Be leery of postings that guarantee you a job.

Hill advised students to take precautions to keep scammers from taking advantage of them. "If there's any employer that refuses to engage with you on the phone, that's a big flag," he said. Because many scammers live overseas, they won't be in favor of in-person meetings with students, which Hill believes is always the best course

In addition Hill said, "If the student is asked to deposit any money on behalf of an organization or company, or is asked to purchase anything on behalf of an organization, that is always suspect because that gets at the heart of how the bad guys get the money.'

After receiving the warning some students have decided to make improvements with their security. "After learning about job listing scams from our Career Services Department, I realized I had to be more careful with the information I give out to prospective employers," said Kathy Chen, a freshman chemistry student.

"It's nice to trust people," said



Professor's StayGo App Helps People Rate Relationships



New trending app, StayGo, illicits reactions from MU students and faculty on the app's relationship and compatability testing.

JEREMY MANCINO CONTRIBUTING WRITER

StayGo, a free mobile app, allows users to gauge the compatibility of their relationship through science. The Android and iOS application was created by a number of psychologists including the University's own Dr. Gary Lewandowski, Chair of the Psychology Department.

Since its release nearly a year ago, the app has had over 50,000 downloads according to Lewandowski.

While many apps and sites exist for similar tasks, StayGo is unique. "We've grounded every aspect of this app in science." Dr. Lewan-dowski said. "There are already a bunch of websites and apps made to help people find love, but there are very few that actually help people evaluate the quality of their relationships and know which one is worth pursuing."

Staygoapp.com, states that Stay-Go is "the world's first app that combines social feedback with scientific methods to evaluate romantic relationships with stunning accuracy."

The app works by employing both scientific algorithms and the input of Users first submit their location, ori- sumer Electronic News.

entation and age, and then supply the app with information about the habits of both themselves and their significant other.

From this data the app calculates an "SG Score" from 1 to 100. The healthier a relationship is, the higher its score. If a relationship's score is lower, it may either need some tweaking, or it might simply be unlikely to work out in the long run.

In order to monitor the ups and downs of your relationship over time, the app also has a feature called the 'SG Tracker.' "This feature allows users to track their relationship quality along 3 dimensions each day, almost like a FitBit for relationships," said Lewandowski. "We know that people are very bad at accurately noticing changes in quality- take for example if your relationship is slowly getting worseso this helps users pick up on those

As a researcher who has dedicated much of his time and work studying relationships, Lewandowski strove to make the app as accurate and thorough as possible. Since its release a number of tech news sites have taken notice of the app, includboth the user and his or her friends. ing Digital Spy, Tech Times, & Con-

Dr. Raman Lakshmanan, an adjunct computer science professor, noted that the app's strengths: 'The app has quite a few nice features, such as its sharing of content anonymously, and its instantaneous and continuous feedback. It looks like it is implemented very well, and it will be a very effective app if users see a value in it."

Some students who have heard about the app have taken a liking to the idea. "It's pretty innovative if you ask me," said Steven Ravien, a first-year fine arts student, "I like how this app can test how strong a relationship is, and maybe it'll even help you see if the girl or guy you're with is the one.'

Pratik Patel, a first year biology student, said, "Not only is it a really cool idea, but the science behind it seems to be well founded. I can see it continuing to take off."

Dr. Lewandowski in particular wants to spread the word about StayGo so that people will be less likely to see their love lives descend into a cycle of constant heartbreak. "Relationships are important. Time is short, and mistakes are costly. StayGo can help you learn the truth about your relationships faster."

School of Education Recognized

Education continued from pg. 1

teaching semester started," Corrado added.

year-long student teaching program at the University has been the most beneficial thing in my educational career. I will graduate this May with an entire year of classroom experience in the same class, getting to see my students grow from September to April, giving me the best possible insight on how students progress throughout a full school year.'

According to Henning, the benefits of the partnership go far beyond simply polishing students' resumes. Longtime exposure to classroom environments allows students to creatively enhance the learning experience, and build their students and the school fac-

Henning said, "When our candidates are out there, and they work closely with our professional development school partners, of-

because they're out there for an ex- remedial instructors, to perform tended period of time. For example, certain services in the schools and a couple of our candidates once be compensated for it," said Henled this blast from the past project, ning. Carlie Till, senior English and where they invited four senior citielementary education student, zens to come in and read to the stu-variety of doors for teacher canagreed with Corrado. She said, dents, and then the students showed didates. "This will put students The early implementation of the them how to use email and other technologies."

According to Till the knowledge gained from these partnership placements is unlike any learning experience on a college campus. She said, "The University's field placements have more than prepared me to take over a classroom of my own and have left me feeling confident and excited to start my own career as a teacher. Dean Henning was instrumental in my decision to partake in this program and met with me personally to discuss the benefits, worked with my schedule as an athlete on campus, and helped make this possible for me."

Additionally, the School of Edumeaningful connections with cation is taking the clinical experience a step further, by giving teacher candidates the opportunity to get paid. "We are working on a teacher residency program, which will be a paid internship for our teacher candidates. Schools hire people ten they get to do special projects, like substitute teachers, tutors, and

The opportunity opens up a in a lot of diverse positions so that they can see different parts of the schools and the different professional roles that are performed; and they'd have a very good working knowledge of how schools function," Henning added.

"By the time they go into their junior and senior years, they could have two to three years experience teaching. This is the single biggest improvement we've made in teacher education," Henning

According Henning, Monmouth University's School of Education guarantees its student's hands-on experience in the teaching field, so students will be prepared to dive into their careers immediately following graduation. "I like to tell teacher candidates that you don't have to wait until you graduate to make a difference for students, you can do it right here while you're at Monmouth,"

Reactions to Social Media Controversy

Social Media continued from pg. 1

others. We are reviewing the matter under the Student Code of Conduct and will take action as appropriate.'

Vice President for Student Life and Leadership Engagement, Mary Anne Nagy, explained what happens in cases like this. "We take a look at all the information that is available to us. Whether it's something happening on social media or if something else occurs, and if this warrants the filing of a charge under the Student Code of Conduct."

Natorye Miller, a senior communication student, said, "I just think the post was foolish. I was also offended by it personally. I disagree with the entirety of the party, no one should be calling any race 'trash' for any reason at all."

Augustine also explained that this post was not intended to be racially offensive, and that she herself is part African American. "I understand I may not look black, but I am, and because I don't look black this post was deemed to be racist," she

Akintunde Obafemi, a senior health studies student, was shocked when he saw the post on his phone. "At first, I didn't know what ethnicity she was...Then I found out she was black, and honestly this made things worse. It is a thing of having pride in your own culture and your own ethnicity."

Zoriah Fowler, a sophomore social work student who reposted the image on twitter said she felt disrespected by the image, "I need for her to honestly understand that what she did was wrong and it will never be okay." She continued, "being black doesn't make it okav to degrade your own people... and that goes for any race for that matter."

The photo got quick traction on Twitter and people from other high schools and universities began to post their own reactions to it.

Vice President Nagy does not believe that this post should affect anyone's decision about coming to Monmouth. "I don't believe one post is indicative of this not being a good place. Many people have said [after the post circulated], 'This is not the Monmouth I know," she

Augustine has received backlash since the picture circulated online. "The following day I was terrified to walk on campus because of how angry some students were. I genuinely felt scared. I left school immediately and stayed home until Monday," she said.

Because of the Inst reaching so many people online, Augustine said that she received several death threats and harassing comments to leave the University.

According to Augustine, some of the comments that she received included, "Multiple students and other people constantly tagging me in posts that were negative about me. Also getting messages on Instagram harassing me about the post, constantly asking me questions and speaking hateful towards me. Some of the messages I received were 'Ur in my prayers,' 'Go Die,' 'What's vour address, I'll happily beat you,' 'Get this girl out of Monmouth,' 'This Caucasian broad is bold.' Most of the messages had cursing."

Because of the harassment Augustine has faced due to the post, she believes the email sent by President Brown should have addressed harassment. "The [former] president sent out an email basically saying I am in the wrong, saying it was a racially charged post and I will be monmouth.edu/

dealt with, but failed to announce that harassment will not be tolerated since that is rule number 4 of the Student Code of Conduct here at school," she feels.

Vice President Nagy explained that two wrongs do not make a right. She said, "The initial post was what it was, which is offensive. And I appreciate people responding to that but we have to be careful with our response and tone. And if that becomes offensive, that becomes a problem as well."

Augustine has also had to deal with this affecting her social life. "People have contacted the Nationals of my sorority [Phi Sigma Sigma] and are doing whatever they can to basically ruin my life," she claimed.

A Virginia Tech student, who emailed Michelle Ardern, the Executive Director of Phi Sigma Sigma. wrote, "I know that as citizens of the U.S., we are all entitled to our freedom of speech, but after reading through your organization's national page, it is clear to see that this young woman does not exhibit the core values of lifelong learning, inclusiveness, and leadership through service, which your organization has upheld for over 100+ years."

Arden responded to the email by saying, "We take incidents like this very seriously and we will address this with the chapter."

Augustine clarified that the party did not take place on campus, or at a sorority party. "It happened back home in New York. It has nothing to do with me being a Monmouth University student or a sorority woman. This entire experience has been overwhelming and scary."

Mary Harris, a specialist professor of communication, explained how important it is to be careful about what you post. "Social media is just another form of modern-day public communication - the operative term being public. This means that anything shared on social media (whether an account is private or not) is something that an individual should be willing to share in front of a crowd of people face-to-face."

Augustine, in conclusion, would like to apologize to anyone offended by the post. "I genuinely am apologetic to those who thought of me to be racist, and to those who were offended by the post, because I am not one to purposely say mean and hurtful things about anyone," she

She continues, "I'm upset because my intentions were nothing but me posting the picture because I thought I looked cute, and the impact of the post came four months later...I was not making some form of racial statement. I know people have been saying 'Well even if you are black you are conforming to the stereotype?' What was on that sign was my reality."

Her last words of advice were, "If something someone posts offends you, contact them privately and find out the truth. Assumptions of the person that I am and the ethnicity that I am has led to me not feeling safe at Monmouth and I wouldn't what has been happening to me on anyone, not my worst enemy, and not even to the students that have been harassing me."

Augustine also publicly announced her apology on WMCX on Monday morning. For readers who would like to view Augustine's entire apology, the document is featured on the official The Outlook website: http://outlook.monmouth. edu/. ment is featured on the official *The Outlook* website: http://outlook.

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How Green is MU?

THE OUTLOOK STAFF

As more and more universities pledge to 'go green' in an attempt to save the environment, not much is known about Monmouth's ecofriendly initiatives.

While sustainability on campus is not usually a major deciding factor when it comes to incoming students, people certainly desire a college that puts forth an effort with regard to recycling and conservation. Much like investing in a quality education, ecofriendly initiatives show prospective and current students, alumni, and parents that the University is making an investment in the Earth's future.

The Outlook staff believes that MU's green initiatives are rather mysterious, and no one really understands the process.

"I don't really know that much about the recycling process at Monmouth, because I haven't asked or really ever heard anyone talk about it," said one editor.

Many editors recall seeing the trash and recycling bins being thrown into the same bag when the janitors arrive to discard it.

"It's obvious that we have different places to throw trash and recycling because they're usually labeled,' another editor said. "But when the trash is being taken out, I've seen both garbage and recycling cans be dumped into the same larger garbage can. So, basically, it's undoing the purpose of having somewhere to throw trash and somewhere to recycle."

Other universities around the nation are introducing new initiatives such as campus-wide bans on plastic bags, community gardens, Leadership in Energy and Environmental Design (LEED)-certified buildings, and green cleaning programs.

For example, Stonehill College in North Easton, MA is currently constructing a 15-acre solar panel located across its main campus. When complete, the panel is expected to generate electricity to provide 20 percent of the college's needs. Oth-

er colleges are investing in similar energy reduction projects to lessen their environmental footprint.

"The University does things that you would look for, like having signs to turn off lights," said one editor. "However, it would be nice to know where exactly the trash and recycling is going because if it does go to the same place, that defeats the purpose and accomplishes nothing."

Additionally, staff members noted that a large responsibility falls on large corporations on campus to take accountability. Monmouth County is also not able to recycle all plastics.

"Dunkin Donuts cups, for example, cannot be recycled - they're a different type of plastic that is harder to breakdown," one editor said. "Therefore, they get thrown into the garbage to then take up space in the already overpopulated landfills."

The staff agreed that many students on campus simply disregard the respective trash and recycle ar-

"Being that there is a recycling bin with just about every trash can on campus, there should be no reason why people shouldn't be recycling," said one editor. "Maybe some people do not know what can and cannot be recycled, so they just throw everything into one can."

To combat this issue, the staff devised some valuable tips to raise awareness regarding environmental sustainability.

First, MU can become more ecofriendly by not offering as many food products in plastic. It is hard to control what major companies use to package their products, but anything that is made on campus, like salads, could be put in cardboard instead of plastic.

Additionally, there could also be more signs on trash cans that tell students what can be put in each can. It would also be helpful to get students involved with this and create something appealing that might tell them how they are helping by recycling.

"The University could encourage more professors to go paperless. I

have a lot of professors who require students to print 20+ page long journal articles for each class," added one editor. "We do have those 'keep the future bright' labels on most every light switch on campus; I think we really are trying."

More strategies include a campus sustainability office that manages initiatives and projects campus-wide and student groups that promote dialogue and awareness. Others could be investing in technology to reduce, reuse, and recycle, such as reclaimed water systems and compost programs, and involvement in the Association for the Advancement of Sustainability in Higher Education (AASHE).

"I think overall, we just need to promote the idea more. Or at least become more educated on the topic, said one editor. "Around campus, I don't see many flyers or 'things' promoting the idea. Not that we necessarily need to be shown to recycle, but if students aren't that educated on the matter, they're less likely to do it. Or if they don't know the consequences, they won't always follow through."

For now, the staff will continue their own initiatives to 'go green' and help preserve the environment, whether from home or on campus.

"At our apartment we always recycle our bottles, cans, and plastic bags. Our apartment complex is very into separating different types of recycling as well. We are very conscious of recycling," one editor

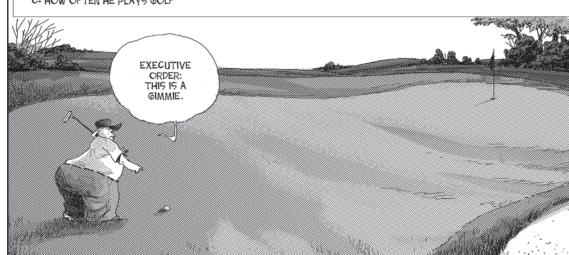
"There would need to be initiatives taken from administrators in order to bring the issue to the forefront of University conversation,' another editor said. "There could even be a school wide event on Earth Day to get a discussion going among students every academic year, and more signage around campus could be used to promote recycling.'

Whatever initiatives are taken, it is clear that Monmouth needs to make a more conscious attempt to 'go green' in the next academic year.

POP QUIZ:

WHICH OF THE FOLLOWING DOES THE PRESIDENT CONSIDER OF UTMOST IMPORTANCE TO NATIONAL SECURITY? A. RUSSIAN HACKING

- B. NORTH KOREAN MISSILE TESTS C. HOW OFTEN HE PLAYS GOLF



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Federal Holidays and Private Institutions

Do We Deserves More Holidays Off?



ZACHARY KARVELAS

Presidents' Day, officially called "Washington's Birthday" by the federal government, is a celebration for all the past and current presidents of the United States. The holiday is celebrated every third Monday in Feb. and has been celebrated on this day for over 100 years.

Martin Luther King Jr. Day is a holiday celebrating the extraordinary actions of a civil rights activist who played a major role in the American civil rights movement in the 1950s and 1960s. The United States has recognized this holiday since 1986.

There's Labor Day, Veterans Day, Independence Day, Memorial Day, and many more national holidays recognized by the federal government. Despite certain even a flake of snow during the holidays being federally recog-

regulate whether the schools have

This past Presidents' Day Feb. 20, Monmouth University, a private institution, did not have the day off like many other schools. Every student's dream is to have classes off every holiday and as many holidays as possible within the school year.

While a break from work or class is worthwhile, are we truly celebrating these great feats and influential people?

One of the most common reasons academic institutions still chances to make their own rules hold classes during some of these holidays is to make up for lost snow days. It is up to the private institution or the public school district to hold classes on a holiday.

In California, where a lot of schools don't get snow days, or winter season for that matter, it is nized, individual states and their state law not to hold classes on all

Presidents' Day, Memorial Day, Independence Day, etc.

For us, the university chose to continue to hold classes most likely to make up for the snow days we've already had to take. Located on the east coast, it's likely to say there are at least a few snow days every winter.

We might think of those days as days off then, but when holidays like Presidents' Day come around I urge you all to remember why we don't have off.

Private Institutions get more and regulations than public schools get. Public schools are a part of a district or a group of schools that is ruled by a committee called the Board of Education. They govern all the public schools and have state funding, whereas private institutions fund themselves through costs of admission.

Aside from the school's ability

respected educational institutions of the 'major' holidays including to decide if they will hold classes or not, in an ideal world I'd like to think that we don't even need these days off.

> People don't do too much of actual celebrating or pay any tribute to those who made a difference or are being remembered, so why take away a perfectly good day of work, class, or productivity?

> Then, I remembered I was a 21-years-young senioritis survivor that still wears his pajamas inside out and puts a spoon under his pillow just hoping for a snow day, questioning why my parents got off work but I still had to go to class last Monday.

> Americans work hard, whether it is in the classroom, in the office, or elsewhere. We look forward to some down-time in whatever form it may come.

The United States passed a law in 1978 called the Uniform Monfor changes to the then current any money out of us.

national holiday schedule. The bill changes three major holidays to fall on a given Monday rather than their respective dates, one of them being Presidents' Day. Why make such a random change? Well, even the government wanted some days off and thought the hardworking people of Americans deserved more three-day weekends.

Unfortunately, when private institutions face a national holiday, the private schools prevail and ultimately get to choose to celebrate the holiday or not.

Frankly, there are too many 'holidays' to keep up with and it is not worth the hustle and bustle to wonder why we don't get the day off, especially at Monmouth Uni-

It does not surprise me at all that our university chose not to take the easy way out and give people a break. God forbid we close for a day Holiday Act which allowed day and Monmouth can't squeeze

Benefits of Keeping a Journal

NICOLE SEITZ

The art of writing, whether it be poetry, stories, plays, or simply writing our thoughts down, has been the most dependable and influential form of recording history and remembering things that are important to us. *The Diary of Anne Frank* is probably the most notorious in history and greatly broadened our understanding of what was going on and how people were feeling during such a trying time in history.

Diary and journal writing does not only have to be for historical figures. Often times, in TV shows and movies, diary entries are used to narrate and tell the inner thoughts of a main character. A diary or journal is something that is very personal and is a way for people to just write out how they are feeling.

In the 2006 Disney Channel Original Movie Read It and Weep, we follow the story of a young high schooler that wrote down all of her personal thoughts and feelings on her high school experience in her journal. Later in the movie, the story in her journal becomes a best-selling novel and, although the story was very revealing and may have even hurt some people, we learn as laidback as you want it to be or as help us express the troubles we to be. Keeping things bottled up inwith everyday life.

ing way for us to express ourselves. I, personally, have a song lyrics journal where I write things down that

may be helpful or may inspire me to write a song. The words and feelings in these lyrics express what I am going through and what I am thinking in a more creative way.

Journaling is a much more personal experience. When people write in a journal, they are not expecting anyone else to read it necessarily. The purpose of a journal or diary is to have an outlet to get all the chaos and emotions of the world and everyday life out of your system so they aren't weighing you down. If someone is feeling frustrated or upset with someone, s/he may just write out an angry entry in his/her journal to get all the tension out in a healthy way.

Journaling could also include documenting how you feel during a special trip or special occasion. Back in July of 2011, I went to Creation Music Festival in Pennsylvania for the first time and I made sure to take time every night to reflect on the day and write down exactly what I did and how I was feeling. When I look back on those entries, I can almost remember exactly where I was sitting and all the emotions I was feeling at the time. This shows how journaling can be a very powerful and eye-opening experience.

Keeping a journal or diary can be how important journals are to emotional and serious as you need it Writing in any form is an amaz- things out in a journal or diary can give us peace of mind and help us to feel free of any worries we have.

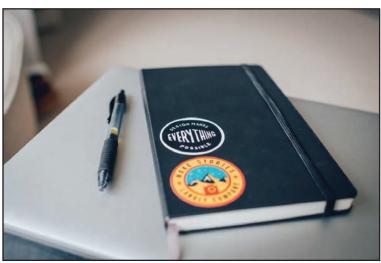


IMAGE TAKEN from pexels.com

Keeping a journal is a theraputic outlet that students should take full advantage of given our hectic lifestyles.

Do We Complain Too Much?

KAAN JON BOZTEPE STAFF WRITER

"Ugh, I cannot believe I have to submit this newspaper article by Sunday. Not to mention I have so much other work like the gym, an interview, going to my job and of course the..." That right there is horribly negative. But is there really a positive way of complaining?

Well that depends on your interpretation of complaining. There are those who build up stress and tension and hold it all in, just to not complain or speak negatively; but, in return they are holding negative thoughts inside which is just as unhealthy, if not unhealthier.

Complaining can be damaging to your health, relationships, and final decisions on events you have in your daily life. Nonetheless, calling Friday 'complaint free Fri-

itary all we ever did was complain: 'I don't want to go,' or, 'My back hurts every time I have to carry my weapon.' It goes on and on, but like I said, it's part of how we live our lives. I feel complaining is a sort of motivation to get something done."

"As soon as whatever task you just complained about is over, you realize it was never that bad to begin with," he continued. This can be an important tactic that is commonly used where the complaining is used as fuel to allow time to pass by faster and notice the situation was not as brutal as it seemed.

Catie Mazzella, a freshman psychology student, stated, "I believe people complain too much in general. I myself am a culprit of having too many complaints. My high school tried to promote not complaining by

stand to complain a bit more about certain topics and others that do complain too frequently without a goal in mind or an action to back up their complaints. Screaming into the void does no one any

Complaining has become so common that it's become common ground as a conversation starter, as opposed to boasting about themselves and sounding obnoxious. Instead of complaining and letting yourself down, however, you can just express your feeling of state, such as stating that you feel fatigued or overwhelmed, rather than the typical "This is so annoying" or 'I cannot believe my luck right

In truth, it is much simpler to be negative than positive. We are

"There are some people who could stand to complain a bit more about certain topics and others that do complain too frequently without a goal in mind or an action to back up their complaints."

> **KELLY ZIMMERMAN** Adjunct Professor of Biology

like everything, a little bit of mod- day.' I find that most people are too all aware that life isn't perfect, and eration can go a long way.

The way you phrase your words while complaining could be vital for your own health.

One can vent and instead of splurging negative words such as "I can't," "this is the worst," "why am I always so unlucky," you can say things such as, "this may be difficult, but I'll do my best," or "this is an unlucky situation but time will pass as will this." We, as a society, must realize there is always somebody who has it worse, and there is always something worse that *could* happen.

But that does not mean you should not be irritated or frustrated; after all, it is human nature and human right. It isn't so much about complaining, it is more about how you complain and to what extent.

Rocco Puzzo, a freshman student and member of the Military Bridge Program said, "I do believe people complain too much, but its apart of life. Coming from the mil-

concerned with life going smoothly and having no ups and downs to it."

She continued, "By complaining you are just adding stress and unwanted anxiety. Sometimes you complain for the wrong reasons too. I think we should all try to complain less and be generally happier people."

The first step in fixing the problem is realizing how it is negatively affecting you. Your life is bound to have complications, it's what you do with those problems and how you overcome them that matters.

biology professor, shared, "Do all people complain too much? I believe it depends on the individual, their motive for complaining, how well informed they are about the subject they are complaining about, and whether they are biased or suffering from hypocrisy and double-

Zimmerman continued, "Honestly, there are some people who could

if we all agree on this fact why do we keep complaining about it rather than finding the abundant number of great things in this imperfect life?

There will be times where vou will be confronted with injustices, pain, and heartbreak. But don't forget, everyone has something, that something is their problem. What's on their plate is for themselves to finish, but one who complains must realize it could always be worse.

Keep in mind that having Kelly Zimmerman, an adjunct a negative attitude will not change the circumstance of whatever may be your problem. On the bright side, actions will.

So, although it's easier said than done, wouldn't we much rather use positivity rather than negativity to finish our tasks and difficulties? In a world of beautiful imperfections, a positive outlook can do wonders.

Trump Cabinet Members: Qualified or Not?

Secretary Of Defense: Gen. James Mattis



Attorney General: **Jeff Sessions** U.S. Senator of Alabama



Secretary of the Treasury: Steven Mnuchin CEO of Dune Capital Management



Secretary of Education: **Betsy Devos** Republican Donor, School Choice Activist



Secretary of State: **Rex Tillerson** Exxon CEO



Secretary of Transportation: Elaine Chao Former Labor Secretary



Secretary of Housing & Urban Development: Ben Carson Retrired Surgeon



Secretary of Energy: Rick Perry Former Governor of Texas



Riots Erupt in Sweden as Refugee Debate Escalates

GABRIELE IENTILE

Riots broke out in Rinkeby, a district within Stockholm, Sweden — is largely populated by immigrants, late Monday, Feb. 20.

Participants threw rocks at police officers and set several vehicles on fire, the Swedish police department said.

The violence succeeded police attempts to arrest a citizen of the area on drug charges.

Swedish police also accredited the riots to "increased pressure on criminals in the

Christopher DeRosa, the Director of the History Program, also said a "dimension of the unrest that should not be ignored is that it was preceded by an increase in aggressive policing."

The situation was controlled by midnight.

According to CNN, two riots broke out in the same night. Earlier in the evening, law enforcement fired warning shots in order to subdue the crowd and one shot was directed at a rioter. Later that night, rioters damaged shop fronts and looting was also reported.

Several injuries, but no gunshot wounds, were reported as well, including that of a shopkeeper, according to BBC.

While these violent outbreaks are rare, there have been other instances such as in 2013, where schools and a police station in Stockholm were set on fire.

Besides its refugee population, Rinkeby is also known for its high levels of unemployment.
"The heart of the issue

in Sweden is employment." DeRosa said. "Sweden has a generous and welcoming immigration policy that will potentially enrich its society as immigration enriches our own. But it is a lot harder for recent immigrants to crack into the job market in Sweden than it is in the United States."

DeRosa also said that wellintentioned immigrants grow frustrated when their opportunities are restricted.

On Feb. 18 at a Florida rally, President Trump said, "You look at what's happening last night in Sweden. later. Sweden, who would believe this? Sweden. They took in large numbers. They're having problems like they never thought possible.'

No attack occurred in Sweden on Feb. 17. Swedes were confused by Trump's statement, and former Prime Minister Carl Bildt tweeted: "Sweden? Terror attack? What has he been smoking?"

Soon after Trump's ac-ount, #lastnightinSweden was trending world wide on Twitter.

"I don't think they tried to start violence just to start violence," Harry Termyna, a sophomore psychology stu-dent, said of the riots. He continued, "Sweden is a safe haven for them. Trump may have played a role in inciting that."

Kenneth Campbell, a pro-fessor in the History and Anthropology department,





The debate over refugees intesified, when a violent protest occured within a swedish city with a high population of Muslim im-

is concerned with how Trump uses false information for his own gains: "One of the most disturbing trends of the current political climate involves the arrogance of a President who seems to believe he can spout whatever 'facts' or theories suit his political message with no accountability, while attacking the mainstream media for perpetuating 'fake news,'" he said.

The issue includes more than just Trump, Campbell said. The media is also to blame, but not in the way Trump propagates. He continued, "The tendency of the television media to engage in and promote hyperbolic arguments in order to draw ratings does not help. *CNN* is not the promoter of fake news President Trump makes it out to be, and there are many good journalists working there, but its programming falls into this category too often, shedding more heat than light.'

Although no riots or terrorist activity in Sweden was reported on Feb. 17, as Trump claimed, the riots followed only a few days

In a Wall Street Journal op-ed published on Feb. 22, two leaders of the Swedish Democratic Party seemed to have backed Trump shedding light on the issue in Swe-

Mattias Karlsson and Jimmie Akesson said in their op-ed, "Mr. Trump did not exaggerate Sweden's current problems. If anything, he understated them."

Between 2012 and 2015, Sweden granted asylum to 101,025 refugees, or about 1 percent of its total population. The result has caused increased tensions, attacks against immigrants, and protests both for and against migrants, according to CNN.

A variety of factors contribute to refugee violence. "Unemployment, combined with discrimination and prejudice, whether perceived or real, certainly can create a potentially explosive situation" said Campbell

"Generalizations prove to be

detrimental to immigrants when the actions of a small group are employed to profile the entire population" said Campbell.

Sweden has low crime rates in general. The Swedish Crime Survey revealed only a slight increase in 2016 compared to 2015. No terrorist attacks have oc-

curred since Sweden's opendoor policy for refugees was introduced in 2013.

However, the issue of whether to harbor refugees has been a contentious issue in many European nations.

This issue has proven to be very relevant in Germany over the last year. According to German crime statistics cited by the British news outlet, Dailymail, immigrants committed 142,500 crimes in the first half of 2016. This is equivalent to 780 crimes per day.

More recently however, statistics show that German attacks on migrants have grown to nearly 10 attacks a day, according to

Nonetheless, Trump's report of a made-up terrorist attack follows other dispersions of false information by his administration to support his immigration ban. White House counselor Kellyanne Conway spoke of a "Bowling Green Massacre" that never happened, and White House Press Secretary Sean Spicer discussed a terrorist attack in Atlanta that didn't actually take place.

"We are dangerously close to living in a kind of nightmare-Orwellian world in which those in power try to control what gets disseminated to the public as truth" Campbell said. "The President and his spokespersons then attack the media as biased when journalists expose the administration's careless and reckless disregard for truth in its communication with the American

Additional reporting was done by Brendan Greve, Co-Politics Editor



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- WEBregistration Approvals / Blocks
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Feel free to visit the office on Mondays or Tuesdays and/or contact the Editor-in Chief, Danielle Schipani at s0927658@monmouth.edu.



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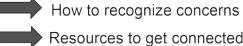
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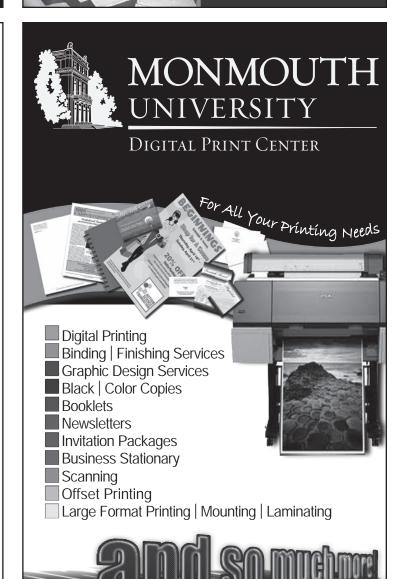


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It's Over!: Advice a Person Really Needs after a Breakup

MARIE SOLDO STAFF WRITER

As the saying goes, breaking up is hard to do, but it doesn't have to be. Contrary to what many people may believe, a breakup is not the end, it is only the beginning. That is one of the many key pieces of advice that a person really needs after a breakup.

In accordance with The Huffington Post list of the best breakup advice for those with a broken heart. You must learn to love yourself. Rather than dwelling on the love that was lost, go and give yourself some loving. Do things that make you happy and do what makes you feel good about yourself. It is also important to keep busy; focus on school, hit the gym, or pick up a new hobby.

A second thing to remember is to focus on the positive while being single and patiently waiting for a new love. Do not waste time thinking about what could have been, and do not give up on love either. Just live in the moment and enjoy life as much as possible. You do not need to be in a relationship in order to be

happy. You hold the key to your the process. own happiness.

Lastly, always keep it in your mind that you will become stronger after a breakup. Everyone suffers some type of loss in their life, whether it is a simple breakup, or something serious like death or divorce. Loss teaches us that life

Gaby van der Westhuizen, a sophomore social work student offers her advice, "Things happen for a reason and that even though it's going to be hard for a while, you have friends that are here for you. Do not let a boy dictate your worth; you are your own person goes on. We become stronger in and you will get through this."

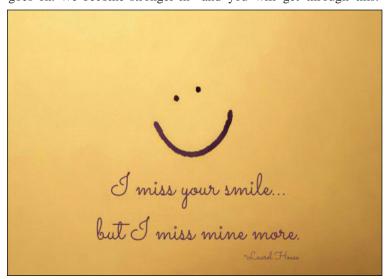


IMAGE TAKEN from www.herinterest.com

When going through a breakup, it is important to remember to love yourself and recognize that each relationship provides personal growth.

After a breakup, Westhuizen re- are millions of people on Earth, minded herself that there was a so why not give someone else reason it did not work out and it is alright to cry, but you have to pick yourself back up and move on.

Junior psychology student, Taylor Klemm, said, "Remain secure in yourself and know that you deserve the best. Don't let yourself get down about it, but instead pick yourself right back up. Know what you deserve and never settle for anything less. Whatever is meant to be will always find its way back in the end."

In life, everything happens for a reason. There is a reason that individual came into your life and there is a reason why they cannot remain in your life. Each individual brings something different to one's life. Although your journey as a couple has come to an end. The growth and experiences that relationship gave you are yours to keep forever.

Stuart Faunce, a junior health and physical education student, said,"After a breakup, many people struggle with getting over their ex. The best way to end this struggle is to take the risk and meet someone new. There

the chance. I am sure that right now, there is an awesome person looking for someone just like you. Remember your happiness is key. Be the best you while remembering to love yourself and keep on investing in yourself every day."

Professor of Psychology, Dr. Gary Lewandowski, explains in his TED Talk that breakups do not have to leave you broken. 'Relationships build us, define us, sustain us, and they break

We can learn from the relationships that break us and we can use those experiences and heartbreaks to improve any future relationships. He confirmed that one in three people see their breakup as negative, so breakups are not as bad as they are thought to be.

Time heals all wounds, but this advice will certainly heal a lot after a breakup. It is necessary to remember that everything happens for a reason and no matter the situation, it is important to love yourself.

Money Saving Tip\$

ALVARO AQUINO CONTRIBUTING WRITER

Who doesn't like money? Personally, I am known as the big spender amongst my friends. Strangely enough, evbit about saving. Here are some ing. tips for every college student



IMAGE TAKEN from ww Buying store brand products or using coupons can help in one's efforts to save money

their means.

There is nothing wrong with saving money. At times, it is essential to set some money aside for future purchases. Especially if these acquisitions include neery big spender knows a little cessities such as food and cloth-

> Therefore, when you consider saving your money you should keep in mind the idea of quality and quantity. Some spenders like to spend big, while others like to buy in large quantities.

> For instance, at stores like Walmart, you will come across buyers who prefer quantity over quality. This is because they are able to buy in bulk and get the most for their money.

On the other side of the spectrum, people who like quality over quantity prefer to buy expensive items that won't break or wear out too quickly. In many cases, those who bought a pair of shoes at a store like Walmart end up regretting it because the shoes wear out or rip too fast.

that might be spending above They may think twice when it comes to buying shoes again because, although they might buy shoes that are pricier, they are guaranteed a product that will

> Regardless of which path you choose to follow you will be saving money whether it is in that instance or in the long run. Another way you can save money is by comparing various products, to one another.

World Languages and Culture instructor, as well as an excellent saver, said, "I use an operating system called Ubunto instead of purchasing Windows. It provides me with similar programs that Windows has like photoshop and it is free of charge. I don't have to worry about purchasing any additional programs like Microsoft because a majority of the programs come pre-installed. Also, I would advise for people to buy their clothes at a thrift shop. It is far cheaper and they can buy anything they want and you have to pay back the bank.

go to a tailor and get that clothing sized."

Maximizing our utility makes for another option. This means we buy products that will satisfy us the most, for the least amount of money

Benjamin Joskowski, a freshman finance student said, "One way I save money is by buying things I really want. If I don't really want something I will save money and wait for something to Professor Frank Cipriani, a come out that I would like better. Additionally, when I want to buy something that is expensive I make sure to do my research to get the best price. Finally, I always try to save a portion of the money I make from work."

> We can also conserve our money by applying several savvy techniques to our daily spending.

According to Elina Makna, as sophomore international business student, various ways we can save money are by "Using debit or cash because with credit

Always looking out for sales and coupons, using Uber or car pool, and by buying the cheaper version of the same product (ex: 365, Kirkland, or Great Value)."

Opting to buy store brand products is an effective way to save money because you can purchase virtually the same product at a cheaper price. ShopRite, Sam's Club, and Walmart are some stores that carry their own store brand options at a great value.

By saving money, we are putting it aside for later. This proves to be beneficial, especially if you cannot find a way to accumulate the money necessary for something you would like to buy.

By keeping all these rational tips in mind, we can expect to find clever ways to make tremendous savings in our bank accounts in the near future.

Budget Beauty

KERRY BREEN HEAD COPY EDITOR

is another major beauty trend being referred to on fashion blogs and websites - contouring, colorful eyeliner, bright lipsticks, and fantastically-colored highlighters being just a few of them. Every day, there's a new celebrity example, a new look to try and emulate.

While these looks can be fun and look beautiful, affording them becomes difficult at times. The products shown in YouTube tutorials and advertised in magazines are often expensive, sometimes costing 20 dollars for a single lipstick or over 50 dollars for a foundation.

However, there are often drugstore alternatives that are cheaper, and of the same - if not better - qual-

One of the best tricks to be aware of are makeup 'dupes', short for duplicates; there are pages and articles devoted to finding affordable products that look like high-end, designer pieces. Cult-favorite NARS blushes have drugstore alternatives; ColourPop lipsticks, usually only about six dollars, are almost exact

replicas for the sell-out Kylie Lip Kits, which can sell for more than three times the price. Buzzfeed of-It seems that every day there ten has lists and lists of duplicates for popular high-end products, and those lists can be a lifesaver for your

> Drugstore brands can often be just as high-quality as a more expensive product. NYX Makeup has great colors and products, and their lipsticks often rival similar and more expensive items. Their setting spray also works better than most, and their eye shadows are fun, highquality, and inexpensive.

> "My favorite drugstore brand is NYX. I use their liquid illuminator highlighter, as well as the soft matte lip creams. Those are both some of my favorite products ever; the highlighter keeps a glow all day and a little bit goes a long way so a 0.6 ounce bottle has lasted months. The matte gives the most amazing and lasting look, for a fraction of the price of most products," said Jordan Hanley, a junior music industry stu-

While I personally use some high-end products, especially when it comes to eye makeup and lipstick, there are several items that I would

never consider buying outside of a when it comes to a more fast-fashdrugstore. I've used Maybelline's ion or trendy product - something Fit Me matte foundation for nearly like blue lipstick may be hot right two years now - it's high quality, now, but tomorrow it might be a does everything that it promises, joke. People don't want to spend a and costs no more than seven dollars at most retailers. I do a full face of makeup nearly every day, so I go through products like foundation and concealer rather quickly, usually in two months or less - so, for me, there's no reason to use a more expensive brand. I've also never noticed a significant difference in quality - the Maybelline formula is just as good as the more expensive ones that I've tried out.

"I've used pretty much every foundation known to man," said Hanley, who also used the Maybelline foundation. "This one is the least cakey. I also usually use Maybelline mascara because all of them have the same effects that they advertise."

Julia Robson, an associate lecturer at Regent's University London, who specializes in fashion communications and journalism said, "A lot of people want to try new products, but they don't necessarily want to run the risk of not liking them,"

Robson continues, "Especially

lot of money on a trendy cosmetic in the same way they don't want to spend a lot of money on a currently in fashion blouse or dress. That's where they turn to drugstore makeup, and other affordable lines.'

Using drugstore makeup is a great idea to try out a new product or satisfy your need to try a trendy makeup look. While brightly-colored eyeliners are an increasingly popular trend, that dramatic look is

not for everyone. Rather than spend 20 dollars on an Urban Decay (my personal favorite high-end brand, especially when it comes to trying fun colors) product, I was able to get a similar color for just over six

Drugstore makeup is both affordable and high-quality, often just as good as the designer labels that one finds at Sephora. Between duplicate products and up-and-coming brands, there's a wide variety of stock at affordable prices, and with so much available, it's easier than ever to find affordable and highquality makeup.



IMAGE TAKEN from www.gurl.com

Drugstore makeup brands offer affordable duplicate products as an alternative to buying makeup from high-end brands.

Political Commentary: Is It Effective?

ALLISON PERRINE **ENTERTAINMENT EDITOR**

politics heavily affect your life Oliver first discussed the inauregardless of your age, religion, or personal beliefs. It can be frustrating at times when decisions are made that affect your life that are out of your control, people have developed coping methods and ways to express their opinions to others; political satire is one of these methods. It breaks down the confusing policies and complications that joke sadly true. in government and makes it easier for citizens to under- episode is usually something stand, while making light of crazy situations through com-

Last Week Tonight is an example of one show that does exceptionally well in this area. In episodes, John Oliver discusses politics on his late n ight talk show, which has exploded since its premiere on April 27, 2014.

Last Week Tonight just returned on Feb. 12 with its fourth season, with much catching up to do. As most of us know, there has been an extremely high amount of discussion in the news lately covering the policies President Donald Trump along with other complications in government. To help us unbroke down some of these highly important topics.

The show has a specific structure to it. First, it discuss- as articles from sources such es a few minutes of important as PolitiFact, USA Today, and news topics, followed by a brief The New York Times. Because intermission of a compilation of all of the statements made come comedic clips, which transfers straight from credible news out-

to the main story of the night.

Three episodes have aired so far in the fourth season of Whether you know it or not, the show. In the first episode, guration of President Trump. He reviewed an assortment of things that have happened so far in the Trump Administration. "It has come to the point where the most terrifying sound is your phone buzzing with a news alert," Oliver said as the crowd laughed, probably because many of us may find

The main topic for the first specific, such as a certain law passed, bills beings proposed, and so much more. However, in the first episode the main topic was "the concept of reality itself, because of 'this guy,'" Oliincrements of 30 minute-long ver said as he pointed to a picture of President Trump, which I personally found interesting.

"Now since taking office, around 412 years ago, Trump has made it clear that reality is not important to him. Think about it, he has exaggerated the size of his inauguration crowd; he said the election was marred by mass voter fraud with no real proof of that; he also falsely claimed that compared to plans to implement/remove, Muslims, it was 'almost impossible' for Christian refugees from Syria to get into the U.S. derstand the madness, Oliver He even lied about the weather during his inauguration," Oliver said.

Oliver listed all of these facts



IMAGE TAKEN from www.inquisitr.com

John Oliver breaks down politics on HBO's Last Week Tonight.

lets, it certainly adds credibility to the show, however it does not have traditional news vibes. Several jokes were made while at traditional news stations, it is a serious atmosphere. This constitutes the question, are these types of political commentary shows legitimate? Is this 'fake news' designed to look real, but is actually just a joke? Or is it helpful to society in truly understanding what is happening in the world around them?

"I think it's effective," said junior political science student Jessica Warwick. "So many people think the news is boring,

but politics are so important. If comedy is what helps them watch it, then that's good," continued Warwick.

"It helps me understand marketing student, Cassie Stiansen. "It breaks down policies in a way that makes news more entertaining and memo-

only if they show both sides of the political spectrum," said it a comedy, while also educatsophomore communication stu- ing people on what's happening dent, Gina Priore. "I don't think around them. it's fair when there is a bias."

Personally, I think these on Sundays at 11 p.m.

shows do help people understand politics better than regular news, myself included. It's easy to overlook things on regular news channels because it's what's going on," said senior easy to associate these channels with political biases that could affect news portrayal; it also has a harder language to understand. With shows like Last Week Tonight, it brings in "I like shows like this, but an audience that may not like watching hard news and makes

Last Week Tonight is on HBO

Interview with Zuzanna Szadkowski



Zuzanna Szadkowski talked about her love of acting, experiences performing, and more in an interview.

ANNA BLAINE

Zuzanna Szadkowski is making her debut at Two River Theater in The Merry Wives of Windsor this month. The professionally trained theater and television actress talks about her love of acting, the experience of performing on stage and what is most endearing about Shakespeare.

Questions:

What do you love the most about being an actor?

I love that, as an actor, my job is move people. We explore how life line. feels and tell stories. It's sometimes simple, sometimes complicated, often impossible. Actors play and surprise themselves, each other and the audience. It's my heaven.

I had the pleasure of reading your television credits. Gossip Girl and The Knick were both great tv shows. Do you prefer doing television and film over theater or vice versa?

I love working in both mediums. Acting on screen is pretending like no one is watching - the people in the room aren't supposed to be there, and the audience watches an archive of the event. You don't really have to work to share your performance. That's very freeing. Conversely, theater can't exist in a vacuum it lives and breathes based on the exchange between actor and audience. That's very invigorating.

You will be playing several

different characters in the upcoming production of The Merry Wives of Windsor at Two River Theater. I imagine learning all those lines must be challenging; do you have any techniques for learning all your lines?

Learning lines is a headache. It helps to think of it as learning the play. Getting really deep into the language, really figuring out what you're saying, and how the er generation today who seem story works goes hand in hand more interested in social mewith memorizing. Also, I am a dia as their to-go-to entertainbig fan of pneumonic devices ment? o connect to an audience and to when I get stuck on a particular

I know The Merry Wives of Windsor is still in rehearsals, but do you have a favorite character that you love playing the most so far?

The three of us play a multitude of roles and juggle many personalities. I don't have a favorite yet. I think once we work in front of an audience I'll begin to feel partial to certain moments.

How will this production of The Merry Wives of Windsor be different? Will it have its own unique spin?

We are working very hard, three actors almost becoming a single organism, to tell a very complicated story in our unique way. We want to make ourselves as vulnerable as possible to be truthful and funny. We hope this will be entirely unlike any other production of Merry Wives.

Do you think Shakespeare plays can appeal to this young- tworivertheater.org.

" I love that, as an actor, my job is to connect to an audience and to move people. We explore how life feels and tell stories."

ZUZANNA SZADKOWSKI Theater and Television Actress

I think great theater can appeal to everyone. Shakespeare, in many ways the greatest, has tremendous power to effect young people. The emotions expressed and themes examined are at full throttle in Shakespeare and can suck a person in and make a person feel unlike anything else. I think young people really get into the drama of inter-personal experience.

If you could go back in time to meet William Shakespeare, what would you say to him?

I would ask him to write a Romeo and Juliet featuring middleaged lovers. I always wanted to be Juliet and never got my chance. I've been playing the nurse and characters like her since I was fifteen years old.

Performances for The Merry Wives of Windsor start Saturday, Feb. 25 – Sunday, Mar. 26 at Two River Theater in Red Bank. For tickets call 732.345.1400 or visit

The Struggles and Successes of Local Bands

ALEXANDRIA N. AFANADOR PHOTOGRAPHY/CO-FEATURES EDITOR

We all know that Bruce Springsteen truly believes that, "Down the shore, everything's alright," but, our local bands are what really make the Jersey Shore so cultured, lively, and all the more entertaining. While there is a significant amount of wellknown artists and bands that have originated from The Garden State, being a local band is nowhere near as easy as it may seem.

Anthony Trilli, a junior health studies student and lead guitar for the band More Than Acquaintances, said, "I think what makes a New Jersey artist is staying true to your roots. NJ people have a lot of pride in their state and where they live. Whether it be North Jersey or

the shore, we are prideful of where we live and it is shown through our music."

Trilli's band, More Than Acquaintances, is fairly new to the scene, starting up nearly a year and a half ago. After learning guitar, Trilli and his other bandmates decided their true talent was Red Hot Chili Pepper's covers--and so the band was formed. But it wasn't as easy as it sounds, Trilli said, "With none of us having any knowledge of music theory, we decided to just wing it. I would make something up on the guitar that I thought sounded good and then I would show Mike (Trilli's younger brother) and he would make a bassline followed by Joe (Trilli's other brother) coming up with the drums."

More Than Acquaintances' most



IMAGE TAKEN from www.facebook.com

Local Band, Couple of Guys, talked about some of the positives and negatives about playing music

recent accomplishment was playing The Meatlocker in Montclair, NJ; successes such as playing a local venue can spark conversation about what success is or is determined by. Dr. Aaron Furgason, Chair of the Communication Department, said, "What is success? Is it Bruce Springsteen or is it existing for 25 years? Success is different to every person." To that extent, it's important to

recognize that students' success in the music industry has flourished since the start of Monmouth's own, Blue Hawk Records. "Blue Hawk Records does a great job at signing and bringing in talent," said Furgason. "A lot more bands have started because Blue Hawk has the structure to make it happen. With that, the artist can continue to communicate to the world through their art," Furgason continued.

But, the promise of a solid structure isn't something that always draws in local MU bands, Connor White, a graduate student of English (trying to figure out title) and lead singer of the band, Couple of Guys, said, "In NJ, especially in the Asbury Park area, there is great support for local music. People in that area want to hear bands that are from around here, and it's really a great thing." White contined, "However, the hardest thing for a local band to do, not even from just around here but bands in general, is dealing with the reality that nothing is going to be handed to you."

"I read a quote somewhere that said 90% of garage bands don't get heard because their music isn't being played for anyone outside of that garage...at some point, you have to take that jump and put yourself out there and be vulnerable. It's the only way

to get anything done." White said.

With Blue Hawk Records, artists are able to grab hold of these opportunities such as release parties and in-house event opportunities as well as access to our own WMCX Radio Station. But, there's always something more. Trilli said, "MU can make these music opportunities more known and bring awareness to more people and what they are all about in regards to local bands and helping out students around MU that play music to come out and play. Maybe they can have different bands from the school or locally play here on campus for some events.'

Local bands have a tough go of it in general, but as for Monmouth, the opportunities keep pouring out from radio plays to song compilations and recording time in a real



IMAGE TAKEN from www.facebook.com

More Than Acquaintances, a local band, performed at the Meatlocker in Montclair on Monday, Feb. 6.

The Emily Youth Project Releases Number 2

NICOLE SEITZ

The Emily Youth Project is junior music industry students Mike Grant and Jon Bass, junior business student Justin Murray, and recent music industry graduate, Andrew

The band began their music career when Grant, Bass, and Murray auditioned as Ice House Gallery for Blue Hawk Records' (BHR) 4th compilation album with their track "Out of Hand" with junior music in to the hard jam. industry students, Owen Flanagan and Mike Hause. "Out of Hand" is a rock song with some Jack's Mannequin (the band) vibes.

Since the compilation album in the fall of 2014, the band has experienced some big change in sound and lineup. EYP now: Grant on piano, Bass on bass, Murray on guitar, and Jackle on the drums, has been rocking the Jersey music scene for over 2 years now and have produced 2 EP's (extended play).

Their first EP, self-titled The Emily Youth Project, was released in the summer of 2015. This whole EP is very fun and dancey with some silly lyrics and sampling from movies and shows. This EP also has some Jack's Mannequin tones and some piano sections that remind me a little bit of Owl City. EYP's biggest hit off here was "Saturday Night Done Right," a song that everyone knows, if you've ever seen these guys play live.

their second EP, Number 2. This EP beginning, the trombone plays the is very different from their first; it hooky melody of the line "I Can't

still has the fun groove that the boys are best at, but with this album they definitely go in a more psychedelic direction.

The first track is "Tunnel Jam" which is accurately named because you really feel like you're going through a tunnel. The whole song is and instrumental jam. The very beginning of the song has this very rough guitar sound and the piano comes in, then the song goes to a lighter jam that almost sounds like you're in a waiting room and back

"Tunnel Jam" smoothly runs into the next track "Tunnel Vision," which is a continuation of the jam from before, but now Grant comes in with some vocals. The two tracks together really just take on this never-ending trip through a tunnel. The jam goes all over place yet sounds so cohesive at the same time. You can't help but just bob your head along to the iam and get lost in it.

Track 3, "Stuck," begins with a short crazy jam that makes you feel like Alice from Alice in Wonderland when she falls down the hole into a new crazy world. In this song you really need to listen to the lyrics because they follow you through the story that the music is trying to tell

The next track is "I Can't Feel My Heart," which has a very similar vibe to a modern baseball song. very indie and cool. The trombone in this song, played by James Alfaro, a hometown friend of the Just last semester, EYP released EYP guys, is perfectly used. In the



IMAGE TAKEN by Emily Minieri

The Emily Youth Project released their second EP entitled Number 2.

Feel My Heart." It's especially unique because you often don't get to hear the trombone at their live performances and it definitely adds another element that I particularly enjoy on this track. As the track goes on the sound gets louder and builds up right to the end.

The last track on the EP is "Brand New Friend." This song is a very chill song compared to the jams we've heard on some of the other tracks. This song is very honest and relaxing. The most interesting part of the song is the bridge where the vibe of the song changes for a bit from this very happy song Lonely Hearts Club Band.

to a very serious sound with Grant's vocals and Murray's backing vocals singing "I've gotta start over again" a few times. Then it goes back into the happy vibe but with an even bigger sound.

Overall, this EP is very interesting and complex to those of us who understand music theory, but can also be very groovy and awesome for those of us who just want to listen to some cool tunes. Number 2 definitely shows the influence from The Beatles in the chaotic jams; it's reminiscent of something on the White Album or Sgt. Pepper's

If I were to pin EYP as one genre, I would have to say indie rock, because their style is very much rock with a psychedelic vibe that is driven by the piano. Also, the use of the trombone on this album is like The Beatles during the later half of their career. The album flows very nicely together and still manages to make you feel many different emotions.

The Emily Youth Project has also recorded a new single "Motorcycle Song" with Blue Hawk Records. Follow both on social media to stay tuned about any upcoming release shows and music.





LEFT:

STUDENTS ATTEND ESCAPE ROOM HOSTED BY SAB. (PHOTO COURTESY OF ROB PANASUK)



RIGHT:

STUDENTS PREPARE FOR BODY POSITIVITY FASHION SHOW HOSTED BY THE GENDER STUDIES CLUB. (PHOTO TAKEN BY JAI LAI)





LEFT:

STUDENTS CREATE THEIR OWN MASTERPIECES AT SAB PAINT NIGHT EVENT. (PHOTO TAKEN BY NAMRA SHUEIB)





RIGHT:

MONMOUTH MEN'S BASKETBALL WINS 15TH STRAIGHT GAME AND LAST HOME GAME AGAINST SIENA. (PHOTO TAKEN BY MEGAN KUDISCH)





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COMPILED BY: AMANDA DRENNAN



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JJ Junior "The library."



Taylor Sophomore

"By the fireplace in Wilson Hall."



Dan Sophomore

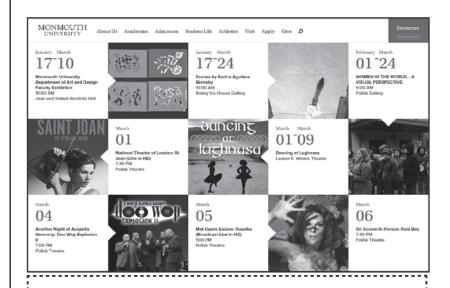
"The couch in the lobby of Plangere."



Brendan Weiner
Adjunct Professor of Criminal Justice
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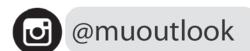
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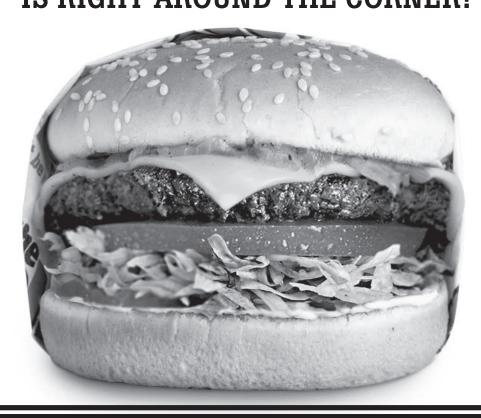




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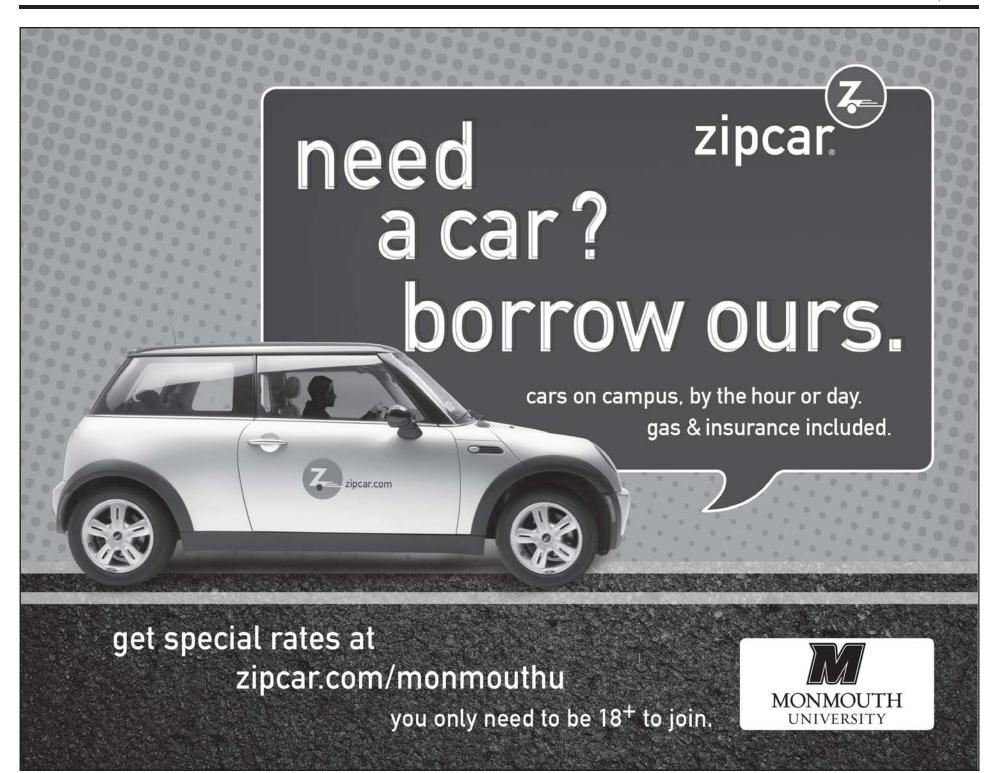
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MU Surf Hosts Film Event

RYAN GALLAGHER STAFF WRITER

MU Surf held a film premiere event on campus last week in Pozycki Hall Auditorium. Australian surfer Dion Agius directed the film and named it "The Smiling

MU Surf was able to obtain the film after Agius responded to emails requesting the movie. In his email, Agius sent the movie file available for download and also thanked the prospective viewers. Agius wrote, "I just wanna say time to email in chasing the movie. I'm stoked you took the time and that you want to see it. And it's to hear from everyone all over the world!"

He is a household name in the surfing community and has been for years. However, this is the first time Agius created a project of this length and magnitude.

The movie ran just shy of 40 minutes and afterwards the MU surfers were able to showcase movies and surfing of their own.

enough, Surf Taco donated fajitas, tacos, rice, beans, salsa and of course plenty of chips for the hungry students, faculty and community members.

Despite the well-deserved popu- Club Advisor Matthew Harmon. larity of Monmouth's basketball team, the club's event still had a solid crowd. The diverse gathering varied from business students and MU surfers, to local Long Branch legends.

"It's pretty cool to have guys like Richard Lee of the Surfers' Environmental Alliance (SEA) and Jeff Salmon wanting to be a part of what we do, and wanting to help us out," said Senior MU Surf President and senior health and physical education student Tyler Sankey.

"Just goes to show how the people thank you so much for taking the within NJ surf culture can come together to make things happen and add to our turnout," said Sankey.

The attendees were able to see been such an amazing experience a wide variety of surfing and surf films. As people walked in, a pre-liminary surf film called Still Filthy was on the projector. Hungry and ill-fed students ate the catered, free Surf Taco and slowly took their seats as everyone filed in. After stragglers found their way out of Monmouth's labyrinth of a parking lot, the lights dimmed and The Smiling Bag began.

"I thought the film was unique in And if all of that was not that it wasn't mainstream but still had some great footage. It was a pleasure to help get this up and going. But to be honest it was really the board and the members organizing the event," said Professor and Surf

Some in attendance had never even seen a surf movie, while others were much more seasoned.

"[The movie had an] interesting framework. The first text you saw, read something like, 'movie not formatted for a short attention span," said Executive Director of the Surfer's Environmental Alliance (SEA), Richard Lee.

Lee has been surfing and living in the Monmouth County area for a lifetime. His presence along with the friends he brought to the event was much appreciated by the Club.

"[The film] definitely pushed the level of—I guess you'd say—psychedelic images," said Lee.

"We liked what the guys put together also. Those edits were just as interesting and really showed passion. The SEA loves working with the club and hopes this is the beginning of a new relationship,"

While the Executive Director of the SEA could rattle off hundreds of surfing movies he has enjoyed throughout his life, it was interesting to hear from people who are not as well-versed in this department.

Kelsey Rudowitiz, a junior Business Administration student and Surf Club advocate said, "[The film] was different than anything you would see on Netflix or in the movies—totally original. As someone to come.



PHOTO TAKEN by Ryan Gallagher

MU Surf premiered "The Smiling Bag" at their even last Friday.

who hasn't really watched surfing films before it was definitely really cool to watch such an exclusive film like that."

Rudowitz continued to say, "It was also nice to see some edits of Monmouth's very own surfers. And of course, the Surf Taco was another added bonus.'

The goal of the event and for any Surf Club event is to raise awareness about the NJ surfing community and to show that there is an interest for surfing on campus. If you are someone who missed out on this event and is interested, there is more

"[Surf Club] has a bowling event coming up with Surf Taco on Friday, March 3rd from 6-8 PM at Shore Lanes in Neptune. Details are located on the Club Instagram page, mu_surf. In addition the Club plans to compete at a regional collegiate surf contest in Florida, they will be fundraising very soon.

Surf Club was extremely excited and appreciative to receive help from their friends at Surf Taco, their advisor Matt Harmon and of course Amy Bellina, the Director of Student Activites at

Monmouth Youth Activists Present: Battle of the Charities

JOY MORGAN

Monmouth Youth Activists and the members of Blue Hawk Records are hosting the largest charity event ever held at Monmouth University called Battle of the Charities.

Battle of The Charities will be held on Mar. 7 at 7:00 p.m. in Pollak Theatre. This event is open to all members of the Monmouth University community for a modest donation fee of \$5.

Every dollar donated will be equally distributed amongst the ten dustry student and participant in non-profit organizations participating in this charity event. Charities include Habitat for Humanity, the Special Olympics, Cloudhead, Product Red, Lunch Break, Rock n Recovery, American Heart Association. Bosnia International Service joy local talent." Trip, and The Kortney Rose Foun-

ing to raise the most funds on behalf of one each of the ten charities. The total of ticket sales will be equally divided amongst the participating charities.

Ticket sales aren't the only way members are raising funds for this event either. The Youth Activist Group is also selling advertisement pression. space on their program to cover Anothe event costs.

The title, Battle of the Charities, was inspired by the competitive nature of 'battle of the bands'.

All performers are encouraging those who follow and support them to come to event and donate directly to the cause the groups represent in order to help them win. The performers who raise the highest total will be considered the winner of the

Michael Grant Junior Music Inthe event said, "We couldn't be more excited to be participating in Battle of the Charities because it's a great cause that will pump goodwill into the community. It's also a chance to have a great time and en-

Though a majority of performances will be musicians, there The event will consist of a variety will be few unique performances. f ten different talented acts compet- Fine arts student Jeffery Chernesky (aka Flow Fiend) will be performing hoop dance and acrobatics.

> Flow Fiend is performing on behalf of an organization called Cloudhead a non-profit that provides technology to at risk communities, local and abroad, to provide them an opportunity at artistic ex-

Another unique performance will come from Brad Comer, a health and physical education student who will be performing double-dutch on behalf of The Special Olympics with the assistance of a coach and some other friends.

This event will showcase and support one of Monmouth Universities' own faculty member's organizations, the Kortney Rose Foundation.

Secretary of the political science and sociology department, Kristen Gillette founded this organization to raise funds and awareness in order to 'keep tumors off of kid's minds'.

Gillette said, "The Kortney Rose Foundation (KRF) is grateful to the Youth Activist Club for including us in their upcoming "Battle of the Charities" event. This club is a wonderful addition to the Monmouth University campus and is full of students who are engaged and ready to make a difference."

Gillette has been a friend to the Youth Activists from the moment they formed. Gillette has a noble story after founding this organization after her own daughter passed away from a brain tumor.

The Youth Activists have actively recruited performers from off campus as well including DJ MellowTo-



IMAGE TAKEN from Monmouth Youth Activists' Facebook

Members of Monmouth Youth Activists table to sell tickets for their event, Battle of the Charities.

nein featured on Brookdale Community College's Student Radio, and Jersey rock band, The Double

representative for The Double Neg- ities being represented. Its a great atives said "we are more than happy opportunity to do a little thing with to play around as much as we can, especially for a good cause".

The entire planning process has been uplifiting for the members, performers, the charities they support, Blue Hawk Records members, and everyone who has supported the cause thus far.

Carly Miller, junior Homeland Security student said, I think it's important that people come out to this event to support not only our Dimitri Almeyda, the bassist and fellow classmates, but also the chara great impact. "

It is truly inspiring to see a group of talented and caring individuals get together on behalf of so many causes at once ambitiously trying to connect Monmouth's community and the students for the benefit of everyone involved

Club and Greek Announcements

Alpha Kappa Alpha

The sisters of Alpha Kappa Alpha will be selling tickets for \$7 thoughout the week. The event, Mr. Pink and Green, will be held on Friday, Mar. 3 in Pollack Theater at 8 p.m.For more information, contact a sister who will be in letters.

CommWorks

Interested in performing? Want to work with a group of dynamic students who are committed to having fun and creating performances of social relevance for college students? Join CommWorks! We meet Wednesday at 2:45 in JP 235.

Alpha Phi Sigma

Please come out to support the Monmouth County Sheriff's Office Canine Unit on Wednesday, Mar. 8 in Anacon Hall, 2nd Floor Student Center from 2:30-4:30.We are raising funds for bullet proof vests for the canine officers.

The Outlook

The Outlook is looking for students interested in writing for the student-run newspaper. Sections in need of writers include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club & Greek, and Sports. No experience necessary.

SAGE

Please join Monmouth University students, faculty and members of the community for a march/rally on International Women's Day, Mar. 8. We will gather in front of the University Library around 2 PM with the march starting at 2:30 PM.

Sustainability for Students: The Importance of Eco-Friendly Businesses

ZACHARY KARVELAS

The world needs to start heading down a more sustainable path for the sake of future generations. We are over-populating, overeating, overfishing, and overusing. Multibillion-dollar corporations corner the industry and put money in the pockets of those that have influence politically and have the power to make a change.

It's up to big name brands like Adidas, who are releasing a shoe made up of 95 percent ocean plastic, to make a difference and be the change. In 2017, the brand aims to produce one million pairs of the sneakers made from more than 11 million plastic bottles.

Another big name busines, IKEA, has just unveiled a furniture set made out of recycled plastic and reclaimed wood.

We need to become better at using the planet's resources in a smart way. Our ambition is to increase the share of recycled materials in our products," said Anna Granath, product developer at IKEA. "We are looking into new ways to re-use materials, such as paper, fibre, foam and plastic, so that we can give them a new life in a new product."

Later in 2017, IKEA has plans to release an even more sustainable and "waste-free" line of furniture, and continue to produce more sus-

When Keurig came out with the single-serve coffee machine that almost instantly brews a cup of joe, it seemed like the best innovation at the time. Little did we realize how detrimental they could be to the environment and our health.

According to theatlantic.com,

sold that if placed end-to-end, they would circle the globe 10.5 times."

In an interview with the The Atlantic, John Sylvan, the founder of Keurig, said, "I feel bad sometimes that I ever [created them]." If you have ever seen the hashtag #killthekcup, it started from an anonymous video depicting a Hollywood-grade visual effects movie of an invasion of the K-cup.

At least we have companies like popular coffee brand Chock Full o' Nuts with their new "Brew and Renew" campaign promoting the world's first certified 100 percent compostable single-serve pod, or retail giant Target pledging to remove harmful chemicals from their products and invest in a cleaner, safer, alternative called green chemistry.

A senior business administration and marketing student John Musial said, "Sustainability is important for companies to understand that to keep shareholders happy, you will need to have a plan for the future, so more companies should definitely be looking into sustainability."

Musial explained, "New Belgium Brewery in Fort Collins, Colorado is one of the companies I know that believes in sustainability. They focus on the social, environmental, and financial aspects to ensure the best product and the least harm to the environment. They design their factories to produce their products with a very small carbon footprint, the cleanest and purest water, and almost 100% of their waste is eliminated."

Chosen by The Princeton Review as a 2013 Green College, Monmouth University participates in a green campus initiative taking steps to decrease their carbon In 2014, enough K-Cups were emissions, energy use, and make as

many conservation efforts as possible. Monmouth was the very first private institution of higher education in the garden state to work with the Environmental protection Agency, or EPA.

The newer buildings on campus contain lights that turn off when not in use, conservative water fountains that help save water waste and energy, solar panels to harness the energy from the sun to use for power, and recycling efforts all around campus.

William Hobbie, a junior wildlife biology student at Clemson University, said, "Clemson University tries really hard to be sustainable since we're a land grant university that started as an agricultural school. The big one is that they want to be carbon emission free by 2030. Monmouth University seems to also be very 'green' oriented and absolutely heading down the right path."

Hobbie added, "I think it's very important for schools to implement sustainable practices because they're educating the future of our country. If our politicians won't go green then it's only right to educate the new generation on how to be sustainable so that the earth can be saved hopefully in the near future.'

Dr. Chris Hirschler Ph.D, Chair of the Health and Physical Education Department, said, "Institutions of higher education should be leading the way. If we're not teaching it, practicing it, and modeling at the university, what hope is there that it will happen on a scale that is needed to avert some of the most dire predictions of global catastro-

According to an article posted on onegreenplanet.org, "For 61 percent of college applicants who indicate that a college's commit-



John Johnson uses the water fountains around campus to refill his water bottles throughout the day

ment to the environment is an important factor in their decision, just pondering this question might provoke a state of cognitive disso-

Companies realize what's going on in the world; it's just a matter of what's more important, the money or our planet. If you keep your eyes open, you'll realize the change that is coming, slowly but surely.

"Higher education is big business. Colleges use a lot of paper, produce large quantities of ewaste, and have large heating and cooling budgets. There are nearly 5,000 institutions of higher education and they train the next generation of academic and business leaders. What we do here matters."

As mentioned by a post within the University's website on Oct. 28, 2016, "Monmouth University has once again been singled out as one of the country's most environmentally responsible universities. The Princeton Review's Guide to 361 Green Colleges: 2016 edition listed the University for its exceptional commitments to sustainability, based on academics and career preparation, 'green' policies, initiatives and activities.'

The post also reads, "This is the third year that the Princeton Review has included Monmouth in the guide, which is not published on paper, but is instead made available in a more sustainable free download at www.princetonreview.com/green-guide.'

Large corporations are coming to realize the impact we are having on the planet and the role they play themselves. But, the ones that realize they have an even bigger role in laying the foundation for our future in sustainability and conservation are the ones that will keep us afloat and continue making a difference.

Getting Over Mid-Semester Blues

NICOLE SEITZ

The spring semester is always an interesting one, to say the least. You feel like you're in high school again, just counting down the days to summer vacation. But you also realize that you need to "adult" and actually complete your work to finish out the semester.

This time of year is also very confusing in terms of the weather. One day there's a snow storm, and the next day it is gorgeous and sunny. You don't know if you should curl up in a blanket and attempt to study for all your midterms, or get ready to forget about all responsibilities and go to the beach.

Around this time in the semester when midterms are happening and soon finals will be approaching, students may have a hard time remaining focused and staying motivated to do work.

"Everyone wants to be outside in this weather and it's important to find a balance," Dr. Andrew Lee, the director of Counseling and Psychological Services, said. "We shouldn't allow ourselves to lose track of everything, but we also shouldn't restrict ourselves from going outside and enjoying the beautiful weath-

Not only are we distracted

close proximity to the Jersey shore, we also have finals right around the corner. Lee said "We must know and acknowledge that stress will come. Life happens, and sometimes, life is stressful."

Lee continued, "The best way to help with stress is to have a plan to finish your work and study efficiently.'

Lee also shared that some simple things we can do to have less focus on stress during this time is to make sure we engage in some kind of physical ac-

by the beautiful weather and our tivity, get enough sleep every night, and also to just breathe. These tips may sound silly and simple, but can actually be very helpful in avoiding being overwhelmed by stress.

Another important thing to remember is that there is always support on campus to help you get through any tough times. Emily Minieri, a sophomore graphic design student, has been sick on and off for the past month or so and has been struggling a bit in her work.

Minieri said, "Although this semester has been very stress-

ful, my professors have been incredible in helping me get back on track. I am definitely very lucky to have the professors I do to help me get through the rest of this semester.'

Although the fall semester has it's fair share of midterm to focus on making my last seprojects and final exams as well, the spring semester often brings along the distraction of nice weather and also the pressure for many seniors who plan to graduate in May after their there yet. Being 'almost' done

said, "During my first three years here at MU, I worked really hard to maintain at least a B average every semester. Now in my final semester as an undergraduate, I'm still going to try my best but I am also going mester here really count."

Lee commented, "Seniors should especially remember that although they may feel like they are done, they are not quite last semester here at Monmouth. is not the same as being com-Dave DePaola, a senior music pletely finished, seniors need to industry and business student, realize this and finish the year strong

Lee also shared how it is important to cherish every aspect of our experience here at Monmouth, not just academics. "The college experience is one you don't ever get again so while you are here, take the chance to learn from each other and prepare yourself for your 'life after Monmouth," Lee said.

Although college can often be stressful and overwhelming, we have to push through it and there are ways to make it easier. We don't have to completely isolate ourselves in the library for hours, with no exposure to sunlight like a vampire.

However, we also need to remember that academics are important and so we should be prepared and organized for when finals roll around so we don't get overwhelmed.

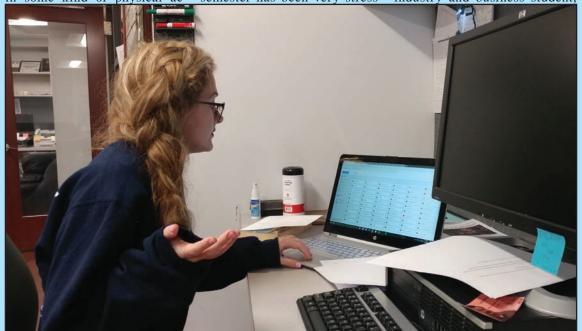


IMAGE TAKEN by Alexandria Afanador.

Students often become overwhelmed as the semester draws to a close, particularly around midterm season.

Student-Athletes: On and Off the Field/Court

KAITLIN MCGUIRE STAFF WRITER

Student-athletes are multifaceted individuals who have passion, love, dedication, and motivation for the sport they play, and all the work that comes along with it. People often overlook the responsibilities that athletes have, on and off the court. Whether it is soccer, lacrosse, football, basketball, field hockey, golf, or bowling, each student program and team has rules and demands that athletes have to obey. These students also have the pressure of representing their team and Monmouth University.

Senior communication student, Justin Robinson, guard on the men's basketball team, said, "We have a whole bunch of things that people don't notice. We have to sit in the front rows of classes, or else we get in trouble. We have to carry ourselves a certain way because everything we do is watched under a microscope. Things that a regular student could get away with, we can't because we're athletes." Robinson continued.

"It's demanding, but I love it and wouldn't change it for anything."

Athletes are a symbol for Monmouth, and they have to strive in the classroom and on the court. There are no easy days for them. They are always asked for more than a student who is not involved in sports programs.

Lacrosse senior midfielder and communication student. comes first, long practices followed by film sessions and lifting sessions. Applying a championship mentality to every aspect of the day from the little

things to the bigger picture."

Student-athletes are motivated to win and practice every single day to reach their goals. They have practices in the morning, during the days, and sometimes later on in the evening. Practice makes perfect, and practice puts Monmouth up on the charts against other universities.

Specialist professor of communication, Matthew Harmon, commented, "No question, student-athletes are challenged because of time constraints that they have between class, practice, games, or even just trying to enjoy being a college student."

"Other students have challenges also--many work and have to balance that out. I would think one of the bigger challenges for student athletes is when they have to travel for games and could be away for few days." Harmon said.

Football senior linebacker and health studies student, Payton Minnich, said, "Living as an athlete means that you are judged a little more than everyone, whether it be by coaches, professors, or your friends and family."

Minnich continued, "There is always someone hoping for your downfall. My motivation is proving them wrong. It is the best feeling when people doubt you or the team, and we win. Nothing beats that."

If you play a sport at Monmouth, everyone knows. It comes with a great deal of pressure. Making sure all homework is completed, grades are decent, study hall hours are met, prac-Kevin Osback, said, "The team tices count, and the games are won. A student athlete's life consists of studying, class, practice, and games, while trying to take advantage of the college experience.



IMAGE TAKEN from facebook.com.

Student-athletes balance a rigorous practice and workout schedule amidst classes, jobs, and clubs.

book, the Athletics Department Mission Statement reads. "Monmouth University is committed to Athletics as an integral part of higher education. Athletics must provide studentathletes with the opportunity to develop their highest level of athletic ability, while safeguarding their welfare, on and off the field of competition in a diverse environment that promotes high academic standards and personal development."

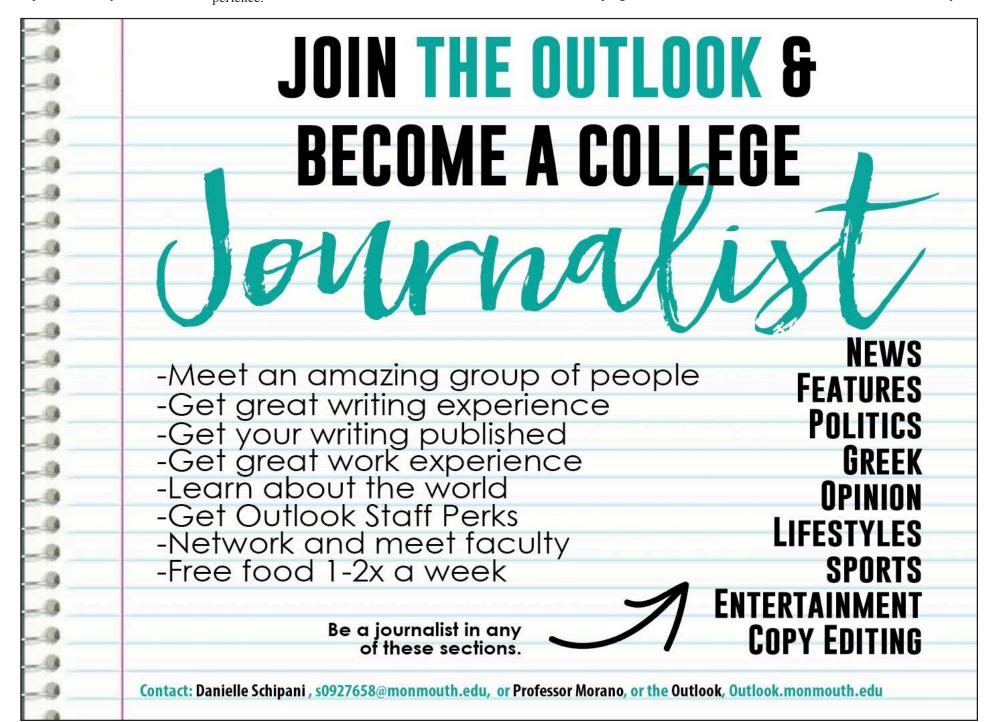
Monmouth has student-ath-

the University hand- They want students to strive team as a whole. They have to on and off the field. Monmouth knows the stress that comes along with having a busy schedule, and they are here to help students perform to the best of their abilities. There are tutors available for athletes if they feel like they are falling behind, or just need extra help. Athletes' grades are just important as the scoreboard.

Being an athlete is not easy. Once a student puts on a jersey, they are not only representing themselves, but the school, the letes' best intentions in mind. program, their coach, and their W for Monmouth University.

watch what they say or do. If a team gets in trouble from one person, they all suffer and take the heat together. There is no 'I' in team. They have to work together, practice together, and they become a family.

People do not know the demands of a program. As long as the athlete loves the sport of their choosing, after a while the lifestyle becomes their reality. They live for game days, where they are able to perform to the best of their abilities, and get the



Women's Indoor Track and Field Takes Home MAAC Title

The women's indoor track & field team won the Metro Atlantic Athletic Conference (MAAC) Championship for the fourth year in a row on Sunday, Feb. 19 at the New Balance Armory Track and Field Center in New York, NY. Monmouth has won seven consecutive conferences title every year since 2012 and have won all four years since joining the MAAC in the summer of 2013.

"It's nice to build on that tradition, but it's also important to focus on the one that's in front of us, because that is the only one we can control," Head Coach Joe Compagni said. "I like the pride that our kids have in our program and how they support each other and work together to be special and accomplish something big. The most fun part about this is seeing them really accept the challenge of being a great group."

The women secured the victory by a wide margin, scoring 208.50 points while Rider finished second with 137 points. No other team in the event registered more than 100 points.

Senior Casey Sturts was named women's Most Outstand- clearing 3.75 meters and reing Field Performer while freshman thrower Jordan Wildermuth earned women's Rookie dermuth, who has excelled in Field Performer of the Meet. Junior sprinter/jumper Bryan So- the weight throw with a distance soo was named men's Most Out- of 17.57 meters. Soto took home



PHTOT COURTESY of Brian Hester

The Women's Indoor Track and field team celebrates in New York City after winning their fourth straight MAAC title on Sunday, Feb. 19.

freshman thrower Daniel Gilligan earned men's Rookie Field Performer of the Meet honors. Compagni was named Women's Coach of the Year for the indoor

Sturts won the pole vault by ceived bronze in the high jump with a score of 1.70 meters. Wilmany events as a freshman, won

standing Track Performer while the gold in two events – the 200 Greg Stickle and Bryan Cabral, meter run with a time of 22.12 and the 60 meter dash in 6.77 seconds – while Gilligan placed second in the shot put with a toss of 16.83 meters.

> Both the men's and women's 4x400 relay teams secured victories. The women's team consisted of seniors Antoniette Isekenegbe, Nia Driver, Tionna Garner, and sophomore Chandi Piiru, who ran an overall time

and senior Malcom Chavis, who crossed the finish line at 3:20.52.

"This experience from freshman to senior year has been a lot of work," Isekenegbe said. "We want to keep the tradition of winning the conference indoor and doing so with this group is an amazing feeling, because this team really feels like a family."

Compagni has stated the conof 3:50.10. The men consisted of ference meet is always the top junior Jack Grace, sophomores meet for the track team, with

each prior meet leading up to it as another step in being prepared when the time comes.

"The vibe is a lot different at conference. We are all pushing each other," Isekenegbe said. 'We are competing together and it is always about the team first. It's not about 'me' it's about

The men finished second with a total of 146 points, finishing just three points shy of Rider's 149. It was their first indoor conference championship they did not win since 2011.

It was a close call for the men, who were also seeking their fourth straight MAAC conference championship. But senior distance runner Domenick D'Agostino is satisfied knowing that they gave it their all.

"We all fought as hard as we could and this just happens sometimes," D'Agostino said. 'We have a few of our top guys redshirting so we know we know we are going to be stronger next year. This is such a great program and we did lose the MAAC meet, but that was the first time that has happened for me and it was a hard-fought loss. This team has been really great to be a part of."

Members of the Hawks who qualified, including Isekenegbe and D'Agostino, will set off to Boston, MA for the Intercollegiate Association of Amateur Athletes of America (IC4A) Indoor Championships on Friday,

Men's Basketball Continues Program Record Winning Streak

JOHN SORCE SPORTS EDITOR

The men's basketball team extended their program record winning streak to 16 games as Monmouth defeated Siena 77-73 on Friday night and Iona 79-73 on Sunday night.

A sell-out crowd of 4,172 packed OceanFirst Bank Center for senior night. Seven seniors were honored after the game including centers Zac Tillman and Chris Brady, forward Greg Noack, and guards Collin Stewart, Je'lon Hornbeak, Josh James, and Justin Robinson.

Monmouth led from 5:38 in the first half until Siena tied the game at 14:01 in the second half on a layup by Khali Richard. The lead changed six times from that point on and no team led by more than three points over that span until a pair of free throws by sophomore forward Diago Quinn at 6:02 gave the Hawks a lead they held onto for the rest of the game.

Siena cut the lead to two on a Lavon Long jumper with 41 seconds to go, but Robinson secured the win with a step-back jumper with 12 seconds remaining, making it a two-possession game.

"These families chose our school with their pride and joy, their sons," Head Coach King Rice said. "They chose us when we weren't very good, and my record was awful and for some reason, their families thought I was the right guy to turn their kids into men."

believed "Everybody Coach Rice and he believed in us, so that allowed us to propel this program in the right direction," Robinson said. "We have high-level kids committing here to come play, so I want to see this program keep going in the right direction. I know what's going to happen with a guy like

Coach Rice. He's bringing in guard Austin Tilghman banked the right kids and he's got the right people on the coaching

Monmouth also became the first Metro Atlantic Athletic Conference (MAAC) team since the league went to a 20 game conference schedule to win 18 games after besting Iona at Hynes Athletic Center in New Rochelle, NY on Sunday night in front of a sellout crowd

in a three-pointer at the buzzer for the second time in four games. The game was very tight throughout the second half and Iona tied the game at 5:56 on a Sam Cassell layup.

But MU responded when James scored five points in a 10 second span. A three-pointer and a lay-up after a steal gave the Hawks a 66-61 lead. Hornbeak's fifth three-pointer of the night made it a seven-point Monmouth took a three-point Monmouth lead with under ures in all but two games this

was the turning point. The game other Hawk to score in double was tied six times and featured seven lead changes.

"I thought that was a fun college basketball game," Rice said. "I thought my guys played hard and we were able to play well enough because it's not easy to get a win here.'

Hornbeak led the way tying a career-high with 25 points and has now scored 998 career points. Robinson finished with 16 and scored in double figlead into halftime after junior three minutes to play, which season. Tilghman was the only

figures, registering 10 points while also setting a careerhigh with nine rebounds. Brady hauled in 10 rebounds for the sixth time this season.

"We just went out and stuck to the game plan," Hornbeak said. "Me, Micah and J-Rob went out there and not necessarily try to feel it out, but try to get going early, which has always been our game plan. I caught a little rhythm going so they just keep feeding me and we went from

Monmouth shot 47.1 percent from the floor while Iona shot 40.3 percent. The blue and white turned on the attack in the second half, making 13 of 22 shots for a 59.1 percent clip.

Robinson and Seaborn were named to the All-MAAC First Team on Monday afternoon, marking just the third time the blue and white have placed two players on the First Team. It was the third year in a row Robinson was named to the team, and only the second time a Hawk was named First Team All-Conference three times, joining Alex Blackwell who did it three times in the Northeast Confer-

Monmouth's 16-game winning streak is the second longest active streak in the country (Vermont-18) and the win marks the first time the blue and white has ever swept the season series with Iona. This is also the first time Iona has been swept under Head Coach Tim Cluess in MAAC play. The 26 wins is the most Monmouth has ever obtained in the regular season.

The Hawks will take on the winner of the eight/nine game between Quinnipiac and Niagara on Friday at 7 p.m. at the Times Union Center in Albany, NY in the MAAC Tournament quarterfinals. The game will air on ESPN3.

"These families chose our school with their pride and joy, their sons. They chose us when we weren't very good, and my record was awful and for some reason, their families thought I was the right guy to turn their kids into

> KING RICE Men's Baskethall Head Coach



PHOTO COURTESY of Karlee Sell

Seniors Chris Brady, Josh James, Justin Robinson, Collin Stewart, and Je'lon Hornbeak started on senior night against Siena on Friday, Feb. 24.

Women's Basketball Heads to MAAC Tournament on High Note

MATT DELUCA

The women's basketball team defeated Niagara 68-62 Sunday afternoon on Senior Day at the Ocean-First Bank Center.

Freshman guard Kayla Shaw led the Hawks in scoring with 14 points, and senior guard Helena Kurt had 12. Senior center Christina Mitchell added nine points and 14 rebounds.

Both teams traded baskets throughout the first quarter, as the

timeout. Niagara took an 11-9 lead with 3:21 remaining in the first, but Monmouth responded with a 7-0 run to close the quarter strong. The run included five points from freshman forward Alexa Middleton, as the score was 16-11 after ten minutes.

The Hawks continued their strong play into the second quarter, as a three from senior guard Tyese Purvis gave the Hawks a double-digit lead, 24-13. Mitchell followed up with a layup to give the Hawks their

score was 6-6 at the first media largest lead of the half, at 13 points. New Jersey so they are my family Niagara hit a few shots to stay in the game, as the two teams went into halftime with the score 37-26 in favor of the Hawks.

The Purple Eagles scored five straight points to open up the second half, forcing Monmouth to take a timeout. The Hawks opened their lead back to 10 with 7:09 remaining in the third, but once again Niagara scored five straight, making the score 43-38 with 5:32 remaining in the third. A Shaw three opened the game back up, as the Hawks finished the quarter strong, with the score being 51-43 after thirty minutes of

Niagara opened the fourth on a strong 6-0 run to make it a two-point game, 51-49, with 7:27 remaining in the game. Monmouth received a layup from Shaw, a three from freshman guard Rosa Graham, and another three from Shaw to open a 59-51 lead halfway through the quarter. The Purple Eagles made things close once again, as they cut the game to 60-56 with 2:29 remaining. Kurt, on Senior Day, connected on a deep three-point shot with 1:07 remaining to extend the lead to seven. The Hawks never looked back from there, as Kurt sank three free throws late to make the final score

"Christina, Helena, and Tyese are kind of my first class," Monmouth Head Coach Jenny Palmateer said after the game. "It's tough, I'm not going to lie. It was a very emotional Senior Day, and I hope we can cap it off by playing well in the conference tournament."

"My teammates mean everything to me," Mitchell said, "I'm not from on WMCX 88.9 FM.

away from home. They mean everything to me."

For the game, the Hawks shot 35 percent from the field and 29 percent from three. The Monmouth bench outscored its opponent for the 27th time in the 29 games they have played this season, edging Niagara 27-5 in the category.

The victory also marked the second-consecutive win for the Hawks, who defeated Manhattan 63-50 Friday night. In that game, Shaw broke the program record for most three-point shots made in a single season, hitting her 81st on the season. She was named MAAC Rookie of the Week and to the MAAC All-Rookie Team on Monday afternoon. She finished with five triples in the game, while leading the Hawks with 18 points.

"We know how important it is to go into the MAAC Tournament with some confidence," Palmateer said. "We had multiple players that have had strong games in the last two. I think we're a team that can really make a run in the tournament, especially since we're coming into the tournament on a high. I'm really looking forward to seeing what we can do."

Monmouth finished its season with an overall record of 14-15, with a mark 9-11 in Metro Atlantic Athletic Conference (MAAC) play. They enter the conference tournament as the seven seed, as they will play the 10 seed Manhattan on Thursday morning. Tip is slated for 11:30 a.m. from the Times Union Center in Albany, NY, and the game can be found

SIDE

Baseball: The baseball team picked up their first win of the 2017 season behind senior right hander Ricky Dennis, who allowed two runs over six innings. Senior first baseman Shaine Hughes led the offense with three hits and scoring two runs. Senior southpaw Justin Andrews hurled the final three innings and allowed only two hits. The blue and white return to the diamond in the Notre Dame Irish Classic on Friday afternoon in Cary, NC at 1:00 p.m. vs. William and Mary.

UPCOMING GAMES

Wednesday, March 1 WLAX vs. Drexel Hesse Field at the Great Lawn

West Long Branch, NJ 3:00 p.m.

Thursday, March 2 WBB vs. Manhattan* MAAC Tournament First Round Times Union Center Albany, NY 11:30 a.m.

Friday, March 3 Bowling Hawk Flight Invite King Pin Lanes Egg Harbor Twp, NJ TBA

Indoor Track & Field ECAC & IC4A Championships Boston, MA TBA

Baseball vs William & Mary Notre Dame Irish Classic Cary, NC 1:00 p.m.

Softball vs George Washington Washington, D.C. 3:15 p.m.

MBB vs. Quinnipiac/Niagara* MAAC Quarterfinal Times Union Center Albany, NY 7:00 p.m.

Saturday, March 4 Softball vs. Bucknell Washington, D.C. 11:15 a.m.

Baseball vs. Rhode Island Notre Dame Irish Classic Cary, NC 11:30 a.m.

W LAX at Villanova Villanova Stadium Villanova, PA 12:00 p.m.

M LAX vs. UMass Lowell Hesse Field at the Great Lawn West Long Branch, NJ 1:00 p.n

Softball at George Washington Washington, D.C. 3:45 p.m.

Sunday, March 5 Softball vs. Bucknell Washington, D.C. 10:00 a.m.

Baseball vs. Notre Dame Notre Dame Irish Classic Cary, NC 11:00 a.m.

MBB vs. Siena/Fairfield* MAAC Semifinal Times Union Center Albany, NY 4:30 p.m. (if necessary)

Monday, March 6 MBB vs. TBA* MAAC Championship Game Times Union Center Albany, NY 9:00 p.m. (if necessary)

*conference games



Senior guard Helena Kurt was one of three seniors honored on senior day after Monmouth's 68-62 win over Niagara on Sunday, Feb.

Women's Lacrosse Falls to Bucknell

CHRIS FITZSIMMONS STAFF WRITER

The women's lacrosse team failed to defeat the Bucknell Bison on Wednesday, Feb. 22 as they dropped their first home game of the season at Hesse Field on the Great Lawn 14-10.

The game was held scoreless until the ninth minute, with both teams exchanging chances but no goals to show for them. Bucknell was first to open up scoring and subsequently added three more with rapid fashion. For the first time this season, Monmouth did not score the first goal and were immediately in need of a come-

Head Coach Eileen Ghent acted to the scoring barrage by calling with a quick goal by senior attacker Oliva Higson to make it 4-1. Both teams alternated goals from here and by the time the first half concluded, the score stood at 9-4 Bucknell.

acknowledged Ghent changed her team's offense approach for the second half.

"We started attacking from different points and had movements down low instead of up-top, and that worked for a little while," Ghent said.

Coming out of the half, the Bison were first to score adding to their lead to make it 10-4. Freshman attacker Allison Turturro quickly retorted for the Hawks by converting on free position shot narrowing the lead to five.

The next goal, scored three minutes later by Bucknell, resulted in Ghent switching goalies, pulling sophomore Riley Brager for sophomore Stephanie Delliturri in the 23rd minute.



PHOTO COURTESY of Bill Ryan

Senior Attacker Oliva Higson scored four goals in the Hawks 14-10 loss against Bucknell on Wednesday, Feb. 22.

Monmouth struggled to reduce the deficit as both teams once again began to trade goals over the next 16 minutes. The Bison held their largest lead with 7:27 left on the clock, with the score standing at 14-7.

The Hawks' offense flashed a glimmer of hope over the final seven minutes as they attempted to make a late game comeback. However, it was too little too late as their three goal run at the end failed to make a difference in the

The Hawks, in many major statistical departments, either beat or tied with the Bison. Monmouth forced 20 turnovers while surrendering 17. In free position shots, Monmouth converted on three for three as opposed to Bucknell's one for three. Shots on goal amounted to an exact tie at 24 per team and as did draw controls as both teams recorded 13. The difference was execution as the Bison did the better job of that.

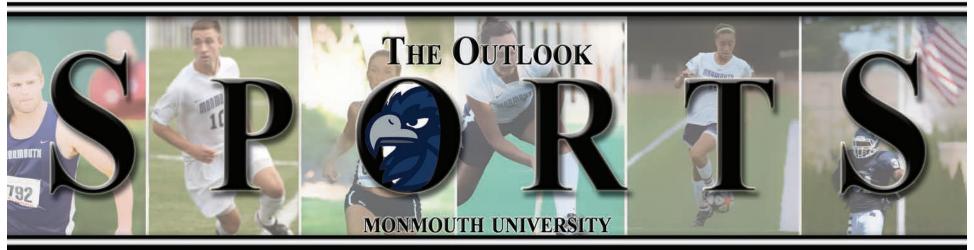
Ghent praised Bucknell performance after the game saying, "Bucknell has been doing what they have been doing all year. They have a good defense with a good goalie behind them. We didn't execute our plan as well as them and they were able to get the

Freshman attacker Nicole Ceraso once again took home Metro Atlantic Athletic Conference (MAAC) Rookie of the Week honors for the second week in a

row. She registered a total of 12 points last week against Temple and Rutgers and now has 10 goals and 10 assists for the season.

"It means a lot to me, I would not be able to do anything with my teammates help," Ceraso said. "They are constantly cutting for me to get assists and clearing the lanes for me and without them, I would not be able to do anything. I am thankful for my team.'

With the loss, Monmouth now has a record of 1-3 on the season and is in the midst of a three game losing streak after winning their season opener. The Hawks' next game will be today against Drexel on Hesse Field at the Great Lawn at 3 p.m. and it will be broadcasted on ESPN3.





The women's indoor track team won their fourth consecutive MAAC Championship and seventh straight total conference title on Sunday, Feb. 19.