



THE OUTLOOK

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Anxiety Disorders, Depression on the Rise Among Young Adults



PHOTO TAKEN by Alexandria Afanador

6.3 million teens ages 13 to 18 have had an anxiety disorder, according to the National Institute of Mental Health.

DANIELLE SCHIPANI
EDITOR-IN-CHIEF

Teens and young adults have been experiencing an increased amount of anxiety and depression partially linked to media overload and habitual social media use, according to multiple sources including experts at Monmouth University.

Approximately 50 percent more students entering college reported feeling overwhelmed between the years of 2010-2013 as compared to students between 1985-1989, according to the *Social Indicators Research Journal*.

There are many factors that contribute to this rise, but one of the main aspects includes constant access to the media and real-time social media updates. "Social media have

a more personal effect on adolescents, especially young adolescents, because the information is about people they either know or identify with, so that is more 'real' to them," said Dr. Janice Stapley, Associate Professor of Psychology.

Mary Harris, Specialist Professor of Public Relations and Social Media strategist, explained how social media and digital technology does have an impact on people. "Issues with self-esteem, anxiety disorders, and other mental health concerns in many cases can correspond, at least in part, with the media that people are exposing themselves to," she said.

Stephanie Brady, a senior communication student, described how social media has had a negative impact on her. "I am constantly checking my phone especially after posting something on my social media accounts," she said. Brady

described how often people get nervous when thinking about how many likes or shares they are receiving on a post.

"I feel that social media has negatively impacted my life in certain ways," explained Anthony Papetti, senior communication student. "It becomes a thing I constantly check and don't always give the full attention to my friends and family. Also it makes one jealous when they see their friends doing things that they were not invited to for whatever reason. It creates a small bit of tension," he said.

Andrew Lee, Director of Counseling and Psychological Services (CPS) and Katie Rizman, LCSW, a psychological counselor on campus discussed how CPS often sees social media and media act-

Social Media continued on pg. 2

Third Annual TheatreFest Calls for Student Expression

KERRY BREEN
COPY EDITOR

Monmouth University's third annual TheatreFest, presented by Alpha Psi Omega, ran from Tuesday, Nov. 29 to Friday, Dec. 2, treating students to four nights of free theatre.

The four nights in the University's Lauren K. Woods Theater each had very distinct themes to them. The first night was hosted by Boom Roasted Productions, the University's theatre club. This year's show was called 'Ham2Ham,' modelled after Lin-Manuel Miranda's 'Ham4Ham' showings at the *Hamilton* lottery drawings.

The show was created by junior theatre student Molly Huber, who also worked as a producer and performer, and assistant production manager for the event. The night featured fully choreographed numbers of some of the musical's already-iconic songs.

"This cabaret performance traced the direct line of Broadway composers from Oscar Hammerstein to *Hamilton* [Miranda]," said Kayla Mingino, a freshman English student and the director of the night. Mingino was also the assistant director for the theatre department's production of *Spring Awakening*.

"My favorite night of performances this year has to be my own - biased, I know - because I absolutely love how so many people came out to sing their favorite songs by their favorite

composers. It's truly remarkable to see the look in someone's eye when they're singing one of their favorite songs."

The night closed with the full cast singing Jonathan Larson's 'Seasons of Love' from the Tony-winning musical *RENT*. The second night of performances was a senior night, where graduating seniors performed songs by their favorite artists.

One such student was Nick Zaccario, a senior communication student who was also involved with the production of the show, the president of Alpha Psi Omega, and the co-technical director of Boom Roasted Productions.

"I think TheatreFest is a great way to end the fall semester because it gives students who want to either sing, act, or dance one more chance to show their skills in front of an audience of colleagues and professors who have similar interests," said Zaccario. "This year we tried doing senior night, where graduating seniors like myself compiled a set list of songs that they never got the chance to perform live."

Zaccario's performance for the night was a set list dedicated to Green Day's *American Idiot* musical, which is based on what he calls "one of his favorite albums ever."

"I chose six songs that ranged from fan favorites like 'Holiday' and 'Wake Me Up When September Ends' to previously

TheatreFest continued on pg. 3

Under Armour Will Replace Nike in New Athletics Deal

JOHN SORCE
SPORTS EDITOR

The University has announced a new deal with Under Armour that will provide uniforms and training gear for all 23 of the University's Division I athletic teams, in addition to coaches and athletic staff members beginning June 1, 2017. Financial terms of the multi-year deal were not disclosed by Athletics.

"I'm excited to announce this partnership with Under Armour. I believe that the drive, passion and goals of Under Armour closely match what we are trying to achieve as an Athletics Department. Dr. Marilyn McNeil, Vice President and Director of Athletics, said in a press release."

"Their commitment to constant product research and development, coupled with their relentless marketing efforts, will help to continue to push Monmouth Athletics to the forefront of Division I," said McNeil. "They were aggressive in getting

this deal done, recruiting us to become part of their family. This partnership will provide numerous benefits to our student athletes, coaches and staff for years to come."

The deal will end a relationship with Nike that Monmouth Athletics has had for the last decade.

Tyler Kurywczak, a senior business management student, and a member of the University swim team is excited for the new deal. "Acquiring Under Armour is a big deal for the school and us athletes. They have excellent clothing and equipment that will keep us warm in the winter weather," said Kurywczak. "As a swimmer, acquiring Under Armour is nice because they have larger bags than Nike does, and it will help us keep all of our gear."

Monmouth Athletics has had a number of successes in the last few years. The University joined the Metro Athletic Atlantic Conference (MAAC) for the 2013-14 school year and have won the Commissioner's Cup, which is described by the MAAC as "a symbol of overall

excellence in athletics in the 25 championship athletic events conducted within the MAAC," each of the last two years.

The men's basketball program won a program-high 28 games a season ago, including victories over high major programs USC, UCLA, Georgetown, Notre Dame, and Rutgers. The team was strongly considered for an at-large bid to the NCAA Tournament before falling by three points to Iona in the MAAC Championship Game and settling for one of the top seeds in the National Invitation Tournament. That enabled the Hawks to host the only two postseason basketball games on campus since OceanFirst Bank Center opened in 2009.

This fall, both the women's soccer and field hockey teams captured MAAC regular season and tournament titles and appeared in the NCAA Tournament, with the field hockey team hosting the University of Massachusetts on "So Sweet A Cat" Field on Nov. 9.

Monmouth football just con-

cluded its third season as an associate member of the Big South Conference and will move into their new \$15 million facility that is currently under construction in 2017.

"The partnership with Under Armour is a new opportunity for all of Monmouth's athletic programs," Monmouth football Head Coach Kevin Callahan said. "Under Armour is rapidly growing in the collegiate athletics market and I'm excited to see what this relationship means for Monmouth Football."

Under Armour has indeed become a prominent name in college athletics. In addition to its flagship school, the University of Maryland, Under Armour has recently struck deals with major programs like Notre Dame, UCLA, Auburn, South Carolina, and Boston College as well as mid-majors such as Towson, Davidson and Elon.

The company also recently struck its first major professional sports uniform deal with Major League Baseball that will begin

in 2020 and also has endorsement contracts with National Basketball Association star Stephen Curry and Professional Golfers' Association star Jordan Spieth.

Under Armour was established in 1996 and its headquarters are located in Baltimore, MD. Their mission, according to their website, is "to make all athletes better through passion, design and the relentless pursuit of innovation."

INDEX

News	2
Editorial	4
Opinion	5
Politics	6
Lifestyles	9
Entertainment	10
Viewpoint	12
Club & Greek	15
Features	16
Sports	18

MU Continues to Aid Student Military Personnel

RICH FELICETTI
ASSOCIATE NEWS EDITOR

To help members of the Military attend college, the University has continue to implement the Military Bridge Program which offers partial tuition coverage for retired or active military personnel.

Michael Callahan, Coordinator of Veteran Services, said that an institute of higher learning can be a very effective transitional method for military personnel. He also noted that they can implement their life-experience to contribute to discussions of geopolitical events and use their leadership skills to advance in the classroom.

As more personnel were coming home and looking to attend college, the University established the program to smooth the transition process, and help students get accepted.

Danielle Cohen, a senior psychology student whose brother is in the military and will be attending the University, said that the program was remarkable because it gives back to those who have served the United States. "I think it is really important to honor those that have served, and giving them an education is one of the best ways to do so," said Cohen.

"A lot of times, these people cannot receive admission into the university in traditional ways, so certain accommodations must be

made. They are typically thinking about other things while serving the country, so it is important to let them bypass certain requirements that non-military personnel would encounter," Cohen continued.

Students in the program are required to take a minimum of six credits from their choice of courses from the University's general education classes, such as English, history, natural sciences, and social sciences.

To start, students take part in a transitional semester as provisional, non-matriculating students. Students must achieve a minimum cumulative GPA of 2.25 in order to be admitted into a standard degree-

granting program. Additionally, veterans' benefits gained through the Montgomery GI Bill, Post-9/11 GI Bill, Yellow Ribbon GI Education Enhancement Program, etc. may be applied to the Military Bridge Program.

For students not eligible for any veterans' benefits, the program grants tuition assistance in the amount of \$100 per credit to aid in tuition during the semester. Therefore, even if students are not given any particular benefits, they still receive some form of assistance.

After achieving the required GPA, the students will reapply and be accepted as a degree-seeking student.

Unfortunately, students enrolled in the program are not eligible for federal financial aid while they are in provisional student status, which is the first semester of their course load said *NJTV News*.

Typically, non-military students will submit SAT scores and any other standardized tests, and their admission will be judged based upon a variety of factors such as GPA, SAT scores, and club involvement. However, military personnel are afforded the opportunity to bypass such standard admission requirements.

Further, in 2012 the University was named a "Military Friendly School" by G.I. Jobs, the premier magazine for military personnel

transitioning into civilian life. Military Friendly Schools is a selective list that honors the top 15 percent of colleges, universities and trade/vocational schools that offer the best assistance, flexibility and cost for active duty military and veterans pursuing an education. Members of the military seeking life after duty often turn to this magazine for guidance after their great service.

The veteran student program at the University seems to be growing every year, with 116 vet students participating this year, and 131 next year according to according to *NJTV News*.

Josh Manning, a senior business student, said that the program encourages active or retired personnel to seek an education at the University. He said, "It is really important for military personnel to feel valued, and the Military Bridge Program does just that," said Manning. "It allows people to attend the University in situations when they would not otherwise be able to."

To apply for admission, prospective students must submit a copy of their DD Form 214 (showing honorable discharge), a Certificate of Eligibility from the Veteran's Administration (for GI Bill benefits). And their military SMART, AARTS, or CCAF transcript.

Ultimately, the Military Bridge Program is a way that the University gives back to those who have sacrificed so much for this nation.



IMAGE TAKEN FROM <http://www.saffairs.msstate.edu/giving/>
The Military Bridge Program helps active or retired military personnel afford tuition at the University.

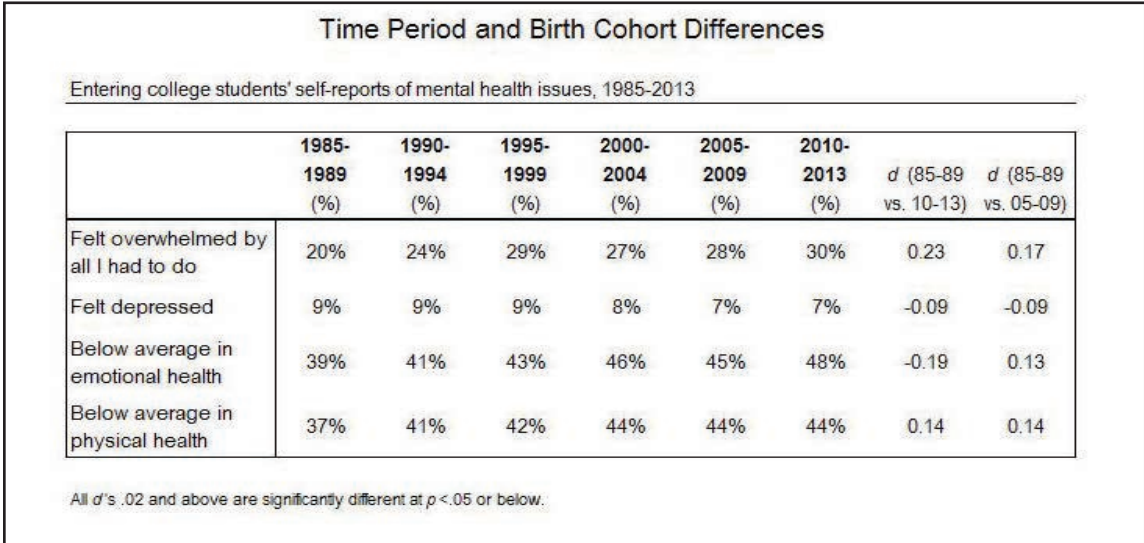
Mental Health Crisis Amongst Young Adults Connects to Social Media Usage

Social Media continued from pg. 1

ing as a contributing factor to anxiety and depression within students at the University but believe it tends to be a contributing factor rather than the sole factor.

Often, some students say how they feel they cannot escape their problems due to the prominence of social media, which may be a contributing factor in this rise in anxiety. "There is always going to be someone that posts something controversial or something that may even cause someone harm," said Jillian Young, a junior communication student. "However the best way to not let social media affect you as much as to become a little less involved in it. Maybe use it for more work related things rather than a social experience," she continued.

John Morano, Professor of Journalism, explained his personal experience with social media and how it has impacted people. He said that when he was young he would walk home from basketball practice alone, with his own thoughts or with a teammate. "But today, when you walk home from basketball practice, you're never alone. You have the entire world in your pocket and



The percentage of mental health issues has increased amongst young adults throughout the last three decades.

it's constantly calling you. That can be tiring, even overwhelming, especially when one considers the types of messages young people are often bombarded with. It's no wonder that anxiety and depression are on the rise in that demographic," Morano said.

"In one of my classes this semester my professor assigned a project where we had to give up social media for two weeks. I never saw a classroom protest an

assignment so much," said Leann Burns, senior communication student. "It got so bad that the professor had to create an alternative assignment. The general complaint that people felt that they genuinely could not function without checking and/or posting in their social media. It was really sad to hear to be honest."

There are several other aspects that contribute to this rise in depression and anxiety disorders,

of checking feeds, over-checking for feedback/likes/comments, tendency to mentally check out via social media rather than processing feelings in 'real life,' and spending too much time on cell phones, tablets, computers, along with a few other impacts.

"It's probably healthy to step away from the phone several times during the day. It really boils down to a question of balance, and that's probably not a one-size-fits-all equation. It is something, however, that everyone should probably consider," said Morano. "How we and others consume media is not something to be taken lightly. These are powerful influences," he added.

There are ways to limit social media use in order to escape from it. Harris offered some habits that can implemented into everyday life in order to monitor social media use. "...don't bring phones in the bedroom or have an hour of screen-free time before bed; go through all social media accounts on every platform and unfollow anything that is overly negative and lacks usefulness. Make more time to be outside or with family and friends where all involved promise to be phone-free for the day," she explained.

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The Attack of Fake News Increases

Google and Facebook Fight Back

JEREMY MANCINO
STAFF WRITER

In the aftermath of Donald Trump’s victory, tech giants Facebook, Twitter and Google have been accused of failing to stem the tide of fake news sites- and by proxy influencing the outcome of the 2016, election according to articles by *USA Today* and *The New York Times*.

These fake news stories, which described everything from false endorsements of Trump by major figures such as Pope Francis to false stories implying criminal acts on Bill Clinton’s part, flooded Facebook and other sites during the election cycle.

“The one thing we’ve noticed through studies of social media is that because citizens can now create content and share it (on social media), a lot of times they share inaccurate work,” said Mary Harris, a specialist professor of communications, who specializes in social media.

“Anyone with a smart phone or a computer suddenly has a voice that can reach millions instantly,” said John Morano, Professor of Journalism. “Individuals with personal agendas, with no formal training, with no intention in being responsible are creating fiction under the guise of truth with the hope of furthering their own special interests.”

The scope of the problem is far greater than one might first assume. According to the *Pew Research Center*, about 62 percent of Americans get at least some of their news from social media.

While Mark Zuckerberg has been quoted by *The Huffington Post* as dismissing the allegations outright, many of Facebook’s employees are taking a more serious stance toward the possibility. A few anonymous employees told *BuzzFeed News* on Nov. 14th that they had formed an unauthorized “internal task group” to filter out fake news.

Google too has struck back, expanding its policy against misleading ads to include the websites they run on. Their hope is that they will be able to starve these websites of ad-revenue. Although they say that this has been occurring for some time, recent events have assumedly forced the company to double down on their efforts.

Yet despite these companies’ best efforts, the controversy continues. Daniel Murphy, a graduate English creative writing student, noted that most people don’t even bother to read false stories, and instead take headlines at face value.

“I remember seeing an article which took a map of the country by political affiliation and tried to correlate it with a map of crime levels in America,” he said.

“However the article was simply using an electoral map from 2012 and trying to pass it off as something it wasn’t. People should listen to the candidates directly, and not rely so much on media sources,” said Murphy.

There are many reasons why these stories are written according to Harris. “Sometimes they’re for a quick buck, while other times it’s meant to increase readership on their blogs or websites. And then there are people trying to share a message which aligns with their political views,” she said.

Regardless of their purpose fake news can oftentimes be difficult to decipher from real news according to Eleanor Novek, a professor of communication. “People now are equally or more influenced by social media, which does not follow any professional news standards what so ever. So blatant lies were circulated gained viral status and were allowed to proliferate, and I think many people in the audience can’t tell the difference,” Novek added.

An article by *USA Today College* published on Nov. 15 highlighted seven ways to spot fake news stories. They included examining the website itself, checking it against other sources, and using fact checking websites such as Snopes and Politifact.

There are still some fears about the efforts of Google and Facebook to eradicate fake news, according to the *USA Today* and *The New York Times*. The most common one is that satirical websites such as The Onion will find themselves in the crosshairs of these new measures. But all agree that something has to be done-and not just on Google’s end. “This all goes to show the sheer impact social media has on our society today,” said Katelyn Caiati, a junior english education student. “Things will get read and posted all over, even if they’re not real.”

Unidentified Irritant Causes Evacuation of Student Center



IMAGE TAKEN by Jamilah McMillan

The Rebecca Stafford Student Center was evacuated on Thursday while the Monmouth University Police Department and local officials cleared the building due to an unidentified irritant.

JAMILAH MCMILLAN
MANAGING/NEWS EDITOR

The Monmouth University Police Department (MUPD) evacuated over 300 inhabitants of the Rebecca Stafford Student Center (RSSC) due to an unidentified irritant released in the building sometime shortly after 11 a.m. on Thursday, Dec. 1.

According to Bill McElrath, Chief of MUPD, a student notified a University employee of the unknown irritant around 11:30 a.m. and MUPD was called immediately afterwards. “MUPD responded and evacuated the building until the arrival of the Fire Department. The building was then aired out and repopulated when the Fire Department advised it was safe to do so,” he said.

“We believe that the irritant was released on the first floor of the Student Center near the back of the seating area of the food court,” said Mary Anne Nagy, Vice President for Student Life and Leadership Engagement.

According to Nagy, the Fire Department and MUPD were not the only respondents. She said, “Facilities management staff and a hazardous material response team from the county came as well to make sure it was safe enough for people to return into the building.”

Although MUPD did not determine the name of the irritant, some assumed that it was a type of self-defense spray. “My suspicion would be that it was more like a pepper spray; something that somebody may have had as a personal protection device that went off inadvertently, hope-

fully not purposefully,” said Nagy.

Madelyn Arecchi, a senior English and elementary education student, agreed. “I believe it was pepper spray, because that was the rumor going around and students usually seem to be pretty in the know with these types of situations,” she said.

Arecchi was initially surprised that a source was not found. “I would have assumed that the Student Center has security cameras that MUPD could replay for incidents such as this. However, since it did not seem that serious, it does not bother me that the source is unknown,” Arecchi added.

Chad Dell, an Associate Professor of Communication, was in a meeting on the third floor of the RSSC when MUPD pulled the fire alarm to evacuate the building. He and his colleagues waited outside of the building until it became clear that the building would not be immediately reopened.

Dell said, “We were outside for about five to ten minutes when Patti Swannack (Vice President for Administrative Services) arrived, along with the fire marshal, the fire chief, and then the fire engine. That’s when we began to suspect that it was not a normal fire drill.”

Dell also commended MUPD for their haste in reacting to the situation. “I am glad they responded as quickly as they did,” he said.

The Student Center was reopened at 12:29 p.m., however Gourmet Dining’s food services remained closed till 1:30 p.m. According to Nagy they took the necessary pre-

caution of purging all of the stations of uncovered and unsealed foods that could have been contaminated by the irritant.

“It took Gourmet Dining an extra hour to reopen because we made certain that any food that was exposed, not in a bottle, sealed, or in a package, was thrown away. Even if there was something like an orange that had a peel on it, we threw it out,” said Nagy.

“We threw everything out, we threw out apples, oranges, all of the pizza, all of the bread from Jersey Mike’s, all of the food from the Tex-Mex, and all of the protein and vegetables from the salad bar,” she continued.

“It was a lot of work. Gourmet Dining lost business for two hours, and on top of that they probably threw out several thousand dollars worth of food, but we needed to be safe,” she added.

Nagy hopes that students are always as reactive as the student who notified employees of the irritant. “The big thing is that students need to always be aware of their surroundings, and if something changes even if they think it is nothing, they should still say something. Hopefully it is nothing, but if not, we would rather know and be able to address it,” she said.

“I understand that accidents happen, and it may be that it was an absolute unintentional accidental act, but it would be nice to know that so we are not left wondering. I think if somebody knows something it would be helpful for them to share that with us,” Nagy added.

Four Nights of Free Theatre in Annual TheatreFest

TheatreFest continued from pg. 1

unreleased tracks such as “Last Night on Earth,” Zaccario explained. “My favorite night to perform in was Boom Roasted’s Ham2Ham. There were so many iconic songs performed by wonderfully talented actors and actresses, and it was a night the audience went crazy for.”

The third night of the event was an alumni night. University graduates from the department returned to perform songs from famous musicals. The fourth night of the event was Alpha Psi Omega’s Original Works Night, where the organization put on staged readings of original works written by Univeristy students.

“When it comes to my general involvement, if you don’t see me on stage, I’m most likely backstage,” said Chloe Meyer, the Vice President of Alpha Psi



PHOTO COURTESY of Olivia Mingingo

Student actors and performers showcased their skills at this years annual TheatreFest in the Lauren K. Woods Theatre from Tuesday, Nov. 29 to Friday, Dec. 2.

Omega and the technical director of Boom Roasted Productions. “I try to make myself as involved as possible. TheatreFest has been going on for

three years, since I came to Monmouth. It came from a place where performers wanted more time to perform, and I think we provide that now on a wider and

more artistic scale.”

“I went to all four nights of TheatreFest,” said junior music student Antonio Scavo. “It was spectacular. I had some expect-

tations because I’d been to the past year’s TheatreFest, but they were shattered when I realized how good the shows were. The best moment for me was watching my fellow students – some of whom I know very well – become someone else on stage by portraying a character.”

“TheatreFest came out of an idea to promote theatre on a campus-wide level,” said Huber, who, in addition to her work on TheatreFest, is also the president of Boom Roasted Productions, and the historian of Alpha Psi Omega. “Every night at TheatreFest this year showcased not only theatre at Monmouth from the past and present but also in the future. Each night was a success in its own way and I think this recognition of past, present, and future makes this TheatreFest stand out from the previous years.”

THE OUTLOOK

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A Year in Review at MU

THE OUTLOOK STAFF

A lot can change in one year, and like most years, 2016 was no different. While 2016 has brought on a little more change than some can handle, it is perhaps a year that no one will forget. At Monmouth University, 2016 has been a year of highs and lows.

Over the year, the school has made some pretty large changes, including construction efforts -such as the renovation of the Thomas A. Edison Science Hall and the Dining Hall - and the installation of Monmouth Stadium, a new football stadium which is expected to be completed in 2017. Through the course of the year, The University also faced an emergency lockdown, which challenged the school's preparation and ability to keep their students safe. Whether it can be argued for better or worse, the University has seen change and the editors of *The Outlook* have taken notice.

It's hard not to ignore the construction on campus that has been visible since the beginning of last semester. While the Edison Science Building will soon be renovated and given the polished look of the other, newer buildings on campus - such as Pozycki Hall, the construction effort has had some negative effects on students while on campus.

One editor said, "I think that it is great that the campus is trying to improve our facilities. However, the construction on campus is an eye sore and sometimes makes it more difficult to walk to class. Although they are making improvements to the University current students probably won't reap the benefits of them since these projects will be

completed after we graduate."

While the building has seen progress in the last few months, some students are finding the buildings renovation as an inconvenience. Another editor said, "The construction didn't affect me really because I don't have classes in Howard or Edison. However, my roommate used to do all her work in the Howard 24-hour lab, and now it's gone. So it has been an inconvenience to students."

Whether or not the finished construction of the building will restore positive opinions among the inconvenienced students, the newly renovated dining hall has seen some positive feedback since its reopening in the beginning of the fall semester, which could be a good sign.

An editor living on campus, said, "The new dining hall is beautiful and prior to the renovation it was pretty dated. Also, I think the renovations were needed to accommodate the new food options." The dining hall now serves vegan dishes, and offers an area which provides gluten free alternatives to popular foods.

While many of the changes seen this year were planned, one particular occurrence was not. The alleged robbery at gunpoint in November lead to a campus wide lockdown that lasted for two hours. In that time students received alerts on their cellular phones, and the suspect was apprehended and the weapon was recovered. While no one was harmed in this incident, the University faced the challenge of how to handle an emergency situation.

Some students felt like the University did what it could in such a

short period of time, others felt that they did not act quickly enough or were ill prepared and that nothing has changed since the incident occurred. One editor said, "I think the situation made students more aware of their surroundings while being on campus. But if something like this were to happen again, I feel that the university would handle it in a similar way. I have not had a sense that the University has increased security since the incident occurred."

Another editor felt differently, saying, "I think that the incident made the University more knowledgeable about how to handle an emergency situation. I feel that they handled it well, but in the future I think that they will be more cautious about the information they give students since they received a lot of criticism about it."

Overall, 2016 seemed to be a transformative year for the University. While much has been changed and adjusted this year, there is always room for improvement. As the year draws to a close, students at Monmouth University reflect on some of the events that happened at the school throughout the year, and hope for more positive change with the arrival of the New Year.

Another editor said, "[The University] has improved because it is planning ahead for the future better than before. With new renovations to academic buildings, the football stadium, and University policy, it looks promising for future classes."

While it is unknown what the year 2017 will bring, *The Outlook* editors wish everyone a wonderful holiday season, a successful end of the semester, and a Happy New Year.

SHENEMAN THE STAR-LEDGER



CHRISTIE'S STILL WILLING TO LISTEN TO JOB OFFERS

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

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Breaks with Books

MIRANDA HALPERN
CONTRIBUTING WRITER

A break from school is a sweet pocket of time where stressors are put on hold and time is used to catch up with friends, family, and sleep.

What exactly is a school break? Is it fifteen minutes between classes or the hour and 20-minute block when you don't have a class? Could it be the weekends, days off from class, and time between semesters? A break can be any amount of time students deem fit for their own schedules. Each break, whatever the length of time, can allow for different things to be done.

School breaks are usually highly anticipated and counted upon to help students recharge. Being given a chance to participate in non-school related activities is, for many, a much-needed break. Breaks allow students to travel, go to concerts, work, and take part in so many other things. These experiences are important to help a student grow and enjoy what they're doing, and they

also help to foster interests in non-academic areas.

School breaks are also good to use as a time to relax and reset your mind for the next stretch of classes. As assignment lists lengthen with the progression of the semester, stress can build up too. A break from school provides a chance to unwind, and catch up or get ahead of schoolwork can help to alleviate the possibility of stress in weeks to come. Doing schoolwork during breaks can give students more free time when they get back to school. A drawback of this way to spend a break is that it won't be a complete break from school as attention will still be on school assignments.

Shorter breaks from school, such as time between classes, can be used for meditation, recreational reading, catching up on social media, or even getting a coffee. Longer breaks can allow students to visit friends on campus or even take a quick trip home. They also can be used to provide a change of scenery for students.

Having the opportunity to visit friends or go home for a day or two allows for the exploration of nearby restaurants, parks, and shops are benefits of breaks. Also local activities, such as harvest festivals, holiday extravaganzas, and fairs, provide fun alternatives to the traditional activities such as movie nights, athletic events, and game nights that students are provided with at school. It can also give the opportunity to do the same activities done at school, but with different people, which can result in a different experience.

For those studying during the week, these breaks are deserved because of all of the hard work students put in while being in class. Some students may find that their schedule is filled with studying, going to class/work, as well as participating in extracurricular activities, which can take up a lot of time throughout each day. When studying for an exam or doing a paper before a break, there can be excitement that once the paper is turned in, students will be able to relax and be on break.

This momentum for the school year is important. When that momentum is ceased, it can be difficult to build it back up. The longer the break is, the longer it may take to get back in a routine for school. When on a break, students may become so relaxed that they are lethargic when it's time to return to their routine at school. One way to avoid fully losing momentum is to learn during break. Learning can be done outside of a classroom setting. Museums are a good way to do this. Whether it's a local museum, such as the Monmouth Museum in Lincroft, New Jersey which offers exhibits which will appeal to people with multiple interests, or a museum further away like the Metropolitan Museum of Art in New York City, the Museum of Science and Industry in Chicago, or the National Air and Space Museum in Washington, D.C., there is a museum for almost all interests.

Another way to learn during breaks is by taking classes. The classes can be fitness class-

es, craft classes, or even music classes. Yoga, Zumba, and CrossFit are popular classes to take and can help students to learn about fitness and nutrition. Craft classes such as scrapbooking, knitting, and cake decorating can allow students to learn about color schemes, proper techniques in crafting as well as patience. Music classes can help students to learn about different genres of music and teach them about key signatures, time signatures, as well as the various types of notes and rests.

Overall, school breaks can provide the opportunity for students to catch up with friends or family if they choose to, or learn a new skill. Breaks are beneficial and can be well deserved for students who work hard during the semester. Although they can cause a temporary stop in momentum, steps can be taken to minimize this such as doing some minimal learning during breaks.

Life Lessons for an MU Student From *Elf*

ALEXANDRIA AFANADOR
COPY/PHOTOGRAPHY EDITOR

It's hard to believe someone that hasn't seen or at least heard some quotes from the movie, *Elf*. But, just because you aren't in the holiday-cheery mood yet, doesn't mean you have to be a "cotton-headed ninny-muggins!" We can take away some pretty important life lessons from the movie *Elf*.

Buddy the elf said, "If you can sing alone, you can sing in front of other people. There's no difference." He teaches us that we should always be ourselves and to not let anything get in the way of that!

At Monmouth, we are incredibly fortunate enough to be able to join an insane amount of clubs or intramural sports from a wide variety of interests. From Club Volleyball, to Spanish Club, to Greek Life, all the

way back to Student Activities Board (SAB), there is something that can suit every single interest.

While we aren't elves who "try to stick to the four main food groups: candy, candy canes, candy corns and syrup" like Buddy, we do get the chance to splurge on some good food every so often- we deserve it!

With our Monmouth ID, we are able to get a significant amount of discounts through different places such as McDonald's, BubbaKoo's, Houlihan's and even Amazon Prime! Surely, we don't have to splurge on syrup and candy canes, but getting a discount on foods we wouldn't normally have the opportunity to go out and splurge on is something we should take into consideration.

In the Winter, especially for some people as we near the end of the semester, it's easy to get dreary, sad, and a little overwhelmed. Buddy reminds us that

we should remember to have his outlook on life: "I just like to smile! Smiling's my favorite."

Seasonal depression creeps its way into the minds of many as the winter cold washes over us. Sinking into the more comfortable and melancholy moods becomes easier as the days mesh into one, but, just smiling, even if it be randomly, actually helps our mood elevate even if for a moment.

On campus, during finals time, we have opportunities to de-stress from the trying days of preparing for the end of the semester. There are events such as the de-stress fest, puppies in the library, yoga for stress and so on and so forth. Taking advantage of these events helps remind us to take care of our mental health just as much as we should take care of our physical health.

The entire moral of *Elf*, is to take risks. Buddy said, "Papa says my real father lives in a magical place

far away...but the thing is, I've never left the North Pole." The same could be said of many students at Monmouth.

Taking risks is part of our everyday life; we take risks when we get in a car and drive, we take risks when we walk across the parking lot, and so on and so forth, but we, as a community, tend to shy away from the proposed 'bigger' risks.

Personally, I took a big risk in my life last semester: I took the chance and studied abroad for spring break in London, UK. And as much as I was homesick, I realized how this was a once in a lifetime opportunity. Our study abroad opportunities are limitless at Monmouth; whether you wish to go to Spain, the UK, or Italy, you can do it! If you'd rather stay on this side of the water, there are limitless internship opportunities.

Lastly, *Elf* teaches us that we can't ever give up. Buddy said, "I passed through the seven levels of the Can-

dy Cane forest, through the sea of swirly twirly gum drops, and then I walked through the Lincoln Tunnel." Surely, we won't be traveling through any candy forests or gum drop lands, but, if Buddy the *Elf* can survive through his trek to New York, we can survive just about anything.

Finals week alone is tough, but realizing that this will all end up being worth it should take precedence over any of our doubts. Our opportunity to further our education at such a unique and accepting university is something some kids only dream of.

Monmouth University has proven to be such a wonderful campus what with its educated and well-rounded faculty and staff, limitless resources, and beautiful campus, we truly could compare it to the North Pole: filled with plenty of life, love, and opportunities one could only dream of.

Are Good Manners Still Being Taught?

KAAN JON BOZTEPE
CONTRIBUTING WRITER

Ah yes, holiday season. The time of year that families all come together, in their itchy wool-made sweaters that their elders force them to wear, expressing thanks to families, and saying prayers for what they have. Immediately afterward, however, it's every man for himself, scavenger hunting for the best deals online and in malls. Back in the 1850's, if your father came home alive and healthy with a sack of salt you thank your stars for such a blessing; but in this modern age, if you buy your child the newest cellphone and get the wrong case color, you won't hear the end of it.

As cliché as it gets, the apple does not fall far from the tree. *The Observer* did a survey asking, "Do you think children today are more polite, less polite, or the same as when you were growing up?" and they responded saying, "the 70 parents that responded, three-quarters answered that today's children and adults are less polite than when they, themselves, were growing up."

Aside from parenting and guidance, another dilemma that causes a rift of sincerity and hospitality is the advancement of technology. There's texting,

tweeting, posting, blogging and many other types of sharing. These texting sub-units urge the predominately young generation to express their opinions with brief descriptions and lack of literary composure.

What's the problem with that? These electronic devices lead to more insensitive face-to-face interactions, even with relatives on Thanksgiving Day due to the lack of practical communication skills. In this generation, people feel more comfortable ordering pizza online rather than on the phone due to the fear of being ridiculed for mispronouncing the word 'pepperoni.'

Brianne Orzepowski, a freshman nursing student, stated, "In my opinion, I believe that good manners are neglected, especially during this time of year. I blame this partially on materialism. Many value what is tangible more than what is truly significant in life. This has caused many to grow selfish and to think of themselves before others."

"Additionally, individuals have come to expect something in return for a good deed. It does not take much to hold the door open for the next person or to give a simple smile or 'hello' to an acquaintance," she continued.

Nick Vail-Stein, freshman software engineering student, said, "I'd say that manners are still

taught and acted on, but maybe not as high of a degree as it used to. It's true that not everyone is the politest, especially with huge deals and stress to get products, but it's important sometimes to look past the bad behavior that is so obvious and look at all the kind people."

Vail-Stein continued, "Those who hold doors, who volunteer at soup kitchens, and work overtime so others don't have to still exist. I don't think the proportions of good to bad mannered actions have gotten any worse or better, but media is often pessimistic on such manners showing us black Friday mobs instead of volunteer Santa Clauses."

Frank Cipriani, Instructor of World Languages and Cultures, who is renowned on the campus for his refined mannerisms, stated, "Good manners are still taught. Life has pushed back against these good manners in numerous ways. Pop culture is driven by consumerism. Consumerism is driven by dissatisfaction, so many shows teach children to disrespect parents, showing them how to push back against them to pressure them to buy material goods."

Technology is fantastic, there's no question or objection to that, but when it has clear negative effects on the younger age groups something must be done. Social

media alone has been made quantifiable. The number of likes, retweets, comments, and follower counts makes social media seem like a numbers game. You may now be asking: "How does this affect our mannerisms?" To achieve these numbers, people display a fake persona to make themselves seem more interesting, but at the end of the day people are consumed with image on

social media then how they display themselves to the real world.

Cancelling out technology isn't the answer, but as a community if we can spread the importance of people and communication skills, then there may be hope yet. As a unit, let's strive to create a domino effect, not even just for ourselves, but for the better of the younger generations you want to inspire.



PHOTO TAKEN by Lauren Niesz

Manners are harder to come by nowadays, but it doesn't take much to simply hold open a door for a fellow classmate.

Dakota Access Pipeline Construction Put On Hold

JASMINE RAMOS
CO-POLITICS EDITOR

The Army Corps of Engineers announced that it would not issue a permit for the Dakota Access Pipeline to pass underneath the dammed section of the Missouri River on Dec. 4.

The Dakota Access Pipeline (DAPL) is an underground pipeline that is currently under construction in North Dakota.

The pipeline was designed to be 1,172 miles, and ran through four different states: North Dakota, South Dakota, Iowa and Illinois.

The pipeline created some controversy over the last four months. Protests had taken place on the construction site for months, consisting of Native Americans and environmental activists.

The people most affected by the pipeline construction were the Standing Rock Sioux Tribe and their allies. The tribe's main source of drinking water is located downstream of the current route of the pipeline, and the protesters feared that a spill on the pipeline could contaminate their water supply.

This is not the first time of concern with an oil pipeline construction. In 2010, a spill from an oil pipeline went into the Kalamazoo River and dumped 840,000 gallons of crude oil into the environment. The oil spilled for 17 hours before it was able to be shut down. The recovery cost over \$1.2 billion, and over five years to finish according to local officials.

There has also been a cultural aspect to the protesting. The Standing Rock Sioux Tribe filed lawsuits against the pipeline, in that the path of the pipeline crossed areas of cultural importance, including burial grounds and significant places of prayer. Many of these places have already been said to be tarnished because of the construction.

Sioux Tribal Coordinator, LaDonna Brave Bull Allard, whose father and son are buried there, cofounded the protest at Sacred Stone Camp in April.

Much of the protesting has gotten heated over the months. Through social media and the implementation of the hashtag #NODAPL, various videos have circulated of Native Americans being sprayed in the face with mace, tires being burned, and water cannons being used on protesters.

According to an article published by *NBC*, "Armed soldiers and police in riot gear removed the demonstrators using trucks, arresting 141 protesters."

Sydney Underhill, a graduate political science student, expressed her concern with the pipeline. She said, "First and foremost, the land is owned by Native Americans. On top of that, much of it serves as sacred burial grounds meaning the pipeline would disturb countless grave sites."

Underhill continues, "It also threatens the main water source for several tribes as well as many Americans and a spill as well as the oil production facilitated by it would



IMAGE TAKEN from Indian Country Today

Since August, Native American and environmental protestors **have been** "defending the sacred" land by the Missouri River from the Dakota Access Pipeline Construction.

cause immense harm to the planet. It is both socially and environmentally amoral."

However, even though the permit was not issued, the fight still continues. Energy Transfer Partners (ETP) said in a statement on Dec. 4 that they still plan to continue with the construction.

The statement read, "ETP and Sunoco Logistics Partners (SXL) are fully committed to ensuring that this vital project is brought to completion and fully expect to complete construction of the pipeline without any additional rerouting in and around Lake Oahe. Nothing this Administration has done today changes that in any way."

The statement continued, "ETP and SXL are fully committed to ensuring that this vital project is brought to completion and fully expect to complete construction of the pipeline without any additional rerouting in and around Lake Oahe. Nothing this Administration has done today changes that in any way."

President-elect, Donald Trump, can also issue an executive order pushing through the pipeline when he takes office on Jan. 20. North Dakota Senator, John Hoeven, wrote in a press release on Dec. 1, "We have met with President-elect Trump's transition team on a range of issues, including the need for the new president to issue an easement for the project."

"Today," the statement continued, "Mr. Trump expressed his support for the Dakota Access Pipeline, which has met or exceeded all environmental standards set forth by four states and the Army Corps of Engineers."

Trump has also been in support of other pipelines such as the Keystone XL, which was rejected by President Barack Obama in November of last year.

Trump Transition Team Communications Director, Jason Miller told reporters yesterday morning that the incoming administration will "support the construction of" the pipeline, and said the situation will be under review when Trump is in the White House.

Our Farewells to President Barack Obama



IMAGE TAKEN from <https://www.whitehouse.gov/administration/president-obama>

Dear President Barack Obama,

As your second and last term comes to an end, we here at the Univeristy would like to extend our thanks. As the president of "the millennials," you have a special place in our hearts. For most, you were the first president we were able to vote for, and we experienced democracy with you. And even though not all of us completely agreed with some of your policies at times, we will miss your calm outlook during tough and trying situations and hardships. Your familial and professional relationships are exemplary and serve as a role model to many.

That being said, here are a couple of thoughts from our students and faculty on your departure from the position of Commander-in-Chief ...



Jenna Lally
Senior

"I'm going to miss the Obama and Biden friendship."



Natorye Miller
Senior

"Please don't go."



Lorna Schmidt
Director of Advising and
Professor of Communication

"I'm going to miss his calm presence and his sense of family."



Anthony Papetti
Senior

"His ability to bring people together in chaotic times is amazing."



Tommy Foye
Senior

"He had such an impact on people."



Akintunde Obafemi
Senior

"My final thoughts are 'Yes We Can. Again. For a third time.'"



Diane McQuay
Communication Office
Coordinator

"I'm going to miss watching his daughters grow up."



Brain Foye
Senior

"His positive attitude is one of his best qualities."



Emily Townsend
Senior

"I'm going to miss his annual halloween party with his family."



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Attention All January 2017 Graduates:



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2016 Harvest Results for the Monmouth University Community Garden



The Community Garden, located at the corner of Beechwood and Brookwillow Avenues, is a membership garden where individuals and families “rent” a plot for the growing season (April-October) for \$30 to grow their own vegetables and flowers. These local gardeners, and organizations, such as Shore House, then take responsibility to help upkeep our community plots, from which the vegetable harvests are donated to a number of community agencies. This year, harvest donations were provided to:

- Reformation Food Pantry

The Center

Christ the King Food Pantry

St. Brigid’s Pantry at St. James

St. Dorothea’s Food Pantry

Food Bank of Monmouth & Ocean Counties
- Ronald McDonald House

Long Branch Senior Center

Food Not Bombs

Mary’s Place by the Sea

SPCA of Monmouth County

We provide you with an illustration of how the **3,291 pounds** of donated organic produce breaks down and what its cash value represents to the community. Prices used are the average price per vegetable from local markets. (Total cash value of the donated harvests was **\$6,022.57**).

- Tomatoes – 1,612 pounds (\$3,207.88)

Peppers – 56 pounds (\$139.44)

Eggplant – 72 pounds (\$107.28)

Beans – 130 pounds (\$686.40)

Cucumbers – 87 pounds (\$129.63)

Onions - 80 pounds (\$103.20)

Squash - 190 pounds (\$283.10)

Swiss Chard & Kale – 82.5 pounds (\$122.93)
- Lettuce – 66 pounds (\$65.34)

Watermelon – 363 pounds (\$286.77)

Herbs – 11 ounces (\$45.54)

Carrots – 87 pounds (\$68.73)

Potatoes – 83 pounds (\$41.50)

Spinach – 20.5 pounds (\$102.09)

Collards – 189.5 pounds (\$187.61)

Strawberries – 4.5 pounds (\$18)

The Community Garden thanks all our gardeners, our volunteers, and MU students participating in the Big Event for all their work during this very successful 2016-2017 growing season.

For more information on the Monmouth University Community Garden, or to become a member of the garden, please go to our website: www.monmouth.edu/communitygarden



It Pays to Be a Student: Discounts with Your ID

AMANDA DRENNAN
VIEWPOINTS EDITOR

Being a college student means that you're usually on a tight budget. Luckily, your Monmouth ID does not only get you into the dining hall, but it can provide you with some student discounts.

A lot of stores and businesses understand that college students are usually tight on money, so some offer a discount when you show your ID. Even if you're not sure if you can get a student discount, there's no harm in asking.

Tyler Kurywczak, a senior business management student, said, "I love student discounts, it's less money I have to spend and more money in my pocket."

If you're someone who loves shopping, it's easy to spend more than you can afford while you're out shopping with friends. If you're shopping at the Jersey Shore Outlets, which are only about 20 minutes from campus, don't hesitate to pull out your student ID and ask for a discount.

Many nearby stores give discounts to students if you have your student ID as proof. You can get 10 percent off your purchase at J. Crew and Charlotte Russe, and 15 percent off at Kate Spade, just to name a few. The Outlets already have lowered prices and your student discount helps to make it even cheaper.

Senior English student Ka-

trina Cordova said, "I think it's good that these stores recognize that we want to dress well but we don't have the money for it."

Your student discount can come in handy when you're at the Apple Store. Apple offers \$200 off new Laptops for students. There are also student discounts on different brand products at Best Buy when you're buying a

laptop, so it doesn't hurt to ask which brand offers a discount when you're looking to make a big purchase like this.

Specialist Professor in public relations and communication, Mary Harris, said, "Student discounts are a wonderful perk that I wish I had looked into more when I was in school. I would always take advantage of reduced movie theater tickets, but there are so many other perks now ranging from discounts to live shows to deals on admissions to museums and art galleries."

The movie theater at the Monmouth Mall is only about 10 minutes from campus, which is perfect when you want to see the newest movies that are coming out. When you're at the movies, the expenses add up. If you're buying your ticket at the theater and show your student ID, they usually take a few dollars off the price. This allows you to save money on your ticket, and not feel guilty about splurging for overpriced popcorn.

There is also a salon on Ocean

Boulevard in Long Branch called Tangled Up, that offers a discount not only to Monmouth students but also faculty. If you show them your Monmouth ID, they will take 20 percent off any salon services. Discounts like this are convenient for students, especially when you realize how much money you're spending just to get your hair done.

Amazon Prime is one of the most beneficial discounts a college student can get. If you sign up for an amazon account with your school email, you get six months of Prime free. This is perfect for students who want to buy their textbooks cheaper online. With Amazon Prime, you get free overnight shipping, which is perfect for those last-minute textbook purchases.

As a college student, we can sometimes find ourselves struggling to save our money. Luckily, our student IDs can help us stay on budget. Next time you are out shopping, don't hesitate to ask if the store offers a student discount because every little bit helps when it comes to saving money.



PHOTO TAKEN by Amanda Gangidino

There are many stores that offer discounts when you show your student ID.

Sweet Holiday Recipes

MARIE SOLDO
STAFF WRITER

'Tis the season to be jolly and to eat lots of holiday cookies. Isn't that how the tune goes? The end of the semester is upon us, so if time allows, distract yourself from studying and bake a batch of cookies to help get through finals. Who doesn't love cookies, especially on a cold winter day? Sugar cookies with frosting are junior business administration student, Brianna D'Ambrosia's favorite type of cookie while snickerdoodles and oatmeal chocolate chip cookies are two favorites of sophomore communication student Kait Gravatt.

Simple, yet versatile sugar cookies always get every cookie lover in the holiday spirit. Here is a sugar cookie recipe that requires few ingredients and little effort. The ingredients are 2 sticks of softened unsalted butter, 3 eggs, 1 1/2 teaspoon vanilla extract, 1/2 teaspoon salt, and 3 1/4 cup all-purpose flour. First, you will beat the butter

and sugar, then add the eggs, one at a time, along with the vanilla, salt, and the all-purpose flour last. Divide the dough into four equal sections, place sections of dough in a bowl, cover with plastic wrap and place in the refrigerator to chill for two hours. Once the two hours is up, preheat the oven to 400 degrees. Roll out the dough onto a floured surface and have fun cutting out cookies with your choice of cookie cutters. Place the cookies on a parchment-lined baking tray. If you wish to decorate the cookies with sprinkles, do that before placing them in the oven. Bake them for 10-12 minutes and enjoy!

For peanut butter lovers here is a recipe for the perfect peanut butter blossoms. This recipe requires more ingredients than the sugar cookies, but it is worth it in the end. You will need 1 3/4 cups of all-purpose flour, 1/2 cup of sugar, 1/2 cup brown sugar, 1 teaspoon baking soda, 1/2 teaspoon salt, 1/2 cup shortening, 1/2 cup peanut butter, 2 tablespoons of milk, 1 tsp. vanilla, 1 egg, and your choice of colored sugar sprinkle. Combine

the flour, sugar, brown sugar, baking soda, salt, shortening, peanut butter, milk, vanilla, and the egg and mix on low speed with an electric mixer. Preheat the oven to 375 degrees.

While the oven is preheating, roll the dough into balls then roll them in the sugar sprinkles and place them on a cookie sheet 2 inches apart. Bake for 11 to 13 minutes and as soon as they come out of the oven, place a Hershey's Kiss or Reese's Peanut Butter Cup on top of each one.

Christopher Hirschler, Associate Professor and Department Chair of Health and Physical Education recommends this delicious vegan, chocolate chunk cookie recipe. First, you must preheat the oven to 350 degrees. Cream together 1/2 cup of coconut oil and 1 cup of brown sugar. Then you must add 1/4 cup of Almond milk and 1 tablespoon of vanilla extract. If the mixture is "liquidy" you are on the right track. In another bowl, mix 2 cups of flour, 1 teaspoon of baking soda, 1 teaspoon of baking powder, and 1/2 teaspoon of salt. Combine

both the wet and dry ingredients, then fold in 1 cup of vegan chocolate chips. Roll the dough into balls and place them on a cookie sheet. The dough might appear to be a little crumbly, but that is perfectly fine. Bake for 7 to 10 minutes, and enjoy these vegan cookies. Professor Hirschler ensures that "No animals were harmed in the making of my vegan chocolate chip cookies!"

Forget about taking a trip to the store for cookie mix. Use the in-

gredients in your house to make cookies that will not only bring a smile to your face, but to the faces of those that you are sharing these baked treats with. These cookie recipes will ensure that you have a holly jolly holiday season filled with delicious goodies and fun memories. So, pour yourself a glass of milk and dunk in one of your homemade cookies because you've earned it.



IMAGE TAKEN from www.mccormick.com

Sugar cookies are a holiday treat that are delicious and easy to make.

Wine & Dine On A Budget

KENDAL ADAMS
STAFF WRITER

If you have nothing but 20 dollars in your pocket, instead of "popping some tags" as Macklemore encourages in his song "Thrift Shop," why not take that cash and put it toward a good time with someone special? Dating can get pretty expensive, but there are plenty of things you can do with just a few bucks. You just need to know how to utilize your resources. This article will give you some date ideas for when you are just plain broke.

As a college student or anyone without a well-paying job, it is common to find yourself spending all of your money on food, bills, or those pricey textbooks. Any extra money is what you hope to use for activities with your friends, and maybe even a significant other. If you use your imagination, you'll find it won't take much to have a good time.

John Morano, a Professor of

Journalism provided some insight on his past date experiences, including one that involved taking someone out of the country. I know you are probably thinking that sounds crazy and that it definitely costs some money to do that. However, Morano explained that he took his date to a local deli for some sandwiches and to her surprise, he walked them over to the United Nations building for a nice lunch in what is considered international territory. Morano said, "If I promise you I'll take you out of the country, you bet that's where we're going."

If you don't think you can pull off some smooth moves like that you can try something as simple as "Netflix & Chill," but you might want to do an activity with some adventure. Who doesn't enjoy lounging around on a lazy Sunday, but some "wow" factor is a must. Junior software engineering student Claudia Ondecker shared, "It could be as easy as

taking a drive to the beach with some hot cocoa from Dunkin' Donuts, and snuggling up on a blanket to watch the stars." Not everyone is out for money, but many of us just want some romance.

Another fun, cheap night out is a spontaneous coin ride. Kat D'Amico, a junior English and education student, explained, "All you need is a penny to toss and whether it's heads or tails, you just drive in whichever direction is designated, right or left." Talk about a cheap date! If you aren't looking to go far from Monmouth, Asbury Park has a beautiful boardwalk with neat shops and quaint restaurants. Not to mention, the murals of Asbury Park are great photo spots.

Some winter fun could be had if you happen to pass by Pier Village in Long Branch. The area just recently opened an ice skating rink for those who don't mind the cold. It's within the twenty-dollar budget, plus your

date might just be cold enough to want to hold your hand! If going out is not your thing, you could never go wrong with a night in of a home-made dinner and some freshly baked cookies to go with a glass of milk, before cuddling up to watch holiday movies.

Whether you're interested in a night in, or some fun outdoors, your limited funds are no longer an excuse to make some great memories with your significant other. It's all about the moments you create together, not the cost because memories are priceless.

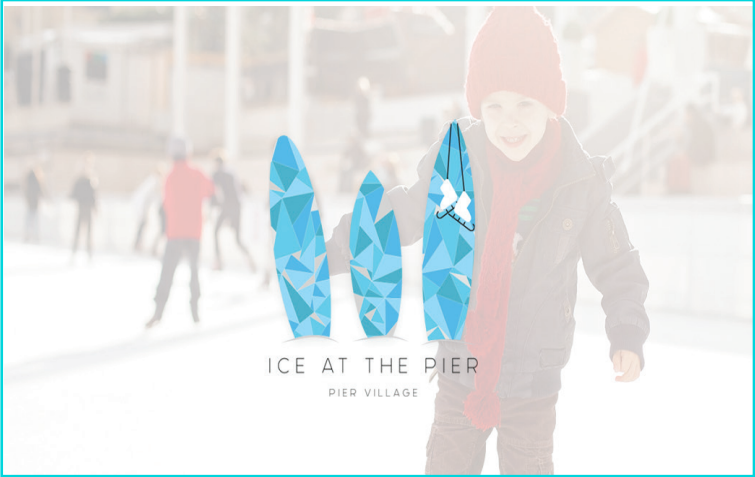


IMAGE TAKEN from www.njmom.com

Ice skating at Pier Village is under 20 dollars and is a romantic date idea for you and your significant other.

Kanye West Brings Mental Illness to Light

JENNIFER MURPHY
STAFF WRITER

Kanye West left fans outraged after showing up over an hour late to his concert in Sacramento, California on Nov. 20, giving a 17-minute rant and playing only three short songs, before tossing his mic and stopping the show short after just half an hour of performance.

Just one day after the concert, the rapper was admitted to the psychiatric ward of UCLA hospital for stress and exhaustion following a long week of erratic actions during on stage performances, including ranting about Jay-Z, Beyoncé, and the results of the recent presidential election, and the excessive cancellation of his concerts during his Saint Pablo tour. However, as dark as this situation seems for West, there is positivity because it has created a conversation about mental illness and how the hip-hop world copes with this disease.

The pressures on hip-hop artists to conceal mental health weaknesses is extreme and have been brought to light since West's hospitalization, as well as Kid Cudi's hospitalization for depression and suicidal thoughts on Oct. 3. Despite the hip-hop world being closed off to mental health awareness, there are many elements present within the hip-hop culture that can trigger mental health concerns such as poverty, dysfunctional families, absentee fathers, and gang violence. These elements are often documented in the lyrics of various hip-hop songs such as Jay-Z's "Where Have You Been." In the song, it says,

"I can see it clear as day you smackin' my mom. Do you even remember December's my birthday? You showed me the worst kind of pain."

On Nov. 10, 2007, West's mother died of surgical complications from a cosmetic procedure. It's no secret that the death of West's mother took an extreme toll on him, both physically and emotionally. He has had countless interviews regarding the subject of his mother's death where he expressed that losing her was catastrophic. He has also dedicated songs to her such as "Hey Mama" and "Only One." "Only One" is a song explaining a conversation West had with his mother in his dreams with lyrics such as, "As I lay me down to sleep, I hear her speak to me. Hello 'Mari, how ya doin'? I think the storm ran out of rain, the clouds are movin'. I know you're happy, cause I can see it so tell the voice inside ya' head to believe it."

The concert in Sacramento on Nov. 20 was just 10 days after the anniversary date of his mother's death. The grief along with stress from the robbery in Paris involving his wife, Kim Kardashian, where his wife was held at gunpoint in her hotel, caused a breaking point for the artist.

There has always been an extreme sense of masculinity, an environment where feelings and emotions related to mental health are not welcomed with open arms. However, West being hospitalized has welcomed a conversation about mental illness. Since the artist was hospitalized there's been an overwhelming amount of support



IMAGE TAKEN from www.nymag.com

Kanye West during one of his concerts on *The Life of Pablo* tour.

and acknowledgment from fellow hip-hop artists and celebrities encouraging West to seek treatment for his mental health issues. Friend and collaborator, Chance the Rapper, offered a special Thanksgiving prayer for West during his radio interview with *BBC 1* saying, "I want to extend a special prayer to my big brother Kanye West. I want to just extend this prayer and this love from all the way in Britain. We might come home early to see this. Happy Thanksgiving."

In the past, such things, mental illness especially, were rarely discussed because artists felt the need to uphold this image of hyper masculinity brought about by the hip-hop culture. With West's hospitalization the subject of mental health and how

mental illness is apparent in the hip-hop industry becomes more accepted.

It feels like every time West says something a little controversial, expresses a comment that goes against the norms formed by society, people confuse his difference for mania. He becomes dismissed, mocked by his peers, his fans, and he becomes a headline in the papers, a poster-child for the "diagnosed." Watching him is like reliving my earlier years, when I couldn't get a grip on my own anxiety mania and I carried around a small black book where I wrote down my fears of my parents dying, my family falling apart, and my anorexia ultimately consuming me. But Kanye is a struggling idol, a

struggling celebrity icon, and if people so quickly throw him to the side for his health slips, imagine what they'd do someone like me, a regular person in the crowd.

What has come to light is how small the world's mental health vocabulary is, how small the hip-hop culture's mental health vocabulary is. The vocabulary consists of misused labels such as weak, crazy, lame, pussy, and sometimes "emotional." What has happened since the rapper's hospitalization is a conversation created by the hip-hop world, a community of support that encourages artists, and all people, to speak out about their mental health issues, to seek treatment for them, to take all the time that they need.

Natasha, Pierre, and the Great Comet of 1812 Slays on Broadway

KERRY BREEN
COPY EDITOR

Natasha, Pierre, and the Great Comet of 1812 is like no other show open on Broadway today. Starring Josh Groban and Broadway newcomer Denée Benton as the titular characters, the show takes a 70-piece chunk of Tolstoy's *War and Peace* and turns it into a rapturous, gorgeous performance.

With a book and score written by Dave Malloy (who also played the role of Pierre Off-Broadway), focuses on the story of Natasha Rostova (Benton), a Russian aristocrat engaged to her love, Andrey (Nicholas Bolton). However, in the opening moments of the show, he is sent off to fight in a war, leaving Natasha in Moscow in the care of her godmother, Marya (played by Grace McLean), and her cousin and best friend, Sonya (Brittain Ashford), to wait for him.

While in Moscow, however, the innocent and naïve Natasha is seduced by the glamour of the city – and Anatole (Lucas Steele), a charming womanizer. He and his sister, Helene (Amber Gray) conspire to convince Natasha to fall in love with him, and of course, trouble emerges.

The cast is dense, and the plot fast-moving (the above information only covers the beginning of act one!), but the show is easily understandable. A family tree in the program informs the audi-

ence of the connections between the characters; the lyrics include the internal monologues of the characters; and the fast-moving prologue introduces each character with a brief explanation of

including most of those in the leading roles – making their Broadway debuts. The story and music is dazzling on its own, but it is the cast that truly brings the lavish characters to life in a

It then moved into a specially-built cabaret-style space in New York City's meatpacking district.

For its Broadway premiere, it lands in the completely re-

Audience members for the show have great variety in where they can sit – including on stage. There are three tiers of on-stage seating – the bleacher-like ring of chairs that arcs across the back of the stage, the bar stools at the tables scattered around the stage, or the luxurious swiveling arm chairs that surround the center of the stage. There is also, of course, normal seating in the rest of the theatre, but it is on the stage that one can really experience the show.

And truly, it is an experience. Highly immersive, those sitting on stage find themselves close to the actors and sometimes even a part of the action, as the cast members sit among them and even use them as props for scenes. During one scene, cast members pass letters out to those sitting on stage; in another, baskets of shakers are passed around so the audiences can add to the rambunctious music being played.

However, the action isn't limited to the stage. Part of the theatre's renovations included two large staircases that connect the mezzanine (the upper tier of audience seating) to the stage, so actors can race in and out of there; there are also two extensions of the stage that stretch out into the orchestra seating sections. Every seat in the house is a good seat – all offer a wonderful view of the stage, and a glimpse into a new form of theatre.



IMAGE COURTESY of Kerry Breen

Lucas Steele, Broadway actor, took his bows on stage after the performance.

their personalities and characteristics.

The cast is spectacular in the handling of the material. Many of them have been with the show since its conception; there are nearly two dozen members –

high-energy and rambunctious performance.

Essentially a chamber opera with a small chorus, the show was born in the small theatre of Ars Nova, an extremely adventurous off-Broadway company.

modeled Imperial Theater. Its grandiose lobby has been renovated to resemble a Russian underground bunker, complete with tattered posters on the wall and cold air being pumped in through the vents.

Pokémon Sun and Moon: Review and Retrospective

JOHN MORANO
STAFF WRITER

Assuming one knows nothing about *Pokémon: Sun* and *Pokémon: Moon*, the most recent additions to the wildly popular *Pokémon* series, one might first ask, “what’s new?” Well, Pokémon gyms are gone, mega-evolutions were put on the backburner in favor of z-moves, the map is a collection of islands, the Pokémon professor is a tanned, ‘shirtless-stud’ who lets Pokémon test their attacks on him, and the new bad-guys, Team Skull, are a bunch of pun-cracking, delinquent, good-for-nothing kids who no one takes seriously. *Pokémon Sun* and *Moon* are certainly great games, however, I personally feel that this has little to do with any of the aforementioned changes, and more with the fact that they’re *Pokémon* titles.

Before I go into further detail about *Sun* and *Moon*, I’d like to talk a bit about my background with *Pokémon*. *Pokémon Gold* was the first video game I ever played, and

at the ripe old age of seven, I spent an excess of 300 hours on the title. Since then, I’ve played at least one version of each core title and have always played the extended editions (*Pokémon Yellow*, *Crystal*, *Emerald*, etc.) whenever they released. I’ve played every remake of these core titles and I’ve even played most of the spinoffs with the *Pokémon Colosseum* and *Pokémon XD: Gale of Darkness* titles being my favorites in the entire series. These two GameCube spinoffs, much like *Sun* and *Moon*, ditched traditional *Pokémon* game format, throwing away both gyms and wild Pokémon battles/captures.

Given that my favorite titles are spinoffs which radically changed series format, I am tolerant of such an approach, perhaps even more likely than most to appreciate it. This in mind, the question becomes, what is it about *Pokémon Sun/Moon* that makes them less appealing? In my opinion, the changes made by *Sun/Moon* are jarring enough that it doesn’t feel like a core *Pokémon*

title, yet it bears enough similarities to core titles that it doesn’t feel like a spinoff. Consider the new z-moves, which essentially replace mega-evolutions (one of the previous generation’s standout mechanics), they’re certainly cool, and they actually do a lot to balance out mega-evolution. That said, many feel that they’re a lot less interesting than mega-evolutions. Innovation is all well-and-good, but in this case, even if series patterns were altered, I wouldn’t say that there was true innovation here.

Towards the end of the game, *Pokémon Moon* grew on me substantially. This was due, in a large part, to the presence of the Elite Four at the title’s conclusion; even if the path to get there was different, the game did at least end on more-or-less the same terms as other core *Pokémon* titles. Also, though I’ve focused on *Sun* and *Moon*’s failure to innovate, these games really do have a lot going for them. The setting is at times unique and refreshing, the music nostalgic and the plot pleasantly quaint. One of the new

features, Alola forms, actually does add an innovative new element to the series. Alola forms are variations of preexisting Pokémon with different types, Alola Raichu, for example, is psychic/electric (normally this species is electric), and Alola Ninetails is ice/fairy (normally fire).

Alolan variants, although technically bearing the same name/species of their precursors, beyond differing in terms of type, also have unique stats, appearances, abilities, moves, and lore. Some of these Pokémon, such as Marowak, look both similar and different from their preexisting counterparts, and as a result seem phenomenally well-designed. Then there’s a few like Dugtrio, which, aside from a blonde surfer-hairdo, appear identical to the original. Interestingly enough, only Pokémon from the original 151 Kanto list received variants, perhaps Johto will be next.

Variants like these were actually introduced by fans into community-made *Pokémon* games such as *Pokémon Insurgence* (some of which are quite good) and this feature was very popular amongst players of said games; it would appear that Game Freak (*Pokémon*’s Developer) has caught on to this fact and gotten in on the action. It is quite likely that regional variants of existing Pokémon will appear in future series titles. Beyond these Alolan Pokémon were well-designed and interesting, although some may feel the pokedex was a little on the light side, with only about 80 new Pokémon.

The postgame was pretty fun; players complete a number of quests relating to legendary Pokémon. That said, while the postgame was certainly satisfactory, I felt that *Omega Ruby/Alpha Sapphire*’s brought more content to the table. The game’s choice not to include mega-

evolutions hurt it here, as hunting for mega-evolutions greatly benefitted the previous two title’s end-games.

Pokémon games appear to be turning into an annual franchise, and after seeing what has happened to other such franchises (*Assassins Creed*, *Call of Duty*), this worries me. When a series does this, development time/resources allocated typically become more rushed for the purpose of churning out games more quickly. That said, a lot of people love *Pokémon*, and supply is simply adjusting to meet that demand.

As a whole, *Pokémon Sun* and *Moon* have enjoyed a very warm critical/popular reception, so clearly quality hasn’t suffered too much yet. Personally, I consider *Sun* and *Moon* to be great games; they’re very fun despite any dissatisfaction I’ve given voice to. If you’ve liked past *Pokémon* titles, and are trying to decide whether or not to purchase them, let me save you some trouble: yes, they are absolutely worth paying for and playing. If you liked *Pokémon XY* and want to play the same sort of thing again, then this newest generation is likely what you’re looking for, just don’t expect much more than that.

Pokémon Sun and *Moon*’s biggest failure, in my mind, is that in attempting to be original, a number of its supposed innovations were superfluous, and even the successes (Z-moves) don’t match with past features (mega-evolutions). That said, even if one refuses to call it innovative, it’s still a fully-functioning *Pokémon* game, and a worthy time-sink for any interested. In terms of rating, I’d give *Pokémon Sun* and *Moon* an 8.5/10, even if they’re not legendary Pokémon, they’re certainly top-tier competitors in the arena of video games.



IMAGE TAKEN from www.ign.com

The newly released *Pokémon Sun* and *Moon* have been a success.

The CW is Thriving with Superhero Hits

VICTORIA NELLI
STAFF WRITER

The CW is ‘super’ great right now, and the man at the center of it all is writer, producer, and creator, Greg Berlanti. The mastermind is behind *The CW*’s hits, *Arrow*, *Supergirl*, *The Flash*, and *Legends of Tomorrow*.

In 2012, the birth of *The CW*’s superhero takeover began. It started with a billionaire, Oliver Queen (Stephen Amell), who was stranded on an island where he learned many different skills, which would turn him into the Arrow. After he realized he couldn’t fight off every villain who entered Star City, he enlisted a team to help him. The team consisted of John Diggle (David Ramsey), Felicity Smoak (Emily Bett Rickards), Laurel Lance (Katie Cassidy), Thea Queen (Willa Holland), as well as previous Roy Harper (Colton Haynes). The show originally focused on Queen’s struggle with letting people in, and realizing he can’t control every situation in his life. The show now relies heavily on the other characters and the relationships Queen has built over the years with these people by his side.

After the network got a glimpse of the adoration from *Arrow* fans, critics and viewers alike, *The CW* moved forward with *The Flash*, which starred the adorable, smart, super-nerd, Barry Allen (Grant Gustin). Much like superheroes before

him, *The Flash* has a cover job (hey, even though they’re superheroes, they still have to pay the bills!) working as a CSI, where he works with a team of investigators who uncover his secret and help him fight off crime. His speed, willingness to help, and sometimes naïve nature sets him apart from other heroes. He isn’t aggressive or a tortured soul in a way; he’s extremely kind and very ordinary. The Flash protects Central City, and sometimes joins forces to help his friends in Star City as well as National City.

It’s a bus, it’s a plane, it’s Marley from *Glee*? Yes, shy, quiet, and strange Marley from the FOX musical-comedy, *Glee* is *Supergirl*, and honestly, no one could play Kara Danvers better! Melissa Benoist plays the adorable Danvers, a girl who is almost too normal, who is hiding a super big secret; a secret that can no longer be contained when National City and the lives of those who occupy it, are threatened. Although she is still trying to understand her powers and wrap her head around the fact that she can do all of the things her cousin, Superman, can do, she is still trying to keep some shred of normalcy. She does this by working at CatCo, the media conglomerate, where she serves as Cat Grant’s (Calista Flockhart) personal assistant. She has a team that helps her stop the bad guys, her sister, Alex (Chyler Leigh) and her coworkers/



IMAGE TAKEN from www.hiddenremote.com

As one of the network’s successful superhero series, *Arrow* has been doing well on *The CW*.

best friends, Winn Schott (Jeremy Jordan) and James Olsen (Mehcad Brooks).

The CW network’s latest superhero series is *Legends of Tomorrow*. While the series got off to a rocky start, it is slowly shaping up to be a promising new series from Berlanti. The series stars *Arrow* characters Ray Palmer (Brandon Routh) and Sara Lance (Caity Lotz), as well as Victor Garber and Franz Drameh. *Legends of Tomorrow* focuses on an odd group of heroes who are trying to prevent

the apocalypse from happening. This season there will be a crossover between *Legends of Tomorrow*, *Arrow*, *The Flash*, and *Supergirl*, and hopefully it will bring in more viewers for *Legends*.

Overall, *The CW* expanding their demographic to superhero/comic book fans is an incredibly smart move on their part, especially moving *Supergirl* from CBS to *The CW*. The lineup is incredibly strong and holds down its timeslots pretty well, which generates solid ratings.

The shows are entertaining and have proven to get better with each season. Berlanti is doing a stellar job and his efforts are not going unnoticed. The shows are ones that you can watch with your family and friends; they are suspenseful and they always keep you guessing and on the edge of your seat. Whether *Supergirl* is flying through the sky to rescue innocent people from a burning building or the *Arrow* is trying to find justice for his loved one’s murders, you’re bound to get hooked.



MOMENTS AT MONMOUTH



LEFT:
A VIEW FROM THE VARSITY CLUB BETWEEN THE WOMEN'S AND MEN'S BASKETBALL GAMES SUNDAY DEC. 4. (PHOTO TAKEN BY AMANDA DRENNAN)



RIGHT:
SENIOR KATRYNA CORDOVA PERFORMED DURING SENIOR NIGHT AT THEATREFEST. (PHOTO COURTESY OF KATRYNA CORDOVA)



LEFT:
STUDENTS GATHERED IN THE GUGGENHEIM LIBRARY TO DE-STRESS AND PET PUPPIES BEFORE FINALS. (PHOTO TAKEN BY COURTNEY BUELL)

RIGHT:
WILSON HALL GOT A WINTER MAKEOVER BEFORE THE CHRISTMAS SEASON. (PHOTO TAKEN BY SARAH LEWIS)



What is your best Monmouth memory from 2016?

COMPILED BY: AMANDA DRENNAN



**Sabina
Freshman**
"Working the haunted tours of Wilson Hall."



**Mike
Senior**
"Being trapped in Pollak Theater for four hours."



**Anna & Vanessa
Freshmen**
"Struggling through our classes together."



**Anne
Junior**
"Becoming president of my sorority, Alpha Omicron Pi"



**Sandra Zak
Mathematics Lecturer**
"The basketball team."

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SAB Spring Events Are Coming Your Way

BRIAN FOYE
STAFF WRITER

The Student Activities Board is in the final stages of planning their spring events to bring to campus. The Student Activities Board is the event planning club on campus, where a group of twelve students plan events for the students at Monmouth to enjoy. The events vary from comedians, concerts, festivals and more! Now that the fall semester is coming to a close, here is a sneak peek into what the board has in store for the spring semester, starting in January.

The Awareness Chair is excited to have an Earth Week event, which will be a week long event. The first day of this event will be Meatless Monday where there will be meatless options throughout Gourmet Dining's meal agenda. The next day will be there will be a showing of the documentary, "Before the Flood" starring Leonardo DiCaprio. The Wednesday and Thursday of that week will be an information session on social media, about deforestation and ocean destruction. The last day of this week-long event will be an Earth

Day Festival with a vegan food truck, novelties, music, and more. The awareness chair will also be co-sponsoring a fashion show event with the professional business fraternity, Alpha Kappa Psi!

The Comedy Chair has two great comedians coming in the spring. First, there will be a "Galentine's Day" event which will be happening around Valentine's Day. Comedian, Dulce Sloan, was the winner of NBC Stand Up Showcase 2015, as well as a guest on Conan, The Steve Harvey Show and MTV.

Before the show begins, there will be different activities for the audience to participate in. This event will be cosponsored by the Panhellenic Council. The other comedian who will be coming is Chris Gethard, who has been in "The Other Guys", "The Heat", and "Iron Man 3."

The Concerts Chair has a few things ideas for shows coming next semester. An alternative rock band, Gornec, will be coming in late February. Gornec is a group of three siblings who sing music that they enjoy which varies from covers and mashups, to original songs.

The Diversity Chair will have a the documentary, "13th", screened in Anacon Hall followed by a panel discussion with Monmouth University faculty and professionals with experience in the field of race relations. Topics covered are movements of slavery, segregation, civil rights movement, war on drugs, presidential campaigns on crime, ALEC, and police violence. The next event is "Around the World" which is an informative round robin style event with different foods or activities to participate in at each country. The countries that will be showcased are Mexico, Spain, France, Germany, Greece, India, Thailand, and China.

The Festivals Chair will be having an Active/Outdoor Event on the quad late spring. You will be able to expect a Rockwall; a tightrope; an air plant and DIY cactus; and a log slammer inflatable. The next event this chair will be organizing is a Coffee Shop concert in Hesse Hall. The artist will be announced at a later date, but students will be able to expect great music, coffee/tea, and treats. Marissa Stiuso, a junior psychology student, is the Festivals chair and says that "As Festivals chair I enjoy giving an original spin on my spring events. For the Fall I had to help plan and execute two traditions, Monmouth Palooza and

Casino Night; So I am very excited to plan original events that Monmouth has not experienced before."

The Novelties Chair will have a "Monmouth Pride" event the day before the men's basketball team plays Quinnipiac University, in the Student Center. Here, you will be able to customize your own basketball hoops.

The other event will be "Spring into Summer" which will be on the Residential Quad. Here, there will be magic milk sand Art, double spin art, pucker powder, tie dye shirts, and mason jar painting.

The Travel and Tour Chair has three events coming next semester. The first will be a trip to the Camden Aquarium. The next event will be a trip to Philadelphia for the 76ers basketball game against the New York Knicks. Last, there will be a trip to Washington D.C.

The Major Events Chair planned a Spa and Sports night in Anacon Hall. The room will be split into two. One side will have sports arcade games like pool tables, air hockey, foosball, and more. Video games, food, inflatable obstacle courses, and rap/rock music will be there as well.

On the other side of Anacon

Hall, there will be massage chairs, DIY dream catchers, DIY tea bags, pop music, and finger foods. The next event will be cosponsored with Blue Hawk Records and Music Alliance, where there will be a "Monmouth Music Festival."

Monmouth students will open the festival with one main headliner. Novelty items such as airbrush hats, hacky sacks, tote bags, and water bottles will be here.

Gina Geletei, a junior English and Education student, who is VP of Major and Special Events, said, "I absolutely loved planning my events for the spring because I had the chance to start planning events I've been thinking about for two years now. I had such a great time thinking about what Monmouth what new experiences I can bring to campus."

The Student Activities Board is excited to bring these events to campus for all students to enjoy.

SAB's advisor Lindsay Smith, said, "I enjoyed working with the board a great deal especially when it came to plan events because the students of SAB got really creative with ideas for new events and it's exciting."

Desserts and Designs with the Italian Club

BRIDGET NOCERA
STAFF WRITER

Over 40 Monmouth University students participated in an art lesson while enjoying some traditional Italian desserts and pastries at the "Desserts and Designs" event. The event was hosted by the Italian Club on Thursday, Nov. 17 in the Rebecca Stafford Student Center's (RSSC) Anacon Hall.

"Over the summer, we were brainstorming event ideas that would be of interest to a variety of Monmouth University

come so popular lately, and we thought it would be fun to host our own."

Students had the chance to take a painting class led by sophomore elementary education and art student Nicki Robibero. Participants were instructed on how to recreate some of Robibero's paintings, such as of a bundle of grapes. While there was a base, students were free to be as creative as possible with their artwork.

"I have no prior connection to the Italian club, but I thought it would be a fun opportunity," says Robibero. "I love spreading appreciation for art and showing people that they are capable of creating pieces that they didn't expect were possible. I believe that everybody is capable of producing beautiful art with the right techniques, tools, and guidance, and that anybody can become a great artist."

"The event was a great idea, and was very creative, fun, and very relaxing in times when all the students are very stressed," said Italian and Latin professor Dr. Maria Simonelli, who is also the Department Coordinator of the Italian Program and the Advisor to the Italian Club. "The atmosphere was happy and healthy."

"Desserts and Designs" was the first event of the year for the Italian Club. The organization is run by co-Presidents Samantha Papa, sophomore elementary education and history student, Juliana Illiano, and

biology student Marta Telatin. The Club is open to students of all nationalities.

"We are definitely looking to get the Italian Club name out there more this year," said Papa. "We are always planning events for our members and students at Monmouth."

Overall, the event attracted a substantial audience, and the Italian Club leaders were pleased with the reaction they received from students.

"I most definitely saw the event as a success," said Papa. "People were smiling and having fun the whole time, which made me really happy."

Simonelli credits the students of the Italian Club for helping to make the event a success. "Marta, Samantha and Juliana are exceptional leaders, and they did a marvelous job," said Simonelli. "They came up with the idea and organized everything, and I admire them and am very grateful to work with them."

Italian Club students could not have more praise for their club advisor. "Signora Simonelli is always guiding us when planning for events and offering us advice," says Illiano. "For Desserts and Designs specifically, Signora helped us order supplies and advertise, as she also encouraged her students to attend."

While this was the first "Desserts and Designs" event, it definitely will not be the last, according to the organizers. "I believe this event could become

a tradition for the Italian Club," said Simonelli. "What I liked the most was seeing everybody in perfect harmony together learning, laughing, in a healthy environment enjoying the cookies and painting."

For next year, the club presidents are already brainstorming on ways to improve this event. "If there was anything I would change about the event, it may have been the time it took place, since many students had classes," said Illiano.

"Every time we plan an event, we figure out ways to make

the next one even better," said Papa. "Right now our goal is to increase advertisement and membership."

For spring semester, the Italian Club has a variety of events set, and is continuing to plan for more. "We recently had a Sunday Dinner party in the Dining Hall," said Papa. "We are in the midst of planning an Italian Ice fundraiser, and possibly a trip into the city."

In the end, the Italian Club's "Desserts and Designs" was a learning experience for all involved.



PHOTO COURTESY OF Bridgett Nocera

The Italian Club members gathered in Anacon for their "Desserts and Designs" event.



PHOTO COURTESY OF Bridgett Nocera

The Italian Club painted and ate desserts and pastries.

students, while still highlighting Italian culture," explained sophomore elementary education and history student Samantha Papa, one of the Italian Club's presidents. "Painting classes and parties have be-

Club and Greek Announcements

The Outlook

The Outlook is looking for students interested in writing for the student-run newspaper. Sections include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club & Greek, and Sports. No prior experience is necessary. The Outlook fulfills practicum. If you are interested, please e-mail outlook@monmouth.edu for more information.

Intramural Basketball

It is your last chance to sign up for Monmouth University's intramural basketball league. Games are played from 7 to 11 p.m. Monday through Friday. There will be both mens, and womens double elimination tournaments. Winning teams will play at the University of Maryland. For more information contact Intramural Sports Coordinator, Daniel O'Connor at (732) 263 5527.

Cinema Club

Tomorrow will be one of the last meetings for the Cinema Club. A screening of the film Black Christmas will begin at 7:30 p.m. and will be shown in JP 138. All are welcome.

FOMO: More Than Just Missing Out

LAUREN NIESZ
SENIOR/OPINION EDITOR

FOMO, or “fear of missing out,” is an anxiety that most of us brush off as a minor life speed bump, but what if it is affecting us more than we think? FOMO, according to *Urban Dictionary* is, “compulsive concern that one might miss an opportunity or satisfying event, often aroused by posts seen on social media websites.”

None of us can say that we haven’t experienced FOMO at some point in our lives, but now, especially being college students, the FOMO is real in everyday life. Social media is a definite factor when understanding the triggers of FOMO. Students are so engrossed in social media—checking it every spare moment they get—that it would be silly not to consider it a factor in feeling that awful left out sensation.

Anthony Papetti, a senior communication student, said, “FOMO always distracts me since I find myself on social media looking at what I miss. Occasionally, I can wrap my head around that fact that it’s better that I don’t go out, but for the most part I think FOMO is a big part of everyone’s lives and worries because it’s usually talked about non stop and then you can’t join in.”

While we may consider it purely a bad feeling that eventually goes away, for many students this feeling sticks around and actually causes health problems. Papetti stated, “FOMO is a deadly disease that 60 percent of people suffer from 100 percent of the time.” FOMO is a type of social anxiety that has some of the same effects other types of anxieties cause.

Katherine Rizman, a psychological counselor for Counseling and Psychological Services, said, “FOMO can be the direct and indirect causes of anxiety and other mental health (and health) concerns for college students in many situations.”

Rizman continued, “Many times college students may feel internally pressured to ‘go out,’ attend parties, and hang out with friends when not emotionally, psychologically or physically in the state to do so.” Engaging in events when you don’t really feel like going in fear of missing out isn’t healthy.

According to an article in the *Huffington Post*, FOMO first and foremost affects a student’s sleeping pattern. FOMO has a nagging quality that sticks in the back of your mind and produces negative thoughts. We’ve all had that night where our minds don’t stop racing, preventing us from getting a good night of sleep, or any sleep at all.

We also tend to lose focus and concentration when the effects of FOMO daunt us. Senior business student Kaitlyn Skudera said, “I know that if all my friends are doing something that I want to do, but I have school or work, I’m less concentrated on what I’m doing.” This could end up affecting our grades as well as our social lives.

Rizman said, “School work may be pushed aside [because of FOMO], ultimately leading to more anxiety about completing assignments or being prepared for exams.”

Another issue caused by FOMO, according to an article published by *Science Daily*, is that it causes large feelings of dissatisfaction. We live in a world

where we always want more or want what someone else has. Social media’s hand in this is that it shows each and every one of us what we aren’t doing or what we can’t have. Because we all see this, we have FOMO for things we can’t have or obtain. This makes us feel dissatisfied with our current state in life and, therefore, causes us to think more negatively about our situations.

Rizman stated, “[Social media] often comes with the propensity to compare oneself to others as well as the fear that by choosing one thing, often something physically or mentally healthy, over another that we may be missing out on something that is perceived as better.”

By seeing things as “better,” on social media, we pressure ourselves to be like other people. When we can’t do the same activities we see others doing on social media, we get this dissatisfaction again.

Feelings of dissatisfaction further lead to even more serious issues such as depression. The *Science Daily* article suggests that FOMO is not the actual issue at hand, but it is a symptom of the larger issue of mental conditions such as social anxiety and depression.

It seems as though this “simple FOMO” that many of us brush off as a non-issue is a serious issue. Ways we can combat this issue is by re-framing, as the *Science Daily* article suggests, our states of mind. We have to combat negative thoughts. Keeping a journal, talking to someone, and laying off social media are all slight changes that can benefit one’s mental health in general.

Keeping a journal is a smart



IMAGE COURTESY of Lauren Niesz.

Monmouth students feel like they are missing out as they scroll through social media.

idea; by doing this, your mind is “cleared” of issues that have been nagging you all day. Instead of writing the negative things that happen each day, we can try to write the positives in our lives each day. Re-reading these positives will allow us to see that missing out on one event isn’t really a big deal when you have so much going right in your life.

Talking to someone is key in relieving anxieties. Whether this person is a counselor or just a friend or family member, talking about your issues is an important part of feeling better. While this won’t solve all of the problems that FOMO is causing, it can definitely help you cope with any anxiety.

Laying off of social media can

work wonders in so many venues of life. Not only will this help in delaying your FOMO, but it will also aid in our tempers. Many of us see things on social media that make us mad, so a break here and there from social media will ease our tempers and delay our FOMO.

Overall, it seems that this “minor issue” we call FOMO can have a serious impact on our lives. This feeling will impact us all in the future, but the important thing to remember is that we all have so much to look forward to in the future. Don’t miss out on your life by worrying about what you’re not doing right now.

As Rizman recommended, “Live in the present. Stay offline. And be mindful in your actions.”

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Combating the Winter Break “Brain Dump”

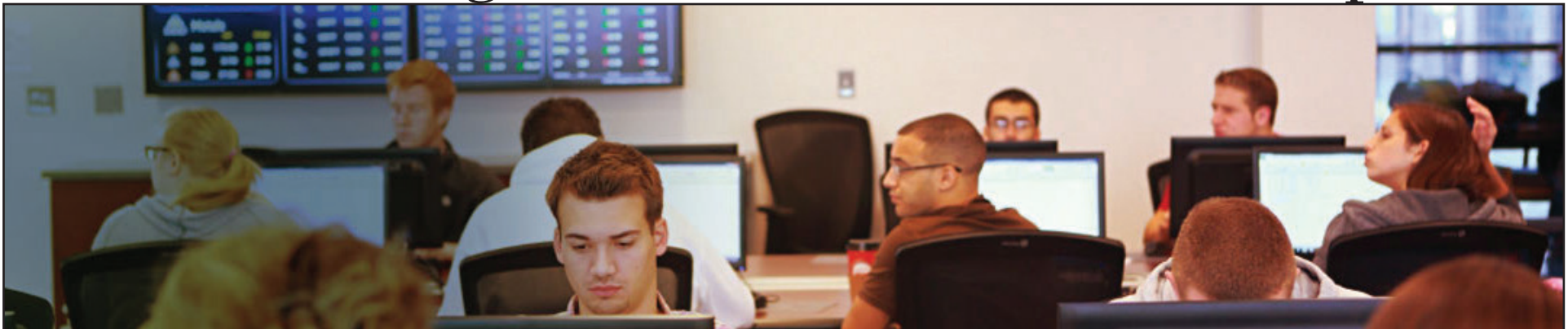


IMAGE TAKEN from monmouth.edu.

Monmouth students spend months learning new things, but what happens to all that information over winter break?

ALEXANDRIA AFANADOR
COPY/PHOTOGRAPHY EDITOR

The stretch of time between the fall and spring semesters affects us the same way each year—we get sluggish, we’re in food comas after eating lots of home cooked food again, and we have little motivation to do anything related to school or education. As easy as it is to let all the knowledge we’ve absorbed over the first semester slip away, there must be a way to keep that info in our heads. Is there a possibility that all of that loss of knowledge is somehow a psychological phenomenon we all go through?

Elizabeth Roderick, a junior psychology student who focuses on neuroscience, explained that psychologically there is a reason to lose knowledge between semesters. “When we learn new information, new neural pathways and connections are formed. As we practice that new skill of piece of information, the pathway is strengthened and we remember it more easily,” she said. “However, if we stop using the pathway it becomes weak, and could eventually die off. It’s a process called neural pruning. Over the school year, we practice

using these pathways constantly, but when we are on a long break we don’t use the pathway nearly as often and it becomes weak.”

Nothing is worse than having to relearn something. Gina Geletei, a junior English and education student, chimed in, “Long breaks are good for the students because it gives them a chance to debrief from the extensive learning they go through, but at the same time, the students often lose a lot of what they learned over the break.”

On the other hand, Roderick believed, “As far as long breaks go, I’m not sure that they’re as beneficial as they seem at first glance. First and foremost a lot of students experience a lapse in knowledge when they are away from school.”

Roderick added, “However, many students also experience a lot of anxiety during the school year that could be mitigated by having more short breaks and spreading the information across a longer time span rather than cramming it all in and having long breaks.”

For college students, the break between fall and spring semester is much needed, and something we all look forward, to as it is the only time we get a chance to breathe.

Michael Waters, professor of

English, says, “The huge gap between the Fall and Spring semesters makes it hard to carry the information we’ve learned forward.” Waters continues, “The four years you spend at a college or university is supposed to help you build the bridge between your courses, which seem unrelateable. Students think that the disciplines don’t connect, but in reality, they do.”

All of the knowledge we’ve gained through being so studious during the semester goes out the window over the weeks we get to relax. Geletei said, “I think it is important for the students to be engaging in learning while they are on the break to ensure they do not forget everything they learned, and do not check out of school completely.”

How do we combat this loss of hard-earned knowledge? Geletei suggested: “Practice. You have to stay in the mode of school and keep practicing and studying. If you take the time to completely check out, you are going to completely lose the knowledge. If you stimulate your brain and keep studying and keep working but for less extensive periods, you will retain more.” What should we, as college students, be doing to help retain this knowledge?

There are numerous options we

can choose from. A favorite of mine is heading out to my local Barnes & Noble to just sit and read. When it comes closer to the beginning of the spring semester, I would spend hours just sitting in the café, working out the costs of books and working out my schedule to just keep my mind busy and working.

Roderick suggested, “A great way for students to combat a ‘brain dump,’ as we sometimes call it, is to actively seek out opportunities to practice what you’ve learned. I know it doesn’t sound glamorous or relaxing, but picking up a research article to read, or finding a practice book filled with problems to work on is a great way to keep all of the information fresh in your mind.”

Geletei, a future elementary school teacher, explained what this phenomenon means for her career, stating, “The benefit as a future educator is that I get the breaks with the students. I will be able to relax from the stress of teaching and be able to catch up on my lesson plans, grading, and spending time with my friends and family.”

However, there are negative consequences for teachers having a long break. Geletei added, “The detriment as a future educator is that when we

come back I am going to have to spend more time than I would like to, and time that I do not really have built in my curriculum, re-teaching material to refresh my students’ memory.”

It’s true that there really isn’t enough time in the world to remember every single thing we have been taught throughout our educational careers; but, over break, we lose a significant amount of that knowledge. Roderick commented that, “A loss of knowledge between semesters could be detrimental to academic performance.”

Geletei left us with a lasting memento to remember for the future that we could all take advantage of: “Kids need a break and so do students and so do faculty. Everything is good in moderation, and you have to know yourself and know what is good for you and how you can avoid losing important information over these breaks.”

While it’s tempting to block out the mental image of your finals study guide, we can’t forget to keep our brains working. Remember over break to take time for yourself to relax and de-stress, but don’t forget to keep your mind working a little every day!

How Monmouth Students Get in the Holiday Spirit

CLAUDIA LAMARCA
CONTRIBUTING WRITER

It’s that time of the year, where tinsel and lights cover front yards, Christmas trees, roofs and everything in between. Sometimes, we neglect to acknowledge that not everyone does the same things as we do for the holidays, and sometimes there are holiday traditions that some families do that we don’t even know exist. I asked a few students around campus to see how their family celebrates the holidays, and if they do any traditions within their family that are a little out of the ordinary.

Olivia Higson, a senior biology student from Manchester, England, explained that her family celebrates Boxing Day, the day after Christmas. She explained that during Boxing Day, it is the day in which they throw away all of the boxes from the presents on Christmas Day. It’s another time to see family that they hadn’t seen the last two days, and a day to indulge in more leftovers.

“We always celebrate with my dad’s side of the family because we don’t get to see them on Christmas Day,” Higson explained. “It’s like getting to celebrate Christmas for three days, and to keep eating all of the food leftover, so I can’t really complain.”

Higson also explained how a traditional Christmas dinner in England consists of turkey, stuffing, vegetables, etc. – most of which seems like our Thanksgiving meal.

Higson added, “Boxing Day really just highlights the importance of time with family and friends. Since I attend a school in a differ-



PHOTO TAKEN from christmas.redeedoor.com.

From Christmas to Hannukah, holidays are celebrated in unique ways across campus.

ent country, I definitely miss out on a lot of important things when I’m not home. Having these three days around Christmas gives me the opportunity to see everyone, my aunts, uncles, cousins, grandparents and friends.”

Another student with a unique holiday tradition is freshman Olivia Mangum, who explained that her family hosts a “Chrismikuh” party because they are half Jewish and half Catholic. “We eat both Jewish and Catholic traditional foods. We don’t really get or give any gifts, we just celebrate both holidays together,” she explained. “The rest of my family is mainly Jewish, so since we’re half and

half, everyone comes over to celebrate both with us.”

Mangum elaborated on her favorite aspects of the tradition, saying, “My favorite [food] is definitely the Latkes, because we don’t have them too often. But I also love having turkey, ham and everything else that my family makes.”

Mangum’s cherished holiday memories are of picking out the Christmas tree. “We might be half and half, but I definitely think we lean towards celebrating Christmas a little more. I wish we had a more traditional celebration of Hanukkah, where we lit the menorah and celebrated the eight

nights, but I do love picking out a tree and waking up to gifts. Having a huge party for both holidays combined allows my family to celebrate both, and spend time with the people who matter the most.

I had the opportunity to speak with Nicky Kelly, MBA Program Administrator in the Leon Hess Business School, and she explained some of her family’s favorite Christmas traditions. “A tradition we used to partake in is having a Christmas cracker placed on the dish of each guest. Before dinner, two people sitting next to each other would pull an end of the cracker, which was a paper tube wrapped in bright colored

paper.”

Kelly explained, “As the two people pulled, the cracker would come apart and make a bang and inside might be a colorful party hat, a toy, or fortune.” The significance of these favors was that they broke the ice between guests that didn’t know each other.

Lastly, Alexa Smith, a junior from Long Island, had a tradition that was completely foreign to me. “On Dec. 6 we celebrate Santa’s birthday. You basically put a candy cane in your shoe, and leave it outside your door. Santa takes the candy cane, and leaves behind a treat.”

Smith recalled an interesting part of this holiday, saying “Obviously we can’t really celebrate anymore because both of my sisters and I are away at school. My mom manages to send us a little something every Dec. 6 to remind us of our family tradition!”

Smith was excited that her mom continued the tradition, even while at school. “It’s hard because the holiday season is so short; I feel like being at school until the 20th of December doesn’t give me enough time to celebrate the holiday, so it is nice that my mom carried on our tradition. This is also a tradition that I definitely want to do with my kids someday as well”.

No matter the holiday you celebrate, there are tons of variations celebrated all over the Monmouth student body. As the semester draws to a close, take the time to find out what your roommate, friend or professor does for the winter season. You never know what fun new traditions you could pick up on and take home for the holidays.

Men's Basketball Opens MAAC Play 2-0

JOHN SORCE
SPORTS EDITOR

The men's basketball team opened up Metro Atlantic Athletic Conference (MAAC) play with two victories defeating Quinnipiac 91-72 on Dec. 1 and Canisius by six points at Ocean-First Bank Center on Dec. 4.

The Hawks had a four point halftime lead on Canisius, but the Golden Griffins would not go down without a fight. They came out of the intermission and made four consecutive three-pointers to take a five point lead and led by as much as seven after a three by Chris Atkinson, who was 3-3 from deep, that gave the visitors a 77-70 lead with 9:57 to play.

But two of the league's top players, who combined for 53 points on the day, stepped up when they were needed the most. Senior point guard Justin Robinson scored 11 of his 28 points in the final eight minutes of the contest while sophomore guard Micah Seaborn finished the day with 25 points, six of those coming in that same frame, and had a key steal and layup at 1:43 that gave Monmouth a five point lead at that point.

"Players win basketball games and our kids today really had to dig deep to get this done," Monmouth Head Coach King Rice said after the game. "With saying that, that is a credit to Canisius and their head coach, Reggie Witherspoon. I've known him a long time and I've admired his work as a coach. His team was well prepared and they played how you should to try to



PHOTO COURTESY of Monmouth University Athletics

Senior point guard Justin Robinson scored a season-high 28 points in the Hawks' win over Canisius on Sunday afternoon.

beat us and they did everything right, but our kids pulled it out down the stretch."

"My biggest thing this year is being a leader throughout the entire course of the game,"

Robinson said. "Every year I've gotten better at being a leader. When it comes time for crunch time, the ball is in my hands. But if it's not me, it's Micah or Je'lon. We're three interchange-

able guards, but we all want the ball at the end of the game."

Senior guards Je'lon Hornbeak and Collin Stewart combined for 10 three-pointers in the Hawks' 91-72 win over

Quinnipiac. Stewart was a perfect 6-6 from the floor, and 5-5 from deep to lead the blue and white with 20 points – one point shy of his career high – while Hornbeak was 5-9 from deep and finished with a season-high 18 points.

"I have a bunch of kids that can really shoot and are known as shooters, and you would not want them to get an open look," Rice said. "Tonight we moved it around and continued to get open looks. When these guys get open looks, they're going to make them."

While both players were productive scoring the ball, their primary focus on the night was on defense.

"My mindset coming into the game was to play defense and get rebounds and my shots fell, so I'm happy about that," said Stewart.

"The main thing we wanted to do tonight was play defense," Hornbeak said. "We know they've always been a good rebounding team, so we wanted to keep them off the glass."

"I have to credit my teammates and my coaching staff. They're giving me confidence by telling me to keep shooting, find a rhythm and keep going," Hornbeak added.

The Hawks return to West Long Branch on Saturday, Dec. 10 when they take on an Army West Point team that defeated the Hawks, 91-84 at West Point last season. Tip-off at Ocean-First Bank Center will be at 7 p.m. and will broadcast on ESPN3.

The New Face of Monmouth Athletics: Suzi Mellano

JOHN SORCE
SPORTS EDITOR

If you have watched any of the on campus ESPN3 broadcasts this semester, there is a good possibility that you have seen Suzi Mellano on camera.

Mellano came to Monmouth this fall as the Athletics department Digital Media Correspondent after graduating from Texas Christian University in Fort Worth, Texas with a degree in sports broadcasting in 2015.

"I was actually recruited to play volleyball there but I was cut in my freshman year before I could really be a part of the team. It was a disappointment for me but it is very difficult to play a division one sport being a sports

broadcasting major," Mellano said. "It was a blessing of disguise at the time and I am a firm believer that everything happens for a reason. If that didn't happen, I wouldn't have been able to do the work that I did in school and I wouldn't be here right now. I loved my time at TCU."

Mellano grew up in San Diego, California and played many sports. Her favorite is baseball and she was the only girl on her team growing up before being the stat girl for her high school varsity team.

"It's magical and there's no other sport like it," Mellano said about America's pastime. "I grew up in a baseball family and I learned how to keep a scorebook when I was about six

or seven years old. It's just always been a part of my life and I don't know what I would do if it wasn't."

It did not take long for Mellano to realize that she wanted to make a career in the sports industry.

"I've known that I wanted to be a sports reporter since about when I was in sixth grade," Mellano said. "I remember watching baseball with my dad and it's just always been what I wanted to do."

Mellano had a total of eight internships while she was in college and those experiences were invaluable to her. She moved to Massachusetts and interned with the Orleans Firebirds of the Cape Cod League the summer after her freshman year as their field reporter. She returned to the Cape the following summer while also helping the TCU media relations department throughout the year. She interned with Fox Sports Southwest in the fall of her junior year. In addition to high school sports, she was able to do some on-camera work and be involved with all of the professional teams in the Dallas area. The following semester, she interned at the CBS affiliate, KTVT, where she did a lot of similar things that she did at Fox Sports Southwest.

After her junior year, Mellano interned at MLB Network in Secaucus where she did a lot of what she referred to as "typical intern work." But in order to stand out, she used some of her free time and researched how many players, who at one point played on the Cape, have appeared in a Major League Baseball All-Star Game.

"I pitched that idea to some of the producers and they picked it up and actually took me with

them," Mellano said. "It was cool to say I was one of the interns who got something real out of that experience. At a lot of big networks, a lot of people go to put something on their resume and then leave. For me to actually be able to contribute to the network as an intern was a really cool feeling. MLB Network was awesome. I made a lot of good connections and now I'm back in Jersey."

Mellano worked with TCU's "FrogVision" which is similar to the Monmouth Digital Network during her senior year. She did on-air reporting with many of the school's teams. The program also had a timeslot where they ran on Fox Sports Southwest. She was also involved with the TCU student radio station for all four years and stressed the importance of internships for college students.

"Internships are so important because you make so many connections and they provide you with a different perspective than you will get in a classroom," Mellano said. "Getting that hands-on experience and meeting people in different places is invaluable."

After graduating from TCU, Mellano landed her first job at KXLH, a television station in Helena, Montana, where she served as the network's sports reporter. She covered high school and college sports as well as Minor League Baseball. As she said, there was a lot more to it than just talking.

"It was a one-man band where I would have to go out and shoot, edit and write my own stuff. I even had to set the camera up by myself and check my own audio," Mellano said. "I never had a cameraman and people expect

there to be somebody there and you just have to stand there and say words, but there's so much more to it. It was a small market but it's very important for people to start there because it was a very humbling experience and you learn a lot in those situations."

Mellano found out about the position at Monmouth through Twitter acquaintance and former Hawk Kevany Martin, who retweeted about the job opening.

"When I see people on social media who do what I do or are in a position that I can see myself in, I try to reach out to them and see if they will check out your reel or give you any kind of feedback," Mellano said. "I made a connection with Kevany this way and we've been going back and forth for a while and then I saw her retweet the link to the application. I knew I wanted to work at a university from my time at TCU and I needed the sideline experience. When I read the job description, I knew this is what I needed to do. I contacted Kevany who immediately contacted Greg Viscomi who gave me an interview and it just went from there. Social media is very important and I can genuinely say that I saw and got this job via Twitter."

Since arriving at Monmouth, Mellano has loved everything about the experience.

"The people here are amazing and it really is like a big family. It wasn't the easiest transition coming from Montana to New Jersey – they are very different places. I can honestly say that I work with some of the best people that I have ever met and they made moving into this job very easy for me."



PHOTO COURTESY of Jarred Weiss/Monmouth University Athletics

Suzi Mellano (center) poses for a photo with Matt Harmon and Eddy Occhipinti before an ESPN3 broadcast.

Never a Dull Moment: Mallory Kusakavitch’s Dynamic Experience

CHRIS FITZSIMMONS
STAFF WRITER

Most division one student athletes could not imagine having another major commitment on their plate. Between class and practice, their days are filled to the brim as it is, the idea of adding in additional obligations would seem impossible to them, except for one.

Meet Mallory Kusakavitch, a junior health studies student and a forward on the field hockey team here at Monmouth. However, those are not the only two responsibilities that Kusakavitch has undertaken.

She is also a part of the Reserved Officer’s Training Corps (ROTC), a program that guarantees graduates an officer role in their selected military branch.

Monmouth does not offer an ROTC program and thus Kusakavitch needs to make the trek up to Rutgers, where it is offered all the while balancing it with her other obligations.

Her days start at time where college students are still sound asleep and the sun has not even broken the morning sky.

“Typically I wake two times a week around 4:30 to get to Rutgers and then I am there until I have to leave to come back to practice which is at 1:00. So usually I am leaving Rutgers around 11:00 to make it here for practice,” Kusakavitch said. “After practice I have a 4:30 class every single day. I am rushing to Rutgers, practice, class and finally at 6:00 I can start work that I am behind on.”

Kusakavitch admits that none of this would be possible without her extensive support system. Her coaches, the ROTC program leaders, friends and family have made the journey as painless for her as

possible.

“Without the support of everyone on my team and at the ROTC none of this would be possible,” Kusakavitch said. “Of course, a huge shout to my family and close friends who really keep me going.”

No matter how much support she receives from outside resources to make it an easier procedure, denying that this is a difficult process would be inaccurate. Kusakavitch did not want to play up the challenging aspects of her commitments, but she did offer this on the difficulties of the situation. “Half

the battle is showing up. It is hard to get up early and it is hard finding motivation, but since I really want to do it and I am passionate about it, I just do it,” Kusakavitch said.

How does Kusakavitch stay motivated? She likes the idea of loading up her days full of activity. To her it is all about the experience and she plans on taking full advantage of all that is offered to her.

“It might sound weird but I like being busy,” Kusakavitch said. “I am motivated to do things and get the most out of my college experience that I can. It might not be a

typical one but it is something that I think is special, and I keep on going.”

With such a jam-packed and hectic schedule, it is important that every once and a while Kusakavitch finds some time to have fun and relax. What does she do when the opportunity arises for her to get out?

“Whenever I get the time, after I do all my work and everything is set. I make sure I do something, usually I will go out to eat with friends or anything that will get the stress out and relax,” Kusakavitch said. “Usually this will happen every week, sometimes every two weeks.”

Wherever life takes Kusakavitch next she will be more than prepared to handle all that is asked of her. As of right now, she is not entirely sure what she wants to do in the Air Force as her aspirations are constantly fluctuating.

“I am not too sure yet, I previously was leaning towards flight nurse but I am changing,” Kusakavitch said. “I don’t know exactly what yet but whatever the Air Force needs I will be there.”

From the outside looking in, it can seem like an incredibly difficult undertaking. But Kusakavitch hopes to be an inspiration to anyone who is thinking of making a similar commitment.

“It is definitely possible. I know a lot of kids who see me in my uniform and say dang I wish I would have thought of this and I wish it was possible,” Kusakavitch said. “If you think it is possible it will work out. My coaches are always supportive, everyone at the ROTC is so helpful, and they are willing to bend their schedules to make it work with me. To anyone who is interested just try it! You don’t know until you try.”



PHOTO COURTESY of David Derner

Junior forward Mallory Kusakavitch travels to Rutgers early in the morning twice a week for ROTC.

Women’s Basketball Drops Two Conference Games Over Weekend

MATT DELUCA
STAFF WRITER

The Monmouth University Women’s basketball team fell to Canisius 74-54 Sunday afternoon at the Koessler Athletic Center.

Freshman forward Taylor Nason scored 11 points and grabbed nine rebounds for Monmouth, while freshman guard Rosa Graham scored nine points and corralled six rebounds.

Canisius opened the scoring 14 seconds into the contest and never relinquished their lead for the rest of the game. Monmouth was able to trim the deficit to five points at the end of the first quarter with the score 20-15. The Golden Griffins responded with 26-11 scoring run in the second quarter to make the halftime score 46-26. The largest lead of the game came with 9:06 remaining in the fourth quarter, as Canisius led 71-45.

“It was a disappointing day for us,” Monmouth Head Coach Jenny Palmateer said after the game. “Obviously those are not the results we were looking for this weekend, but on the flip side I think we learned a lot of lessons by having these two early conference games.”

For the game, Monmouth shot 30.1 percent from field goal range and just 15.4 percent from three-point range. On the flip side, Canisius shot 53.3 percent from field goal range and 46.7



PHOTO COURTESY of Monmouth University Athletics

Freshman forward Taylor Nason scored 11 points and had nine rebounds in the Hawks’ 74-54 loss to Canisius on Sunday.

percent from three. The Hawks made just four three-pointers after coming into the game ranking eighth in the country in three-point field goals made per game at 9.8.

The Hawks did score nine fast break points in the game

and 17 second chance points. Monmouth was outscored by 10 in the paint, 44-34.

Nason’s 11 points and nine rebounds were both career highs for the freshman, along with her 29 minutes played in the game. Graham also played a ca-

reer high in minutes at 28. Ten Hawks saw action in the game, with each playing at least 11 minutes. Senior forward Christina Mitchell played in her 100th career game for Monmouth, grabbing three rebounds and registering three blocks.

The loss was the second in a row for the Hawks, as they fell to Niagara 66-45 Friday night. Mitchell scored 10 points in the contest, with freshman forward Kayla Shaw adding nine points, all on three-point shots.

“They just outplayed us,” Palmateer said after the game. “They hit some big shots to start the game and we just struggled to score while turning the ball over too much. They were able to capitalize by shooting really well and taking advantage of our mistakes.”

In that game, the Hawks also shot a low percentage, at 27 percent from the field. They shot 6-30 from the three-point arc, including a 0-11 stretch in the fourth quarter.

Sunday’s loss drops the Hawks’ record to 2-5, and 0-2 in Metro Atlantic Athletic Conference (MAAC) play. The Hawks will not play another conference game until January.

Monmouth looks to rebound in their next game on Thursday night, as the Hawks return to nonconference play to face Sacred Heart. Tip-off from Fairfield, CT is slated for 6:00 p.m. The game can be found on WMCX 88.9 FM.

SIDE LINES

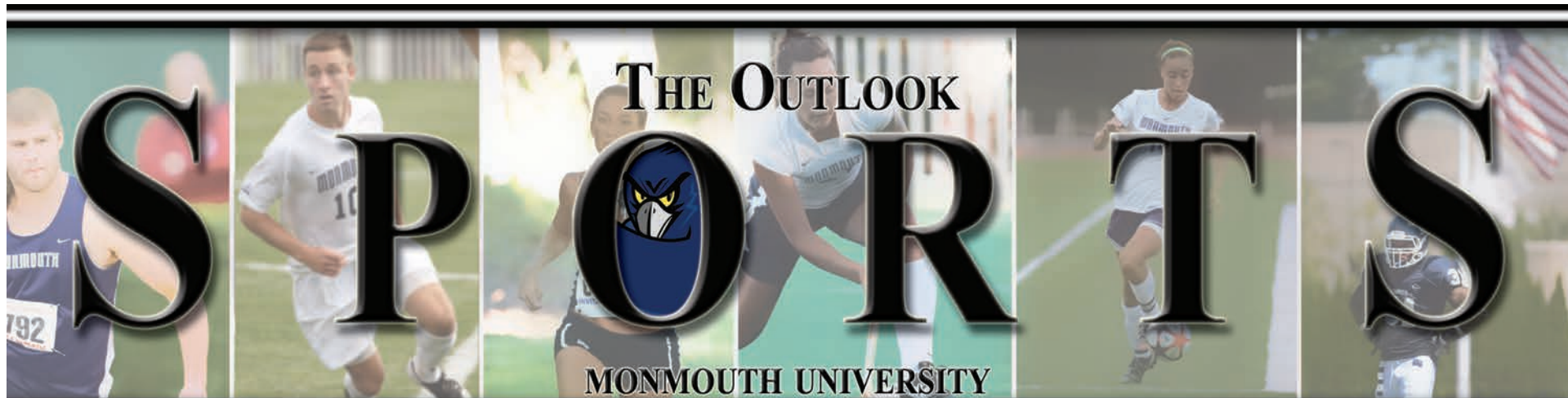
Indoor track: The men’s and women’s indoor track teams opened their indoor track season on Dec. 1 in the Monmouth Indoor Season Opener at OceanFirst Bank Center. The men finished first place in the three team field, defeating Metro Atlantic Athletic Conference (MAAC) rivals Rider and Saint Peter’s. The women finished second, falling to Rider but besting Saint Peter’s. “First meets are a great opportunity to see where we are at as a team, and to see what we need to work on,” Monmouth Head Coach Joe Compagni said. “I know that we will work to get better in many ways in the weeks ahead, but we have many sprinters, jumpers and throwers that put together some very strong first meet performances today.” Both teams were also chosen by the MAAC to repeat as conference champions in their preseason polls. Both the men and women will next compete in the Princeton New Year Invite on Sunday, Dec. 11.

Bowling: The women’s bowling team earned their first ever ranking in the National Tenpin Coaches Association Poll, placing ninth. The team finished their fall schedule with an 18-6 record and return to action on Jan. 13 at the three-day Mid-Winter Invite at Jonesboro Bowling Center in Jonesboro, AR.

UPCOMING GAMES

- Thursday, December 8**
WBB at Sacred Heart
Pitt Center
Fairfield, CT 6:00 pm
- Saturday, December 10**
WBB vs Fairleigh Dickinson
OceanFirst Bank Center
West Long Branch, NJ 3:00 pm
- MBB vs Army West Point
OceanFirst Bank Center
West Long Branch, NJ 7:00 pm
- Sunday, December 11**
Men’s & Women’s Indoor Track
Princeton New Year Invitational
Princeton, NJ 11:00 am
- Monday, December 12**
WBB at Eastern Michigan
Convocation Center
Ypsilanti, MI 7:00 pm
- Tuesday, December 13**
MBB at Memphis
FedEx Forum
Memphis, TN 9:00 pm
- Tuesday, December 20**
MBB vs Princeton
OceanFirst Bank Center
West Long Branch, NJ 7:00 pm
- Wednesday, December 21**
WBB vs Providence
OceanFirst Bank Center
West Long Branch, NJ 7:00 pm
- Wednesday, December 28**
MBB at North Carolina
Dean Smith Center
Chapel Hill, NC 7:00 pm
- Saturday, December 31**
MBB vs Rider*
OceanFirst Bank Center
West Long Branch, NJ 1:00 pm

*conference games



TAKIN' IT TO THE RIM

ALSO IN SPORTS:

Mallory Kusakavitch's
military journey ... page 19

Athletics welcomes new
sideline reporter ... page 18

Women's basketball
drops two MAAC games ... page 19

Senior guard Collin Stewart scored a
team-high 20 points and was a
perfect 5-5 from deep in Monmouth's
91-72 win over Quinnipiac on Dec. 1.