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According to Joseph Johnson, a junior criminal justice student and Vice President of AASU, the University hosted two events for Martin Luther King Jr. Day, but left the majority of February’s planning to AASU and NCNW.

“As an African American who goes to a predominantly white institution, Black History Month should be a main priority for the University,” said Johnson.

According to Mary Anne Nagy, Vice President of Student Life and Leadership, a committee had existed around the time of the “more organized emails” that oversaw the larger-scale events for the commemoration of Black History Month. According to her, the committee has since dissolved. This may be a contributing factor to the decrease in reported centralized programming.

She said, “I don’t think there’s any particular reason [for the organizing committee dissolving],” said Nagy, citing that time and personnel fluctuations may have caused it.

She advocated for a more widespread approach that integrates diversity and racial integration into all parts of the Monmouth community, both academic and extracurricular.

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Students Notice Decrease in Black History Month Events on Campus

MEHDI HUSAINI
ASSISTANT NEWS EDITOR

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**Feds Sue Nations Largest Student Loan Company**

Navient, America’s largest student loan company, is currently embroiled in a federal lawsuit that was filed by the Consumer Financial Protection Bureau (CFPB) on Jan. 18. According to the lawsuit Navient, misallocated payments, steered people into costly plans, supplied the wrong information, and ignored borrowers’ pleas for help.

“For years, Navient failed consumers who counted on the company to help them give them a fair chance at paying their student loans,” said CFPB Director Richard Cordray in a statement. “Every stage of repayment, Navient chose to shortcut and deceive consumers to save on operating costs. Too many borrowers paid more for their loans because Navient illegally cheese today’s action seeks to hold them accountable.”

Navient, formerly part of Sallie Mae, has more than 12 million customers and services more than $300 billion government and private student loans. In response to the lawsuit, Navient released a statement that same day denying all of the alleged claims and asserted that these actions were politically motivated.

Claire Alasio, Director of Financial Aid at the University, explained that all of the allegations made against them are politically motivated.

“Most folks have quite a number of blind spots around the extent to which African American history is American history,” she said. “The marginalization of African American history is part of the continuation of racism in the United States.”

Foster further explained how productive forums for discussion about race and diversity in American history are essential to the resolution of issues of race on campus.

Taylor asserts that there is much to be done. “All of us here at Monmouth are so focused on the education…that we don’t necessarily open up time and space for the other parts of what we do in the community to nurture our time together,” said Taylor. “We have work to do.”
The Travel Ban Lies in Hands of the Courts

Ban continued from pg. 1

“The full scope and legal ramifications of the Executive Order continue to evolve in the face of legal challeng- ence,” he said. While we continue to study the most appropriate recommenda- tions to provide our students and faculty who may be impacted by the Order, please know that Monmouth University remains committed to our core values of integrity and diver- sity, characterized by our cultural understanding and respect for others.”

The legality of the ban was tested this weekend in a law- suit that reached the United States Court of Appeals for the Ninth Circuit in San Fran- cisco late Saturday. Lawmakers for the federal government asked the appeals court to re- tract a temporary restraining order on the ban issued Friday by Judge James Robart of the Federal District Court in Se- attle. The Ninth U.S. Circuit Court of Appeals denied the administration’s request to set aside the Seattle judge’s ruling that put a temporary hold on the ban nationwide. If appealed the case may be brought to the Supreme Court.

Not only was the Iranian student affected but his/her family was as well. He/she canceled his/her interview at the New Jersey Department of Health, we were given three rapid patient to person. “We’ve typically seen people who come in with high fever, sore throats, lots of conges- tion and Nationality Act banned immigrants on the basis of na- tional origin. She said, “A 1952 law allows people from all over the world.”

After the temporary halt of the ban, the State Department was able to reinstate 60,000 vi- sas of previously banned travel- ers. Therefore, the Iranians stu- dents’ sibling may still become a Hawk in the near future.

According to Jon Stauff, Ph.D., Vice Provost for Global Education, the University will not deny a student admittance for being on the list. He said, “Monmouth University re- mains committed to its mission to prepare students to ‘be become engaged citizens in a diverse and increasingly interdepen- dent world... Students from the seven countries included in last week’s executive order will con- tinue to have their applications processed as they were before the order was signed.”

“We need to remember that the current restrictions have been designed as temporary measures to be used only until the Trump Administration has reviewed pertinent regulatory practices... The University will continue the monitoring activ- ity, but there are no plans to prevent students from any coun- try from submitting an applica- tion to attend MU,” Stauff con- tinued.

Rekha Datta Ph.D, a professor of political science, explained that similar bans have place before by other admin- istrations. She said, that in the 1920’s the ‘national system’ favored immigration from mostly Western European one, and in 1965 to immigra- tion and Nationality Act banned immigrants on the basis of na- tional origin.

The CDC’s website also men- tioned that flu viruses spread mainly by droplets when people with the flu cough, sneeze or talk. These droplets can land in the mouth or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

There are a number of ways ev- eryone is able to prevent or dete the flu virus from attacking their immune system. According to Maloney students can attempt to prevent the flu by getting the flu shot, maintaining good nutrition, handwashing, and proper dis- posal of used tissues.

A factor that affects the spread of the flu is how many students are vaccinated, as well as how effective the vaccination is. A flu vaccine is created yearly to deal with the strains that doctors believe will be the most common and troublesome in any given season.

Dr. Kathryn Lionetti, a profes- sor of biology, explained how these viruses is meant to prime the immune system, al- lowing it to raise the number of antibodies and sensitized T-cells which are able to fight off foreign bod- ies. Anything foreign that’s not normally found in our bodies, we call an antigen (antibody genera- tor).

Before we’re born, our bodies take stock of what does and doesn’t belong to us. The body is able to recognize what is ours and what is foreign.”

Many can attest to the effective- ness of vaccines including Carly Trill, a senior social work student. This was the year I went for a flu shot,” she said. “A couple of my friends said they’d gotten really sick, but I’m doing quite well so far.”

Maloney is optimistic that the worst has passed and has seen a decrease in cases over the last few weeks, with only a few cases until spring break; but after- wards the viral pattern should be broken.

However, both Lionetti and Ma- loney agree that there will surely be another epidemic next year, and in order to minimize your odds of the flu, you encourage students to get their flu shots. According to them, prevention is the best medicine.
Pressing Issues of the Press

In recent months, we have seen the public’s views of the media change. President Donald Trump often uses the media to express his views and to rally his followers. This can create a situation where the media and the public are not on the same page.

The role of the media is to inform the public of key issues. It is important for the media to present information in an unbiased manner and to be fair. It's awfully difficult for the media to continue to do that, especially when the President doesn't accept that the media is his source for people everywhere.

As time in office passes, The Outlook believes that Trump will learn better ways to handle the media and that he will start to engage with it. This is the beginning of his administration. He has nearly as much freedom as we do under our First Amendment right, and we should support him and his endeavors. It is a piece of persuasion that a person is trying to get a crowd to agree with. This is dangerous, but the President doesn’t seem to care. His actions have been engrained into the minds of the people around him. We should keep this in mind. To the contrary, it is granted so that the Press can report on the news and use that information to help the public. But when agendas are prevalent, we have the power to influence and wrongly influence, and that counteracts the core values that we as journalists should preserve. I think that what Trump and his appointees are doing is wrong, and that is what I believe the President should keep this in mind. It's a privilege to speak up and to be heard.

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As Valentine's Day draws closer, the palpable excitement around it for people who do not have a significant other to splash on becomes the center of many conversations and social media feeds. Around this time of year, we all hear that one friend saying stuff like, “i’ve only been here on this earth till tonight is don draper from mad men.” that’s exactly the day that anyone should be looking for because Valentine’s Day sucks for so many people.

First, this Hallmark Holiday is a self-esteem steamroller for so many girls and boys, and it is so problematic. Unfortunately, the society we live in places a lot of value on a picturesque Valentine’s Day.

Watching people place their worth in love in a way that appears as a result is kind of heartbreaking, but more than anything – unnecessary. Also, the average college student is pretty strapped for cash. According to a 2016 Time Magazine article, the 55 percent of college students have to acknowledge the holiday spend about $146 on average. Just to put that cost into perspective, a textbook can cost around $150 on average. Just to put that cost into perspective, a textbook can cost around $150 on average. As Valentine’s Day draws closer, the Hallmark Holiday is even more apparent. It is impossible to start your year without the Smurfs or the minions. Those corporations worked extremely hard to create that legacy. Those corporations and large fast food companies are paying for that Welshman’s ability to do something that goes above and beyond. That’s the point to work hard because if they don’t, they will never be successful. You cannot go on with life satisfactorily without accounting the effort of your significant other in your life.

The main reason I hate this day is because for some, unfortunately, it is the time that their intimate partner displays love that they should be getting every single day. Valentine’s Day is a day of relationships involvement, work, time, patience, and a million special days, not just one. For everyone—enjoy the company of those who you love and those who love you every single day. Do not let the hype of this Hallmark holiday engulf your thoughts and wallets.

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President Trump Introduces Neil Gorsuch as Nominee for Supreme Court Vacancy

President Donald Trump shakes hands with Neil Gorsuch, as he introduces the latest Supreme Court nominee.

BRENDA GREVE
CO-POLITICS EDITOR

President Donald Trump announced on Jan. 31, that he will nominate Neil Gorsuch, Judge from the United States Court of Appeals for the Tenth Circuit, to be the newest Associate Justice to the United States Supreme Court.

The vacancy in the nation’s highest court came almost a year ago when Justice Antonin Scalia passed away on Feb. 13, 2016. Scalia, a conservative and strict constitutionalist, was a very contentious loss between Bush’s executive order and the conservative tilt of the Supreme Court.

Gorsuch, the 49 year-old Harvard and Columbia alumna, has similar conservative leanings in his jurisprudence as Justice Scalia. Johanna Foster, Director of the Sociology Program, considers him to be “exceedingly qualified, with extensive experience.”

Trump’s nomination of a conservative like Scalia to the Court was a crucial issue to many conservative voters during the election season. Trump said while introducing his pick, “Millions of voters said this was the single most important issue for them when they voted for me for president and I am a man of my word.”

Gorsuch’s nomination was met with support from the New York Times. Neil Gorsuch, the 49 year-old Harvard and Columbia alumna, has similar conservative leanings in his jurisprudence as Justice Scalia.

The New York Times, reported, “It’s working out very nicely and at airports. You see it all over.”

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President Trump considers the immigration ban a success.

As a result of the ban, those traveling to the U.S. were stopped in airports both in the United States and abroad – legal residents as well as visitors and students in Cairo, Dubai, and Istanbul were blocked; others were sent back after arriving.

President Trump considers the immigration ban a success.

However, there has been widespread opposition what many are calling a Trump’s immigration ban a success.

“People in New York, Atlanta, Chicago, Los Angeles, Houston, Charlotte, New Orleans, Las Vegas, Boston, Detroit, and Philadelphia, among others, have taken to the streets voicing their concerns.

On the day of the signing, President Trump fired Ms. Yates only hours later for not following the policy of his administration.

Former President Barack Obama also criticized the immigration and travel ban on Monday, Jan. 30. He commented for exercising their Constitutional right to assemble, organize, and have their voices heard.”

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2017 SPRING PERFORMING ARTS SEASON

STUDENTS GET FREE TICKETS!
All Monmouth University students can enjoy one free ticket to two performing arts events per semester. After two free tickets are used, the student cost will be $5. Student tickets are limited.

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Please complete the survey before February 17, 2017

The Princeton Review takes your privacy seriously. Personal information will not be shared with any third party unless you give permission. The full privacy policy can be accessed from the student survey login page.
The drama, heartbreak, and struggles one goes through during one’s teenage years all contribute to valuable life lessons. Later in life, an individual will thank those who taught them the lessons. Life is a learning experience, and it is important for everyone to reflect on their experiences and what they learned during their adolescence will aid them throughout their lives. An individual’s teenage years are where one’s foundation is laid, and the decisions made during this period will affect one’s future.

In the world of college, Mary Occhipinti, a senior student in physical education, shared her view on the importance of a healthy lifestyle. She mentioned, “I love quinoa, rice, lentils, beans, and turkey. I have really awesome quinoa and rice microwaveable pouches, which is more than it seems; it just requires paying attention to what you eat and be mindful of what you put in your body.”

Healthy eating has made its way to the forefront of popular culture. Cafes, restaurants, and grocery store shelves, avocado appears on every modern restaurant menu, every junk food has a fat-free, alternative, and greens are cool enough to inspire Beyoncé to rock a “Kale” sweater in her “7/11” music video.

The future looks promising on this bandwagon as well, advertising various products as “superfoods”—because they may be loaded with vitamins, minerals, and phytonutrients that may help promote health and reduce the risk of certain chronic diseases. This ‘superfood’ title may frequently be used by media because it sounds attractive, yet it is meaningless when we ignore the other food choices and overall lifestyle of an individual.

“Healthy eating requires a healthy lifestyle, not just the occasional superfood. Baron believes, rather than filling your fringe with kale and your cabinets with avocado, the key to a healthy lifestyle is variety and moderation are the keys to a healthy lifestyle. There is also a extreme amount of green food and mindful eating habits. One of the biggest contributors to one’s health is their diet. The food choices and overall lifestyle one takes in, ultimately improves your body’s well-being. Nevertheless, healthy eating as a college student can be a challenge. Between tight budgets and even tighter schedules, finding the time and the funds for a healthy meal may seem impossible. But, a nutritious diet is much more tangible than it seems; it just requires paying a little extra attention to the grocery store.”

Ayse Yasas, a senior communication student, said, “I noticed that they’re definitely trying to add a few more options which have helped a lot. Last semester, a vegan and vegetarian came to campus and that was really cool. It was nice to meet people who were also vegans because you don’t know what you go through. There’s definitely a lot more that can be done with regard to vegan. By going vegan or vegetarian or even pescatarian you’re not conforming, you’re adapting. It isn’t a trend or a phase, it’s a way of life. It’s a choice to not participate in the surplus of violence going on in this world. We as humans do not have to weave ourselves into that cycle of violence, and make a difference. Try to limit your use and support the people who do, or at the very least be aware of what is going on and know where your food is coming from.

ZACHARY KARVELAS
STAFF WRITER

Vegetarianism has become an increasingly popular lifestyle phenomenon over the past few decades. In the past five years, the number of vegans and vegetarians in the United States has more than tripled surpassing sixteen million according to theershawfoodworld.com. This increase is due to various factors whether it be diet, meat, eggs and even clothing products that use wool or leather.

Many do not have the knowledge how to handle such dietary issues and others that do it support animal rights. Vegetarianism is a lifestyle that has its roots in the belief that cholesterol and heart disease are way more prevalent among meat eaters. One of the main differences between a vegan and non-vegan is that cholesterol and heart disease are much more prevalent among meat eaters.

The vegans, however, can Standard Diet, which typically consumes plants, has been around for about two years now. The vegans are eating back the anthropologist and rounds out this past Sunday and thought it was an amazing experience. A very welcoming environment and exciting to be surrounded by others who share similar experiences is important to vegans and non-vegans alike to be exposed to this growing community and to show the world veganism isn’t just a phase, but an eating lifestyle. 

Aside from the health benefits, a recent report by the World Health Organization stated that animal farming contributes to climate change, and vegans can reduce their carbon footprint by 73%.

There are many that do it for health reasons. One of the benefits of a vegan diet is that it is rich in fiber, vitamins, and minerals. It can lower cholesterol, lower blood pressure, and a lower risk of diabetes and heart disease. Mary Occhipinti, a senior student in Public Relations, switched to a vegetarian diet in the hopes of losing weight and even after having a vegan pregnancy. She managed to lose weight and lower her cholesterol.

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True healthy eating requires a healthy lifestyle, not just the occasional superfood. Baron believes, rather than filling your fringe with kale and your cabinets with avocado, the key to a healthy lifestyle is variety and moderation are the keys to a healthy lifestyle. There is also a extreme amount of green food and mindful eating habits. One of the biggest contributors to one’s health is their diet. The food choices and overall lifestyle one takes in, ultimately improves your body’s well-being. Nevertheless, healthy eating as a college student can be a challenge. Between tight budgets and even tighter schedules, finding the time and the funds for a healthy meal may seem impossible. But, a nutritious diet is much more tangible than it seems; it just requires paying a little extra attention to the grocery store.”

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NIKITA SAWHAN
STAFF WRITER

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The Merry Wives of Windsor Visits Red Bank

ANNA BLAINE, CONTRIBUTING WRITER

Shakespeare’s farcical comedy The Merry Wives of Windsor will be opening up its production at Two River Theater on Tuesday, Feb. 14. The production will be running from Feb. 14 to March 5 with a Saturday matinee at 2 p.m. on Feb. 18. The cast of the production consists of many talented actors, such as Michael Greenberg, Gary Wilmes, John DiGennaro, Sheila LaCroix, and many others. If you attend, you will not be disappointed by this performance, as it is guaranteed to be a laugh out loud experience.

On Feb. 14, Two River Theater will introduce the production, The Merry Wives of Windsor.

AYSE YASAS, CONTRIBUTING WRITER

On Jan. 27, Kehlani Parrish dropped her first full length studio album. For fans that have been following her since her appearance on America’s Got Talent in 2011 with girl group, PopLyfe, they know that this has been a long time coming. A lot has been accomplished since then and Kehlani was even nominated for a Grammy for her mixtape “You Should Be Here;” despite the fact that it was a free mixtape on SoundCloud. She was also featured on the Emmy-nominated single “Narcotics Anonymous” by rapper French Montana with her song, “Gangsta.” So it’s incredible to see how much she accomplished before even having an album out.

If this album isn’t beautifully feminine, honest, nostalgic, empowering, old school and real R&B, then I don’t know what is. As a female listening to these songs, they make me unapologetically who I am to be a woman. “Intro” is a poem read by Reyna Biddle and she refers to herself as a “superwoman,” “angry woman” and “crazy woman.” Perfectly describing the several layers that come with being a woman which is what this record is all about.

Other songs like “Everything On Me” and “Too Much” completely go against the female stereotype. They’re all about being a heartbreaker and being too strong and powerful for someone to handle.

Kehlani Parrish released her new album, SweetSexySavage, on Jan. 27.

“Hold Me by the Heart” shows that this boss lady still has a soft side. “Everything Is Yours” is so raw and about giving up and giving yourself completely to another person, showing the different levels that come with being a powerful woman with a loving heart.

If you thought there weren’t any more sides to Kehlani, think again. “Get Like” makes you smile and shows the cute and sexy side to this superwoman. When you listen to “Undercover” you can’t help but want to dance in your seat because you can’t help but have fun. These tunes are catchy and the feel good vibes you get from the songs are infectious. If you watched the music video to “Distraction”, it’s pretty obvious that this album is “Thank You.” It’s a letter you of “Try Again” and makes your heart happy.

On behalf of Two River Theater, everyone is welcomed to attend the free play reading events. There will be coffee and dessert served in the lobby afterwards. However, reservations are strongly suggested. To RSVP to either or both of these events, please visit tworivertheater.org or call 732.345.1400. Two River Theater is easy to get to. From New Jersey Transit Red Bank station is 1-1/2 blocks from the theater.
Lady Gaga Steals the Halftime Show

BY STEPHANIE YOUNG CONTRIBUTING WRITER

Let’s just get right down to it. A Monster Calls, directed by J. A. Bayona, was the most under-watched, under-discussed hidden gem of the year. It is one of the most beautiful, heart-wrenching films that has been released in the last decade. Yes, this is a fairly heavy statement, but no one, I dare to say, will look away from the brilliance of this film that was less than absolutely stunning. From the production, acting, and animation, to the genius emotions it evokes from audiences all across the nation, A Monster Calls is the film you may never have heard of, but is certainly one that you should watch immediately. Without a doubt in my mind, it is going to hold a prime position in the coming of age genre for years to come.

A Monster Calls is not just a coming of age story. There are surprising themes that are touched on – possibly due to the dark and mature subject matter that it presents to a younger audience. It follows young Connor O’Malley (Lewis MacDougall) as he must come to terms with his mother’s progressing illness. A monster visits him one night and informs him that he has three stories to share. However, once he is finished with his stories, O’Malley must tell the monster one of his own stories.

It is difficult to convey the depths of which this film was able to display in regards to topics of grief, loss, love, and truth. At first glance, it is targeted for younger children; but I can tell you A Monster Calls will hit adults even harder. When the screen goes black and the credits start to roll, audiences will be taken back by this masterpiece, never imagining the impact it will likely leave on them.

While a majority of A Monster Calls is live action film with the use of CGI (Computer Generated Imagery) for the monster, it also incorporates animation to present the stories the monster shares with Connor. The visuals are absolutely gorgeous and the way the story is drawn in animation sub-stories using different mediums makes the audience feel as if they are a child again, which is something not many movies can conjure up their own visions to go along with the monster’s narrations of each story. The film did an excellent job embodying each lesson the story presented to Connor while visually representing the sometimes disturbing realities through its use of watercolors and artistic drawings. The animation did not take the audience out of the story; it enhanced the understanding of Connor’s imagination and internal struggles.

In a world where the Oscars are unfortunately highly political in choosing what is nominated for an award ceremony, it is disappointing that MacDougall did not receive an Oscar nomination for his performance as a child actor. As a child actor, the incredible talent he showed on screen is one that is rarely seen by actors of his age, let alone actors of genera- nal; he handled the role with poise and maturity. This film in particu- lar rides on the main character of Connor, so needless to say his role would have been the make-or-break of the film. Luckily, MacDougall brought everything he possibly could to this character and every minute of it paid off.

After watching it the first time through, you begin to see how smart it is and how it utilizes its own story elements and morals and applies them to various parts of the film. For example, one aspect of the film did not work on the idea that humans are complex creatures. As a result, the presentation of a number of the characters shows this idea, but not in a painfully obvious way. The subtle manner in which Connor’s father and grandmother are portrayed confirms this idea by breaking away from the conventions associ- ated with each profession they held. Connor’s father, who was revealed to have divorced Connor’s mother in the beginning of the film, is not the gauntlet as people in the film say he is. Instead, he is one of the most lovable and genuine characters. The way the film gives each character multiple layers confirms its own idea it presents to the audience and brings them to life.

With all that said, A Monster Calls is a must-see. It continues to stick with me and remains on my personal list as one of the most beautiful and heartfelt film that everyone should see. Be prepared because once you embark on this journey with Connor, it will stick with you.
LEFT: STUDENTS TRAVEL TO THE CAMDEN ADVENTURE AQUARIUM FOR A STUDENT ACTIVITIES BOARD (SAB) TRIP. (PHOTO TAKEN BY AMANDA DRENNAN)

RIGHT: STUDENTS GATHER AFTER THE MEN’S BASKETBALL GAME TO RECOGNIZE JUSTIN ROBINSON AS THE ALL-TIME LEADING SCORER FOR MONMOUTH. (PHOTO COURTESY OF NATORYE MILLER)

WHO IS YOUR DREAM CELEBRITY VALENTINE?

COMPILED BY: AMANDA DRENNAN

Stephanie
Senior
"Drake."

Chris
Senior
"Emma Watson."

Natalie
Senior
"Trey Songz."

Nicholas Messina
Communication Instructor
“Samantha Bee.”

LEFT: STUDENTS CELEBRATE WORLD HIJAB DAY HOSTED BY THE MUSLIM STUDENT ASSOCIATION AND LAMBDA THETA ALPHA. (PHOTO COURTESY OF JAMILAH MCMILLAN)

RIGHT: STUDENTS WATCH LEVI STEPHENS IN THE STUDENT CENTER. (PHOTO COURTESY OF SAB)
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- Currently enrolled student at Monmouth University and completed full academic year
- Work approximately 26 hours per week
- Work early mornings, late nights, weekends and holidays as needed
- May enroll in (1) one summer course during contract term at Monmouth University
- Live in Monmouth University-provided housing or close proximity to campus
- Reliable transportation. 

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On Monday, Jan. 31 the Student Activities Board hosted the screening of the Academy Award nominated documentary 13th, directed by Ava DuVernay. A panel discussion, consisting of two formerly incarcerated individuals, Mike Satterfield and Robert Carter, followed the film.

Centered on race in the United States criminal justice system, 13th is titled after the Thirteenth Amendment which outlawed slavery, unless as punishment for a crime. Home to 25 percent of the world’s prisoners, the United States has the highest rate of incarceration.

The film gives an in depth look at the students will portray this play in the spring. The show will have addi- tional performances on March 3 and 4 in the Lauren K. Woods Theater and the group encourages all students to participate. Molly Huber, junior history and the- ater student, and President of Boom Roasted Productions said, “The au- dition turnout was much better than expected. We had a record amount of people come out to audition. We now have a cast of about 27 people, which is phenomenal.”

Western musical rendition, the main character, Sweeney Todd is a barber who relentlessly murders his victims in his barber shop. Af- ter Todd robbed his dead victims of their possessions, Mrs. Lovett, his partner in crime and lover assists him in disposing of the bodies by baking them into meat pies and selling the shopper. The musical consists of a series of melodious melodies and dramatic plot twists to create a story unlike any told before. By Brennan Jenner, pro- fessor of music appreciation and Director of Instrumental Music at Monmouth University will be conducting the orchestra for the production. Jenner said, “My vision is to have the orchestra do what they can to enhance the production and be there to showcase even more stu- dent talent. I look forward to having the students present a top quality and strong musical product.”

More recently, Sweeney Todd was the first big film directed by Tim Burton, starring Johnny Depp as Sweeney Todd and Helena Bonham Carter as Mrs. Lovett.

The film received two Golden Globe Awards – one for Best Ac- tor in a Comedy or Musical (Johnny Depp) and one for Best Picture, Comedy or Musical, according to imdb.com. However, Anderson stressed the distinction between the film and the production. She said, “Burton really cut out the special effects that are more familiar to today’s generation. He made it look like something unique and beautiful. I do not know where I would be with- out my theatre family.”

In the past, Boom Roasted has produced many successful musicals at Monmouth University, includ- ing Spring Awakening, Rent and The Addams Family. Their posi- tive feedback from students and faculty has encouraged them to provide abundant and exclusive entertainment on campus.

According to Anderson, the last two events sold out of tickets long before the event took place. She said, “We are very pleased with the success of the company and we cannot wait for more events to come.”

For tickets, call 732-261-6883, visit www.monmouth.edu/artsc or go to the Monmouth University Box Office. Boom Roasted Produc- tions welcomes all majors and all levels of experience. If you want to get involved email, contact Molly Huber sh09934900@ monmouth.edu.

Sweeney Todd Production of Sweeney Todd

PHOTO COURTESY OF Alisa Torello

Feb. 8, 2017

Becky Huber Senior Print Production Specialist

Club & Greek Announcements

Outdoors Club

Monmouth University’s Outdoors Club is having a trip to go snow tubing at Blue Mountain Resort on Sunday, Feb. 19. We will be taking a bus and the price is only $25! We will meet on February 19 at 8am. Sign ups for this trip will begin on Wednesday, February 8th at 3:30pm in Brey Hall 134. Stu- dents must sign two waivers and have their money saved.

Outdoors Club
Can Hashtags Really Make A Difference?

Hashtags movements like #BellLetsTalk allow people to spread awareness on mental illness—but do these hashtags lead to real change?

An individual behind a screen might cause more harm than good. It is all about how people approach an issue or discussion, and how people react. Coral Cooper, a senior English and creative writing student, said, "#BellLetsTalk is to help spread awareness about mental illnesses. In that sense, the hashtag could offer emotional support for some and financial support if the movement behind the hashtag is sponsored. It offers connectivity to people across the globe."

Cooper continued, "However, when the hashtag is used to directly hurt someone through cyber bullying, it is not worth it. Some people have the online world as the only way of communicating with others—it can become very personal to them and make them feel attacked. The hashtag trend has the ability to link anyone with access to the Internet, but we can’t forget we’re people first and not just pixels on a screen."

With #BellLetsTalk, the hashtag is used to create a support system for those who are struggling with mental illnesses. It was created to aid others, give hope, guidance, and positivity. Yet, cyber bullies can use the hashtag and use it as a vessel to make fun of and taunt others. That is a common pattern that seems to stem from hashtags and social media; people can make a good thing go sour.

Maryam Srouji, a senior psychology student, said, "I think that the hashtags that have meaning do actually count. Like it’s what the significance is behind it that makes or breaks it." Srouji added, "For example, #gospel was stupid or #idol is so overused. But, #NoBanNoWall has crucial movement behind it, so when people actually spread it, it shows they want to link anyone with access to the Internet, but we can’t forget we’re people first and not just pixels on a screen."

#BellLetsTalk is a fantastic way to bring everyone back on the same page. Individuals want to feel safe, and not alone. Using a simple symbol creates a sense of family and a support system."

Students and faculty at Monmouth University, along with others around the globe, have the tendency to speak out about anything they wish—they have the ability and power at our fingertips to promote change. We can’t just abuse social media, and we have to use hashtags in a positive light. There is so much more that could be done than using a site to get an opinion or a following. Get out there, get involved, don’t just stay inside where you think you’re right and advocate."

There is so much a few button-presses on a keyboard can do. Getting a situation trending is a start, but take it to the next level. The hashtag could help us when we get off our devices and get involved. Be the change you want to see, and set it, and complete your goal.

Ready, Set, Routine!
Get the Most Out of Your Mornings

What’s the first thing you reach for the instant your eyes open in the morning? I bet it’s your smartphone. And within 60 seconds, you’ve check your inboxes, Insta- gram, Facebook and everything else in the digital world, right?

I used to do this too. And before 7:05 a.m., I’d already feel stressed out. My heart would race at the touch of a mailbox icon, which flooded requests, questions, comments and calendar invites into my brain all at once.

This still happens whenever I let it, but those first 10 minutes after waking are the most potent for setting the tone for your entire day. What if you spent those 10 minutes differently? Here’s how, on my best days, I set up for a badass 24 hours, feeling like a total boss.

Layout Your Clothes Before Your Shower.

I ask my wife to choose one from a friend, and it feels totally glam without costing a thing. Often on my commute home before the night, I consider my plans for the next day and what I’m going to wear. This is a massive time-saver.

Then, before I hop in the shower, I lay out my outfit for the day out on the bed — accessories included. I pretend a personal stylist did it for me.

Awake With Intention.

Ever since a friend gifted me the 5 Minute Journal, my days have never been the same. Each morning, instead of fishing for my phone on the nightstand with one eye open, I allow myself a moment of sitting up, fully wak- ling, and reaching for my journal and pen.

In those five minutes, you get the opportunity to be inspired by a motivational quote or weekly challenge.

I’ve learned three things you’re grateful for. Today, mine were lunch with a beloved friend, a new jacket — ways fun." Take Comfort in Routines.
Every morning on my way to the studio, I used to grab a large skein of coffee and whatever was hot at Dunkin Donuts. I was always starving and in a mad rush.
Now I think that making breakfast, or if I’ve been barraged with to-do lists, I’ll buy myself a phone like a good morning already! Take Comfort in Routines. Every morning on my way to the studio, I used to grab a large skein of coffee and whatever was hot at Dunkin Donuts. I was always starving and in a mad rush. Now I think that making breakfast, and it feels totally glam without feeling like a total boss:

layout your clothes before your shower.
Instead of hitting the snooze button, try following these tips for a productive morning.

— Make two positive daily affirmations:
— Write down three things that are making you happy:
— Do one thing and still win big" by Scott Adams. It’s hilarious, and giving yourself the opportunity to laugh in the morning is totally underrated.
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The Impact of Growing up Exposed to Disability

Nicole Seitz

Disability continued from pg. 1

Lish student, said, “I personally have noticed that at Monmouth University, every professor I’ve had has always let students know that if they have a disability they can always have accommodations made for them. I thought it was great that Monmouth is taking that step to help every student here succeed…not just a select few.”

Fortunately, this mainstreaming that Carey mentioned is being implemented more and more in public education and because of it, people with disabilities are able to gain hands-on experience with peers who have disabilities. While growing up in an environment that contains a person with a disability or with a parent/relative that works with those who have disabilities makes it easier for children to grow a quicker understanding of the concept, it does not mean that growing up around it is a necessity in order to be respectful and cognizant of disability.

Carey stated, “If the environment in which children are raised promotes understanding, acceptance and respect for diversity of all types, then they will learn to view their young disabled peers with respect and interact appropriately with them, no matter how different they may be.”

Our upbringing and socialization have a lot to do with how we view others, but ultimately, we control our own outlooks and our own interactions as we interact with peers who have disabilities.

As humans, we often react to things that are new to us in different ways. These reactions are often responses to our own anxieties due to something being new. Some people may react to something new with fear or judgment, while others may be more open to trying something new. However, a greater knowledge and familiarity with something often positively coincides with a better sense of understanding and empathy for others.

All in all, the way we interact to those with disabilities is a reflection of ourselves. Yes. Socialization and exposure may help with things like acceptance and understanding, but it really depends on us.

As Carey said previously, we must learn to “see ability, not disability”—we are all special in our own unique ways. Whenever we decide to accept that, whether it is during childhood or even now, it consistently show that women in music earn less than their male counterparts. Hardworking women doing just as well as (maybe even better than) men are still fighting their way to simply being respected in this industry.

An article from mic.com continues to explain how female musicians are constantly used as a sexualized image or are tested for their knowledge of music. Men would never be put through this because they have dominated the industry for so long.

Gabi Soroka, a sophomore music industry student, shared a statistic on her radio show “Blue Hawk Live” last semester that was, “From 1997-2007, male vocalists accounted for 63.6% of radio airplay, whereas female vocalists accounted for only 34.3% of airplay.”

Soroka also commented, “It’s crazy how successful Taylor Swift’s 1989 album was and all the work she put into it and people can still sit there and say that she isn’t responsible for her own music, which is absolutely false.”

A recent graduate of Monmouth University, Brittany Cannarozzi, has moved down to Nashville to begin her musical journey.

Cannarozzi shared, “In the past, whether it be in New York City or Los Angeles, I had been ostracized for being a woman in this field of work. Cannarozzi continued, “Men didn’t seem to have any kind of desire to write with me, blam- ing their disinterest on a ‘busy schedule’ or their inability to focus on a creative relationship with me, rather than a romantic one.”

“I had felt that disconnect, that disrespect before, but not here, or at least, not yet. Here, everyone wants to write, and ap- parently, it doesn’t matter who you are,” Cannarozzi added.

“While I’m learning, day by day, is that the people living here are not put off by female creatives in the industry. Little by little, it feels like the music world is changing. And that has to be the coolest thing ever.”

Cannarozzi concluded. Muller added. “With many of today’s artists being women, I see no change in this pattern, and look forward to a country where all avenues are as equal to all in America, regardless of gender, religion or nationality. Though it may be risky, the music industry is sure to be a whirlwind.

“Women Can Do it! Making Waves in the Music Industry

Nicole Govel, Jay Morgan, and Kelli Misenheimer perform SAGE show in November

The Impact of Growing up Exposed to Disability

Though it may be risky, the music industry is sure to be a whirlwind.

Early exposure to disability allows for the opportunity to ‘see ability, not disability,’ according to Skip Carey, Director of Disability Services.

As Carey said previously, we must learn to “see ability, not disability”—we are all special in our own unique ways. Whenever we decide to accept that, whether it is during childhood or even now, it
Track & Field Prepares for MAAC Championships

The men and women's indoor track teams are only a few weeks away from competing in the Metro Atlantic Athletic Conference (MAAC) Championships. "We have gotten off to a slow start, but I feel like we have gotten better every week in the last few weeks," Head Coach Joe Compagni said. "That's crucial because the end of the season is what matters the most for us. We are building in a good direction toward the end of the season, but we are not where we want to be yet."

"Nobody on our active roster right now has lost a conference title. We don't want to be the group that ends that streak."

TIM WILSON
Redshirt Junior Thrower

Redshirt junior thrower Tim Wilson has been one of the top throwers in the conference this season. He has won the weight throw in five of six meets this year, and he credits that success to his coaches. "I've had some unbelievable success so far. Abe (Throw Coach Abe Reck) and I have a plan and we've been sticking to it," Wilson said. "It's been going well and right now I'm just trying to hit that mark to get to Nationals. We are just going to take it week by week and about your event because he cares a lot about what we do," Compagni said. "He came back from a serious injury more focused and better than ever. Right now you just have to get to where you were and then be really hungry and do a ton of work to get to a whole new level, and he's done that."

While Wilson has seen a lot of individual success recently, he knows that the team's success is all that matters at the end of the day. "Track is a very weird sport compared to others because we compete as individuals, but we are a team," Wilson said. "If it wasn't for my teammates, I wouldn't be as successful as I've been. Without them, none of this would be possible. Every day in practice whether it be in the circle, weight room or on the track, we are all pushing each other to get better."

Wilson, along with freshman thrower Jordan Wildermuth, were named MAAC Field Athletes of the Week as announced by the conference on Jan. 31. Wildermuth took third in the shot put (45' 1") and fourth in the weight toss (with a distance of 52' 5¾").

"All of our freshmen have to go through adjusting to everything that's new to them and Jordan has adjusted very well. She has made great gains in the last few weeks especially," Compagni said. The track programs at Monmouth have a winning tradition, and Wilson intends to keep that going when they compete in the MAAC Championship at the Yanitelli Center in New York, NY on Saturday, Feb. 18-Sunday, Feb. 19.

"This is my fourth year here and I haven't lost a conference title," Wilson said. "In fact, nobody on our active roster right now has lost a conference title in track. The legacy that has been left by the people who have graduated the last few years, we want to continue that because we don't want to be the group that ends that streak."

Women's Basketball Drops Games to Quinnipiac, Rider

Women's Basketball Drops Games to Quinnipiac, Rider

JOHN SORCE
SPORTS EDITOR

The Monmouth bench outscored its opponent for the 20th time out of 22 games this season. For the game, the Hawks turned the ball over 29 times in the game, with 28.1 seconds remaining. Freshman guard Rosa Graham drove to the basket, converting on a layup to tie the game at 69. Rider responded one final time, drawing a foul and converting on free throws with 3.1 seconds left. Monmouth could not score on the final possession, making the final score 71-69.

"We were working hard in the beginning, having a large lead," Purvis said after the game. "But we just couldn't come out top tonight and I think we learned from this loss."

The Hawks turned the ball over 29 times in the game, leading to 33 points for Rider. Monmouth shot 50 percent from the field, which was a season-high, and 64.7 percent from three, while out-rebounding the Hawks by seven. The Monmouth bench outscored Rider's 40-7 Thursday night.

"Our team showed some fight in the second half, but unfortunately there were two things that did us in," Palmerate said after the game. "The first was we put them on foul line too much, and the second was turning the ball over too much." With the loss on Saturday, the Hawks dropped to 10-12 on the season, with a 5-6 record in Metro Atlantic Athletic Conference (MAAC) play. Monmouth hopes to respond Friday night, as they travel to face Siena College at the Yanitelli Center on 700.

Women’s Basketball Drops Games to Quinnipiac, Rider

The women’s basketball fell to Quinnipiac University 71-69 Saturday afternoon in Hamden, CT. Senior guard Tyese Purvis led the Hawks with eight points, and sophomore center Erica Balman added six. The Hawks had four players score five in the game, but no one reached double figures.

Monmouth had a two-point lead with 5:35 remaining in the opening quarter, but a three-point basket from Quinnipiac gave the Hawks a lead one that they never relinquished.

"It was just one of those games where things didn't go our way and we couldn't get anything going on the offensive end," Monmouth Head Coach Jenny Palmateer said. "They really shot the ball well, especially from the three-point line and we couldn't withstand that. We didn't adjust very well to the physicality and the way the game was being called, especially in the first half."

The Hawks were outscored 39-22 in the first half, only scoring nine points in the first quarter. For the game, the Hawks shot 33.3 percent from the field and 26.7 percent from three. The Monmouth bench outscored its opponent for the 20th time out of 22 games this season.

Freshman guard Kayla Shaw scored her 66th three-point shot this season, making a total of 20 of the 22 games this year. The loss was the third straight for the Hawks, who were looking to rebound from a 71-69 loss to Rider Thursday night at the OceanFirst Bank Center.

Purvis led the Hawks in scoring with 17 points, with Shaw scoring 11, connecting on three back to the game, utilizing a 2:15 Monmouth scoring drought to cut the deficit to two points, 35-33, at halftime.

The Hawks would get hot again though, getting another 12-0 run to open their lead to 47-35 halfway through the third quarter. Once again, Rider was able to claw back into the game, making the margin five late in the quarter. Shaw hit a three to end the quarter, making the score 54-46 going into the fourth.

Monmouth built another double-digit lead, as a three from Purvis made the score 62- 52 with 6:25 remaining in the game. One final time, Rider battled back, using a 15-5 run spanning close to six minutes to take their first lead of the game with 28.1 seconds remaining. Freshman guard Rosa Graham drove to the basket, converting on a layup to tie the game at 69. Rider responded one final time, drawing a foul and converting on free throws with 3.1 seconds left. Monmouth could not score on the final possession, making the final score 71-69.

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Women’s Basketball Drops Games to Quinnipiac, Rider

The women’s basketball fell to Quinnipiac University 71-69 Saturday afternoon in Hamden, CT. Senior guard Tyese Purvis led the Hawks with eight points, and sophomore center Erica Balman added six. The Hawks had four players score five in the game, but no one reached double figures.

Monmouth had a two-point lead with 5:35 remaining in the opening quarter, but a three-point basket from Quinnipiac gave the Hawks a lead one that they never relinquished.

"It was just one of those games where things didn't go our way and we couldn't get anything going on the offensive end," Monmouth Head Coach Jenny Palmateer said. "They really shot the ball well, especially from the three-point line and we couldn't withstand that. We didn't adjust very well to the physicality and the way the game was being called, especially in the first half."

The Hawks were outscored 39-22 in the first half, only scoring nine points in the first quarter. For the game, the Hawks shot 33.3 percent from the field and 26.7 percent from three. The Monmouth bench outscored its opponent for the 20th time out of 22 games this season.

Freshman guard Kayla Shaw scored her 66th three-point shot this season, making a total of 20 of the 22 games this year. The loss was the third straight for the Hawks, who were looking to rebound from a 71-69 loss to Rider Thursday night at the OceanFirst Bank Center.

Purvis led the Hawks in scoring with 17 points, with Shaw scoring 11, connecting on three back to the game, utilizing a 2:15 Monmouth scoring drought to cut the deficit to two points, 35-33, at halftime.

The Hawks would get hot again though, getting another 12-0 run to open their lead to 47-35 halfway through the third quarter. Once again, Rider was able to claw back into the game, making the margin five late in the quarter. Shaw hit a three to end the quarter, making the score 54-46 going into the fourth.

Monmouth built another double-digit lead, as a three from Purvis made the score 62- 52 with 6:25 remaining in the game. One final time, Rider battled back, using a 15-5 run spanning close to six minutes to take their first lead of the game with 28.1 seconds remaining. Freshman guard Rosa Graham drove to the basket, converting on a layup to tie the game at 69. Rider responded one final time, drawing a foul and converting on free throws with 3.1 seconds left. Monmouth could not score on the final possession, making the final score 71-69.

"We were working hard in the beginning, having a large lead," Purvis said after the game, "but we just couldn't come out on top tonight and I think we learned from this loss."

The Hawks turned the ball over 29 times in the game, leading to 33 points for Rider. Monmouth shot 50 percent from the field, which was a season-high, and 64.7 percent from three, while out-rebinding the Hawks by seven. The Monmouth bench outscored Rider’s 40-7 Thursday night.

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In his first game since becoming the men’s basketball D1 scoring leader, senior point guard Justin Robinson stepped up again when his teammate needed him and led the Hawks to a 71-70 overtime victory over Saint Peter’s on Friday night at OceanFirst Bank Center.

The two teams were tied at 29 at halftime and at 60 at the end of regulation. After scoring only three points in the first half, Robinson, who was named Metro Atlantic Athletic Conference (MAAC) Player of the Week for the second time in three weeks on Monday after a 71-70 overtime victory over Saint Peter’s on Friday night.

“Justin has been everything for our program,” Monmouth Head Coach King Rice said. “He represents us with the energy that he walks around campus and with the smile he always has on his face. He keeps overcoming everything and he means the world to me.”

“My team looks for me to lead and tonight (Redshirt sophomore) Micah (Seaborn) went down, (senior guard) Je’lon (Horneback) had foul trouble, and (senior center) Chris (Brady) was a little slow,” Robinson said. “They looked to me to carry the load offensively and they’ve had the confidence in me to do that all season long.”

The Hawks never trailed in overtime and led by as much as four points. Senior guard Colin Stinnert hit two free throws that proved to be the difference as Saint Peter’s cut the deficit to one on a three-pointer by junior guard Trevis Wyche with 6.6 seconds remaining, but there was not enough time for them to get the ball back as the blue and white avenged their loss to the Peacocks on Jan. 2.

It was fitting that Robinson led the Hawks on this night, where he was honored in front of a season-high crowd of 3,878 for becoming the program’s all-time leading D1 scorer in the team’s previous game at Marist on Monday, Jan. 30. Robinson passed Alex Blackwell (1989-92) and John Giraldo (1992-96), who were tied at 1,769 points and also in attendance for the postgame festivities.

“Special was to get (the record) near my hometown and a lot of them came down for the ceremony so I want to thank them,” Robinson said. “I just love Monmouth and I’m glad everyone is here to support me.”

“I thought that tonight was the coolest night since I’ve been the head coach at Monmouth,” Rice said. “I have a lot of great players, but I don’t know if I’ll ever have a kid like this kid ever again.”

The Hawks won their 10th game in a row for the first time in D1 program history with their 71-70 win at Alumni Gym on Monday night.

The Broncs had a three-point lead with 1:44 to go, but the Hawks closed the game on an 8-0 run that started with a put back by Brady. Robinson followed with a lay-up to give the Hawks a one-point advantage. MU closed the game with a bucket by junior guard Austin Tilghman and two free throws from Robinson, who led all scorers with 25 points.

“When you win in college basketball, there’s always a sense of relief,” Rice said. “It doesn’t matter if you win by 50, one, or if it’s a blowout or a tight game.”

The blue and white have now won 20 games in consecutive seasons for the first time ever. They have averaged losses from earlier in the season in their last two games. The next victory will be the 100th in the head coaching career of Rice.

The road trip for the Hawks (23-2, 14-2 MAAC) continues on Friday, Feb. 10 when they go to Draddy Gymnasium in Riverdale, NY to take on Manhatten for a 9 p.m. tip that will air on ESPNU. That will be followed on Monday, Feb. 13 as the Hawks take on Siena for the first time this season at Times Union Center in Albany, NY for a 7 p.m. tip.

Senior point guard Justin Robinson poses with Alex Blackwell (1989-92), John Giraldo (1992-96) and Ron Kornegay (1966-69) after the game against Saint Peter’s on Friday night.

Former Hawk Soars

Former Monmouth wide receiver/defensive back Chris Hogan celebrates with quarterback Tom Brady after the New England Patriots’ 34-28 victory over the Atlanta Falcons in Super Bowl LI (51). Hogan became the first Hawk to win a major pro championship.

King Rice

Men’s Basketball Head Coach
Redshirt junior thrower Tim Wilson won the weight throw at the Villanova Open on Saturday, Feb. 4. He has won the weight throw in five of six events this year as the Hawks prepare for the Metro Atlantic Athletic Conference (MAAC) Championships on Saturday, Feb. 18.

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