Two waves of e-mails blasted to over 14,000 University members have been deemed a "harmful phishing scam," according to Robert Carsey, Director of Server Operations. It is reported that at least 50 student mailboxes were compromised by the scam.

The e-mails told recipients to update their eCampus login information using an attached link, posing as a University-affiliated source.

The University has since urged the campus community to delete the e-mails, report any instances of opening the scam to the IT Help Desk, and change all Monmouth-related passwords for security measures.

Carsey stated that employees began receiving the first wave of e-mails on Friday, Jan. 26 at approximately 1:15 p.m., with the first Help Desk request regarding the e-mail being submitted at 1:22 p.m. Only minutes later, the IT team began mitigating the blast. The mitigation attempt included deleting the e-mails from users' mailboxes, blocking the link on the University's firewall, and notifying users. The mitigation process for the first wave of e-mails was completed by 2:00 p.m. that day. "We didn't give the phishing attempt much credit because the e-mail itself was rather unenticing and our employees are generally very good at not responding to such attempts," said Carsey. "Combined with the fact that we removed the email quickly, we were satisfied this was contained. However, we took the unusual step of notifying employees because this was the first time a phisher had copied our real University login page."

The second wave of e-mails began on Saturday, Jan. 27 at approximately 10:49 a.m. According to Carsey, the phisher obtained the login credentials of an account and logged in, and then sent the scam e-mail to all student mailboxes.

"Since the second wave was an internal Monmouth-to-Monmouth e-mail, there was no limit to the number of e-mails that could be sent, nor was it scanned for malicious links," Carsey said. According to Carsey, they began the process of removing the e-mail from all accounts at 11:24 a.m. However, due to the amount of mailboxes targeted, the process took "some time."

"Phishing is a scheme of deception where an attack..." E-MAIL cont. on pg. 3

Student Accounts Compromised Following Phishing Scam

African American History Month Commemorated

The University commemorated the start of African American History Month with its annual Flag Raising Ceremony on Feb. 1 in front of Wilson Hall.

The event was sponsored by the Office of Student Activities, the African American Student Union (AASU) and the National Council of Negro Women (NCNW).

Crystalyn Espinal, Assistant Director of Student Activities, described how each year's Flag Raising Ceremony is "unique." This year, student input was more focused on the beginnings of African American History Month. According to Espinal, the original ceremony would have had observers gathered on the patio of Wilson Hall as two student leaders raised the flag with the help of Facilities Management.

Instead, Espinal implemented an impromptu moment of silence and encouraged all students and faculty to stand together with the student leaders as the flag was raised. "It was just out of respect for those who have fought and represented the meaning of the flag," she said of the moment of silence.

Espinal went on to detail how the new format encouraged conversation between attendees afterward. "I liked standing with the [club] officers and with facilities [management] and with our student leaders versus just up at Wilson from afar," she explained.

"It symbolizes the public recognition of a national celebration," said Claude Taylor, Advisor-in-Residence for Academic Transition and Inclusion and advisor to AASU. "I think the University took its cues from the national Black History Month rituals of a Pan-African black consciousness, which is what the flag represents."

FLAG cont. on pg. 2


This event raised funds for the Ali Forney Center (AFC) and promoted an inclusive community on campus.

"Expression" was open to the public and accepted donations by ticket sales for the AFC, a non-profit organization based out of New York that exists to help homeless lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youths. According to the AFC's website, the mission of the organization is "to protect LGBTQ+ youths from the harms of homelessness and empower them with the tools needed to live independently."

"I felt it was important to donate funds to the Ali Forney Center because being on the LGBTQ+ spectrum, as well as being out at a young age, already puts these kids/teens in jeopardy with families that may not be as accepting," said Jane Lai, President of S.P.E.C.T.R.U.M.and junior english student.

"According to the Williams Institute [at the] UCLA School of Law, the alarming statistic shows that around 40 percent of homeless youth are LGBTQ+ identifying. Lai continued. "The Ali Forney Center is the biggest LGBTQ+ nonprofit for homelessness in the community. LGBTQ+ youth are already in a disenfranchised group and..." EXPRESSION cont. on pg. 2

Teenage Halloween played in Anacon Hall on Wednesday evening, along with several other bands.
**Expression** cont. from pg. 1

**Flag** cont. from pg. 1

February 7, 2018


**KERRY BRENN SENIORMANAGER EDITOR**

Dane Fante, a second-year business administration and communication student, passed away in a single-car accident at approximately 2:40 a.m. on South Lincoln Avenue in Ocean. A preliminary investigation by the department indicates that the car, reported to be a 2006 Audi A8, struck a tree, resulting in injuries to both occupants.

The car was allegedly driven by Jose Rivera, a sophomore business administration student. According to the A.A.S.U. Park Press, Rivera was taken to Jersey Shore University Medical Center in Neptune to be treated for non-life-threatening injuries.

Fante was pronounced dead at Monmouth Medical Center at 3:20 a.m. due to injuries sustained in the accident. Fante and Rivera were the only occupant on Saturday night to the police press release.

President Greg Dimenna, Esq., informed the campus community of the tragic incident at 1:33 p.m. Saturday afternoon.

"It is with deep sadness that I inform you of the tragic death of one of our students," read his e-mail. "The University mourns the tragic and untimely death of a member of our community and extends its deepest sympathies to his family and friends at this most difficult time."

"The Monmouth University community is deeply saddened by the loss of Dane Fante," said Dimenna in a later statement. "Dane was a second-year student studying communication and business at the university, but he was also a beloved son, brother, and friend. We extend our heartfelt condolences to his family, friends, and loved ones during this incredibly difficult time."

"This was just an awfully tragic situation," said Mary Anne Nagy, the Acting Vice President for External Affairs and Vice President for Student Life and Leadership Engagement. "Whenever there's the loss of life of any person, particularly a young person, I think it is very difficult for a community. It's particularly hard, I think, on young people, on the peers of the person who died, because you never think, at your age, that your life is going to end... it's hard, as a community, to wrap your head around it."

According to Nagy, support services for students, faculty, and staff will be available at Counseling and Psychological Services and the Office of Student Life.

"Our counseling center has been involved, and is here, and I really want to make this very, very clear. University Police have asked that anyone with information on the crash call the Prosecutor’s Office by the Department of Law and Justice in New York City with NCNW and AASU for positive conversations about the themes surrounding the month."

"The University should make space to facilitate discussions and analysis (of issues of race)," said Taylor. "I think we're doing better. He cited programs such as the biannual conference on race and ethnicity sponsored by the University as well as the race and ethnicities minor offered to students. "We should continue to do more on the campus to understand the issues." He also recommended that the spirit of the event has a pretty significant impact on campus. Sometimes we can feel a bit isolated. Having events like this where it increases visibility makes you feel like you are part of the community."

Students take away that LGBT+ culture doesn't have to be exclusive and you don't have to identify on the spectrum to be part of something fun like this is a concert; this is a book reading that brings the community full circle, it doesn't leave anyone out," said Lai. "Having open-access, campus-wide events celebrating student expression is important for building a sense of community and family which can often be lacking for LBGTQ+ youth who are disproportionately and disproportionately involved in suicide attempts and depression, which can lead to home- lessness and mental health problems," said Corey Wrenn, Ph.D., Director of the Gender Studies Program and a lecturer of sociology. "Tyler Castro, a S.P.E.C.T.R.U.M. executive board member and ju- nior psychology student, said, "The event had a pretty significant impact on me and made me really proud of the work my club did. Seeing so many people come together to sup- port a cause through the mutual love and understanding of the community was really heartwarming. I think the event was an overall success and was a nice escape for those of us who we ex- perience every day, and I definitely think that we'll be having more events like this in the future."
Peace Activist Ken Nwadike Visits Campus

Ken Nwadike, founder of the Free Hugs Project and peace activist, visited the Monmouth University community on Feb. 1. Nwadike spoke at the campus on some of the stories of becoming a motivational speaker.

Nwadike played a clip of a viral video that displayed him standing in between police officers and protestors. Speaking to a group of protesters, Nwadike used the opportunity to explain the importance of treating everyone as a human being, just like he sees everybody on this side of the human beings he meets. Nwadike's man's uniform doesn't make him a robot, just like your form, you skin color, doesn't make you a criminal.

The video was uploaded to YouTube and Nwadike made national headlines. According to the Free Hugs Project website, his videos have garnered 150 million views and he has been featured on CNN, NBC News, Good Morning America and Good Morning America. Nwadike has featured in The Huffington Post, The New York Times, and The Boston Globe.

For those accounts, the ability to send mail is automatically blocked after 100 [ junk] messages are received and or, and we administratively change that user's password. While in some cases the user can log in, on an account presents addi- tional problems, it's needed to avert more serious problems." On Thursday, Feb. 1, an e-mail was sent warning them of the e-mail, pointing out that Monmouth student accounts had been compromised. According to Carsey, the only repercussions of this event have been spam e-mails sent from University accounts. However, in other cases, online scammers have made attempts to access employee or student worker W-2 information, which includes addresses and Social Security numbers; other scams have attempted to deregister students from classes or send threatening emails to politicians. Carsey assured me that students who use the same password for their Monmouth account and other accounts could see those other accounts compromised. Your username and password was logged when your browser performed a POST function to send your login to the database to verify whether it is the correct login information or not," said Nwadike. "If the attacker has your password, and is free to use it [at its discretion]." I'm not worried about my personal information being af- fected, because there really is no relationship that allows the in-formation of one student to ac- cess the information of other stu- dents," said Harry Torrenegra, a student studying soft- ware engineering who received the e-mail but did not click on the link in the e-mail. "It was just a filtration process that must match the identity of those trying to gain un- authorized access." Carsey emphasized the impor- tance of students being care- ful about what they click on in case of scams. While the current phishing e-mail was moved to the "Deleted Items" folder of student emails, there is still a risk of similar scams in the fu- ture.

According to Carsey, some of the most obvious hallmark of a scam e-mail is the poor compo- site, alternate or incorrect spell- ing words, and incorrect links. "Most phishing e-mails are poorly composed or use alternate spellings of words that we don't use here in the U.S.," Carsey ex- plained. "These are easily recogni- zed and ignored by most peo- ple. In the current instance, the phishing e-mail was very short, didn't provide much context, and provided a link that appeared to take you to the Monmouth login page. It was the perceived legiti- macy of the fake Monmouth page seemed convincing." Carsey recommended double-checking the URL of a site be- fore entering credentials or per- sonal information to confirm that it belongs to the company that is sending the e-mail.

If there is any doubt about the legitimacy of an e-mail or link, please contact the Help Desk for help," Carsey stated. On Feb. 1 an e-mail was sent explaining the situation and provid- ing brief tips on how to avoid phishing scams.

PHOTOS COURTESY of Robert Carsey
February 7, 2018

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The Outlook Talks #METOO

EDITORIAL STAFF

As the #METOO and “Time’s Up” movements continue through awards season, celebrities are often embracing forms of advocacy in their speeches and on the red carpet. Philanthropist and actress, Oprah Winfrey gave a rousing speech at the Golden Globe Awards in January. Big Little Lies actress Nicole Kidman and Lauren Dern spoke about the importance of speaking out and stopping harassment in the industry. Most obvious was the red-carpet protest – almost all attendees wore black, with some celebrities donning “Time’s Up” pins. The Grammy Awards saw similar forms of activism as stars wore white roses and the same pins. Janelle Monae spoke about the importance of undoing a culture that has created an environment for sexual harassment and assault; Kesha performed “Praying” with many other female figures in the industry. While these advocacy efforts have been visible at awards shows, some Outlook editors have questioned whether they are the most effective form of activism, and whether they caused real change.

Only about half of the editorial staff members were aware of the efforts being made. Those who did make aware “many of the efforts were not aware of the attempts at advocacy. One editor was aware of the Golden Globes all-black dress code, but was unaware of the white roses and pins at the Grammy Awards. I feel like it was almost the focus of the Golden Globes, whereas it was not as big of a topic at the Grammys.” I was not really aware of the advocacy efforts on the awards show because I do not watch them, said one editor. “The only way I really heard of it was by social media.”

While the efforts made were celebrated on social media and were mentioned in some news cycles, some editors were unsure about how effective the on-carpet activism was. “I think it was effective in the sense of making [the issue] more talked about and making people more aware,” said one Outlook editor. “I don’t know how effective it was at a local level but it has to start somewhere. Big celebrities bringing issues to light helps people realize that this is a big deal and things need to change.”

At a local level, I’m sure it has made a difference, added another editor. “How much of a difference is what’s questionable. Celebrities are ‘worshipped,’ so to speak, by everyday people. Some of their movies and TV shows have ‘vast’ followings. For an actor who is held in such high fashion among those who watch their shows, wearing a pin to advocate a movement or wearing a specific color to voice an opinion will definitely stick in their minds as something they should be a part of as well.”

Another editor disagreed. “I do not think they always make the changes that they hope they will. Celebrities are not as impactful as once were, and no one really watches them anymore. I do appreciate their efforts to make statements.”

According to The Hollywood Reporter, the 2018 Golden Globe ratings were down five percent, a decline from 2017. According to The Independent, Grammy Award ratings hit a nine-year low, with a 24 percent decline from 2017. Another editor felt that celebrities were receiving credit for something they did not do much work with, with one editor calling the effort “passive activism.”

“I feel if their only effort was to wear a dress, then they should not be recognized as ‘saving the world,’” commented another. “I feel the celebrities that should get praised are the ones who actually do work with groups, go out in the real world and actually try and cause change.”

While the local, real-world impact of celebrity activism is debatable, issues were in agreement about the importance of celebrities generally using their status to bring issues to light.

“As each person consumes and interprets media, it’s unintentionally bringing it into their daily lives and thoughts. If the actions seen by these celebrity activists got the consumer thinking, it is quite likely they might change even in the slightest on a local level. Some people who are already considering these movements might go to new lengths and be seriously touched, its all about the person and their previous exposure and predisposition,” said one staffer.

“I think that the celebrities have the right to bring the movements to light, but at the end of the day they are not the average person,” added another editor. “I do not necessarily think that these celebrities can cause change at the local level. It is up to the local activist to really get the ball rolling in the community.”

Another editor also had several suggestions on how celebrities can continue to use their platforms to bring light to issues. Potential methods included going to marches and giving speeches at events, focusing on more charitable endeavors, and not working with those who have “suggestive pasts,” as well as championing and rallying behind others in difficult situations.

Knowledge and Quinn by Brian Tureaux

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

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DRESSING FOR THE DAY

JASON AQUINO
CONTRIBUTING WRITER

When I was in high school, some clothes just didn’t fit my body and style. I looked at how the other guys dressed—t-shirts, sweats, hats—casual wear. I was wearing the same things, but I wasn’t feeling comfortable wearing them in public. I didn’t want to adhere to the social dress code every day because it made me feel like I was just “sitting through” the day.

Schools celebrate differences in their students by judging their skills and talents, but it is hard to judge dress when everyone looks as “special” as a grain of sand. During my first year of high school, however, the morning announcer declared over the intercom that Feb. 11 was going to be the school’s “Dress to Impress Day.” Everyone was allowed to dress as sophisticated as they pleased. I knew Feb. 11 was the day I would dress sharp enough for me to be able to cut enough classes for ten people.

It is not easy putting on a thick, brown suit jacket after gym class. Did I look good, though, or did I look great? I didn’t care that the sweat on my bicep made me look like a seagull who earned a ribbon by flapping its wings.

During Language Arts class, my white dress shirt inhaled my air as I tugged at the collar. My classmates and I were working on what we called “Do-Now’s,” worksheets that asked a few questions on what was covered.

It feels good to dress up occasionally and to be part of the view.

last class. That day, we also had a substitute teacher. He was an elderly man who bustled himself with his Monroe Township Newspaper as we worked on our assignments.

He didn’t have to teach us anything, so we started to read an article on Lord of the Flies that our main teacher left for us to read after finishing the “Do-Now.” I hugged at my collar some more. My friend Alex was absent that day, so I sat by myself next to the door of the classroom, humming to myself nine.

Dressing up Language Arts class, my white dress shirt inhaled my air as I tugged at the collar. My classmates and I were working on what we called “Do-Now’s,” worksheets that asked a few questions on what was covered.

Political Usage of Social Media: A War of Words

RAYMOND ROMANSKI
CONTRIBUTING WRITER

How does a President interact with their citizens?

Franklin Delano Roosevelt once led the Nation through the Great Depression, reassuring his citizens with a series of fireside chats via radio. Richard Nixon holds the record for most Oval Office addresses on television. Donald Trump addresses his constituents with 140 characters through Twitter. It seems that whenever he sends a tweet, new organizations flock to what he has to say.

This phenomenon is due to the amount of weight a tweet has. When a typo happened, the infamous “Covfefe” incident, it was played off as a secret code word. But, even a typo gained national news coverage.

What alarms me the most is his candor when tweeting. He is unafraid to call people out by name and insult them, mainly North Korea’s Kim Jung Un. He has called the North Korean leader “short and fat,” and appeasing Un with the nick-name “Rocket Man.” On Jan. 2, Trump tweeted a threat to Kim Jung Un. “...Please inform him that I have a Nuclear Button right at my fingertips.”

There’s no need for debate on that tweet. He is threatening nuclear war with a single message. Talk about peaceful, diplomatic negotiations. Being the history geek that I am, I can’t help but compare this with the Cuban Missile Crisis in 1962.

For 13 days, the United States was in a state of terror because of Soviet missiles in Communist Cuba. Why the terror? Because of a nuclear war threat.

But, now, a message directly from the President’s fingertips. It is challenging Kim Jung Un. That has to be a first. Trump is saying, “Hit me with your best shot, chump. I’ve got bigger toys to play with.”

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The CEOs of Amazon, JPMorgan, and Berkshire Hathaway proposed a healthcare plan which they believe will lower costs for their employees last Tuesday, Jan. 30.

The three said that they wish to start "an independent company that is free from profit-making incentives and constraints." Instead, they explain that they will be focusing on technological solutions in order to provide their employees with "simplified, high-quality and transparent healthcare at a reasonable cost."

"The health care system is complex, and we enter into this challenge open-eyed about the degree of difficulty," said Bezos.

"Hard as it might be, reducing health care's burden on the economy while improving outcomes for employees and their families would be worth the effort."

"Being in a healthcare industry, I find many people to be uneducated well enough about their healthcare benefits," said Polina Amburg, specialized professor in the Department of Nursing.

"Employers looking to save money don't always offer the best healthcare plans for their employees, she explained. "The cost of services, such as co-pays and deductibles, often prevent people from seeking adequate and timely medical care. There is a great need for an affordable quality healthcare services."

Amburg believes that the idea of some of the major companies creating a new healthcare industry is "excellent, and we enter into this challenge open-eyed about the degree of difficulty," said Bezos.

However, she explains that it is not easy to measure the success of the proposal. "More information on details of the new healthcare plan proposal is needed to estimate its efficiency," she said.

Recent analysis of health care spending in the employer market found that prices are still soaring even though workers are using the same, or even fewer services. Moreover, total spending per person rose 15 percent between 2012 and 2016, according to the Health Care Cost Institute.

Additionally, price hikes for prescription drugs and inpatient services fueled the increase, jumping nearly 25 percent and 24.3 percent respectively. "Amazon, JP Morgan and Berkshire Hathaway attempting to provide healthcare to their combined workforce of 1.8 million is worth watching," Ken Mitchell, Ph.D., Chair of the Department of Political Science and Sociology, and associate professor of political science said.

"It came out of nowhere, catching Wall Street, D.C., and industry observers off guard," Mitchell explains how, because members of Congress are beholden to their donors and bases, healthcare in the United States is a difficult legislation to pass politically.

"First, Democrats and Republicans exhibit shocking yet consistent incompetence in the area of healthcare," he said.

"Warren Buffet is correct, it is the tapeworm in America's intestines," Mitchell noted.

"Republicans peddle 'end of days' Orwellian nonsense," he said, referring to the GOP's disparagement of government intervention in healthcare, labeling it as socialized medicine.

"In short, political dysfunction, corruption and immorality open up opportunities for other actors," Mitchell says. Neal Trautwein, vice president at the National Retail Federation trade group, who lobbies Congress on healthcare issues, told the Los Angeles Times that the new venture won't affect the terror debates over healthcare already happening in Washington.

However, he explains, it could adjust the dynamics over the issue if the companies come up with competitive innovative ideas.

"Imagine a world where, much the same as we might shop on Amazon's site, we have information on physicians, how much he or she charges," Trautwein said. "If you can make healthcare that easy, then you can squeeze a lot of unnecessary cost out of the system."

In response to the trio's proposal, stocks in drug- and health-insurance have plummeted, even though they have not disclosed details of their plan. Investors guess that the initiative will eventually stifle sales growth and profits for others in the healthcare field.

Top insurer UnitedHealth fell three percent, which attributed to the more than 300 point drop in the Dow.

Likewise, other insurers like Cigna and Anthem dropped five percent—and CVS and Walgreens both declined more than four percent.

Another aspect Mitchell addressed is that "corporate competition for talent is intense." "I hear about this on my regular trips to Silicon Valley," he said.

"Amazon competes with Google [and Apple... and JP Morgan] in 30 different states with Goldman [and] hedge funds... for the best talent," Mitchell explained. "[Bezos, Dimon, and I] share a comprehensive viewpoint that the purpose of business is to find and solve problems. If you don't, you are going to be eaten up by health-care costs. Amazon makes its money by cutting out 'intermediaries' and healthcare is larded with such actors, all of which donate to the political parties. Let's hope Amazon and partners succeed."

Gary Cohn, President Trump's top economic advisor, told CNBC that the joint efforts by Amazon, Berkshire Hathaway, and JPMorgan is the same as what the Trump Administration did last October.

"This is an exciting development that seems likely to lower health care costs," Chris Hirscher, Chair of the Department of Physical Education and associate professor of health, said. "It is an exciting development that seems likely to lower health care costs," Chris Hirscher, Chair of the Department of Physical Education and associate professor of health, said.

"I'm hopeful that his moral compass will guide his efforts and translate to better, less expensive, and more accessible healthcare," Hirscher said.

The Dow dropped more than 300 points; Insurer United Healthcare fell three percent after the proposal.
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Breaking the Distance

MELISSA BADAMO

Maintaining long distance relationships, both friendly and romantic, is something that every college student can relate to. Most of us have friends who attend college in other states, even friends who study abroad. As college students, we are always busy with homework, studying, sports commitments, and attending club meetings without finding time for communicating with friends who live far away. However, in this day and age, communicating with friends is easier than ever.

Freshman political science student Joshua Vidaurri finds different ways to keep in touch with friends and family from his hometown of Texas. He shared, “My friends still go to school in Texas, so we do group [video] calls as often as we can. I try to text them every day, but it’s hard because we’re all busy.” Group video calls are more fulfilling than standard texting because it is more intimate and makes it feel as if the person is right there with you. This is one of the biggest things our generation is lucky to have that previous generations did not.

Although texting, video calls, and social media make it easy to communicate, there are plenty of other creative ways to keep in touch with your friends and/or significant other that do not involve digital communication. Writing letters to your friends may seem old school, but it can really brighten someone’s day, especially when we’re all used to communicating online. It’s a great way to make your romantic partner know that you care.

Anniversaries and birthdays are the perfect occasions to send gifts baskets to those who live far away. You can decorate it with candy, chocolates, flowers, and even picture frames of the two of you together to make it more personal. You can also spice it up a bit by adding that creative, heartfelt letter to the front center of the basket. With Valentine’s Day around the corner, don’t be afraid in getting creative and decorate your partner’s basket with heart balloons, plush bears, and red roses.

College students frequently feel torn when it comes to long-distance relationships and begin frantically asking themselves questions such as, “Should I break up with them?” “Should I try to keep the relationship alive?” “Should I travel to see him/her?” “Is the distance work for us?” Before you begin to throw away your relationship, remember to keep distance in the way of that. In fact, you can even go the extra mile and surprise your significant other by buying a train, bus, or plane ticket to their college.

Seeing your friends during the holidays is the best feeling after being apart for so long. Professor of psychology Jennifer Trimarchi provided some advice on long-distance relationships. She explained, “If you can grow with the person, you are going to last. [In a relationship] we’re able to communicate with each other and share each other’s interests and personalities; there’s no judgement, there’s only support and love. If your relationship is built on love, trust, and support, then you shouldn’t let distance get in the way of that. In fact, you can even go the extra mile and surprise your significant other by buying a train, bus, or plane ticket to their college.”

The flu is in full swing this year with the widespread epidemic reaching worldwide including our own campus. Although the demographics that should be most concerned are young children and the elderly, this year’s flu is no laughing matter. This article will help give you ideas on how to prevent the flu and keep it from spreading.

Fending Off the Flu

AMY CZEREPAK

The flu is in full swing this year with the widespread epidemic reaching worldwide including our own campus. Although the demographics that should be most concerned are young children and the elderly, this year’s flu is no laughing matter. This article will help give you ideas on how to prevent the flu and keep it from spreading.

The first line of defense to any virus or bacteria is your own body’s immune system. Most people take a multi vitamin every day, but that isn’t always needed if you have a well-balanced diet. Eating healthy seems impossible when living on campus and eating at the dining hall, but there are options that can help strengthen your immune system.

Incorporating fruits and vegetables when offered can really add the necessary vitamins and nutrients your body needs. As for snacking, try to pick up snacks that contain organic fruits and vegetables to give you that extra boost of vitamins and minerals incase the dining hall pizza was a better suit for dinner that day.

Whether you eat at the dining hall, or on your own, it is important to practice hand hygiene. Washing your hands prior to eating, doesn’t seem like a big deal but it can prevent bacteria and viruses from going from your hands to your food and then inside your body. Sophomore nursing student Marc Anatasio said, “Practice proper hand washing and applying preventative agents such as Purell and alcohol hand wipes can be used to prevent the spread of the flu.”

You know never what is crawling around on your fingers and hands, so make sure to clean them prior to eating, and avoid biting your nails through the day. At any point you do encounter someone with the flu, remember to enhance your hand hygiene by using rubbing alcoholic wipes or sanitizers after interacting with them. Assistant professor of nursing Patricia Sciscione, Ph.D., shared her advice. “The best way to prevent the flu is practice good hand hygiene, and to stay home when you’re sick. It’s not too late to get the flu shot,” she said.

Senior photography student Hunter Cox explains her own personal strategies. “I always carry hand sanitizer with me at all times. Working in the studios is very hands-on so it is important to keep them clean. I also carry hand lotion as a preventative and sanitizer keeps your hands clean, it sure does dry them out.”

This also goes for anyone who loves to work out. The gym is a great place to go to let off some stress and stay fit, which is a huge plus in boosting your immune systems. But with the amount of people walking in and out, touching weights, and sweating, there are tons of opportunities for viruses to spread. Wipe down any equipment prior to using it, and after.

If all fails and you do find yourself feeling under the weather, drinking water is first and foremost to stay hydrated and tea with lemon is good for soothing a sore throat.

The flu does take some time to pass before your body builds full immunity to fight it, so until then, lay low and put rest first. You’re probably upset someone gave you this horrid flu, so it is in your best interest to recover fully and prevent it from spreading to anyone. Don’t be the one to get your whole dorm or house sick, so remember to put your bodies health first, and protect others around you.

Frequently washing your hands is the easiest and best defense against the flu. It is important to practice good hand hygiene. Washing your hands prior to eating, doesn’t seem like a big deal but it can prevent bacteria and viruses from going from your hands to your food and then inside your body. Sophomore nursing student Marc Anatasio said, “Practice proper hand washing and applying preventative agents such as Purell and alcohol hand wipes can be used to prevent the spread of the flu.”
Starring Sally Hawkins, Michael Shannon, Richard Jenkins, Octavia Spencer and Michael Stuhlbarg

At Nino’s Pizzeria, there was a large fish tank towards the back of the restaurant. It’s my guess that the customers there could admire the beauty of salt water creatures. From yellow tangs to clown fish, one could find myself gazing at them in the background rather than staring at the small picture plates waiting for the sicilian pie to arrive. While there is a large number of fish have dwindled. The beauty that was once nestled in the back of the tank, Eliza Esposito, played by Sally Hawkins, has taken her admiration for am-

The world created by del Toro takes place in the late 1800s. While there are creatures in the laboratory, the items blend authentic and polished. The televisions stand on four legs, with big knobs on the front and the couches are feel authentic and polished. The televisions stand on four legs, with big knobs on the front and the couches are feel authentic and polished. The televisions stand on four legs, with big knobs on the front and the couches are feel authentic and polished. The televisions stand on four legs, with big knobs on the front and the couches are feel authentic and polished. The televisions stand on four legs, with big knobs on the front and the couches are feel authentic and polished. The televisions stand on four legs, with big knobs on the front and the couches are feel authentic and polished. The televisions stand on four legs, with big knobs on the front and the couches are feel authentic and polished. 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KYLIE JENNER WINS THE SUPER BOWL: Confirms Pregnancy Rumors with Birth Announcement

By Nicole Ingraffia

After nine long months out of the spotlight, Kylie Jenner, 20, reveals the reason why she was missing-in-action from the public eye and social media.

She went from sharing every detail of her life and body to leaving her posts infrequent and vague.

Little did we know, Jenner was preparing for the “role of a lifetime” being called “Mom.”

Her healthy daughter was born on Feb. 1, at 4:43 p.m.

Kylie Jenner “officially” confirmed pregnancy rumors with a birth announcement.

“Mom.”

With cousins North, Saint, Chicago, Reign, and Dream, and boy, my head hurts trying to remember all these tongue twister names, the Kar-Jenner family is no longer the only family to rack up “its going to be Stormi, with a chance for Reign, in the north of Chicago,”

Tori Collins, a junior business student, joked upon hearing the news of the baby’s name with a pun, “Its going to be Stormi, with a chance for Reign, in the north of Chicago.”

“Devil works hard, but the Karadish-Jenner clan works harder.”

Before the big announcement, there were countless theories on the growing up fans, entertainment outlets, magazines, and tabloids.

So, was this just a scheme plot to cut the hate of a lifetime of being called “Paparazzi?”

The last question left on everyone’s mind was: What crazy name is this baby going to have?

With cousins North, Saint, Chicago, Reign, and Dream, and boy, my head hurts trying to remember all these tongue twister names, the Kar-Jenner family is no longer the only family to rack up “its going to be Stormi, with a chance for Reign, in the north of Chicago.”

“Devil works hard, but the Karadish-Jenner clan works harder.”

Before the big announcement, there were countless theories on the growing up fans, entertainment outlets, magazines, and tabloids.

“I’m sorry for keeping you in the dark through all the assumptions. I understand you’re used to bringing you along on all my journeys. My pregnancy was one I chose not to do in front of the world. I knew for myself I needed to prepare for this role of a lifetime in the most positive, stress-free, and healthy way I knew, how there was no gotcha moment, no big reveal I had planned. I knew my baby would feel every stress and every emotion so I chose to do it this way for my little life and our happiness.

pregnancy has been the most beautiful, empowering, and life changing experience I’ve had in my entire life and I’m actually going to miss it. I appreciate my friends and especially my family for helping me make this special moment as private as we could. My beautiful and healthy baby girl arrived February 1st and I just couldn’t wait to share this blessing. I’ve never felt love and happiness like this I could burst! Thank you for understanding.

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MOMENTS AT MONMOUTH

Are you looking forward to six more weeks of winter?

COMPILED BY: NICOLE RIDDLE

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

LEFT:
DR. MARTIN LUTHER KING JR. KEYNOTE SPEAKER KEN NWADIKE, JR. SPEAKING ABOUT HIS "FREE HUGS PROJECT" AT POLLAK THEATRE.
PHOTO TAKEN BY: AMBER GALATI

RIGHT:
SISTERS OF CHI UPSILON SIGMA SUPPORTING THE #GOREDFORWOMEN CAMPAIGN TO RAISE AWARENESS FOR CARDIOVASCULAR DISEASE. (FROM LEFT: VANESSA ESPINO, MARLENY MEIJA, LIANY RODRIGUEZ),
PHOTO COURTESY OF: CHI UPSILON SIGMA

LEFT:
PHOTO COURTESY OF: KENNY BIEBER

RIGHT:
THE WOMEN'S BASKETBALL TEAM PARTICIPATE IN "PLAY 4KAY" DAY FOR WOMEN’S CANCER AWARENESS.
PHOTO TAKEN BY: KARLEE SELL

Sabina Graziano
Junior
"No, I am not looking forward to six more weeks of winter, I'm freezing."

John Tracy
Freshman
“Not at all.”

Taylor Klemm
Senior
“I am looking forward to fewer weeks of winter. I am much more motivated each day when the weather is nice and warm.”

Artiom Efimenko
Junior
“I'm looking forward to fewer weeks of winter.”

Katherine Rizman
Psychological Counselor
“Absolutely not.”
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- Business Administration (MBA)
- Clinical Mental Health Counseling
- Computer Science
- Corporate & Public Communication
- Criminal Justice
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- History
- Information Systems
- Nursing (MSN, DNP)
- Physician Assistant
- Social Work
  - Traditional/Advanced Standing MSW
- Software Engineering
- Speech-Language Pathology

**INFO SESSION**
February 15
6:30pm
Wilson Hall

*Application fee waiver for all attendees!*

Register today: monmouth.edu/info

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Raise Awareness with the Council for Exceptional Children

AMANDA GANGIDINO
CLUB & GREEK EDITOR

According to The Center for Disease Control (CDC), autism affects everyone in 68 children in the US. The developmental disorder is increasing in prevalence each year, and without any known cure, those on the spectrum are in need of individuals that will work towards advocacy and education the general public.

The Council for Exceptional Children (CEC) at Monmouth University is working to do just that. As a professional association of educators, CEC is committed to advancing the success of children with exceptionalities through advocacy, standards, and development. Initiatives within the community and events, members are able to directly interact with students with unique needs and inspire them to be confident in their abilities and redefining their disorder.

Stacy Lauderdale-Littin, Ph.D., Department Chair of Special Education along with assistant professors Carol McArthur-Amedeo, Ph.D., as well as advisors for CEC, “Joining our organization provides Monmouth University students with various learning experiences and opportunities. Our members have learned how to interact with children with special needs and their families. They have learned about providing recreational activities for children. As they work towards their children, they have gained fun time activities, they have served the needs of creating positive recreational experiences. They have learned that all children have unique needs and that they deserve an enriching life both in and out of school,” said McArthur.

CEC has helped Monmouth build healthy relationships with local organizations through sponsorships and volunteer work. CEC works very well with The Shore Center for Students with Autism in Tinton Falls and The Schorr School in Ocean Township. In the past, the organization has hosted the annual Halloween Dance, Winter Wonderland Dance, Valentine’s Day Dance, Family Picnic Day, and an End of the Year celebration. The organization is also involved in community charity events, such as the Autism MVP walk.

Stephani Grana, president of CEC and senior education student, said, “Making the students happy is ultimately the most rewarding part of being in this organization, and many of our current members have expressed that they agree with this statement.”

Grana continued, “This organization is especially important to education majors and other majors that may entail working with children because it is an organization in which students can gain hands-on experience with a different population of students and exposure to different types of learners that they may encounter in their future careers.”

While the initial goal of CEC was to provide a boost to an education major’s resume, many of the experiences have become more valuable for students than any talk point on an interview ever could.

“CEC gives students an outlet to network with each other and share common interests,” said Lauderdale-Littin.

The Council for Exceptional Children is always welcome to new members, regardless of major. The organization currently consists of a diverse group of individuals that offer unique insights from various disciplines, such as education, business, and psychology. CEC members are interested in joining CEC, contact Stephani Grana at s1027780@monmouth.edu.

Alexis Goowick, a sophomore health and physical education student at Monmouth, said, “I am very excited about becoming a member of CEC! Enjoying working with children and this committee will give me the knowledge and experience that I can apply to make a difference in a child’s life.”

Jamie Kretch, Chair of the Department of Computer Science & Software Engineering and IEEE/ACM chapter advisor, claimed, “From just five or six years ago when attendance and involvement were sparse, the group has grown to be active and engaged. It’s exciting to see a student-driven organization where students are participating and taking leadership roles, and both male and female students supporting efforts to bring computing to middle and high school students.”

The IEEE/ACM chapter likes to include all members and non-members in various activities. One important event that the IEEE/ACM chapter hosted was a University “Game Night” event where attendees dressed up as their favorite video game character. As the competition was held on a Saturday night, the event was a University “Game Night” event that the IEEE/ACM chapter hosted was a University “Game Night” event that the IEEE/ACM chapter hosted was a University “Game Night” event that the IEEE/ACM chapter hosted was a University “Game Night” event that the IEEE/ACM chapter hosted was a University “Game Night” event. As a professional association of engineers and computer scientists, the IEEE/ACM chapter hopes to see more students involved to sustain the future of the computer science and software engineering club.

The The IEEE/ACM chapter at Monmouth has been working to get more students involved to sustain the future of the computer science and software engineering club. Jamie Kretch, Chair of the Department of Computer Science & Software Engineering and IEEE/ACM chapter advisor, claimed, “From just five or six years ago when attendance and involvement were sparse, the group has grown to be active and engaged. It’s exciting to see a student-driven organization where students are participating and taking leadership roles, and both male and female students supporting efforts to bring computing to middle and high school students.”

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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 and current events pertaining to women’s rights. If you are interested in joining, please contact the Club President, Kaitslin Allsup, at s1034953@monmouth.edu.

The Outdoors Club

Hiking, camping, kayaking, horseback riding and more! The Outdoors Club (ODC) is the home of all things adventurous for those of all skill levels. ODC is committed to providing the Monmouth student body with exciting opportunities on and off campus throughout the year. There are upcoming activities schedules for trips to Escape Rooms, cabin camping, snow tubing, game nights, etc. Work with the student friendly cost. If you are curious or want to learn more, you can contact the club’s Vice President of Public Relations, Grace Roeder, at s1007277@monmouth.edu.

Take a Hike!
It's the Write Thing to do: Why Writing is Important

DEANNA MORREALE
CONTRIBUTING WRITER

Why is it important to write? The answer is simple yet equally complex. Just one of the reasons a person might write is for self fulfillment and self expression. Writing is an art form, meaning it can be used to release and portray emotions that may be otherwise unspoken.

I am a believer in the concept of keeping a journal and documenting personal thoughts. It is healthy to make note of how you feel daily. Keeping record of these moments is important to keep an open and clear mind.

Granted, it can be very difficult to find time for writing when you have a full schedule of school and extra-curricular activities. It is important to make time and write, but taking every moment you can get makes it worth it. Whether it be in the form of a quick brainstorming session before bed, or writing a note in your phone or journal, writing is not a time consuming task.

Deadlines, exams, work, studying, the list is endless. As college students, we can barely find the time to breathe. Everyone struggles with finding the time to write. Just say the thought of writing strikes you, take a moment to write down a fleeting thought or idea.

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Having a “ruff” semester? Come see Sylvia!

The Monmouth University Theatre Department proudly presents: Sylvia, a hilarious play about a man, his dog, and all the antics that come with their unbreakable bond. Sylvia, written by Terrence McNally, is set in modern Manhattan, where Greg (Mark Cayne) and Kate (Samantha Trugil) decide to move after 22 years of marriage and their children have gone off to college.

Greg, a financial trader, goes to the park on his lunch break and meets Sylvia (Kara D’Antoni), a sassy, spunky stray dog looking for a new home. The two connect immediately, however Kate does not approve of housing a dog at this point in their lives.

Along the way, Greg and Kate encounter several different characters that try to help them through their new lifestyle with Sylvia. First, Tom (Christian Lombino) a fellow low dog park goer with a good-looking but named Bennet.

Next, Phyllis (London Jones) a high-society woman with a bit of a drinking problem. Finally, relations are introduced to Leslie (Erin Clemente), an androgynous drag queen.➽

As Americans, we are living in one of the most polarizing times in our history, both politically, but ideologically as well. From the riots that sparked since the Trayvon Martin case to rallies in Charlottesville, one could say that all those in attendance knew that he could take his new found traction, however he had just come short of the qualifying times. Instead, he decided to wear a t-shirt that said “Free Hugs” and attend the marathon with that intention, in order to spread positivity and light for an event that became very somber the year before. His seemingly trivial yet benign gesture became a viral hit- and from then on he was known as the “Free Hugs guy.”

But Nwadike did not stop there; he participated in several marathons after the 2014 Boston Marathon, however he wanted to do more with his message. He branched out to places in which there was a state of unrest, and used the gesture written on his t-shirt to spark positive human interaction and meaningful conversation. He stated that “people aren’t stepping out of their comfort zones in order to spread happiness in the world,” a sentiment that resonated with those who attended the event.

Andie Mai, a sophomore econ major, said, “I feel Ken Nwadike’s message and I hope that it will take his words and do great things with it- I know I will!”

Young members of this generation, we harness the power of fostering these meaningful dialogues with others, especially those who have different opinions than us. It is from this that we can help create a better world, the one of peace that Nwadike advocates so strongly for. From his travels, he encountered brute force from those who are conservative-minded, as well as liberal minded.

He described an experience in Charlotte, North Carolina, during the protests in 2016 in which he was initially well received by the protesters but as soon as he hugged a police officer, he was seen as a “traitor” and had objects, hateful words and threats thrown at him by the same protesters. He told them that one person cannot determine the character of an entire group; just because one black person has done something bad it does not define the actions of all black people and same with cops, or any other group.

It is difficult to put aside one’s own biases to listen to the opinions of others, however, Nwadike’s core mission is this and by visiting Monmouth’s campus, he sparked the minds of those who attended, to spread peace to others.
Women’s Basketball Defeats Rider, Falls to Siena

MATT DELUCA
STAFF WRITER

After dropping two-straight games on the road, the Monmouth University women’s basketball team defeated the Rider Broncs 63-56 Saturday afternoon at the OceanFirst Bank Center.

Senior forward Taylor Nason recorded a double-double in the contest, as she recorded 12 points and 10 rebounds, while grabbing nine boards. The Hawks had two other players who had double-doubles, as sophomore guard Kayla Shaw had 11, and senior guard Rhiah Spooner-Knight had 10.

"I know this team has it in them," Monmouth Head Coach Jody Craig said, "and that's what has been the most frustrating part [about our losses]. We've had chances, the teams had not yet seen 40 minutes of the season and we know it takes to win. It might not be pretty, but we were going to fight for 40 minutes and that's what we do. We could do it for a little bit, but when we have to take care of business, we have to take care of business."

Rider scored the first points of the game, but the Hawks scored the next ten points to take an eight-point lead with 5:16 remaining. The Hawks would hold a 34-21 lead going into halftime.

For the game, the Hawks shot 36 percent from the field and 44 percent from three-point range. Monmouth outrebounded Rider 35-32, with that total being one from their season-high. The Hawks also outscored the Broncs' bench 15-7. Rider had 19 assists on 22 made baskets.

"It was all from my team mat es, especially the point guards who were running the floor, getting the ball to me and other players," Nason said, "also, having that continuous hustle throughout the whole team, I knew they had my back and I had theirs."

Next Monmouth traveled to Loudonville, NY on Monday night, where they fell to Siena by a score of 44-41 in the final seconds. The Hawks had a two-point lead with 3:44 remaining in the game, but the Saints scored the final five points to steal the victory at home.

The loss dropped the Hawks to 6-16 on the season, as they fell to 4-7 in the Metro Atlantic Athletic Conference. Monmouth hopes to bounce back on Thursday night, as they host the Marist Red Foxes in a rematch of the MAAC opener on Dec. 20. Tip-off is slated for 7:00 p.m., and the game can be found on ESPN3 and WMCX 88.9 FM.

Senior Spotlight: Soccer Midfielder Miranda Konstantinides

MATT DELUCA
STAFF WRITER

Senior Midfielder Miranda Konstantinides has racked up over 200 career minutes, scored 13 points, and 90 shots in her illustrious four-year career with the Monmouth Hawks.

Lost in her incredible soccer career however is the behind the scenes story. Konstantinides has found a way to balance pursuing her four-year varsity letter winner in women’s soccer and pursuing her long-term goal of becoming a nurse.

As a fully-engaged, committed athlete, Konstantinides has been forced to adopt significant time management skills as well. She said, "Nursing coupled with soccer helped me groom my time management skills to be better than ever before, which is also something that will be crucial for me to be a successful nurse someday."

These skills have prepared Konstantinides and given her the necessary tools to hopefully pass her state board exam and eventually excel in her career as a BSN.

Konstantinides recognized that there have definitely been some difficulties balancing soccer and nursing along the way that were required for her major, sometimes caused her to miss practice with the team. However, Konstantinides said, "I wouldn't change a thing about it, because it has been preparing me for my life and career ahead."

Monmouth nursing has taught Konstantinides that not everything comes easy. "The program has taught me the value of both patience and persistence. I have learned more problem-solving skills than I can list."

As it stands now, Konstantinides hopes to pass her state board exams and get a job in a hospital after college. She strives to eventually get a leadership position in a nursing unit.

"Later in life, I want to help orient new nurses and help them through the transition of graduating to working on a real floor."

Her message to any Division I athlete who hopes to pursue a career in nursing is to "Go for it! The hard work of balancing both nursing and a D1 sport only prepares you for what is ahead!"
Track and Field Posts Impressive Marks at Three Meets

SOPHIA GALVEZ
STAFF WRITER

After breaking three school records while in Penn State and competing at home, Monmouth University track and field sent some of their athletes to the team up in New Jersey. Sets set to compete in both the Scarlet and White Invitational at Rutgers and the NYU Invitational. Others on the team competed at the Villanova Invitational at the Ocean Breeze Athletic Complex.

At the Scarlet and White Invitational, the men finished third and the women finished fourth in the seven team meet, but still shone with marks of 5:42.25 and 53:11.75. Fifth year Tim Wilkerson also ran an ECMAC qualifying time of 2:09.08 in the 800-meter, placing sixth. Senior Amber Straza and Brianna Strats finished first and second in the 100-meter hurdles, finishing with times of 2:49.80 and 2:50.84. As for the men, senior Bryan Cabral finished sixth in the 1000-meter run with a time of 2:28.14. At the Crimson Elite at Harvard, the Hawks only participated in the field events in this ten event meet, but still shone through and finished second to Harvard, and the women placed fourth.

Senior Corey Murphy won the shot put with a mark of 58’10.75” and teammates junior Andrew Tumminio and sophomore Brandon Davis finished third and fourth, respectively, with marks of 54’7.25” and 53’11.75”. Fifth year Tim Wilkerson also ran an ECMAC qualifying time of 4:53:45. Junior Dana Lynch placed seventh in the large 60-meter hurdles, and places third through fifth in women’s weight throw consisted of Hawk seniors Taylor Thrunk with a throw of 14.35 meters and Justine Morgan with 13.94m, as well as sophomore Eryn Handy with 13.31 meters.

UPCOMING GAMES

- Bryan Cabral won the 60-meter run with a time of 2:50.84. As for the men, senior Bryan Cabral won the 60-meter dash in 6.8 seconds, and junior

UPCOMING GAMES

- Sophomore Allison Taub placed second in the 60-meter hurdles with a time of 8.98 and fourth in the 100-meter hurdles with a time of 11.75. Third year Allie Wilkerson also won the 100-meter dash with a time of 11.42 and placed third with 64 points.
- The Hawks went into half time with 50-49. The Stags led at 50-49. The Stags went on a 9-0 run to retake the lead at 50-49. The Hawks would bring it back to 49-49.
- Senior forward Melik Martin scored 10-10 from the free throw line.
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- "We had some impressive moments at all three venues, and it was great to be near the top overall finishes amongst an excellent field of schools in Boston," said Head Coach Joe Compitelli. "We need to execute better in some areas in the weeks ahead, though, and we’ll get back to work on that Monday [Feb. 5]."
- On Friday, Feb. 9, the Hawks will travel to New York City to compete in both the Fas-track National Invitational as well as the NYU Invitational.

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ZACH COSENZA
SPORTS EDITOR

Men’s basketball lost to the Fairfield Stags and the Niagara Purple Eagles by a combined six points on Friday and Saturday.

On Friday night, Monmouth lost to Fairfield 79-78. The Hawks were up 78-77 with 2.1 seconds left before the Stags hit a runner to give them the one point lead. The play was protested by a controversial no call on a potential travel violation which would of gave Monmouth a ball with one point lead.

"Everybody in the building seemed to know what happened," Monmouth Head Coach King Rice said. “You know what happened, I know what happened. Just the people that’s supposed to know what happened didn’t see it.”

After the made basket and two Monmouth timeouts, freshman guard Deion Hammonds missed the potential game-winning three-pointers with time-expiring.

After Fairfield hit a three into the first media timeout up 14-11, the blue and white went on a 13-0 run in the second half to lead 26-14 midway through the first half.

Monmouth went into halftime down 26-16, but led by 14 after half by Monmouth scoring all of his ten points in the first half. The Hawks would go on to lose 68-64.

In the second half, Fairfield went on a 9-0 run to retake the lead at 50-49. The Stags and Hawks would go back and forth for the rest of the half, with Fairfield having the biggest lead at seven points in the second half.

“Give Fairfield all the credit in the world,” Rice said. “Their kids made enough plays down the stretch to get the win.”

For the game, senior center Zac Tillman scored a career-high 18 points off the bench against Fairfield on Friday night. Tillman was a perfect 10-10 from the free throw line.

For the blue and white, Hammond finished with 14 points, the game being his sixth in a row finishing with double figures. Sophomore guard Louis Pillaro had an excellent field of schools in Baltimore, said Head Coach Joe Compitelli. “We need to execute better in some areas in the weeks ahead, though, and we’ll get back to work on that Monday [Feb. 5].”

On Friday, Feb. 9, the Hawks will travel to New York City to compete in both the Fas-track National Invitational as well as the NYU Invitational.

UPCOMING GAMES

- Thursday, Feb. 8
  - WBB vs. St. Francis OceanFirst Bank Center West LONG Branch, NJ 7:00 p.m.
  - MBB vs. Iona* New Rochelle, NY 7:00 p.m.
- Friday, Feb. 9
  - M Tennis vs. Georgetown Washington, D.C 11:00 a.m.
  - Track & Field Fastrack National Invitational Staten Island, NY 1:00 p.m.
  - Track and Field NYU Invitational New York, NY 2:00 p.m.
  - Bowling Crusader Classic Richton Park, IL TBA
- Saturday, Feb. 10
  - W Las vs. A. Mount Kessler Stadium West Long Branch, NJ 12:00 p.m.
  - Tennis at George Washington Washington, D.C 1:00 p.m.
- Sunday, Feb. 11
  - WBB vs. Niagara* OceanFirst Bank Center West Long Branch, NJ 1:00 p.m.
  - MBB at Manhattan* Bronx, NY 7:00 p.m.
- Monday, Feb. 12
  - WBB vs. Manhattan* OceanFirst Bank Center West Long Branch, NJ 7:00 p.m.
  - Bball vs. Niagara* West Long Branch, NJ 7:00 p.m.

*conference games
In the annual Play4Kay game, women’s basketball defeated the Rider Broncs 63-56 on Saturday afternoon. Play4Kay is a charitable organization committed to finding an answer to women’s cancers.