MU Appoints New Vice Provost of Global Learning

Students and faculty gathered in the theater with three expert panelists to discuss Nirvana’s groundbreaking album, Nevermind, and the 25th anniversary of the Toadies Night Record Club on Sept. 27 at 7:30 p.m. in Woods Memorial Theatre.

“It’s like a book club, but with albums,” said Bob Sanelli, Executive Director of the University’s student-run record label, Blue Hawk Records hosted its Night Record Club on Sept. 27 in the theater with three expert panelists to discuss Nirvana’s “Dimebag” Darrell Abbott and the third panelist was Rich Robinson, Program Director/On-air Personality 90.5 The Night.

A crowd of about 60 people: the first panelist being Aaron Furgason, Chair of the Department of Communication. Kim Zide Davis, was the second panelist, Manager for Pantera & Estate of “Dimebag” Darrell Abbott and the third panelist was Rich Robinson, Program Director/On-air Personality 90.5 The Night.

The night kicked off with a review of popular songs in the late 1980s prior to Nirvana’s big break. Furgason described various sounds that were typical of the 80s, including Jon Bon Jovi’s “Livin’ on a Prayer,” and Bruce Springsteen’s “Born in the USA.” Essentially, those were ones with big, powerful drums and “synths” (synthesizers). Oh, and performers with big, untamed hair.

The panelists agreed that no one really thought Nirvana was going to be as big as it was until it happened. “Nirvana pressed about 50,000 copies of Nevermind and next thing you know they sold 5 million copies,” said Furgason, as he explained the issue bands faced when they decided how many records to press initially. Bands would lose money if they pressed more albums than they sold, but this was clearly not an issue for this pop-up

Nirvana continued on pg. 11

INDEX

News 2
Editorial 4
Opinion 5
Lifestyles 9
Entertainment 10
Viewpoint 12
Clubs & Greek 15
Features 16
Sports 18
Run Honored Fallen University Alumnus

Over two dozen members of the University community along with family and friends of fallen military soldier and University alumnus, Lance Corporal Christopher B. Cosgrove III, participated in the New Jersey (NJ) Run For the Fallen on Sunday, Sept. 25. The run was held in 2009.

NJ Run for the Fallen is an organization whose mission is to run a mile for every NJ service member killed in Operation Iraqi Freedom, Enduring Freedom New Dawn, and any other conflicts. According to the official website, the first run was held in 2009.

According to his mother, Charlene Cosgrove-Bowie, Cosgrove was a Lance Corporal Christopher B. Cosgrove III, participated in the New Jersey (NJ) Run For the Fallen almost every year since it was started. It is an amazing event that honors each and every fallen hero from NJ.

According to Cleary, Cosgrove’s Hero Marker was held outside of the Rebecca Stafford Student Center (RSSC) in front of the 9/11 Memorial. Cleary, Michael Callahan, Coordinator of Veteran Services, and 2014 Monmouth Alumnus and former student veteran, William Delao, joined the runners in the one-mile run prior to this marker.

Several Monmouth students attended the run including Emily-Rose Touw, a senior health studies student. She said, “It was an honor to meet the family of fallen Lance Corporal Christopher Cosgrove III at the NJ Run for the Fallen. I’m very grateful for the opportunity to show my support in honoring a Monmouth alumnus who gave the ultimate sacrifice for his country.”

Touw added, “Everyone was excitedly awaiting the arrival of the runners at his “Hero Marker” at Monmouth and we all cheered as they arrived. One of the runners presented Christopher’s parents with a rose and words of support followed by a brief ceremony before the runners went off to their next Hero Marker. It was a really nice event to attend and I hope the family felt the support of all who were there.”

Participants of NJ Run For The Fallen ran for fallen soldiers and stopped at the University to honor the heroic life of Lance Corporal Christopher B. Cosgrove’s.

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Contact: Danielle Schipani, 50927658@monmouth.edu, or Professor Morano, or the Outlook, Outlook.monmouth.edu
Lisa Dinella, Ph.D., an associate professor of Psychology and Principal Investigator of the Gender Development Laboratory at the University, spoke at Sesame Workshop, the non-profit organization behind the TV series Sesame Street, on Sept. 13. The address, titled “The Power of Play,” focused on Dinella’s research in gender, toys, childhood media and science-based recommendations for using the tremendous influence of the media to reduce gender stereotypes.

"Speaking at the Sesame Workshop was an amazing experience," said Dinella. "I had the opportunity to speak with so many people that are applying the science and research directly to have an impact on young children. I spoke with many of the writers and digital media people that are behind the television series.

Dinella’s research also provided her the opportunity to speak at the White House on toys and gender stereotyping in April. Here, Dinella addressed how gender, toys, childhood media and digital media people that are important to today’s society, and continued Faxon. “Individuals with gender labeling of two related to the development of children can be prevented and self-actualized.”

Dinella’s influence reaches beyond the research realm, as her studies indicated that gender labeling of two children can be prevented and self-actualized. She added, “I am so happy for Dr. Dinella; she deserves all of her success. As a professor, mother and researcher, she is one of the smartest women I’ve ever met. She deserves all of this recognition, and I hope she continues to speak because gender roles are really important.”

O’Rourke said that Dinella’s field of research is incredibly important today to society, and continued research can have a beneficial impact on our culture. “I think her work is interesting and extremely relevant. We can all learn a lot if we open our ears to the information that she holds, and have an open mind when it comes to the point when we all have our children.”

“Gender identification is a topic that is growing in importance,” said Kelly Faxon, a senior psychology student. “Children need not feel pressure to suppress their interests and passions if they do not fall neatly into the gender role dictated by our culture today,” continued Faxon. “Individuals with ‘atypical’ gender identifications deserve the right to be understood, respected, and accepted.”

"Dinella is an advocate for these individuals and Monmouth should be proud to have her as a faculty member who is going above and beyond to make our students feel like they have a voice within the academic environment," said Koushik Muralidaran, a senior psychology student. "I have not had the privilege to have Dr. Dinella in class yet, but I cannot wait for that day," she said.

"Her exposure to all of these once-in-a-lifetime opportunities is outstanding," added O’Rourke. “I have had conversations with her, and she is one of the smartest women I’ve ever met. She deserves all of this recognition, and I hope she continues to speak because gender roles are really important.”

Dinella’s research also promised to expand the influence of the media to reduce gender stereotypes. "If you can help build a relationship with the police department, then you can build a relationship within the community," said Koushik Muralidaran, a senior psychology student. "I believe people all need to be educated on how they can help the children and their parents, and I hope there is a better understanding of how they become ingrained in people."
The Outlook 

The presidential election is in full swing, and it has been a fiery fight to the finish line. With two final nominees, the country will be heading to the voting booths in November to select the next Chief Executive for the following four to eight years. The Outlook editors weigh in on the madness and discuss the importance of voting in this election. Overwhelmingly, the Outlook editors are not enthused by either of the candidates in this historical race, and some are even afraid. One editor said, “This election has been pretty scary. Different media outlets are portraying both candidates very differently.” Another said, “It is frightening how the country is so torn between these two candidates because of how bad we think they are.”

According to an article by Catharine Rampell in the Washington Post, voter turnout of young adults has been low for decades, and the Outlook editors discussed why that might be. “I think that 18-24 year olds vote least in elections because they don’t know what to make of the candidates and some that are simply just not registered,” said an editor. “A majority of the editors have been registered since they were legal. ‘I registered when I turned 18 in Oct. 2012 so that I could vote in the 2012 election. I am very excited and look forward to voting this November in what is sure to be one of the most historic elections in history,'” said an editor. Some of the editors encourage their friends to stay up to date in politics, and be prepared to vote in November. One said, “I personally encourage all my friends to vote when they mention that they aren’t voting, and try to help them learn about the candidates, the parties, and the issues at play.”

Yet, others feel less inclined to vote. One editor said, “Personally, I like to stay out of politics, so I won’t really encourage others to vote. If they ask me I would say to vote, but otherwise I like to keep my nose out of it.”

There are a number of issues that our hope will be at the forefront of the next presidential agenda. One editor said, “I would like to see a number of things change but most importantly I think something needs to be done about the amount of violence and shootings in America. We need stricter gun laws.” Another editor said, “I think progress needs to be continued to be made in social rights and equality, and I also think continued improvements need to be made in terms of public healthcare, an improved economy, and better foreign relations. I also think we need to continue to act against ISIS and other terrorist threats, and streamline an immigration process so that legal immigration is a more realistic goal for most, which will hopefully help with both the Syrian refugee crisis and the issue of illegal immigrants.”

Although the election might seem disheartening, the Outlook editors encourage all students to exercise their voting rights. One editor said, “We cannot deny the right to vote, and as a country we need to show that we all have a voice in this. It’s a privilege to live in a country and society where people are allowed to vote freely, and I think that is something that everyone who is eligible to vote should take advantage of.”

If you need to register to vote, the Outlook would like to remind the University community that the registration deadline for the state of NJ is Oct. 18. A registration form can be found at https://www.usa.gov/register-to-vote.
In March of 2005, Grey’s Anatomy took the world by storm and has continued to drum up revenue since its start 11 years ago. Actors have come and gone in this medical based drama, but there are few things that can match the loyalty the show has seen over the years. The show has become a cultural phenomenon and continues to reach the audience values we would otherwise look past to mention just a few examples of its success.

From its very first episode, ‘Grey’s’ has instilled the idea of making new friends and to keep your real friends and never let them go. Students often tend to forget who to place our value in or if a certain person is worth giving our time to. We think about it, we’re lucky to have such a humble and open campus that we get the chance to meet such an unimaginable number of people. We continue to see their face in a crowded Student Center or happen to pick them out of the mass of people walking to class, whereas many other campuses have twice or three times the amount of students that Monmouth University has. Sometimes it may feel that being alone is the better option, but, as Izzie Stevens says, “Everyone needs help from time to time. Someone to look out for them. Make sure they’re OK.”

Between being caught up with Meredith’s lovers and Alex’s fin of rage, there is no shortcoming of fighting, though the characters aren’t just fighting with each other, they are fighting for who they love, fighting for what they love, and to on and so forth. Grey’s Anatomy has proven over the years that they are all about expressing love and passion in whatever form is most comfortable for them; their motto has always been to fight for what they want. Cristina Yang tells us, “If you want crappy things to stop happening to you, then stop accepting crap and demand something more.”

At Monmouth, us Hawks are fortunate to have a well-rounded and intelligent group of faculty members, but it is us, the students, who have to fight for what we believe in. Whether it is a class you are working hard in, a position at work, someone you love, or simply getting a degree, we must always put up a fight for what we want not only in our college career but in life.

While Cristina Yang may not be returning to the famous show, her memory and long-lasting list of famous quotes and lessons will continue to prosper in the seasons to come. Yang has always taught the importance of brains over beauty, even if this seems to only in the female population, guys have just as much opportunity to show off their brains rather than their brawn. I would love to add more, but Cristina Yang takes the words right out of my mouth: “Oh, sweep beautiful, I’m brilliant! You wanna appease me? Compliment my brain!”

Grey’s upholds its reputation of being a source of inspiration and an outlet to cry your eyes out for many students and fans alike, but as for us Hawks, I’ll leave you with a lasting quote from Cristina Yang to get you through the days: “Have some fire. Be unbreakable. Be a force for good. Be better than anyone here, and don’t go down with what anyone thinks.”

Overall, the 80s were a decade of fun, oddity and freedom. After 20 years of political strain in the 60s and 70s, it was a time for teens and young adults in particular to express themselves without being judged and live the fun, carefree life that had always been marketed to them. It’s not my favorite decade of the 20th century, but definitely a necessary, exciting, and overall influential one.
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Sunday, October 9, 2016
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Attend one of the following mandatory informational meetings:

Wed. Sept. 28 @3:30pm Student Center 202A
Thurs. Sept. 29 @7:00pm Mullaney 1st Floor Lounge
Mon. Oct. 3 @7:00pm Mullaney 1st Floor Lounge
Tues. Oct 4 @4:15pm Student Center 202A
Wed. Oct 5 @3:30pm Wilson Hall 104

OR

Contact Kristin Waring in the office of Undergraduate Admission at 732-263-5870 or kwaring@monmouth.edu

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MONMOUTH UNIVERSITY
For many lactose-intolerant people, making big changes to their diet can be difficult. If you’re lactose-intolerant to implement into their diet. This can be done by choosing lactose-free ingredients, or by using lactase, an enzyme that helps break down lactose. The following are some options that can help you transition into a lactose-free lifestyle:

- **Milk Alternatives**: There are many alternative milks available, such as almond milk, oat milk, coconut milk, and soy milk. These milks are often lactose-free and can be used in place of regular milk in most recipes.

- **Cheese Alternatives**: Many types of cheese are lactose-free, including cheddar, mozzarella, and goat cheese. When choosing cheese, look for labels that indicate it is lactose-free.

- **Bake Without Milk**: Many baking recipes can be adapted to use lactose-free milk substitutes. Try using soy milk or almond milk in place of regular milk.

- **Lactase Tablets**: Taking lactase tablets can help break down lactose in the digestive system. These tablets are available at most drugstores and health food stores.

- **Read Labels Carefully**: Even if a product is labeled as lactose-free, it may still contain lactose as an ingredient. Always read labels carefully to ensure you are choosing lactose-free products.

By making these changes, you can enjoy a wider variety of foods while still maintaining your lactose-free lifestyle. Remember to experiment with different ingredients and recipes to find what works best for you. With determination and a willingness to try new things, you can successfully transition into a lactose-free lifestyle.
Guitarist Roni Benise brings to Monmouth University’s Performing Arts Series a keynote to the performing arts, with “Strings of Passion,” taking its place at the Pollak Theatre, as if its price were $15, I would give it a 7/10, and would say that even if it were $10, it’s fun for a while. At this price, you might as well try it since it includes free updates. The claim that this game has endless possibilities (although there are no multiplayer or competitive elements) is true, but the game’s story was skeletal. Within 10 hours I was agast; any criticism they receive for No Man’s Sky is an open-world, ex- ploration game, and that even if it was a little better, any criticism they receive for No Man’s Sky is an open-world, exploration game, and that even if it was a little better, they would still have issues with it, but I would not have recommended picking it up. If it seemed interesting, if it were $25, I would have said that in my opinion, that’s too much, but many will be worth the time and money. Some games which are large in scale, and in-between indie/triple-A in terms of development sell for $40. I would have criticized No Man’s Sky severely if it sold at this price, calling it a blatant cash-grab, claiming that Hello Games knew the value of its product and sold it at an inflated price due to the hype-train. Hello Games didn’t do this, they sold their game for $50, a price at which I am frankly agast; any criticism they receive for No Man’s Sky not meeting the hype-train’s expectations, they brought it on themselves. To be honest, the only reason I bought this game was out of curiosity, and the moment I heard Steam was offering refunds regardless of playtime, I got mine back. There is also a matter of ethics associated with No Man’s Sky’s release. Sean Murray, one of Hello Games’ CEOs stated on the record that this game would receive no paid DLC (downloadable content), that updates would be free to those who purchased it. They went back on this and announced that they will be selling DLC. My uncle once said that the one thing that would be like Minecraft, he thought that they would pay one price for this game, and that even if it was a little lacking in content at release, con- tent would be added by free updates in the future. According to Games- pot, Murray has claimed he was “perhaps naive” for initially prom- ising free updates. The claim that Murray put forward has cost a number of people money, so I feel that it was unethical. To cut straight to the chase, if we’re viewing No Man’s Sky as a triple-A title, I give it a 7/10. I find Hello Games misrepresenting their product and overpricing it to be a serious problem; there is a lot of this in the video game industry (Spoor, Hatchcock, even Destiny to an ex- tent) but never to this degree, and on a game that got this much media attention. I would not recommend this game to anyone who has not seen No Man’s Sky as its price was $15, I would give it a 7/10, and would say that even if it were $10, it’s fun for a while. At this price, you might as well try it since it includes free updates. The claim that this game has endless possibilities (although there are no multiplayer or competitive elements) is true, but the game’s story was skeletal. Within 10 hours I was agast; any criticism they receive for No Man’s Sky is an open-world, exploration game, and that even if it was a little better, they would still have issues with it, but I would not have recommended picking it up. 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In gaming, if a game is dead it is no longer played by a sizable audience. Battleborn is a MOBA (Multiplayer Online Battle Arena) first-person shooter game, developed by Gearbox Software (the renowned developers of the Borderlands series). I first heard of the game prior to its release, in 2015; I like MOBAs and shooters, also I loved playing Borderlands, so the game seemed like a must-buy. I managed to get into a beta-test while Battleborn was in its pre-release, during this test the game impressed me and I preordered it. It released in May, I played it, found it to be a beta-quality MOBA shooter despite some flaws, and reviewed it as 8/10. Just before this fall semester, when I was planning to run my review, I picked up Battleborn again, and immediately wished I hadn’t, because now I have to rewrite my review.

Let’s start with a more detailed explanation of what exactly Battleborn is. A MOBA is a MOBA type of game, which typically places two teams inside an enclosed arena, where they compete over objectives/resources. These objectives/resources improve the controlling team’s power, and enable them to destroy the other team. Players in a MOBA select heroes to play as - different heroes have unique abilities/backgrounds, and Battleborn’s in particular have interesting personalities. There’s Miko, a man/mushroom hybrid, who heals all/allies throws kunai, and is supposedly romantically attracted to vegetables. Another hero is Orenda, a deranged four-armed alien who likes to break things (and people) and shoot lasers. Then there’s Ambra, a 12,000-year-old priestess who committed genocide by boiling a planet’s oceans and killing all its inhabitants... Suffice it to say that the “heroes” of Battleborn are a quirky lot.

Battleborn has some positives going for it. For one, it has an actual story campaign, something most MOBAs are lacking. Thanks to the fun coop gameplay, interesting/quirky characters, and solid production value, playing through this story is quite fun. The story itself is well-written in a whimsical sort of way, the sound/voice acting, graphics, and effects are all top-notch. It’s also the most high-profile first person shooter/MOBA hybrid on the market (in fact, it may be the only one in existence) so for many who enjoy such games, it may at first seem like a must-buy.

In my original review for Battleborn, I criticized the game’s matchmaking, making mention of long queue times (the wait for matches) and, in particular, how matches were unbalanced. In MOBAs, matchmaking is typically skill based, in League of Legends, for example, no bronze summoner (unskilled/novice) will perform well against a team of diamond summoners (skilled-veteran), or even vice-versa. The occasional stomp can be fun, but most players tend to hope for close games. Unfortunately, Battleborn’s players seem to be getting frustrated by a lack of just this; close/evenly matched games are an incredible rarity and, to top it all off, disconnects appear to be common. The game’s website listed it as having skill-based matchmaking, unfortunately four months have passed and matchmaking still hasn’t been fixed, this sort of incompetence is unheard of in successful MOBAs.

As a result of these negatives, there has been no influx of players, and actually a large number of people have given up on the title altogether. 

I personally feel one of the biggest problems Battleborn faces is that its own developers don’t understand exactly what it is. According to Game Rant, Gearbox “doesn’t consider the game to be a MOBA at all.” Whether or not this is true, they certainly haven’t treated their game as a MOBA; MOBAs need regular maintenance (in the form of content updates, balancing and troubleshooting) to survive, and Battleborn has been dormant since its release.

When we add Gearbox’s attempt to cash-grab on top of their neglect of their product, I become a lot less inclined toward positivity. I see Battleborn as a failed experiment; it’s not a game I’d recommend under any circumstances, and unless it were on sale for less than $20 I’d actively caution anyone against its purchase. Quick disclaimer, I reviewed the PC version of the game, but Gearbox has been flat-out neglected. I hate to break it to Gearbox, but regarding what they claim their game is, it’s a MOBA. Certainly Battleborn is a fresh take on MOBAs, it innovative in several areas of content and gameplay, but that doesn’t exempt it from its genre. I personally find it interesting that Gearbox decided to sell Battleborn at $60, and to additionally sell a $20 season pass/DLC (downloadable content). Most MOBAs are free to play, and they make their money mainly through micro transactions/the sale of optional in-game content, such as boosts and cosmetics, most prominentively character skins. Gearbox is clearly aware of this industry standard within the genre, as they have their own in-game store, which conducts such microtransactions. It seems hypocritical for Gearbox to expect to reap all the benefits of belonging to the MOBA genre while accepting none of the burden from it.

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What are three words you'd use to describe the upcoming election?

COMPiled by: amanda drennan

ally
graduate student
"interesting, eye-opening, concerning."

faraz
senior
"unconventional, polarizing, and hysterical."

shannon
sociology instructor
"tense, terrifying, and groundbreaking."

vaughn clay, ph.d.
director of off-campus and commuter services
"important, important, important."

kara van cleaf
sociology instructor
"tense, terrifying, and groundbreaking."
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Student Activities Board Goes ‘All In’ for Casino Night

The Student Activities Board held their annual “Casino Night” on Saturday, Oct. 1 in Wilson Hall to show parents a great time during Parent’s Weekend.

It is that time of year when SAB plans and executes all of their amazing events for the student body to have a good time, as well as give them something to do on campus. Luckily for this specific event, it landed on the weekend of Parent’s Weekend.

This year’s theme revolved around the 1920’s Jazz era, and the décor and layout of the event embodied this theme. Cinematrik was the official Chair for the Student Activities Board and junior business major James Rufino stated, “I couldn’t have thought of Casino Night going any better than it did. The turnout was absolutely amazing and the set up and appearance of the event was great. It goes to show that all the time and effort the executive board puts into these events are worth it.”

Casino Night is essentially an event where people can come and play casino games for a chance to win amazing door prizes. As students and their families entered Wilson Hall, they were greeted by board members welcoming them to the event and showing to where they get their chips to begin to play the different games.

At the table, more board members handed each attendee a cup of chips worth $3,000 and that is what they would use to bet. Once they had their chips, they were able to play any games they want. At this year’s Casino Night, the games of choice included Craps, Roulette, Texas Holdem, Blackjack, and slot machines.

The unique aspect of this event is that all the dealers at the tables are either board members from SAB or Professional Staff from the University who volunteered their night to help the event run as smooth as possible. Aside from just playing casino games, attendees were welcomed with small finger foods and beverages.

As the night came to an end, everyone who attended and cashed in their chips for raffle tickets went up to each of the door prizes and placed their tickets in hopes to be the lucky winner.

By the time they handed in their chips, every $1,000 worth of chips were worth 1 ticket. The door prizes ranged from a FitBit, Monmouth apparel, a speaker with iThings gift cards, and more. Gina Crowell, Vice President of Marketing and Membership said “Casino Night turned out amazing!” Our Festivals chair really executed her vision of a 1920’s Jazz Club perfectly. It’s always great to see all the students playing card games and winning prizes with their families.

This event is a time for students to spend time with their families since they have been away from home for about a month now, and it gives those students something to look forward to. The Festivals chair for SAB and the one who was in charge of this event, Marissa Stiuso went on to say “I’m incredibly happy with how Casino Night went. SAB faced quite a few obstacles with this one but I am grateful for being a part of such a hard working E-board, because without them Casino Night would never be as great as it is.” Everyone who attended the event had such an amazing time and had a great time. Make sure to stay updated with all of the events that are being planned by SAB to enjoy all the fun!

Lindsay Smith, Assistant Director of Student Activities for Fraternity and Sorority Life, said “There was a great turnout of students and families. The SAB students put many hours of hard work and time into the event and did a wonderful job planning, executing, and running the event.”

The Sisters of Phi Sigma Sigma will be holding their annual event this Wednesday, Oct. 5th.

Many will be there in support of the brave eight contestants who will be on the stage that evening, and the organization assures that it will be an event to remember.

Activities for Fraternity and Sorority Life, Michele Kaplan said, “These events are great because it gets everyone together and involved to raise money for some great charities.” This is a wonderful opportunity for students to get involved no matter which club or organization they are in.

By supporting other organizations on campus like Phi Sigma Sigma, building a strong sense of community is just one of the many benefits of attending these events, entertainment aside.
The Pumpkin Spice Phenomenon: Do You Really Love it?

KELLI GALAYDA CONTRIBUTING WRITER

It’s that time of year again. The leaves are changing, the air has grown crisp, and the days keep getting shorter — yes, the pumpkin spice season. Every year, when September strikes, the notorious spice makes its debut to once again provide warm, comforting flavors to the masses. Though it may seem like no human being on the planet can resist this autumnal favorite, it might actually be the media who harbors the true obsession. Do people truly love pumpkin spice, or is the media just telling us to?

While some may choose to parade their love of pumpkin with pride, others prefer to quietly give into the overarching trend. Totting his own warm cup of pumpkin spice coffee, senior English student, Michael Mottola said, “I don’t get super hype about pumpkin spice; inevitable arrival in fall, it’s just like any other seasonal event, but I always do like pumpkin spice stuff when it comes around.”

Others at Monmouth have yet to hop on the pumpkin spice train. Senior communication student Emma Gepner admitted she doesn’t quite understand all of the pumpkin hysteria. She said, “Personally, I’m not a fan of pumpkin spice coffee. I’m all for the traditional pumpkin pie at Thanksgiving, but other than that, I could really do without it in my food.”

When it comes to pumpkin spice, we’re paying for much more than flavor alone. Deanna Shoemaker, Ph.D., an associate professor of communication, said, “Whether people love or hate all things pumpkin spice, I think marketers know how tap our desires and perceived needs to sell, sell, sell. We as consumers buy into a feeling generated by cultural traditions that advertisers amplify in order to sell products.

Deanna Shoemaker, an associate professor of communication, expressed how the idea of pumpkin spice has become so marketable to consumers.

Starrbucks introduced the pumpkin spice latte 13 years ago, igniting a trend for autumn.

STARBUCKS INTRODUCED THE PUMPKIN SPICE LATTE 13 YEARS AGO, IGNITING A TREND FOR AUTUMN.

The Importance of Classes that Think Outside the Box: Creating a Culture of Peace

KATE MCGUIRE CONTRIBUTING WRITER

Students do not really know what to expect on the first day of classes, or throughout the semester. Everyone has experienced the typical routine: write a few papers, be up all hours of the night to study for exams, and stay at desk in the classroom, barely raising your hand and participating. How sad is that — not learning, not growing, and not becoming involved. Well, surprise; there is a course that can change your life for the better, for years to come.

Creating A Culture of Peace is a course that is the exact opposite of many classes that a student has taken here at Monmouth University, which makes it extremely unique and life-altering. Eleanor Novek, a professor of communication, teaches this class, which has received positive results and relationships after the students have obtained these credits. “The class was developed out of my volunteer work with the Alternatives to Violence Project (AVP),” Novek explained. “AVP is a nonprofit group that offers conflict resolution programs in community groups and prisons. Through training exercises shared experiences, it develops the communication skills and attitudes that help overcome conflict and conflicts peacefully.

It is a class that is set up in a circle, by sitting the students and Novek looking at each other, and interacting in an observational level, so anyone can speak about any topic at any given time. Each individual is given a name for the class, making it more friendly and comfortable. The student has to use an adjective that describes them that starts with the same letter as their name. Novek recalled, “In the class, everything we do builds a community of trust and sharing. Students journal about topics as far-reaching as early experiences of violence, holding grudges, and random acts of kindness. Each one chooses a positive name they use all semester. At the end of the semester we didn’t want to leave!”

Senior Ayse Yasas believes that creating a Culture of Peace was unlike any class she’s ever taken. Novek said, “This wasn’t like any other class I’ve ever taken in the best way possible, and it’s probably one of my favorites of all time. It felt like a small community of peace and togetherness, and I became friends with people that I would never normally talk to. It’s also the only class that taught lessons that I could use in everyday life and genuinely made me think about my actions everyday to actively be a better person and keep the peace with people.”

Imagine that is a class that really makes an individual think about their everyday life, and change. A typical day’s schedule consists of the students entering, putting on the desk in a circle, and going around the room answering a question about a certain topic or situation. The circle shape symbolizes the class as a community, and one. There are infinite answers, learning about an individual’s temper, their home life, challenges absorbed, and used in day-to-day life.

Dary Karvelas, a senior communication student who chose the nickname Zippy Zack, confirmed, “I’ve never had a class that impacted me more than Create a Culture of Peace. The class was open and accepting of everyone’s opinion and voice, respectful, honest, and friendly. It was the perfect class for people that don’t know anyone that well, and more classes should usepeace as a learning mechanism and environment really makes a difference in the overall experience.

A fellow senior communication student Marie DiPetro, who went by Magnanimous Marie, said, “Having a different type of dynamic definitely helps with learning and it made us all feel like a little family in Create a Culture of Peace. This semester in my classes I don’t know anyone that well, and no one really talks to each other so it was nice to have Create a Culture of Peace which allowed you to open up to each other and grow together as a class. I’m a pretty shy person too so I was great having a class where my shyness disappeared the second I walked in the classroom.” This class was a way for her to open up, and crack that shell.

Novek will be conducting this class again in the spring on Monday and Wednesday mornings. Get out there, get involved, learn, grow, and create relationships. You are not be disappointed, Kind Kate promises.
Every so often, a new catchphrase or saying will enter the vocabulary of hundreds of millennials, college students and teenagers nationwide. Words like “yolo” find their way into daily conversations without a second thought. Recently, “adulting” has become the new thing to talk about. Concerns about responsibilities like going to work, paying bills or simply growing up. This term reflects the state and recent grads have begun glorifying everyday tasks and responsibilities. The means to get away with doing anything. Claude Taylor, athletics professor-in-residence for Harvard athletics, said Taylor. “It’s really about being somebody who does. Not just a loud voice in the room, but a thoughtful, responsible voice that is buried in the past. John Maurer, editor in chief, said Taylor.

Many people use the term jokingly to talk about their daily tasks to give them a fun spin on something otherwise boring and commonplace. While the word has struck up some controversy, many twenty-something’s enjoy using it in a lighthearted manner. Senior business student Stephanie Merisi explained why she enjoys using this word: “It’s a fun word to use in a lighthearted way, and I think the sense that seniors in college are ‘adulting’ at age 21 is a great idea. I’d be up for using the term “adulting.” This notion and the idea associated with it allude to the idea that every responsibility is trendy, and that college students want to be celebrated for going through everyday tasks.

Many college students and recent grads use this idea to help distill the increase in responsibilities that students are fully immersed in the adult world. Many use adulting in their everyday vocabulary to show that they are doing something worth celebrating in actuality, as it’s an everyday responsibility, task or errand.

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This term all the time, especially over stupid things. My friends will go grocery shopping or pay bills and say “I hate adulting,” or “I can’t adult today,” and it’s frustrating because these are just everyday occurrences. She continued, “I think in a sense it glorifies the idea of growing up, because people use it to show off what they can do on their own.”

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We have yet to see young teenagers entering their high school years approach new responsibilities in the same way college students do. In the same sense that many were rewarded for participating, regardless of winning or losing, we are now beginning to reward ourselves for the accomplishment of everyday tasks and responsibilities. While there may not be a direct correlation to the trophy phenomenon and the use of “adulting,” they go hand and hand, both rewarding something that doesn’t necessarily need praise.

When the adulting, trophy children find themselves in the “real world” they are not going to be praised by higher ups for going to a meeting or completing an assignment with a congratulatory “you adulted” hi-five. So if people, or adults rather, do not acknowledge the notion of adulting themselves, what does that say about the millennial’s who do? While you won’t find adulting in the special skills section on anyone’s resume (or at least I hope not), using this lingo is still just as damaging to our future employers as discussing responsibilities or work.

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Women’s Soccer Scores Eight Goals Against Saint Peter’s, Remain Unbeaten in MAAC Play

KEVIN OSBACK
CONTRIBUTING WRITER

The Monmouth University women’s soccer team booked a total of eight goals against rival Saint Peter’s Saturday night in their first home conference game of the season. Seven different Hawks scored in the shutout at Hesse Field on the Great Lawn.

Although there was a constant mist in the atmosphere, it was still electrifying as the women remained undefeated in conference play. The Hawks went on fire from the start as they put away three goals within the first ten minutes of play and another four goals before the half.

“I think it was a great team win and team effort all around. It’s great when we can put teams away early and when we are able to get contributions from everyone,” said senior defender Mirannda Konstantinides.

A team effort it was as seven different Hawks scored on the night while playing smoothly. Senior forward Alex McAmey sparked off the night at 6:20 in regulation as she carried through the midfield, shooting through the left post. The lady Hawks were pumped up and had their eyes rolling.

Shortly after McAmey’s goal, senior defender Julie Spracklin and Konstantinides connected for a goal at 8:27 in regulation to put the Hawks up 2-0 early. Spracklin carried to the end line and crossed the ball to Konstantinides as she finessed into the box. The Hawks weren’t content yet, as they netted yet another goal only 43 seconds later.

McAmey assisted redhead freshman Madie Gibson at the 9:00 mark, as Gibson scored for the third consecutive game. But Gibson wasn’t done as she assisted Konstantinides’s second goal off a corner kick, putting the Hawks up 4-0 at 13:22 into the game.

Spracklin became the 28th player in program history to reach 40 points after netting a goal from 30-yards out at 13:41 in the game, boosting the score to 5-0. She wasn’t the only Hawk making history.

Junior midfielder Sophie Centrella scored her first career goal at 41:48, which was assisted by freshman forward Anna Lazur.

Fifty-seven seconds later, junior forward Rachelle Ross carried to the near side and scored through the legs of Saint Peter’s goalkeeper Taylor McLean.

The Hawks carried all their excitement and energy from the first half into the second half, quickly scoring their eighth and final goal of the game. Speedy freshman midfielder/forward Lexie Palladino scored her first collegiate goal off a corner kick at 50:34.

“The possession and teamwork we had led to the success of a great win and shutout,” said Spracklin.

“The Hawks completely controlled the game by possessing the ball and out-shooting Saint Peter’s by 23 shots, landing 15 of those shots on net. The Monmouth defense played smart, holding them to less than three corner kicks, two shots and only one of those shots being on net. Konstantinides took time after the game to reflect on the support from the fans.

“It was NJ Youth Soccer Night, so it was nice having kids from the area come out and support us. There was a good turnout of Monmouth students, which provided good atmosphere and helps us out,” said Konstantinides.

The blue and white also earned a shutout in a rematch of last year’s MAAC championship versus hOURLglass rival Rider. The match will be available to stream online via ESPN3.

PHOTO COURTESY OF Mark Brown/B51 Photography

Redshirt freshman forward Madie Gibson scored in her third consecutive game and leads the Hawks with 10 points (three goals, four assists) this season.
**Men's Lacrosse has International Friendly Against Japan**

**KEVIN O'SBAC**
**CONTRIBUTING WRITER**

The Monmouth men's lacrosse team hosted an international scrimmage against the Tokyo Falcons Lacrosse Club from Japan on Tuesday, Sept. 27. The Hawks won the friendly scrimmage 11-5 at Hesse Field in the Great Lawn.

The Falcons Lacrosse Club consists of national team players and previous national team players. They are all post-graduates and only practice on the weekends because they’re busy with work and their families during the weekdays. Many of the Japanese players said the biggest struggle they face is finding a field to practice on.

This was the first time the Hawks have played a team from Japan, and Monmouth Head Coach Brian Fischer was just looking to see where his team stood at this point in the fall.

"It was a great scrimmage because we got to play under the lights at Hesse Field and it was our first opportunity to play against an international team this fall," Fischer said. "It was only our 10th day on the field so we had nine practices prior and it was fun to go out and see where we were as a team after less than two weeks of practices.

There was a chillling moment before the game started when everyone on the field and stands could feel. University event staff members were having technical difficulties with the playing of Japan’s national anthem. After several minutes of silence, the Falcons decided to sing their national anthem themselves. It was a memorable experience and a great way to keep the game going.

Sophomore wide receiver Reggie White Jr. celebrated after scoring the two-point conversion that won the game against Fordham on Saturday.

"When he told me that we were going for two I said, 'You're joking, right?' He said, 'No, I'm totally serious and I know what was coming,'" Williams said. "Like Coach said, we practiced it. (Senior wide receiver) Darren (Amato) had an under and Reggie had a fake, but in back and senior wide receiver Marri Chin had a dig. I snapped the ball, Reggie just beat the guy so I just gave him a shot. I didn’t even see him catch the ball, I just came down and heard the crowd go crazy so I got up and went nuts."

Monmouth down 13-6, a one-yard touchdown run by senior running back Zach Welch with 1:30 left in the first half tied the game at 13-13, but Fordham was able to score twice halftime to take a 27-13 lead into the intermission.

"It was just one thing after another. We had breakdowns on both sides of the ball," Callahan said. "I felt confident that we were going to control the game after taking the lead. Then to give up the two scores, we just had to overcome the shock of it and get in the locker room, settle down and re-focus and go back out and play."

Mommouth was able to turn the page and put together three consecutive scoring drives at the end of the third quarter and into the fourth to gut back the game. Williams threw a screen pass to White who made a few defenders miss and then sprinted down the sideline for 75 yards, cutting the deficit to 27-20.

"I told the guys in the huddle that we’re going to give it our all, I just let them go crazy so I got up and went nuts."

But Fordham answered back on a 55-yard burst by Edwards to make the score 27-26. At this point in the game, Williams felt confident that we were going to take control of the game after tying the game at 27, but White hauled in a touchdown of the afternoon. An extra point by senior kicker Makay Redd’s kick went wide right, sending the game into overtime.

Williams and White both enjoyed career days. Williams finished 22-31 for a career high 290 yards and two touchdowns, while White hauled in 10 receptions for a career high 167 yards and two scores on his way to Big South Offensive Player of the Week honors. Rodgers led the rushing attack with 100 yards and two touchdowns on 19 carries while junior safety Mike Basile and freshman safety Jose Cuezquia led the defense with eight tackles each.

Monmouth (3-2) will hit the road next week when they travel to Washington, D.C. to take on Howard (1-4) on Oct. 8 at 1 p.m. The next and final home game for the blue and white will be unit Oct. 29, when the Hawks will play Kennesaw State in their final game at the current Kessler Field.

**SIDELINES**

FH: The field hockey team came out on top Sunday Oct. 2, when they defeated the Cornell Big Red 6-2. Freshman forward Josephine van der Hoop continued her exceptional play as she scored a goal and assist to go with her MAAC Rookie of the Week honors she received last week. Junior defender Julie Laszlo also scored her own off of two identical corners assisted both times by senior midfielder Alyssa Ercolino. With the win, the Hawks improve to a record of 9-2 and close out non-conference play. Now Monmouth, who is ranked 15th in the country in RPI, will look to continue their brilliant play as they begin conference play this Friday Oct. 7 at home against Siena at 3:00 p.m.

**UPCOMING GAMES**

Wednesday, October 5
**W Soccer vs Rider**
Lawrenceville, NJ 7:00 pm

**M Soccer vs Rider**
West Long Branch, NJ 7:00 pm

Friday, October 7
**M Tennis**
Farmsworth Invitational Princeton, NJ

**FH vs. Siena**
West Long Branch, NJ 4:00 pm

**Tuesday, October 11**
**W Tennis at 9:00 am**
URI Invitational Kingston, RI

**FH at LIU Brooklyn**
Brooklyn, NY 11:00 am

Monday, October 10
**M Golf at 8:00 am**
La Salle Invitational North Hills, PA

**W Golf at 8:00 am**
Quinnipiac Classic New Haven, CT

Tuesday, October 11
**M Golf at 8:00 am**
La Salle Invitational North Hills, PA

**W Golf at 8:00 am**
Quinnipiac Classic New Haven, CT

**W Tennis at Lafayette Easton, PA 4:00 pm**

**conference games**

**Football Stuns Fordham 42-41 in Overtime**

**JOHN SORCE**
**SPORTS EDITOR**

The Hawks overcame a two touchdown halftime deficit and forced overtime on Saturday afternoon, where they defeated the Fordham Rams 42-41 on a two-point conversion.

Regulation ended with the game tied at 34. Fordham began the extra time with the ball and relied on ju- nior quarterback Clay Edwards, who ran for 208 yards and four touchdowns on the day, to take a 41-34 lead. MU needed to find the extra point to keep the game going.

They did just that as sophomore run- ning back Ed Rodgers powered in from four yards out for his second touchdown. The extra point ness that the ball was three points over. Rodgers kicked the ball away from the extra point spot to give the Hawks a 41-41 tie at the end of regulation.

"The Falcons Lacrosse Club couldn’t decide to sing their national anthem. After several minutes of silence, the Falcons decided to sing their national anthem themselves. It was a memorable experience and a great way to keep the game going.

There was a chilling moment before the game started when everyone on the field and stands could feel. University event staff members were having technical difficulties with the playing of Japan’s national anthem. After several minutes of silence, the Falcons decided to sing their national anthem themselves. It was a memorable experience and a great way to keep the game going.

Senior midfielder Zach Scheicher, Eric Berger and junior attackman/fo- otball player Reggie White Jr. in the back of the end zone with three goals and two assists.

"We said before we even stepped on the field that this is what we’re going for after we score here," Callahan said. "That was our mindset going in and it didn’t get communicated to the entire team. The placekick team started to go out on the field, that’s why we took the timeout just to settle everyone down. We have practiced this situation before. Take a deep breath and run the play, execute it and we’re going to win the game right here."

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They did just that as sophomore running back Ed Rodgers powered in from four yards out for his second touchdown. The extra point was missed but there was no mistake on the two-point conversion that won the game against Fordham on Saturday.

"When he told me that we were going for two I said, ‘You’re joking, right?’ He said, ‘No, I’m totally serious and I know what was coming,’” Williams said. “Like Coach said, we practiced it. (Senior wide receiver) Darren (Amato) had an under and Reggie had a fake, but in back and senior wide receiver Marri Chin had a dig. I snapped the ball, Reggie just beat the guy so I just gave him a shot. I didn’t even see him catch the ball, I just came down and heard the crowd go crazy so I got up and went nuts.”

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Men's soccer All-American goalkeeper Eric Klenfosky returned from injury last Tuesday night and played in his first game since August in the Hawks' 2-1 victory over Manhattan.

Full story on page 18

PHOTO COURTESY OF MONMOUTH ATHLETICS