Colin Kaepernick made national headlines when he knelt for the National Anthem during a September 2016 game between the San Francisco 49ers and the Green Bay Packers.

Stating that his stance was a protest against racial injustices in the country, he continued to kneel and was joined in his protest by other athletes such as U.S. women’s soccer star Megan Rapinoe and Denver Broncos wide receiver Brandon Marshall, according to SBNation.

As time went on, the protests received less and less attention, until President Donald Trump brought the topic back into the spotlight, saying “Wouldn’t you love to see one of these NFL owners, when somebody disrespects our flag, you say, Get that son of a ***** off the field right now, out, he’s fired…” For a second, as a Sports Illustrated article pointed out, the most popular person in this country, because that’s a total disrespect to this country. Because that’s the most popular person in our country, Team owners, including Trump and Jaguars owner Shad Khan, also joined the protests, as others denounced the president and his commentary on social media, according to salon.

“The take a knee protest movement now means different things to different people,” said Joseph Patten, Ph.D., an associate professor in the University’s political science and sociology department.

“Some are taking a knee to protest police shootings, others are taking a knee to protest against President Trump, and still others are taking a knee to promote freedom of speech.”

“The way we’re seeing here in the kneeling was that the protests wanted to call attention to the issues that were facing their lives or not directly, but the general human race,” said Jennifer McGovern, an assistant professor in the University’s political science and sociology department. She also focuses on how sports can both reflect and challenge social inequalities, such as race, ethnicity, social class, national identity, gender, and sexuality. “Once Trump weighed in, the conversation started to be about something else,” she continued.

The controversy also trickled down into college and high school teams, according to Vice and Varsity.

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Monmouth Talks Taking A Knee

ATHLETES cont. from pg. 1

School in Maryland, three students knelt at a homecoming game on Friday, Oct. 13 and were supported by their school, according to the Campus Gazette.

“When this thing first arose last year, I had discussions with our coaches, who in turn had discussions with their student athletes,” said Marilyn Neill, the University Director of Athletics.

According to Neill, the University currently has no rules, nor do they apply any pressure to its athletes, that could limit or prohibit them from exercising associated with their freedom of speech. However, the University athletes are not usually on the field when the anthem is playing.

“In 90 percent of college football games, the anthem is sung before the teams come out of the locker room,” said Athletic Communications Director for New Media and Communications at the University. “It is important that, at Monmouth, I think only one time we’ve been out of the locker room.

According to Viscomi, when the University played the Bucknell University Bison on Saturday, Sept. 30, it was the first time in 20 years that the team or any other athletes on the field.

He added that all members of the University community,” I don’t think that in the middle of the season they want to take attention or focus away from the team and what they are trying to accomplish,” he said.

The handbook also states that students cannot participate in an interview without prior knowledge of the Athletics Communications Office, and interviews should not be conducted over e-mail, as “face-to-face interaction and/or a phone conversation are much easier to manage.” The handbook also states “Phone interviews will be done in the Athletics Communications Office, unless you are instructed otherwise.”

“This type of arrangement is normal for public relations,” said Gen Renzi, a specialist in public relations and professor at the University. “You are a representative of the organization. If they’re quizzing you as an employee, representative, or in this case, Monmouth athlete, then your name is tied to the company. Therefore, the company runs a risk when they let you speak freely without them; it could come back on the company.”

Viscomi assured that the University as well as many others have this policy in place to protect student-athletes, rather than the university, from themselves.

“We do not censor our kids,” said Viscomi. “These guys are really great kids, and they are really responsible. We’re just here to make sure that they are being responsible, and have put thought into what they’re saying.”

“If that’s (the policy) consistent across all sports and at all times, I can understand why they would have that policy,” said McGovern.

The University’s Men’s Basketball Team, which is in the midst of its first season, was the first team to take the podium in Munich in 1972 and got the attention of the world as an unprecedented all-black, all-silver medallists of the Olympics, where gold- and silver medalists Tommie Smith and John Carlos raised fists in a black power salute during the playing of the national anthem at the 1968 Olympic Games. Both had won medals for track.

“People are really asking the question, ‘should political gestures make me uncomfortable be in sports?’ And I say - why not?” JENNIFER MCGOVERN Assistant Sociology Professor

The New York Times

Monmouth athlete and go on cam- just saying we need both
to stand up for equality, I wouldn’t do it, because at that time, you are rep- I support all of my team-

Rice has since declined to com- However, Women’s Basketball Head Coach Jenny Palmateer expressed the view that she believes that the issue is important. “It’s about equality,” said Middleton. “Whoever wants to stand up for equality, I wouldn’t stand in their way. I’d fully support it if it’s coming from a good place.

Rice continued, “You can’t wear a military uniform and be a United States Airforce veteran and President of the University currently has no rules, nor do they apply any pressure to its athletes, that could limit or prohibit them from exercising associated with their freedom of speech. However, the University athletes are not usually on the field when the anthem is playing.

“The University in Maryland, three students knelt at a homecoming... that make me uncomfortable be in sports? ‘ And I say - why not?’

JENNIFER MCGOVERN Assistant Sociology Professor
Annual Internship Fair Welcomes Students

AMANDA GANGIDINO STAFF WRITER

Monmouth University students had their resumes on hand to impress prospective employers at the Office of Career Services’ annual Internship Fair on Tuesday, Oct. 17, from 12:30 p.m. to 4 p.m. in Anacon Hall.

Following the fair, employers welcomed to campuses to meet potential interns and employees.

According to employers in attendance, new employers included Adapting Social and Collegetown.

Students in attendance, regardless of their major, could benefit from this event.

Mass believes that effective "people skills" are an important asset to possess in the professional world.

Events of this nature help current students refine their communication skills and network with professionals, which will ultimately help them adjust to a professional setting.

This year’s fair was a success and directed many students to a professor to interview and directed many students to a professional setting.

"I feel that the internship fair was a great experience," said Raymond Romanski, a junior television and radio communication student.

"I scheduled a few interviews, made a few connections, and had a great time," he said.

While this particular career event was on a smaller scale and catered to sophomores and juniors, the Office of Career Services will also be hosting Fall Career Day on Wednesday, Nov. 1 from 12:30 p.m. to 4 p.m.

Founders’ Day Brings University Together

AMY BANNING STAFF WRITER

Three awards were given at the celebration. A conferment of an honorary degree was awarded to Henry D. Mercer III, the Immediate Past Chair on the Board of Trustees.

In addition, William "Bill" Elliott received the Distinguished Alumni Award, and John K. Lloyd, FACHE, Co-CEO of Hackensack Meridian Health was awarded the Maurice Pollak Award for Distinguished Community Service.

"Seeing Bill (William Elliott) receive the Distinguished Alumni Award, and John K. Lloyd, FACHE, Co-CEO of Hackensack Meridian Health was awarded the Maurice Pollak Award for Distinguished Community Service," President Dimenna, who spoke of his desire to keep tuition increases low, and to make an effort to raise scholarship funds.

Closing out his speech, he asked all student leaders in the room to stand for applause, which was performed by the Monmouth University Chamber Orchestra.

A recession by the Monmouth University Chamber Orchestra officially closed the ceremony, where attendees were welcomed to attend a reception on the second floor of the OceanFirst Bank Center.

PHOTO COURTESY OF MONMOUTH UNIVERSITY FACEBOOK
The Outlook

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EDITORIAL STAFF

Over the past month, media outlets have been flooded with stories of players in the National Football League (NFL) kneeling for the national anthem. Although former NFL quarterback Colin Kaepernick began kneeling for the national anthem last year, the topic continues to spark controversy. These players are peacefully protesting the racial and social injustice that is still present in the United States. Some politicians are distraught with the idea that players are not standing for the flag, furthering the division of our nation.

What would happen if college athletes decided to ‘take a knee’ during the national anthem? What if it happened at Monmouth? Editors at The Outlook agreed that Monmouth athletes have the right to peacefully protest, but their opinions varied on how the University and the community would or should react. They also commented on whether or not politics have a place in athletics.

One Outlook editor said that they fully support any athlete that decided to kneel for the national anthem in a form of peaceful protest. “I’ve never seen the act of kneeling during the national anthem as ‘disrespectful’ at all, since kneeling is usually a sign of respect,” said the editor. “As a woman of color, and a minority in the world as well as at Monmouth, I would 100 percent stand behind an athlete who decided to take a ‘stand’ by kneeling,” said another editor.

While student-athletes undoubtedly have the right to peacefully protest and voice their views, the University and the community may show some resistance. “With the University – and students at Monmouth have the right to peacefully protest and voice their opinions, there have been no instances where Monmouth athletes have taken a knee.” One staff member spoke of the idea that players in uniform must follow the rules of the coach and the team. “If the rules are we stand, then we stand. If the rules are we kneel, then we kneel. It is incumbent upon us to speak, and for [a university] to tell us not to, flies in the face of everything that a university is,” said one staff member. “I don’t know if that’s the situation here or not, but whenever there is a situation, that’s wrong.” One editor acknowledged that there would be backlash and said, “It is unfortunate that there would be a consequence for peaceful protesting, but I understand that with the university climate and our athletic hierarchy that something would happen.”

Nonetheless, the editors at The Outlook believe there should be a place for politics in athletics. One editor spoke of the fact that issues are often not noticed or taken seriously until a celebrity or athlete brings the issue to the forefront. “Athletes are held to such a high standard and placed upon a pedestal that it should cross their minds to stand up for something they believe in or something that should be addressed.”

Knowledge and Quinn by Brian Turczmanovicz

Student: Professor Quinn, what is one thing you like about university life?

Quinn: A little bit of both.

Do you like the knowledge in the air?

Agreed!

Do you like grading papers?

I like the pizza on campus, of course.

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

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center. All copy must include the author’s full name and contact information. The Outlook accepts articles and graphic material from students, faculty and administrators, and reserves the right to edit or reject any material which they determine is not suitable for publication or its readers. Copy and advertising appearing in The Outlook do not necessarily reflect the views of Monmouth University or The Outlook.
Halloween Costumes for 2017

CARLENE SANTOS CONTRIBUTING WRITER

Halloween is right around the corner, and whether you planned out your costume a year in ad-

The characters of the Wizard of Oz make classic Halloween costumes and are great for groups.

PHOTO COURTESY OF Amanda Knaub

Born in the Wrong Decade?

KIERSTEN BECHT CONTRIBUTING WRITER

As I sit down to write this, I’ve got two pies baking in the oven, my apron on and Frank Sinatra singing through a speaker. I’ve said it once and I’ll say it again, I am an old soul at heart. I’ve said it once and I’ll say it again, the United States economy was any-

PHOTO TAKEN by Brett O’Grady

Halloween

PHOTO COURTESY OF Amanda Knaub

A Holiday for All Ages

CAROLINE MATTISE ASSOCIATE OPINION EDITOR

Happy spooky season! Hal-

October 25, 2017

OPINION

The Outlook 5

Halloween is right around the corner, and whether you planned out your costume a year in ad-

PHOTO TAKEN by Brett O’Grady

swinging the Lasso of Truth. It’s no secret that Netflix is one of our guilty pleasures. If you binge watched Stranger Things on Netflix and loved it, the characters from the show-

Halloween records allow people to listen to the music of another decade.

PHOTO COURTESY OF Amanda Knaub

one of the most popular whether you go about it alone or with your significant other it’s go-

PHOTO COURTESY OF Amanda Knaub

Happy spooky season! Halloween is thought to be a child-

PHOTO COURTESY OF Amanda Knaub

is a time for all of us to have fun with this holiday that was de-

PHOTO COURTESY OF Amanda Knaub

it’s a simple outfit but people

PHOTO COURTESY OF Amanda Knaub

one of the most popular whether you go about it alone or with your significant other it’s go-

PHOTO COURTESY OF Amanda Knaub
President Trump's Executive Order on Healthcare

President Trump issued an executive order on Thursday, Oct. 12, which he believes will “take action” to help small-business employers and individuals to buy into association health-care plans. “It’s a terrible, terrible idea,” Dr. Abha Sood, a lecturer in the English department at Monmouth, said. “It’s going to make it impossible for small businesses to offer health insurance.”

The move alludes to the idea that Trump wants to remove all recollections and prohibitions of the Affordable Care Act — such as the high premiums and deductibles, and the mandate for individuals to select health plans in their regions.

This follows the unsuccessful efforts to “repeal and replace” the PPACA by Republicans in Congress.

The promise to overturn the Affordable Care Act — or “the most effective health-care law in America” according to Trump — has previously stated that greenhouse gases caused by human activity are not the reason for rising global temperatures. The EPA administration has also worked with fossil fuel companies in the past to sue the EPA.

Senator Sheldon Whitehouse criticized Pruitt for the EPA’s blocking of climate change discussion by scientists who worked on the research that will be presented at the conference.

According to CNN, the majority of Pruitt’s schedule is centered on meeting with stakeholders in the fossil fuel industry. One percent of these meetings have included environmentalists or science groups.

The head of the EPA has been partly successful in undoing environmental regulations, such as repealing the Clean Power Plan. This plan may significantly affect the National Estuary Program — it would be removed, leaving the Narragansett Bay at considerable risk.

Carly Miller, a senior homeland security student and board member of the Youth Action Group at Monmouth, said, “I love the environment!” capturing the importance of maintaining the EPA’s focus on researching climate change issues.

Robert zadoti, a senior English student feels the fact that the EPA must align with Trump’s goals: “I think politics are becoming completely intertwined with how countries are run. We need to get the word out to as many people as possible.”

Environmental Protection Agency Pulls Scientists from Conference

The Environmental Protection Agency canceled the scheduled appearances of three scientists from the agency who planned climate change discussions at a conference in Rhode Island on Monday.

According to The New York Times, officials from the EPA did not give the reason for pulling the scientists from the conference. However, the latest development has become a major concern for scientists who feel as though the EPA has avoided climate change topics during President Trump’s administration.

The three scientists — Autumn Oczkowski, Rose Martin, and Emily Shumchenia — contributed significantly to the 500-page report being presented at the State of the Narragansett Bay conference, according to Oczkowski. The conference is centered on analyzing the health of Narragansett Bay, in which one of the cut speakers was to give the keynote address.

The report details the effects of climate change on the bay, including the spread of the air and water, changes in precipitation, and rising sea levels. The removed speakers intended on focusing on these climate change issues.

However, the replaced address is listed as “Narragansett Bay Estuary.” EPA spokesperson gave CNN a statement on the decision:

“EPA supports the Narragansett Bay Estuary, and just this month provided the program a $600 grant. EPA scientists are attending, they simply are not presenting, it is not an EPA conference” John Konkus, a former Trump campaign operative in charge of the Trump administration’s goals and policies and the EPA’s back-to-back agenda. KEC News reported.

Martin and Shumchenia planned a panel titled “The Present and Future Biological implications of Climate Change,” and Oczkowski, the original keynote speaker, wrote a speech to introduce how climate change has altered the bay’s ecosystem and overall health.

The last minute effort serves to confirm the fear that Scott Pruitt, the Administrator of the EPA appointed by President Trump, will end all grant and grant-awarding environmental scientists if their research concerns climate change.

The move alludes to the idea that Pruitt wants to silence scientists in wish to publicly talk and discuss climate change, its effect on the planet, and how to begin to fix it.

“It’s a terrible, terrible idea to remove all recollections and prohibitions of the Affordable Care Act — such as the high premiums and deductibles, and the mandate for individuals to select health plans in their regions,” Amburg stresses.

According to the Office of White House Press Secretary, the executive order allows employers to buy into association health plans, which would allow them to collectively self-insure or purchase group insurance — spreading the costs and allowing for lower payments for individuals within the group.

Additionally, the executive order enables the plan’s providers to purchase health insurance “across state lines.”

Amy Mader, a senior history major at Monmouth, says, “I’m more in favor of a single-payer system... I am not sure how well [allowing individuals to purchase health care across state lines] would work.” Instead, purchasing a plan from another state’s insurer would inevitably create more national competition, and possibly lower costs.

However, the ethical implications of this may not fare too well. For example, if a New Jersey resident purchases health insurance from Arizona, she may have to fly to Arizona in order to see her/his doctor if only Arizona hospitals and doctors accept Arizona health insurance.

The executive order also eliminates the federally-funded cost-sharing subsidies, which many detractors have called “bailouts to health insurance companies.” However, on Friday, Oct. 13, America’s Health Insurance Plans and Blue Cross Blue Shield Association released a joint statement saying there would be “real consequences” to ending these subsidies: the health-insurance marketplace would destabilize, eliminating the tax credits to shrink and costs to rise.

The PPACA—or more colloquially called “Obamacare”—provides, what are called, “cost-sharing reduction” payments to low-income Americans. These payments help to offset insurance deductibles and other out-of-pocket expenses for those who purchase insurance policies through STLDI plans are exempt from the regulated exchanges. The president’s executive order would eliminate this, leaving those who purchase STLDI policies to potentially pay higher premiums.

However, critics argue this could potentially leave young-er, healthier consumers from Obamacare exchanges for “worse-offer and skimpier policies—leaving sicker and older consumers to pick up the tab with higher premiums on their exchanges.”

In addition to making health care more affordable and accessible, it is also imperative to stress the importance of preventing care. “Having experience in healthcare, I have seen a great number of people delaying care due to lack of medical coverage,” Polina Amburg, a specialist professor of the Nursing Department at Monmouth, confirmed. “Many people sought medical attention when their conditions were too severe.”

“Unfortunately, by saving money on cutting preventative care, some people could lose money on the cost of care for the management of disabilities resulting from untreated conditions,” Amburg notes.

“Any person with early signs of diabetes, if identified and managed on time, could live in areas that would have no consequences,” she adds. “On the other hand, if not managed, diabetes could lead to a serious disability.”

“All of those complications could have been averted with basic screenings and early interventions,” Amburg stresses.

President Trump issues an executive order following his unsuccessful “repeal and replace.”
HELP WANTED

GENDER STUDIES PROGRAM ASSISTANT

Job Description:
- Editing bimonthly newsletter
- Promoting gender studies minor to classes and clubs
- Assistance in organizing events on campus
- Creative design of promotional items and events in support of gender studies
- 30-40 hours per week

Qualifications:
- This position is open only to work study students. Some familiarity with feminist theory or sociological thought is necessary, although candidate does not have to be a past or present sociology or gender studies student. Activist and administrative experience is preferred but not required. Creative thinkers and enthusiastic leaders desired. Candidate should have comfort with public speaking, professional demeanor, computer proficiency, and English language fluency.

Compensation:
- $8.44/hr

To Apply:
- Please visit the Hawks Career Link page, job posting #2789. A resume and a brief cover letter explaining how you are suited to the position will need to be supplied.

Once hired, student worker is responsible for completing the following trainings before employment begins:
- Emergency response
- Preventing Discrimination and Harassment
- CPR/First Aid

Contact:
- Dr. Corey Wrenn
- Director of Gender Studies
- ccwrenn@monmouth.edu

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2017 MUPD Crime Blotter

10/3/2017
1017
Lot 1/Traffic Office
Student Misconduct

10/11/2017
10/12/2017
600 - 0600
Bey Hall
THEFT

10/13/2017
0122
Beechwood Hall
PULA w/alcohol

10/13/2017
0325
Laurel Hall
PULA w/alcohol/student misconduct

10/16/2017
2226
Spruce Hall
Student Misconduct

10/17/2017 -
10/18/2017
1500 - 0911
366 Cedar Avenue
Criminal Mischief

10/21/2017
1226
Bey Hall
Criminal Mischief/Disorderly
MONMOUTH UNIVERSITY

Monmouth University Career Services presents

Fall Career Day
2017

WEDNESDAY, November 1, 2017
12:30 p.m. - 4:00 p.m.
* OceanFirst Bank Center *

Northwestern Mutual
Ocean Mental health Services, Inc.
OneMain Financial
Philadelphia Police Dept.
Pinnacle Treatment Centers
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SiteTraker, Inc.
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Spectrotek
Suntutu
Supplee, Clooney & Company
Techtronics Industries Co.
The Community YMCA
The Kislak Company
Trinity Solar
United States Marine Corps
United Teletech Financial
Urnur Barry
USA TODAY Network
Virogee, Inc.
Vonage
Wakefern Food Corp.
WRAT-FM (Beasley Media Group)
YCS - Youth Consultation Service

Accu Staffing
Acelero Learning
Advancing Opportunities
Allied Wealth Partners
Alternatives, Inc.
Apex Life Sciences
Atria Tinton Falls
Atrium Staffing
AXA Advisors
BAYADA Pediatrics
Bed Bath & Beyond
CDW
Cenlar FSB
City of Long Branch Police Dept.
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Epic Developmental Services
Everas Community Services
Express Employment Professionals
ForeFront, Inc.
Forbs Consulting Group
Guardian Life Corp.
Hackensack Meridian Health
Hatteras Press, Inc.
HBK CPA’s and Consultants
HCS (Healthcare Software)
HMP Communications
Holman Frenia Allison, P.C.
Horizon Blue Cross Blue Shield
ICIMS
Insight Global
International Planning Alliance
Interworld Highway
J Knipper and Company
Jersey Shore Center Genesis Health
Kaztronix
Lotus923
Manasquan Bank
Marcus & Millichap
Markel Corporation
MassMutual NJ-NYC
Maxim Healthcare Services
Medix Staffing
Millennium Communications
Monmouth County Sheriff’s Office
Monmouth University HR Dept.
New Jersey Courts
New Jersey Mentor
New York Life
Nike
NJ Dept. of Children and Families
NJM Insurance Group

Check this link often for updates and additions:
https://www.monmouth.edu/university/fall-career-day.aspx

FREE LINKEDIN PHOTO SERVICE AVAILABLE
There’s More to Life Than Just Existing

AMANDA GANGIDINO  STAFF-WRITER

Every moment, we are living and dying with each and every breath. A simple fact of life is that you’re living. However, as we go through the motions of our everyday lives, we often forget what the fact really is. Rather than living we begin to simply exist.

We go to jobs that leave us uninspired, count down the days until our next break during the semester, and forget to tell those around us how much we value them. Our deadlines and daily obligations make us feel like we don’t have time for others and even ourselves.

That exam we have to study for, we consider the many health deadlines, and making money. While all those things are important in leading a full-filled life, there are several other elements that play a vital role. We all crave excitement, constant change, and new adventures. Don’t waste another breath on living a life off just pure existence. To quote a famous cliché, “Life is not measured by the breaths we take, but by the moments that take our breath away.”

Embrace the moments, in truth that truly make you feel alive.

Traveling is a great way to find fulfillment in your life.

PHOTO TAKEN by Alexandria Afanador

Staying Healthy at MU

MELISSA BADAMO  CONTRIBUTING WRITER

Many people are guilty of saying, “I don’t have time to go to the gym.” or “I don’t have time to go to the gym!” However, getting fit is easier than you think, and it only requires a few lifestyle changes.

First off, it’s important to set a schedule to find time for exercise. Find the perfect time to head over to the gym, whether it is in the morning, right after your classes end, or in between classes. Keep track of your exercise in a journal, which will help keep you motivated as well. If you’re uncomfortable going to the gym alone, find a gym buddy whether you ask a friend or just an acquaintance from class. Exercising is actually a great way to bond and make a friend or two! There are plenty of ways to get fit right here on campus.

This fall, take a stroll and appreciate the beauty that engulfs our lovely university. Monmouth’s fitness center, located in the OceanFirst Bank Center, is free to all staff and students and can be utilized for strength and cardio, and flexibility exercises, to name a few. You can even sign up for great fitness classes such as yoga and kickboxing, on the “Monmouth Recreation” app.

You can always take up an activity off campus to maintain a healthy lifestyle. Freshman animation student Michael Gatta has taken up a great activity to stay fit. He said, “I exercise by fencing with my friends. It’s really beneficial because it’s fun and a great way to stay healthy.” It’s important to have fun while exercising, so grab a few friends and find an activity you all enjoy.

If you find a sport you excel at, you can always join an intramural team on campus! Monmouth University offers a vast selection of intramural sports such as volleyball, tennis, basketball, and softball. You can participate in those intramurals competitively or recreationally. If you’re interested in an intramural sport, keep an eye out for the registration forms.

Running is just one of the many fitness options you can pursue. Physical science graduate student Samantha Peragino shared, “I run because it makes me feel good about myself. It helps me with my anxiety and is a great stress reliever.” It is no secret that exercise elevates your mood and helps reduce stress and anxiety. Having a healthy mind is the first step to maintaining a healthy body. No matter what exercise you pursue, just make sure to get your heart pumping! Adjunct professor of Health and Physical Education, Nancy Cigiz, explained the importance of exercising and eating right. She stated that exercise can “ward off type two diabetes, increase blood flow, and improve sleep.” She also said that “natural foods such as fruits and vegetables high in fiber can maintain both mental and physical health.”

Next time you’re grabbing something to eat to refuel your body, think twice about your food options and go with something that will improve your health. If you're in the student center, stop by Roots, where you can customize a salad to your liking. Or, if you’re planning to grab something to eat in the dining hall, sushi is always a great healthy choice.

As Professor Cigiz mentioned, getting a good night’s sleep is an important aspect of maintaining a healthy lifestyle. Many college students tend to underestimate the importance of sleep. Sometimes it’s necessary to pull an all-nighter in order to finish that five-page essay for English class, but try to catch up on sleep as much as possible. Not only does it improve physical health, but it also improves memory and concentration, thus helping you succeed academically.

There is no better way to boost your immune system than exercising and eating healthy, especially since flu season is quickly approaching. You may not want to skip the gym anymore when you consider the many health benefits that come with exercising!
American Vandal is Totally Binge-Worthy

STEPHANIE YOUNG
STAFF WRITER

Every month Netflix releases so many Original Series that it’s hard to keep track. Of them, including House of Cards, Stronger Things, and Making a Murderer, gained traction and are now fan favorites and Emmy nominated television shows.

However, some fly under the radar and are overshadowed by the more popular titles. In a binge watching society, this one show in the abandoned investigation by two sophomore students into a high schools graffiti art is basking in the attraction.

Sure, on the surface it seems like a typical crime show, but viewers learn that the details of the vandalism focuses on the drawing of twenty seven phallic symbols on the cars.

Viewers may be thinking that this must be a raunchy, juvenile mockery like most previous investigations Making a Murderer. What the show begins to appear as at first takes a jolted turn into something different.

The first scene of the show features Peter and Sam, two high school seniors, discussing the vandalism from the get go. There are four keys elements that originally linked him to the crime outlined in the show; you will have to watch or infer for yourself, there are hardly any spoiler alerts here.

However, the two sophomore investigators, Peter and Sam, attempt to debunk these theories about Dylan Maxwell because they both have zero belief in Dylan所以 many of them are quick to believe it due to Dylan’s reputation. The show provides an interesting commentary on reputation and how with only circumstantial evidence the show is so quick to accuse Dylan.

The question is, is reputation and circumstantial evidence enough to convict a student on such a serious charge?

American Vandal tackles this concept by introducing not just students, but teachers as viable suspects to the crime while still keeping the idea open that Dylan very well could have committed the crime.

American Vandal on the surface is an extremely entertaining and comedic show with characters that hold onto the stereotypes associated with high school while also developing them enough to see past their surface level flaws.

Everyone is a suspect, no matter who they are and everyone has things to hide whether they are linked to the vandalism or not.

It is the viewer’s opportunity to decide what they feel goes along with the case and what pieces of evidence are just red herrings.

When the show comes to an end, viewers will continue to debate whether the implied culprit did have something to do with the vandalism. While other pieces of evidence suggest otherwise, or whether an entirely different theory is plausible.

With so many direction and narrative changes American Vandal keeps its audience tangled in a web so complex that not discussing anything afterwards is almost impossible. American Vandal is eight episodes long, each episode lasting for about thirty minutes.

It is the perfect show to binge watch and some would argue it can only be binged watched to fully understand the show for hours afterwards.

“AMERICAN VANDAL” STAFF WRITER MARK MARRONE

Starring Willem Dafoe, Bria Vinaite, and Brooklyn Prince

My friend Andrew transferred from Brooklyn College to Miami University because he wanted a change of scene, and he found what he was looking for. Any time I receive photos from Andrew, I expect to see pictures of clear waters, enormous palm trees, or a blazing sunset. When someone mentions Florida, the images come to mind. When someone mentions Florida, the images come to mind. When someone mentions Florida, the images come to mind.

On the other hand, when one mentions Florida to Director Sean Baker, he thinks of the busy roads packed with shopping malls, coastal front properties, backcountry woods and swamps, and the Magic Castle Motel.

The Magic Castle Motel is located right down the street from Walt Disney World, the place that made Florida famous. It is home to a rebellious young adult mother Halley, played by Bria Vinaite, who is going to make each week’s “rent” count.

The morning after a party, Halley’s ex-husband, Moonee, played by Brooklyn Price, is basking in the glory of the sun. Moonee is the daughter of the Magic Castle Motel. The Magic Castle Motel is a theme park on the third floor, prepar ing to light a cigarette at sunset. When Bobby flicks on his lighter, the camera slowly approaches him as the balcony lights begin to shine. This shot captures the control.

Bobby’s character has over the motel not only as a manager, but parental figure too.

The settings are beautifully captured through some wide shots, as the rascals walk past Orlando’s quirky roadside shops like a wizard-themed gift shop and the dome-shaped Orange World.

Then there are some low angle shots that isolate the character as they walk in and out of the frame. Everything about this film, from the cinematography, there is a particular scene that embodies everything about this film that is the Magic Castle Motel. The Magic Castle Motel is a theme park on the third floor, preparing to light a cigarette at sunset. When Bobby flicks on his lighter, the camera slowly approaches him as the balcony lights begin to shine. This shot captures the control. Bobby’s character has over the motel not only as a manager, but parental figure too.

The Honest Look into the Florida Project

The honest look into the residents of the Magic Castle Motel is magical.

Sean Baker’s directorial style of shining a light on everyday struggle for poverty stricken kids and children in this location is unique. The residents face a lot of challenges as they are oddly surrounded by the head turning, purple behemoths that is the Magic Castle Motel. The Magic Castle Motel. The Magic Castle Motel. The Magic Castle Motel.

Additionally, the actors who play the residents tremendously purvey a sense of authenticity, while making an instant connection with the audience. Although the motel could use some work, The Florida Project is in no need of touchups.

Go ahead, keep Disney World. The real world is right up the street. It is also one of the few quiet moments where we can take a breath and appreciate the beautiful roadside view from the balcony.

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The Fifth Biennial International and Interdisciplinary Conference on Race

"Race, Gender, and Leadership in History and Global Societies"

Monmouth University
Department of History and Anthropology
400 Cedar Avenue, West Long Branch, NJ 07764
November 9-11, 2017

Conference Highlights:

Thursday, November 9

Conference Opening Ceremony and Keynote Lecture
1:15 pm to 2:35 pm in Wilson Hall Auditorium
Dr. Jonathan Holloway, Provost, Northwestern University

Concurrent Panels on Race, Gender, and Leadership
2:50 to 6:00 pm in Magill Commons Club Rooms/Dining Room

Friday, November 10

Concurrent Panels on Race, Gender, and Leadership
8:30 am to 4:30 pm in Magill Commons Club Rooms/Dining Room

Special Lecture
11:40 am to 1:00 pm in Magill Commons Club Dining Room
Jondhi Harrell, Executive Director and Founder, The Center for Returning Citizens

Book Talk and Lunch
1:15 pm to 2:35 pm in Magill Commons Club Dining Room
Dr. Jennifer R. Scanlon, Bowdoin College

Plenary Address
6:30 pm in Magill Commons Club Dining Room
Dr. Elizabeth Higginbotham, Professor Emerita of Sociology, University of Delaware

Saturday, November 11

Concurrent Panels on Race, Gender, and Leadership
Time TBD in Magill Commons Club Rooms/Dining Room

See the conference website for presenter biographies, full schedule, registration, and further details:
MOMENTS AT MONMOUTH

What de-stress techniques work best for you?

Compiled by: Nicole Riddle

Maria Trujillo
Sophomore
“I like to go to the gym to take my mind off of stress and to get my energy back.”

Shannon Lawrence
Junior
“Listening to music and dancing in my room helps to release my stress.”

Parth Patel
Senior
“Essential oils help me to destress.”

Susan Schuld
Senior
“After getting home from school, I watch TV and spend time with my family before starting work to avoid any added stress.”

Michael Phillips-Anderson, Ph.D.
Associate Professor
“The best de-stressor for me is putting down my phone and getting a good night’s sleep.”

Don’t see your picture this week?
Check back in next week’s issue for more Monmouth student’s photos!

LEFT:
Students and faculty cheer on the football team during the homecoming game at Kessler Stadium.
Photo courtesy of: Karlee Sell

RIGHT:
Commuter student mentors host their ‘Mind Over Madness’ event in Anacon B. (From left: Kaylee Covert, Shannon Lawrence, Sabina Graziano, Alexandria Afanador, Susan Schuld, Megan Kudisch, Davina Matadin, Lauren Rice, Amanda Gangidino)
Photo courtesy of: Megan Kudisch

LEFT:
The men’s soccer team huddles up on the great lawn to talk strategy in beating their opponents from St. Peters this Saturday.
Photo courtesy of: Karlee Sell

RIGHT:
Monmouth Alum Rob Panasuk (left) and current student Matt Choi (right) getting into the homecoming spirit at the homecoming tailgate event.
Photo courtesy of: Karlee Sell

Maria Trujillo
Sophomore
“I like to go to the gym to take my mind off of stress and to get my energy back.”

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“Listening to music and dancing in my room helps to release my stress.”

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Don’t see your picture this week?
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Join us for the first annual conference sponsored by the Monmouth University Department of Professional Counseling’s alumni group, Counseling Alumni Connection (CAC). Our featured keynote speaker is Catherine Roland, Ed.D., LPC, NCC, 2016-2017 American Counseling Association president. Dr. Roland will be speaking about the current challenges and ethical responsibilities of advocating for mental health. We are also excited to welcome MU 2017-2018 public service residence, former NJ Governor Richard J. Codey, who will be doing an address from 12:45-1:30 on Mental Health & Public Policy in Wilson Hall Auditorium. Hair, dyes, and beverages will be served during that time in Wilson and Governor Codey’s talk is open to the public (no additional RSVP is required).

Link to conference website and registration: https://www.monmouth.edu/CAC-Conference/
All attendees must register in advance online by Friday, November 17th. Refunds will not be issued after this date; drop-in registrations the day of will not be accepted.

For questions contact:
Lisa Himmelman, Professional Development Coordinator
lhimmele@monmouth.edu
732-923-5572
or
Alessandra Evangelista, Graduate Assistant
aevangel@monmouth.edu

Monmouth University Department of Professional Counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6566. Programs that do not qualify for NBCC credit are clearly identified. Monmouth University Department of Professional Counseling is solely responsible for all aspects of the programs.

If a participant would like to express concerns about his/her experience with Monmouth University Department of Professional Counseling, he/she may call or email Anniek Burkholder at 732-571-3700 ext. 240 or aburkholder@monmouth.edu. Although we do not guarantee a particular outcome, the participant can expect to receive a response, make any necessary decisions, and communicate with the participant within one week.

Greeting Card Contest
Sponsored by the GENDER STUDIES Program

Winner will receive
• $100 prize
• Recognition in the Gender Studies Spring newsletter
• Recognition on the Monmouth University Gender Studies website
• Recognition at the annual Gender Studies Giraffe Awards (held in April)
• Potential recognition by The Outlook
• Complimentary copies of printed card

Qualifications:
Any Monmouth University student is welcome to submit; minoring in gender studies is not required. The winning submission will be printed onto a greeting card that will be used as an end-of-the-year notice of thanks and warm wishes for staff, faculty, and student organizations that have supported Gender Studies over the academic year. Submissions will creatively illustrate gender studies, especially highlighting the goals and values of the Monmouth University Gender Studies program, including campus events and designated courses. Winter or holiday themes may be used in achieving this, but must be non-

Imaginary. Image should be free of any text unless the text is in the background, not distracting, and will not conflict with any text that will be added on in preparation for printing. Contributions are encouraged to visit the MU Gender Studies website to familiarize themselves with the program. Program brochures and additional information are available in the Director’s office in Bay Hall 234. A strong reflection of MU Gender Studies program values is more important than artistic ability.

Any medium is acceptable (photograph, painting, photoshop, etc.) and either color or grayscale may be used, but all submissions must be submitted digitally in high quality and ready to print on a 4.25 x 5.5 inch postcard. Students may contact the MU Copy Center for professional scanning of their artwork, otherwise scanners are available at the library. Submissions that are too small, unclear, or low quality will be disqualified. Images that contain plagiarized material will be disqualified. Limit one submission per student.

Submission Must Include:
• Name
• Major
• Phone number & email
• Title of submission
• Print-ready digital submission

To Submit:
Email Gender Studies Director Dr. Corey Wrenn at cwrenn@monmouth.edu with subject line “GS Card Contest Submission.” Only submissions from valid MU student email addresses will be accepted. Submissions must be received by November 7th, 2017 at 11:59 PM. Winner will be announced December 1st by email.

Contact:
Dr. Corey Wrenn
Director of Gender Studies
cwrenn@monmouth.edu
MONMOUTH MEN’S BASKETBALL IS LOOKING FOR

STUDENT MANAGERS

FOR THE UPCOMING 2017-18 SEASON!

// MUST BE FULL-TIME MONMOUTH STUDENT
// WILL BE INVOLVED IN DAY-TO-DAY BASKETBALL OPS
// CAN INCLUDE TRAVEL WITH TEAM
// WORK DIRECTLY WITH COACHING STAFF
// CHANCE TO SIT ON BENCH WITH TEAM DURING GAMES
// LOOKING FOR DEDICATED, ORGANIZED STUDENTS

TO APPLY CONTACT ANTHONY MOLISSO - AMOLISSO@MONMOUTH.EDU
The Student Activities Board held its event, Bee the Change, on the Student Center patio Wednesday Oct. 11.

The purpose of the event was for the club to promote and raise awareness about bees and bee keepers. The club set up on the patio and stayed outdoors from 12 p.m. until 3 p.m.

The event consisted of a table with an array of goodies and activities for students. The club set up tables with various bee themed cookies and cupcakes. The club made sure to get students engaged by writing things that makes them happy paper bees to hang on a "Bee the Change" sign, and promote further awareness.

Senior marketing major Tianna Fougeray and Novelties chair for the Student Activities Board helped work the event. "Bee the Change was all about promoting bee awareness. As students were walking by, we set up on the patio, we would ask them to write down ways to "bee the change." They could pick out their own jar of honey with an attached bee fact and help make cookies and cupcakes as well. Members of SAB hung up each response on a poster. It was great to see all of the responses hung together. This event was amazing because it showed how our lives change when we do the same and there is a lot for us to "bee happy about," the senior said.

According to Lindsey Smith, Assistant Director of Student Activities and advisor for SAB, the event was very successful. "The Bee the Change event was an awesome event to promote awareness of the declining bee population. The Awareness chair, Kendal, did a great job incorporating facts about bees and why they are important into a whole food pyramid, but also had a good interactive activity to get people involved in the table," she said.

Junior Kendal Lotosky, Awareness Chair for the Student Activities Board who help increase your awareness of issues happening around you!

Students Advocating Girls Education (SAGE)

SAGE is dedicated to equal access to education and the betterment of the campus community through social justice, gender equality, and feminism. SAGE hosts a number of events on campus to raise money and donate to organizations and communities which improve access to quality education for women and girls, both locally and globally. They also increase campus awareness of social issues by hosting events pertaining to women's rights. If you are interested in joining, please contact the club president, Kaitlin Allsup, at s1034993@monmouth.edu.

Sociology Club

Sociology Club at Monmouth aims to make the concepts learned in the classroom and apply them to social activism. They focus on raising awareness of inequalities and social issues that affect everyone as students and faculty. They believe that it would make a difference in the community. All student ideas are welcome as they work through issues of race, gender, ability, and more to create an open and inclusive space. They have signed petitions against the Dakota Access Pipeline, which threatened the sanctity of precious indigenous people's land; held American Sign Language classes; and educated students about sexual assault. With Sociology Club, every voice has a chance to be heard and they are devoted to addressing social issues that impact campus. The possibilities for what they will do this year are endless, so join them as they continue to work towards creating a campus environment that reflects the world we want to live in.
Think Pink: October is Breast Cancer Awareness Month

Cristina Medlin
CONTRIBUTING WRITER

“You can and you will,” I say to my mom who has stage four metastatic breast cancer. She was diagnosed four years ago, when I was only 15, and I still remember her saying, “I love boobies.”

Think Pink:
October is Breast Cancer Awareness Month

It’s October, and for the past 20 years, my mother, along with thousands of other women, has undergone mammograms as a preventative measure against breast cancer. While I may not be old enough to understand the importance of being proactive, I understand that breast cancer is a condition that affects people of all ages and that it is crucial to encourage everyone to get screened, especially women who are at an increased risk.

Breast cancer is the most common fatal cancer for women in the world, and it is estimated that one in eight women will develop breast cancer in her lifetime. The disease can spread to other parts of the body, including the lungs, liver, and brain, and can be life-threatening if not treated promptly.

To identify breast cancer in its early stages, a woman should perform a self-exam at least once a month, starting at age 20. She should feel her breasts and nipples for any signs of lumps or changes in the texture of the breast. If she notices anything unusual, she should see a healthcare provider for further evaluation.

Screening for breast cancer is important, and there are several options available. Mammograms are the most commonly used screening test for breast cancer, and they involve low-dose X-rays that can detect small breast tumors before they can be felt. Other screening options include breast ultrasounds and breast MRIs, which can be used in certain cases.

In addition to regular screening, it is important to pay attention to any signs of breast cancer, such as changes in the size or shape of the breast, a lump or thickening in the breast, or any other symptoms. If any of these signs are present, a woman should see a healthcare provider for further evaluation.

Cara Tuttle, a junior music education major, commented on the importance of being proactive in the fight against breast cancer.

Two days after the breast cancer screening that led to her diagnosis, my mother was confirmed with stage four metastatic breast cancer. We were both shocked and saddened, but we were also determined to fight back.

Since my mother’s diagnosis, I have been inspired to learn more about breast cancer and to raise awareness about the importance of early detection and treatment. I have been involved in breast cancer research and support services, and I have spoken at events to raise funds and educate others about the disease.

To date, my mother has undergone several rounds of chemotherapy, radiation, and surgery, and she is currently in remission. However, she is still at risk for recurrence, and her story serves as a reminder of the importance of early detection and treatment.

As we continue to fight against breast cancer, we must remember that every life is precious, and every battle is important. We must continue to raise awareness and to support those who are affected by this disease.

Kara D’Antri
CONTRIBUTING WRITER

Theatre is more than a form of entertainment, it is art. The stage can be used as a canvas, to express, powerful messages, and political statements.

For example, in November of 2016, the cast of the Hamilton Musical opened a production inspired by the life of Alexander Hamilton, a black man who was important in America and addressed the fact that they do not feel protected under the new presidential administration.

Chris Tuttle, a junior music education and English student, had insights on the connection between theatre and politics. STicking to the theme of Hamilton, Tuttle explained that, “In a show, everyone has a voice and can be a part of something larger than themselves.”

The relationship between theatre and politics is complex. Communication professor, Nicholas Messina, made a bold decision on stage: “I’m not always sure which politics or are politics impacting theatre?”

Although it is difficult to uncover the mystery of who started this back and forth feud, theatre has shown it’s willingness to break boundaries by making bold choices on the stage.

“Theatre, in a contemporary sense, is not afraid to put that big middle finger out there when they need to... sometimes it’s difficult for individuals to go ahead and maybe look at social issues or political issues through performance, a live performance at that, you can use it to speak to the masses.”

Tuttle, who is playing the role of George Washington in the musical Hamilton, said, “I think students in gender and women’s studies should be on top of teaching their nursing students about men’s breast cancer as well.”

Senior nursing student, Sarah Larouche said, “It’s encouraging seeing our medical-surgical lectures we cover all types of cancer, including men’s and women’s breast cancer. As a nursing major, I have also guided nursing electives, one of which was Human Sexual- ity where we also discussed men’s and women’s breast cancer,” Larouche continued.

“A nurse, there is the potential to be exposed to both sexes having breast cancer and to being able to identify it in both is important,” she commented.

Dr. Hettie Williams is a lecturer of African American history in the history and anthropology department, agrees that many people are unaware of that it affects males as well.

“I think students in gender studies tend to be aware, but outside of a gender studies class, it’s likely not the case and it’s probably because they don’t know how gender operates in society,” she said.

To identify breast cancer in both sexes is so essential when treating it, because it can manifest itself initially in so many different ways such as redness on the breast, nipple, or sear the armpit, a lump beneath the skin, or dimpling of the skin. If you or a loved one identifies any of these on the body, it is best to go see a physician.

“If your family has a history of breast cancer, you should want to consider, genetic testing for these genes to see if you are at increased risk,” Myers said.

Instead of just October being Breast Cancer Awareness month, be aware all year round.

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CONTRIBUTING WRITER

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Instead of just October being Breast Cancer Awareness month, be aware all year round.
The Commuter Student Mentor Program (CSM) in conjunction with Counseling and Psychological Services put together a destress event titled “Mind Over Madness” on Oct. 18. The event consisted of nearly 100 students flowing in and out of Anacon in search of delicious treats as well as games, coloring, and the famed “Proud Mom Fridge.”

Destress events have been one of the many ways students look forward to by the end of the semester, but to have one right after fall break is the cherry on top of hectic midterm schedules and class loads that are breaking students’ backs, the commuter declaration was time to relax.

The event featured a “Proud Mom Fridge,” where students were able to post their accomplishments such as “I passed my counseling exam,” and even “I got out of bed today.”

Along the divider between Anacon A and B it was also a wall filled with colorful post-it deeming possible马来西亚. “It’s okay if the only thing you do today is breathe,” and “You’re a rockstar!” where students were able to take what they needed to get them through the rest of the semester as well as leave what they wanted someone else to grab hold of.

In the corner of the room was a poetry wall where students were able to piece together bits of poetry as well as leave what they wanted to relax and unwind from midterm stress. The games, food, and activities all helped me, as well as other students, take our minds off the pressure felt half way through the semester.”

For the past few weeks, students have been expressing that they are stressed from the number of assignments that have been due or assigned over fall break, making them feel not only stressed but like they are assigned homework, have assignments due, or are overloaded with work to make up for the two days lost for over time to relax and refocus enables us to manage and safeguard our anxiety and mood.”

According to McKitterick, “Anxiety is the most common topic that students want to address when they consult with Counseling and Psychological Services.” It is my hope that college students are riddled with anxiety, but providing an environment where the entire Monmouth community is not only invited but welcomed, is something that the CSMs wanted to give.

“I think that providing that type of space where students are free to roam around and give their creative muscles a test and even just sit and hang out with each other makes for a pleasant atmosphere,” Lawrence says.

“The group aspect of events to cope and express stress reinforces the protective nature of being a part of the Monmouth community. Feeling a sense of belonging is an important part of going and managing wellness, both physical and mental,” said McKitterick.

Dr. Vaughn Clay, Director of Off-Campus and Commuter Services and after the CSM Program, said, “This gave students the opportunity to take a time out of their day. Some students are busy with other than their assignments, essays, homework, etc. There was a moment for everyone to catch their breath, unwind, refocus and clasps.

Clay continued, “Being able to socialize the event by showing students that they are not alone in their struggles makes it easier to cope. The ‘I’m the only one’ attitude is one that we are able to be a means of escape and everyone is going through their own war. We live in a crazy, hectic world and I think students know they can have fun and relax is important. We would love to do this again,” Clay said.

Sunshine on a Cloudy Day: Jenn Cabral Brightens Students’ Days

Jenn Cabral continues to be a ray of sunshine for many students who come into the building

When Jenn is not working on campus, she enjoys reading, singing, and simply relaxing. Even though she loves her job, she does not miss the stress and high pressure after helping student after student, making coffee after coffee. Jenn has always been one to never complain about anything that comes her way, she tackles it head on, independently and usually with a smile on her face.

A senior communication student, Kayla Cardona, loves Plangere’s little coffee shop. “I spend most of my time in that building and it’s super convenient when I need a quick snack or coffee. Jenn, however, is what makes that little shop so wonderful! She always greets me with a smile and is super nice. It’s always such a pleasure being around her,” she said.

Former communication student and graduate, Jimmy Fanizzi, loved the smoothies from Plangere’s little shop. Fanizzi can usually be found in the main building as he still does a radio show with homecoming. Occasionally, he will see Jenn and pick up a smoothie before doing his three-hour show.

“It’s very convenient. Everyone is always on the go, so it makes it really nice that there is a coffee shop that can provide treats and something to grab after class and that the staff is always so nice and smart. One of the ways that makes us feel comfortable and comfortable is that you can have fun and relax is important. We would love to do this again,” Clay said.
Football Runs Past Liberty with 364 Rushing Yards

ZHACH COSENZA

Football defeated FBS-bound Liberty, 56-39 behind, 364 rushing yards and five rushing touchdowns on Homecoming weekend.

Freshman running back Eric Zokouri and first-year, sophomore running back Pete Guerriero scored two touchdowns each. Zokouri had two touchdowns, his third multi-score game of the season, while Guerriero added a rushing touchdown of his own.

“We’ve been running the ball well most of the season, our objectives is to stay balanced but we hit some gashes today,” Head Coach Kevin Callahan said. “We have four backs that we use on and off and they all bring a little bit something different to the table.”

After Liberty started the game with a passing touchdown, Guerriero would return the ensuing kickoff for a Monmouth record 95 yards for the touchdown to tie it at 7 all. It would be his second kick return touchdown of the season.

“My blockers set it up perfectly, I just hit the hole like I am taught, it was wide open and I just took off from there,” Guerriero said on his kick return for touchdown.

The Hawks would force a quick punt for Liberty, but on the next drive, the offense would drive down the field to the Liberty 25 yard line where Zokouri finished it off with a 25-yard rushing touchdown to make it 14-7. Monmouth would look back and have the lead for the rest of the game.

In the late first quarter, sophomore quarterback Kenji Bahar would convert a pass to junior wide receiver Reggie White Jr. on fourth down. Later that drive, sophomore wide receiver Lorraine Moore IV ended the drive with an 11-yard rushing touchdown on a reversal that caught the Liberty defense off-guard to make it 21-7 Hawks.

Liberty would attack on the two-point conversion, running back for a touchdown run. After another Liberty punt, Guerriero would score again, this time rushing it 41 yards to pay dirt to increase the Hawks lead to 25-12.

Liberty would close the gap late in the first half, scoring on another long passing touchdown.

Sophomore running back Pete Guerriero scored two touchdowns in the 56-39 victory over conference opponent Liberty Saturday afternoon.

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KEVIN CALLAHAN
Monmouth Head Coach

Sophomore forward Madie Gibson was the game-winner in the 2-1 victory against St. Peters Saturday afternoon.

Women’s Soccer Wins Twice to Finish Regular Season

MARK D’AGUIA

Women’s Soccer defeated Fairfield 2-0 and St. Peters 2-1 in an overtime battle to close out the regular season on a three-game winning streak.

MU hosted their final regular-season game against St. Peters Wednesday night when 6-8 Fairfield came to Hesse Field for Breast Cancer Awareness night. The Hawks all-time record against Fairfield was 5-1-1 going into the game as they hoped to keep things rolling.

The theme early on was the corner kicks for Monmouth, as several opportunities were presented thanks to the corners from freshman defender Sarina Jones. Eventually, in the 29th minute, Jones nearly put her corner kick in the back of the net, however senior defender Gabriella Cuevas was able to find the ball and finish it off for her third goal of the season.

The Hawks were able to hold onto the 1-0 lead throughout the first half as the ball seemed to stay in the Monmouth zone and the defense wasn’t bending.

Sophomore goalkeeper, Amanda Knaub, found herself a half away from another shutout without even having to record a save in the first half. Her first save came early on in the 2nd as she barely had to move, which was a theme for her saves on the night.

The second half went very similar to the first, as the ball barely reached the Fairfield forward zone and Monmouth continued to get scoring opportunities.

The Hawks were able to extend their lead to 2-0 in the 71st minute when senior midfielder Sophie Centi ripped a shot that was deflected by sophomore forward Dana Scheriff past the Fairfield keeper for the goal.

Sure enough, Knaub was able to close out her 10th shutout of the season, as Monmouth notched themselves the 2-0 win in front of their home crowd.

Sophomore forward Madie Gibson made an impact early in the game with a couple of quality runs before she collid ed with Fairfield’s goalkeeper in the third minute, causing her to exit the game. Luckily, she did return to her 36th consecutive start and should be healthy moving forward.

“It is very difficult to be the best team over the stretch of an entire regular season.” said Head Coach Krissy Turner after the game. Yet that’s exactly what they did as they closed out their 5th consecutive Metro Atlantic Athletic Conference (MAAC) regular season championship.

After already clinching the conference crown and the MAAC regular season championship, MU still had one more regular season game to play against their rival Saint Peters on Saturday afternoon.

Turner was 10-0-0 when scoring first in 2017, however they fell behind early in this one as Saint Peters got it past Knaub in the 23rd minute. Monmouth wouldn’t let this deficit last long as junior defender LeAnne Davis finished off the pass from senior defender Lexie Palladino to tie up the score before the half.

The second half was a defensive battle as neither team found the scoreboard and the game reached overtime where Monmouth was 0-0-2 on the year.

That would change here however as the Hawks got their first overtime win of the year when junior midfielder Ali DeLuca assisted Gibson for the game-winning goal.

The win closed out the Hawks regular season where they had an overall 12-3-2 record, which carried them to the conference crown and the No. 1 seed in the MAAC tournament.

Turner expressed the team’s excitement saying, “We look forward to heading down to Disney next week to compete for a championship.”

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Field Hockey Extends Win Streak to Four Games

CHRIS FITZSIMMONS
STAFF WRITER

The Field Hockey team won three of their matchups over the past two weeks. Over fall break the Hawks handily defeated LIU Brooklyn by the score of 10-1 and pulled off an impressive 3-2 overtime victory over Villanova. This past Friday they cruised the 9-1 road win over Siena to improve to an overall record of 12-3 and extend their win streak to four games.

The Oct 13 matchup against LIU Brooklyn featured an offensive explosion for the team. Six different Hawks netted goals and four Hawks had a multi goal game. Sophomore defender Josephine van der Hoop initiated scoring with a goal at the 5:30 mark and Monmouth did not let up from there. By the half the first half concluded, the Hawks were up by seven and had registered a total of 12 shots. Coming out of the half, Monmouth wasted little time padding the score. This time it was junior forward Ellyssa Okken who further added to the lead with her second of the day.

LIU Brooklyn registered their first and only goal of the game in the 39th minute but it was too little too late at that point. Junior forward Nick Papas and senior midfielder Jake Areman combined for the game winner off assists coming from fellow Netherlands, van der Hoop and senior defender Julie Laszlo.

"We showed a lot of character in the game late and then held our composure in double overtime. Finishing 9-2 in non-conference play and being nationally ranked during that time is a tremendous feat for our program. Hoping that the lessons learned during non-conference play will help us in the final few weeks of the season," Figlio said on the game.

The Hawks sailed past Siena this past Friday with a 9-1 victory in London, NY. Klinkhammer continued her exceptional play by registering Monmouth’s first two goals of the game once again assisted by Laszlo. The Hawks added two more before the half and the game went into the half knotted at one.

Laszlo would take the early lead six minutes in the second half, but Monmouth would tie it up 2-2 with a goal from junior forward Kelly Hanna as Hanna finished inside of the left post. Monmouth was given a chance to win the game with a corner opportunity. Freshman defender Tamar Klinkhammer tipped in the game winner off assists coming from fellow Netherlands, van der Hoop and senior defender Julie Laszlo.

"We created a bunch of chances tonight and scored three goals. It’s the most we’ve created all season, so we got a just reward," Head Coach Carli Figlio said on the win.

Monmouth will take on Bryant University in Rhode Island this Friday for their final road game of the season. Game time is scheduled for 4 p.m. The Hawks will then face off against Rider on Sunday at 1 p.m. and celebrate senior day at So Sweet A Cat Field.

Men’s Soccer Splits Against Canisius and Fairfield

Men’s soccer defeated the St. Peter’s Peacocks on Saturday night at Hesse Field on the Great Lawn, extending their record to 5-5-1 overall and 2-4-1 in the Metro Atlantic Athletic Conference.

"All the credit goes to the guys tonight," said Monmouth Head Coach Robert McCourt. "We’ve been on the road a lot this year, so it’s always nice to have a home game in front of a great crowd." It took just four minutes for the match’s first goal to be scored. St. Peter’s freshman forward Domnic Laws thumped an effort from eighteen yard mark where junior forward Hunter Walsh, whose crossbar and four Hawks had a multi goal game.

"Top to bottom, today was a total team effort. Our small passing game allowed us to keep attacking well. We will look to continue the momentum as we head into the final weekend," Figlio said on the team’s win.

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Upcoming Games

Wednesday, Oct. 25
MSOC vs. TBA
Fairfield, CT 7:00 p.m.

Friday, Oct. 27
Fairfield vs. Elizabethtown
Smithfield, RI 4:00 p.m.

Bowling at TBA
McKendree Bearcat Open
Fairview Heights, IL TBA

Saturday, Oct. 28
Fairfield vs. TBA
Fairfield, CT 1:00 p.m.

Bowling at TBA
McKendree Bearcat Open
Fairview Heights, IL TBA

Sunday, Oct. 29
TBA vs. Rider*
So Sweet A Cat Field
West Long Branch, NJ 7:00 p.m.

Bowling at TBA
McKendree Bearcat Open
Fairview Heights, IL TBA

Conference games
Freshman running back Eric Zokouri tallied 193 rushing yards and two touchdowns in the 56-39 Homecoming win against Liberty Saturday afternoon. The freshman now has three multi-score games on the season.