Debate Team Goes Undefeated, Wins NYU Tournament

NICHOLAS COSCARELLI
SENIOR/POLITICS/CO-NEWS EDITOR

The University’s Debate Team went undefeated and won the championship round in the novice division at the New York University (NYU) tournament the weekend of Friday, Nov. 9 through Sunday, Nov. 11.

Junior political science students Matthew Gruhler and JP Suttile were the two competitors in the novice division that brought the University’s team to win the tournament’s championship round.

“Going into the NYU tournament, Matt and I were much more comfortable and prepared as compared to the first tournament at West Point. In every round we worked well together and had a great team dynamic,” said Suttile.

Gruhler explained that he also believes that he and his partner Suttile did so well because of their compatibility as partners, as well as their ability to create various arguments and rebuttals within the debate round together. “A compatible partnership is an essential factor for success in debate, and some of the best debating teams typically have the best harmony,” he said.

During the two-day debate tournament, three of the University’s teams made it into the playoff round in this division, including: Anastasia Francisiquist; a sophomore English student, and Chyna Walker, a sophomore criminal justice student, with a 5-1 record; Julia Bialy, a junior political science student, and Maddy Doc, a junior political science student, with a 4-2 record; and Mia Ardovini-Brook er, a sophomore political science student, and Tayna Tabis, a sophomore political science student, with a 3-3 record.

In the experienced division,

DEBATE cont. on pg. 3

Heart Rate Monitors Provided to Student-Athletes

LOGAN SMET
CONTRIBUTING WRITER

The University will be entering its second year of a five-year grant allowing athletic teams to use the Polar Team Pro performance tracking system.

According to their official website, Polar Team Pro combines GPS and motion tracking technology with heart rate monitoring to create the ultimate solution for player performance tracking in team sports. The Polar Team Pro system allows you to wear a strap and a heart rate monitor around your chest. After a hard workout, you plug the monitor and clip it back on the board, so that the data can be synced to the iPad provided.

“A person’s heart rate can tell us how much stress the athlete is experiencing at a given time throughout the year: off-season, pre-season, and in-season. The heart rate isn’t the only thing that the Polar Team Pro system can do; however, it measures accelerations, decelerations, running distance (volume), and speed (intensity),” said Strength and Conditioning Assistant Bri Rubino. The additional factors give the strength and conditioning professionals the complete story in terms of

HEART cont. on pg. 3

Legalized Betting Comes to New Jersey

MARK D’AQUILA
STAFF WRITER

The legalization of sports betting in New Jersey this past summer has brought a new dimension to the horse racing industry. Now, as the NYU Tournament over the weekend of Nov. 9 through Nov. 11.

The United States Supreme Court declared unconstitutional a law passed by Congress a quarter-century ago that forced states to keep out of sports gambling. The decision was issued on the books this May. The justices ruled in 6-3 decision, clearing the way for other states to join Nevada in allowing bets to be placed on individual games.

“Now that the live racing season is over, sports betting has transformed Monmouth Park into a 12-month facility – taking bets seven days a week on pro football, baseball, hockey, and much more,” said Brian Skirka, Marketing Manager at Monmouth Park.

Governor of New Jersey Phil Murphy kicked off the opening of the William Hill sportsbook in Oceanport by placing the first legal sports bet in the state on June 14.

Murphy placed $200 wagers respectively on Georgia to win the World Cup as well as the New Jersey Devils to win the Stanley Cup.

“We had been fighting the sports betting battle for many years and were prepared to a certain extent leading up to the first day of wagering,” said Skirka. “There were certain wrings and equipment that by law we couldn’t receive until the actual Supreme Court ruling, so set-up for those things took a few weeks after the ruling.”

According to Skirka, Monmouth Park has been waiting for this legislation to be passed for a very long time and they were more than ready to go once the Supreme Court ruled in favor of legalizing sports betting. “Sports betting is just another piece of the puzzle that we’re trying to put together at Monmouth Park in terms of creating a one-stop-shop entertainment destination at the Jersey Shore,” said Skirka.

Since the opening of their William Hill sportsbook and operations, Monmouth Park has noticed nearly five times as many guests showing up earlier and staying later to place wagers.

“Now, Monmouth Park is not just a venue for horse racing fans, it is bringing in a whole different clientele to their location,” said Eddy Ochopini, Ad-"matics Director of Marketing and Sponsorships. They built a sports bar that is open every day of the year for that purpose, so even if you’re not betting you can go watch sports at the racetrack. It’s becoming more of an overall sports entertainment venue rather than just a regular thoroughbred football game.”

Along with the turnover from just an average horse racing track to an all-around sports entertainment capital, the newly passed legislation has also been promising for the economy in New Jersey bringing in new jobs and income for the state, according to Matthew Harmon, a specialist professor of sports communication.

In a bill signed on June 11, Murphy and the state of New Jersey laid the groundwork for towns like Oceanport to tap into sports wagering revenues. Advocates for the new industry predicted sports betting to boom, and early official estimates from the governor’s office suggest that this first year could generate about $13 million in state tax revenue.

Harmon noted that the new sports betting market could also potentially reopen jobs for people who want to go work in a casino, a sports track, or even just for those who want to be involved with an avenue of the sports world.

People bet on sports anyway, so if you are a state like New Jersey or Delaware and you have the opportunity to create your own system with jobs and an audience who is...
The University’s Model United Nations (UN) Team competed at the National Model United Nations (UN) contest in Washington D.C., through the weekend of Friday, Nov. 9 through Sunday, Nov. 11. NMUN is hosted by the United Nations, and over 100 universities participated, including domestic universities from all over the United States and universities from Italy, China, Philippines, France, India, Fiji, and Canada.

The University’s team was led by the following Head Delegate: Daniel Gerdon, a sophomore political science student, Nick Gibson, a sophomore political science student, Mackenzie Ricca, a co-President of the University’s Model UN team, and sophomore political science student, Kayvon Paul, a senior political science student. NICHOLAS COSCARELLI, a co-President of the University’s Model UN team, said that Model UN is “an informative, eye-opening experience,” and that being involved in these vigorous competitions surrounded by powerful students and team members work harder.

To prepare for the conference, team members work closely with members that they prepare binders full of research, elaborate speeches, and competitive policymaking strategies.

“I had a great time competing in the conference and meeting people from all around the world,” said Manu, whose second time it was partaking in a Model UN Conference. She explained that she first joined the team because she was interested in learning more about global events and issues, such as addressing the use of chemical weapons as she did in her committee.

Manu also noted that by joining the Model UN team, she has strengthened her public speaking from debating and has improved her writing skills from drafting working papers and resolutions at conferences. Kenneth Mitchell, Ph.D., Chair of the Department of Political Science and Sociology and an associate professor of political science, traveled with the team to D.C. as one of their faculty advisors.

“Monmouth University’s team had a strong performance, with seven of eight students passing their policy resolutions by the final day of the contest,” he said. Students at the Model UN contest competed on separate committees of around 80 students, representing different countries, the University’s team represented the Republic of Moldova in D.C. Over the three-day contest, these committees worked to negotiate and write policy resolutions on pressing international challenges and crises.

Some topics at the NMUN conference included preventing gender-based violence, creating global sustainable and reliable renewable energy, and countering the use of chemical weapons, among others.

“Students must research specific policy issues and understand how their assigned country might act at the real United Nations. For example, how Moldova would approach the challenge of limiting chemical weapons worldwide,” Mitchell explained.

During committee sessions, students gave unstructured speeches, negotiate with other country delegations, and practice diplomacy skills – all of which are critical to careers after graduation, Mitchell noted.

“I think the trip to D.C., was great for our team. With the conference being the first for half the group the going it served as a great learning experience,” said Gibson.

Although beginners, we really hit the ground running with all of us having contributed to working papers,” he noted. Gibson said that he is pleased to see students take an interest in competitions like the MUNDUC and let not the additional work and effort that accompanies such competitions prevent them from joining the team as they compete.

“I was a lot of fun having spent the weekend with our team and I hope to see the group in more conferences going forward,” he added.

“Monmouth has its own Model UN team wish to thank Laura Morri, University Provost, Don Dwyer, Dean of the College of Business School, and the Department of Political Science and Sociology.

“Generous financial support made this transformative educational opportunity possible,” said Mitchell.

The University’s Model UN team will be competing in more conferences next semester, including those in North Carolina and Montreal, Quebec, Canada.

Model UN Competes at National Competition in Washington, D.C.

NICHOLAS COSCARELLI
senior/political_science_editor

Members of the Model UN team holding their placard from the National Model United Nations Contest.

One-peat Welcomes New Monmouth Park Sports Book

SENIOR/POLITICS/CO-NEWS EDITOR

PHOTO COURTESY of Monmouth University

PHOTO COURTESY of Jay Cook

PHOTO COURTESY of Monmouth Park

The Outlook

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University News

SENIOR/POLITICS/CO-NEWS EDITOR

The Monmouth Park Sports Book opened in Oceanport, New Jersey this summer on June 14.

Monmouth Welcomes New Monmouth Park Sports Book

BETTING cont. from pg. 1

already interested then watching the books open. That was the idea behind the new legislation besides also having the internet, which was the stimulus for people losing,” said Harmon.

All wagering sums realized by a horse racing betting pool at Monmouth Park, are subject to a 1.25 percent tax. The towns are paid a 0.75 percent cut and the counties can access the remaining 0.50 percent.

Alan Cavaiola, Ph.D., a psychological counseling specialist, believes that gambling addiction is just as dangerous as drug or alcohol addiction.

“Gambling disorders are equally pervasive in American society as well as many other industrialized countries,” said Cavaiola. “Although Gambling Disorders do not result in deaths as with alcohol and drug crises, there are reports of suicide deaths related to gambling. This usually occurs when gamblers reach a point of desperation and are unable to pay debts or may be facing prison due to embezzlement of funds.”

Researchers have noticed that the progression of gambling disorders is nearly identical to those of substance use disorders. According to Cavaiola, in the case of gambling addiction, experts consider it to be a three-phase cycle beginning with the Winning Phase, then the Losing Phase, and in the Deception Phase.

"There's the Winning Phase, in which gamblers focus on their winnings and will downplay any losses. In the Losing Phase, losses begin to mount and at this point, the gambler will begin to chase their losses by becoming obsessed with how to earn money back that they've lost. In the Deception Phase the gambler is trying to pay gambling debts or obtain money to continue gambling which often results in begging family or friends for loans or stealing from them," elaborated Cavaiola.

Cavaiola added that gambling is both perceived and cons of the sports betting addition, arguing that the key disadvantage of gambling is that those in the lower economic classes are the most likely to partake in it.

One student who has been betting underground for years and even took to becoming an agent himself, has seen firsthand both sides of the sports betting addiction. "I've had people underneath me go down thousands of dollars to the point where they have to make payment plans because they don't have enough money to cover what they have lost," said the anonymous gambler.

"Even I personally have gone down enough money in a week where I had to lie to my parents to send me money just to make the payments on my house, it's a helpless feeling," said Harmon.

Cavaiola does support the legal aspect of gambling knowing that it is going to occur whether it be underground or not. By legalizing sports betting, it allows more money to be allocated by state governments for the treatment of gambling disorders.

"Cavaiola reasons that the recent phenomenon in the world of fantasy sports has also become its own betting income system in itself. This development has offered a promising outlook for the future of sports betting from an economic standpoint.

"People have been betting for a long time, especially with the internet presence and sites such as FanDuel and DraftKings already existing and prospering. All this legislation does is make it easier and more accessible for people," said Harmon. "It will be huge for New Jersey to inject some life back into casinos, Atlantic City, Monmouth Park, Meadowlands, and Freehold. Hopefully it will be an all-around positive for the state of New Jersey moving forward."
New Technology for Athletics

The physiological stress that an athlete endures in lift, practice, and games.

"Many of us have developed training plans over time based on trial and error as well as scientific research that has worked for others in the field, but the Polar Pro system makes this much easier," said Rubino. She explained that she feels it is no longer necessary to guess which energy system is being taxed during a given conditioning session or drill.

"The heart rate monitors tell us what our athletes are and we start each athlete is currently in and what percentage of time they are in each zone. There is no longer a need to guess how long it will take an athlete to recover from a difficult practice or game," she said.

The grant was used to buy the Polar Team Pro in the beginning, and we have just a little bit of money for replacements. By the end of five years they are all going to have to be replaced and I assume the replacement costs will increase every year," said Marilyn McNeil, Vice President and Director of Athletics. The cost of the devices, including individual heart rate monitors and data collection systems, was $90,000. "I knew it was a really big, and the grant that we put in our operating budget so the only chance we had was with a grant," she said.

"The attraction for me was number one, the athlete can see what their stats are and I assume the replacement costs will increase every year," said Marilyn McNeil, Vice President and Director of Athletics. The cost of the devices, including individual heart rate monitors and data collection systems, was $90,000. "I knew it was a really big, and the grant that we put in our operating budget so the only chance we had was with a grant," she said.

"The ability to show that an athlete takes off certain drills at the heart rate tracking device and this (Polar Team Pro system) has helped us allocate their individual athletic to the next level. When you compete with yourself and can see the actual results, I think that’s the biggest thing. There is an ability to see how they do with progression and longer runs so, we’ve had less injury and less mental fatigue too," said Figlio.

Rubino feels this tool can also help athletes as well. "Our teams on camp that have used the Polar Team Pro system have seen results, an increase in fitness level, and a reduction in injury," she said. "We are almost in a direct day’s practice or during the week. Rubino feels that this allows them to have a better opportunity to continue performing at a higher level.

"Having someone who is capable of analyzing all the data is very important. I think, I can and I can give them suggestions, as well as explain readings. "Rubino said it is important in helping to use the data and sort of express it to kids, equipment and the data. If it felt that it was harder to having something around you, but now that I have taken it used, it is barely notice that it is in their‘ tool work hard’ and she can translate that.”

While there has been praise for Alissop, one of the team captains, this year’s topic was whether the United States military should substantially increase statutory and/or judicial regulations on the executive power of the president in one or more of the following areas: authority to conduct first-use nuclear strikes; congressionally delegated trade power; exit from international agreements and Article II treaties; judicial deference to all or nearly all federal courts in interpretations of statutes and/or regulations; the bulk incalculable collection of all or nearly all foreign intelligence information on behalf of all people with a warrant.

"Dr. Patten is one of the hardest working professors at Monmouth and I personally want to see his students succeed," said Grulher. Suttile argued, and stated that he is thankful to Patten for encouraging him to join the team this year. The team agrees that the most influential aspects of the University’s successes at the tournament stem from their advisor and coach Patten and the camaraderie of the entire team.

"Without Dr. Patten’s passion for political science, debate, and for his students or the camaraderie of the whole program, the Monmouth Debate team would not nearly be as successful and filled with great experiences as it is now," said Grulher.

Team leaders also serve as the head coaches of the Asbury Park High School Debate Team and have been instrumental in helping the debaters improve their skills over the years. The Asbury Park High School Debate Team has successfully maintained a rigorous debate platform where the debaters learn civics, political science, history, and philosophy while teaching them the importance of critical thinking, listening, reading, research, and writing.

The partnership between the University, the Asbury Park High School and the Asbury Park School District has successfully maintained a rigorous debate platform where the debaters learn civics, political science, history, and philosophy while teaching them the importance of critical thinking, listening, reading, research, and writing.

The University’s Debate Team will be competing in two more tournaments this year including a tournament in San Diego in January, the New School in New York City in February, and another tournament in March, which is yet still undecided.
Giving Back During the Holidays

By Kathryn Cahill

With the holidays being a time of giving back to others, students and faculty shared their favorite volunteer moments and how those experiences have made an impact on their lives. "My favorite volunteer moment was working at Union Beach after Hurricane Sandy," one editor encouraged. "Some people are less fortunate to radiate positivity," one editor continued. "It is important to give back during the holiday season, we should encourage people to give back to radiate positivity," one editor encouraged. "Some people are less fortunate and because of this it is important that we, as communities, help those in need." The editor continued, asking, "The holiday season isn’t easy for everyone so why not to make someone’s day a little brighter?" Another editor agreed, adding, "During the holidays, giving back has a bigger meaning. It is when people might be lonelier, so giving back during this time can make someone’s day and can go a long way, even if it is something small.

Giving back to others during the holidays is a step in the right direction. A great step in the direction of becoming a better person is turning the notion of “paying it forward” into an everyday habit, rather than the grand gesture it’s usually seen as. Due to legalities, The Outlook does not reflect the views of Monmouth University or The Outlook. All copy must include the author’s full name and contact information.

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The Outlook provides the Monmouth University community with information concerning issues in and around the University while serving as a forum for expression of the ideas of its readers. Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center.

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Finding a Furry Friend

RILEY BRAGER
CONTRIBUTING WRITER

I walk through the door and am immediately greeted by a lick and a warm home bark. The love I feel radiating from my dog is contagious. It’s contagious in which I hope everyone finds themselves one day. Dylan was a pure-white mutt that dripped with golden fur, which you can find on any of my clothes because she sheds like crazy. I always heard the phrase “adopt don’t shop” never fully understood what that meant until Dylan came into my life. Dylan was a part of our family, almost like a miracle. My family had just lost the dog we grew up with. We were devastated. I had just found out I was pregnant. We had no idea how we were going to be able to care for a dog again. I felt alone and a welcome home bark.

Over the years, this love has only grown. More than just animals, they are our friends. I have never met a more loyal pet than Dylan. Yes that is correct, I said friend. She is always there for me when I need a paw to cry on or someone to snuggle with on cold days. Dylan never says no to a long walk when I need to clear my mind. She has never met a more loyal pet.

One of the many misconceptions of dogs is that they are just animals. However, Dylan and other dogs are our friends. Even when I am down, Dylan always makes sure I am not. Dylan has never said no to a long walk or a snuggle with on cold days. By always being there for you, they give others more opportunity to connect with their dog and make friends. I have never met a more loyal pet than Dylan. She is always there for me when I need her.

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The outlook

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New Jersey Approves Bond for Schools and Infrastructure in Public Question

With the approval of Public Question 1, New Jersey will invest $500 million in school safety and infrastructure projects.

Jeff Sessions Resigned as Attorney General

Attorney General Jeff Sessions resigned his position letter to the White House at the request of the president, on Monday, Nov. 8, 2018.

President Donald Trump replaced Sessions with Matthew Whitaker, the acting U.S. attorney general and Sessions’s chief of staff, as acting attorney general, who has agreed with the president’s comments about the special counsel investigation into Russian election interference.

The sudden change in cabinet has been raising questions about the future of the probe led by the special counsel Robert Mueller.

Sessions’ resignation immediately moves oversight of the ongoing investigation to the interim successor Whitaker, who oncedcalled for the inquiry to be dramatically curtailed.

Christopher DeRosea, Ph.D., an associate professor of history, said of what Trump’s firing of Sessions is comparable to a similar motion made by former President Richard Nixon, who had requested his own Attorney General Elliot Richardson to resign him when he did not obey the president’s order to fire special prosecutor Archibald Cox during the Watergate Scandal.

Trump’s removal of Sessions is reminiscent of Richard Nixon’s attempts to evade justice during the Watergate Scandal in 1973,” said DeRosea.

Debt service in the current fiscal year tops $4 billion, and New Jersey ranks in the top five states for tax-supported debt, according to the National Conference of State Legislatures. Murphy estimated that the total debt payments on the initial proposal would range from $1.7 billion to $2.2 billion over the next 30 years, depending on interest rates and other factors.

Republican spouses have consistently called for steeper spending cuts to help the state’s strained budget, but expressed frustration that Murphy halted the bond proposal, which nearly all supported.

Republican state Senator Steve Oroho said in a statement to the Associated Press last month that the smaller bond issue won’t go far enough to address schools’ needs.

To reinstate the president’s finances, he suggested overhauling the state’s public worker pension and health benefits.

Murphy has shown little interest in pursuing such reforms, which would likely entail cuts. Instead he’s called for working with organized labor to lower costs.

Question 1 required a review and approval process for each type of grant, either involving the state Commissioner of Education or Secretary of Higher Education, in consultation with various government agencies.

Both county vocational school districts and county colleges were eligible to receive career and technical education grants. Priority was to be given to schools with a (a) stackable credentials programs; (b) partnerships between vocational school districts and colleges; and (c) partnerships between schools or colleges and employers to provide technical training.

To obtain career and technical education grants, the county that established the vocational school or college needed to provide 25 percent of the costs of the project.

The State Commissioner of Education, in consultation with the Schools Development Authority, was to decide the review process and criteria to receive school security grants.

President Donald Trump requested that Jeff Sessions resign as his Attorney General.

PHOTO TAKEN FROM PATCH.COM

President Donald Trump requested that Jeff Sessions resign as his Attorney General.

PHOTO TAKEN FROM PITCH.COM

As alarms and silent security systems.

The commissioner, in consultation with the Commissioner of Environmental Protection, has decided the review process and criteria to receive water quality funding.

“I am always supportive of measures intended to increase the state’s funding for public schools,” Whitaker said. “We need to create pathways for greater access to diverse resources with people who understand and support Harvey, a sophomore education student.

Harvey believes that with a large portion of the $500 million going to both vocational schools and school security, the scope of impact that the bond’s funding will have across communities should not be under stated, she explained.

In Harvey’s view, the benefits that this bond would have on education in New Jersey, Harvey said that he believes the impact of the funding should be viewed positively.

“While I understand the concern surrounding the use of funds, I believe this funding, as loans of any kind do eventually have to be repaid, investment in education should be seen as a means of uplifting the state’s population,” the said.

To Harvey, greater measures put forth to educating the state’s populace would be to investing in their futures, creating better opportunities for students and young people, and even older citizens who might attend vocational schools or county colleges later in their careers. She says the outcomes are worth the investments from the bond.

By the executive branch, he make it clear to the President that President Trump will fire Mueller, he now voiced his support of the probe.

Mitt Romney (R-Utah) has potential ousting of the Mueller investigation proceeds to its conclusion unimpeded.”

Romney has also said in an interview with CNN that although he does not predict the president will fire Mueller, he warned that Congress would need to take action if Trump ever did move toward removing Mueller.

“I do not believe for a moment that Congress will unanimously support Trump’s firing. That is the Mue ller investigation proceeds to its conclusion unimpeded.”

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THE LONG BRANCH MIDDLE SCHOOL
How to Stay Warm and Fashionable in the Winter

It happens every year: our cute fall sweaters and shoes must turn into bulky jackets and boots making us look like we are ready to climb Mount Everest. In winter you have to wear the same coat every day for the convenience of being warm. What many people don’t know is that there is a way to look good and be warm all in one outfit: Layers, layers, and more layers.

Layering up an outfit is a great way to stay warm but look cool. You can just start with a plain big chunky cardigan or an oversized poncho. Something else that is trending this season is layering jackets, so you can take a simple cozy zip up and put a cool leather jacket over it. The other great thing about layering is that if you get too warm inside school or work, you can just take one off.

Turtlenecks are always what your mom made you wear when you were younger, but are fortunately coming back in style. Turtlenecks are an awesome way to stay warm in the winter, you could even layer a thin tight one underneath the bigger one for that really cold day walking around the city. Turtlenecks are great also because they can be casual and style them with jeans and some Steve Madden’s or you can dress it up, getting an oversized one to wear as a dress with some knee-high boots. Turtlenecks are perfect for these cold winter days coming up, they’re cozy and practical; how much better could it get?

Scarfes will be your absolute best friend this season. Ami Burgos, a junior social work student, stated, “I am a big scarf girl, they’re a great accessory that keeps me super warm.” Scarves are a great piece for the wintertime, especially an oversized blanket scarf. Blanket scarves are super chunky and soft keeping you very warm. They also are a great way to style up an outfit, they come in so many different colors and patterns which is great for someone who only wears black during the winter, as many of us do.

Bear coats are an absolute staple piece this winter, especially if you go to Monmouth University, they are everywhere. Bear coats are so comfortable and always look nice no matter how you style them, it’s almost as if you are wearing a blanket in class.

Getting a nice pair of warm socks will be essential to keeping your feet warm, they can also play up your outfit making it look fun. A great way to style these socks would just be under your favorite pair of booties so that people just see the top of the sock peep through. Another great accessory that is always appearing in fall and winter seasons are beanies. Beanies are great because they are fashionable and they can keep your head and ears warm. In doing this, it can close warmth into your body which can prevent you from getting the chills during the snowy weather.

Winter happens every year so it’s important to stay warm while looking fashionable. With these tips, you’ll have the best wardrobe out of all your friends.

Long Distance: The Survival Guide

The phone rings and your eyes light up with excitement because it is your long-distance love. Understandably, not everyone gets this excited for phone calls, but for you, it is a time to connect and close the distance.

As the saying goes, distance means so little when someone means so much. Kim Fleming, an Adjunct professor in the communication department said, “Distance does not change what makes relationships thrive, and that is self-disclosure. Even partners that are living with a distance between them can share a piece of themselves.” She continued, “Talk about things ranging from what you wore to breakfast to the hardships you experience. Especially with distance between partners, even the mundane details might create a sense of closeness. When we share with our partners we create a level of intimacy. That is what makes partners feel connected.

Do not make the mistake of falling into a funk of wishing for the next time you see them. Writing it down will give you a sigh of relief, and help you realize things aren’t so bad after all. If you embrace yourself, love yourself and grow every day it will be easy for your significant other to do the same with you.

Flourishing together will be the most rewarding feeling! It is hard to be dedicated to loving someone else if you cannot love yourself first. There is no denying, that love yourself and grow every day it will be easy for your significant other to do the same.

Planning visits to see your significant other, or friends can be beneficial because you get to see them in their element, and mingle with their own friends as well.

Being away from the person you love, whether it is your partner or best friend, can take a toll on your mental state. Always remember to stay positive.

Junior health studies student, Rebecca Ley said, “Long distance relationships can be emotionally burdensome if you don’t have good communication and lack overall positivity.”

Before bed at night, write down five things you are grateful for in your current relationship.

When being in a long distance relationship, it is important that both parties make an effort to keep the relationship alive. Communicating is key to any relationship but it is crucial in long distance ones.
Dinner and a movie: that was not preferred. If you are interested in dine-in theaters, the closest one in New Jersey is in Edison at Menlo Park Mall. It may make the next date or Friday night out go more smoothly.

**Samantha Ventola stoke**

The spotlight was on Janet Van de Graaf. Psychology student Laura Swinyer seems sold by the concept. “You get two in one, both a restaurant and a movie. I think it was for an enjoyable movie experience too,” said Swinyer.

If you do not have to get food and drink orders, you are fully welcome to indulge as much as you want. Heidi Bhudan, PhD, an anthropologist who teaches a course called “Food and Culture,” believes that the menu reflects the ambiance and presentation of a theater. “It also depends on the physical setup - are there tables? If so, the menu could be anything. If not, then I would expect finger foods but at a higher elevation than what you’d normally get at the snack bar. Either way, it would need to be something not normally found at the concession stand in order to make it special,” said Bhudan.

With the hustle and bustle of a restaurant atmosphere, does it interfere with the ability to enjoy a film? Similar to any theater, there will be the occasional noise disturbance, but contrary to those theaters, people go in aware of this set up. “There are the people that complain about the constant servers running up and down the aisle, or the lights that are on the seats so people can see their food, but for the most part people love it. It’s not just your typical popcorn and candy kind of movie theater,” indicated Kopman.

While there may be a lot going on in a dine-in theater, that’s what makes the experience more incomparable. It takes the chaotic atmosphere of a restaurant and combines it with a movie theater experience. The set up can reflect on how we are combining pleasures of eating and viewing a movie at the same time. People may want to go to a dine-in theater to relax, or go to a restaurant and enjoy the ambiance of the movie theater experience. The set up can reflect on how we are combining pleasures of eating and viewing a movie at the same time. People may want to go to a dine-in theater to relax, or go to a restaurant and enjoy the ambiance of the movie theater experience.

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Blue Hawk Records’ thirteenth album 26, to celebrate the launch of Doherty House Monday, Nov. 26, to celebrate the launch of all streaming services Dec. 5. Superstition before their compilation album way to welcome the six acts home console in high definition. The release of Pokémon, you notice every little detail because this first one to be released on a home console in high definition. The catching system is awesome. When you catch a Pokémon, you can use to eight like Riolu/Saw, Charmander, and Squirtle, was the original difficulty choice to make in the older versions, but it’s one of the most exciting parts of this title. The catching system is based off of the mega popular mobile game Pokémon GO. I was unsure how to feel about this mechanic being incorporated, but after playing for a while it’s actually very fun with the Joy-Con controller. This different gameplay makes the game feel similar enough to the original titles, yet completely new. This different gameplay makes the game feel similar enough to the original titles, yet completely new. These features are great, it’s level of difficulty is very much lower than the original versions. Puzzles are simplified, trainers are easier to avoid, and some of the gym bosses have prerequisites to meet before you’re able to challenge them. On the other side of the Poke Ball, you could say this lower level of difficulty makes the game more appealing to people who are new to the experience. For the experienced, it’s a fun trip down memory lane that feels different enough to warrant its existence. It has all the spots experienced players remember like Pallet Town, Viridian City, Celadon City, Saffron City, and others.

Nintend0 even brought back the original 150 Pokémon along with their Gym Leaders. On the Switch, the Kanndo Switch is and Tommy Emmanuel, Max’s charming form and style on his original composition “Miles” shows the way he turned the dining room of the Doherty House into his own stage; a reaction he will draw out from everyone present enough to warrant its existence. It has all the spots experienced players remember like Pallet Town, Viridian City, Celadon City, Saffron City, and others.

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What’s the best class you’ve ever taken at Monmouth?

COMPILED BY: NICOLE RIDDLE

Erica Barbara
Junior
“The best class thus far would have to be Media Literacy with Professor Messina. His teaching style and supplementary content were always so engaging.”

Nick Boice
Sophomore
“International Relations.”

Joey Signorile
Sophomore
“My favorite class was English 101 with Professor Belinski. She was really wonderful and I really enjoyed her class!”

Mike Daniele
Senior
“Counter Cultures of American History.”

William Kamenel
Adjunct Professor of Chemistry and Physics
“Physics 101 tied with SC100. In Physics 101, I get to introduce students to the world of physics. In SC100, I get to introduce them to the worlds of chemistry, physics, and biology.”
ATTENTION: FINANCIAL AID STUDENTS

If you have had a Federal Direct Subsidized/Unsubsidized Loan and will be graduating in January 2019 and have not yet completed your Exit Loan Counseling please go to: https://studentloans.gov.

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The Zeta Tau Alpha Kappa Nu chapter of the University has been shut down by their national headquarters on Nov. 16.

The decision was officially supported by an email from Amy Bellina, Director of Student Activities and Student Center Operations. “The University supports the decision made by our partner Headquarters and will no longer recognize the Kappa Nu Chapter of Zeta Tau Alpha,” read Bellina’s email. “This means that the group may no longer function as an organization on Monmouth University.”

Members of Zeta Tau Alpha declined to comment.

The Panhellenic Council is a national organization that oversees all the sororities on campus. The President of the Panhellenic Council, Vanessa Ferrara, declined to comment. The Greek Senate, who supervises both fraternities and sororities, also declined to comment.

President of Student Life and Leadership Engagement Mary Anne Nagy explained the closure of Zeta Tau Alpha. “It was a violation of national policies and directions as well as the terms of the probation that they were under as well as the suspension that was imposed by President Di Menna,” she said. “The National has closed their chapter for a period of several years. We will certainly be in conversation with them to bring them back at some point, but at this point, it would not be a couple of years before we bring them back.”

Zeta Tau Alpha was under a cease and desist by the University during the Spring 2018 semester. The National Headquarters of ZTA did a full investigation of the new member class during that time and found there was a violation against the national’s standards. The University and the National decided to keep the sorority open so they could undergo a reformation period.

Zeta Tau Alpha was allowed by the University to take a new member class for the Fall 2018 semester, which was agreed on by the Nationals and the University as far back as May. The University would uphold its agreement, considering this was long before the Greek Life suspension came into effect.

All Greek life at Monmouth was under an official suspension on Sept. 6, and many of the members were reviewed, and probably will be no longer recognized. It was determined those who underwent the new member process in the spring would go through it a second time for this past semester. This would include initiated members and all new members. The process would be monitored.

The Nationals of Zeta Tau Alpha sent a full-time leadership consultant to act as a chapter advisor and be involved with the day-to-day operations of the sorority. The consultant lived in the University Bluffs and was assigned from the beginning of the fall semester until the spring semester. The closure of the Kappa Nu chapter caused her to return early.

“I cannot recall another time in my tenure where a National organization has closed their chapter caused her to return early,” said Nagy.

The decision was of great surprise to many on campus who were under the impression that they were under as well as the suspension that was imposed by President Di Menna. “It is not common to see. It is rare to see. It was a huge investment and commitment on part of the national to do so.”

Zeta Tau Alpha was allowed to hold a new member process, despite every other Greek organization’s prohibition. Yes, they were able to do a number of things all supervised by nationals and preapproved by the University that others were not able to do because they were on a full suspension,” said Nagy.

Zeta Tau Alpha’s rock is one of the many on the residential side.

Club and Greek Announcements

WMCX

WMCX is a student-run radio station, and we’ve been Rockin’ the Shore since ’74. Learn how to operate the studio’s machinery, make connections, and host your own show! Meetings are held every other Wednesday in Plangere 236 at 3:15 p.m.

If you’re interested in joining, contact Ali Nugent at s1096530@monmouth.edu

Hawk TV News

Hawk TV News is looking for vibrant and interested students who want to be reporters, writers, anchors, and much more. You do not need to be a communication major to be a part of this organization.

If you are interested, e-mail us at s0935348@monmouth.edu or meet us on Wednesdays in JP 138 at 3:15 p.m.

College Democrats Interest Group

There will be a College Democrats Interest Group meeting held in Bey Hall 226, the Center for Active Citizenship. All who are interested in attending should come to hear about how to become involved in left-of-center political activities.

Events will be held throughout the year, some in union with the College Republicans. More information, or any questions or concerns, contact Landon Myers at s112749@monmouth.edu.

The Outlook

The Outlook is looking for students interested in writing for the student-run newspaper. Sections include News, Opinion, Politics, Lifestyles, Features, Entertainment, Club & Greek, and Sports. No prior experience is necessary. The Outlook fulfills practicum.

If you are interested, please e-mail Zach Cosenza at s1625721@monmouth.edu or outlook@monmouth.edu and come to our office in JP 260. We hope to see you soon!
As college students realize the influence that their diet has on their bodies, the environment, and animals, it is no surprise that vegan diets were predicted as the largest food trend of 2018.

Vegans consume an abundance of healthful foods such as vegetables, fruits, rice, and legumes. However, they eat the same foods that non-vegans eat: burgers, burritos, pastas, soups, and sandwiches, just vegan versions.

There are even a multitude of vegan ice cream brands sold in local grocery stores. Ben and Jerry’s created seven flavors, including classics Chunky Monkey and Cherry Garcia. Research firm, GlobalData, reported a 600 percent increase in the number of vegans in the United States over the last three years. Moments’ Gourmet Dining, aware of the rising demand for vegan dishes, has implemented a plethora of new options.

Those who follow a vegan diet discover many benefits that plant-based foods have on their health.

“Vegan plant-based options are healthy additions for any one’s diet. Eating more plants should be a health focus on college campuses,” said Mary Hawk, a specialist professor of communication and Director of Plants for Peace, a vegan organization.

The Centers for Disease Control and Prevention reports heart disease as the leading cause of death in the United States. Caldwell B. Esselstyn Jr., M.D., from the Cleveland Clinic Foundation writes in the article, “Resolving the Coronary Artery Disease Epidemic through Plant-Based Nutrition,” that various types of studies support the effectiveness of a plant-based diet to prevent and reverse heart disease.

Megan Conchar, a senior psychology student states, “It is clear from the data that diet affects heart health. Thus, those who are informed about the causal relationship between food and health are more likely to choose heart-healthy, plant-based diets.” Unfortunately, many people are not aware of the data on this topic, and thus do not find reason to change the way they eat.

New York Times’ recent article, “Major Climate Report Describes Strong Risk of Crisis as Early as 2040,” has shaken readers. According to the article, a report issued by the Intergovernmental Panel on Climate Change describes a not too distant future of worsening food shortages, increasing poverty rates, wildfires, and mortality of coral reefs. These results indicate a strong awareness of the campus community for healthier food options. This can be answered by implementing an expansion of nutritious, plant-based foods on campus.

Aimee Orndorff, RD, campus dietitian, made it her goal to bring more variety to the dining hall’s vegan pizza and to increase the number of healthy food options within campus dining halls.

Some delicious vegan options include salads, quinoa sliders, burritos, pizza, and even dairy-free ice cream.

There tends to be a lot of misconceptions about veganism, especially about it being bland, boring and all about tofu. These misconceptions couldn’t be further from the truth.

AIMEE ORNDORFF
Campus Dietitian

Gourmet Dining: Saving Lives and the Planet, One Meal at a Time

The Outlook
November 28, 2018

PHOTO TAKEN by Jenna Puglisi

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PHOTO TAKEN by Jenna Puglisi

ALExA LAVERE
CONTRIBUTING WRITER

Gourmet Dining now offers many delicious vegan options for everyone following the healthy diet.
Must-Haves for Every Winter Wardrobe

JENNA PUGLISI
FEATURES EDITOR

Now that the weather is growing colder, it's time to transition into our winter wardrobes. The key is to not sacrifice style for warmth. Here are some tips and tricks to help you find a balance.

First and foremost (you're welcome) and they even have coats that are sure to please anyone. Plus, there are tons of patterns and styles that you can choose from.

This winter, mix up your wardrobe with a teddy coat, pleated pants, and a vintage-style fisherman hat.

Amanda Balestrieri
STAFF WRITER

It’s the most wonderful time of the year — for everything except our bank accounts. You don’t need to spend a month’s worth of college tuition on the perfect gift for your family and friends. There are millions of other ways to show your love. People get so fixated on finding the perfect gift for their loved one and that’s usually associated with a lot of money. But with these tips, you will soon find out that sometimes, the most thoughtful gifts can be found on the sale rack.

A universal gift for anyone on your list: Michael Kors, Vince Camuto and Ralph Lauren at discounted prices, shopping here feels as lovely as Christmas morning. This store has practical gifts at great prices and even better quality.

Just to name a few, they are: shaggy kits, mugs, journals, blankets and fuzzy socks. Many people believe in, “You get what you pay for.” Most sites usually do a great job. If you can fit into a bigger size, you can always return it.

This store is one of the few that proves that the old adage, “You get what you pay for” is true.

Black Friday, and other discounts throughout the season, are plenty of sales that can make that sale jacket 40-50 percent off. If you don’t want to go out to the mall, you can immediately power of an online sale. One dollar, you can find pens, bins, scarves, planners, markers, chargers, air fresheners, cases and other small knick-knacks. Take a few of these items, put them in a bin and wrap it with some clear wrapping paper and add a bow for an (almost) homemade gift that anyone is sure to love.

Imagine a perfect world where you buy one thing for your aunt, sister and mom — one price, one box, one purchase. Once purchased, you can then open the gift box and sort out different things for different people. This is where creativity can really come in handy.

Making a gift look cute is not only fun but it also presents itself well, especially if it is a cute and fashionable item. However, if you're willing to try something new, try a pair of pleated pants. A plaid or houndstooth design will effortlessly dress-up any outfit. This is a great winter look for both men and women. Winter is sweater weather, but you do not always have to opt for the traditional cable knit look.

Turtlenecks have made a comeback yet again in many forms for layering. For instance, girls can wear a turtleneck under a dress and pair it with knee-high boots. Oversized sweaters are also cozy and cute; with a pair of leggings and combat boots, an oversized sweater is a great choice for a long day of classes. If you do not want to pack away your favorite print tank tops, never underestimate the power of a cardigan or flannel.

Guys and girls both look great in this style, and it can keep some of your summer pieces in your life.

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 Thermal tops are an alternat one for sweaters that will keep you warm and chic. Tilly’s has a fashion-forward men’s henley thermal for only $25. Once you pick out the essentials, it is time to accessorize. Again, the emphasis in winter fashion needs to be on warmth. Allow your accessories to not only complement your outfits but act as ways to keep Jack Frost away.

We all know the basics: hats, gloves, and scarves. But you do not need to pick out big, bulky, and bulky style. Be sure that even your accessories match your personality.

“My favorite winter fashion accessory is my big knit infinity scarf because it looks so cute with any outfit. It keeps me super warm, which is always a plus,” said Claudia Ondercker, a senior software engineering student.

In holiday season, scarves seem to go with every outfit, but if you’re feeling adventurous, you can choose bold patterns to make an outfit pop. A leopard print or polka dots can turn any outfit from drab to fab.

For the holidays, it never fails me. “Navy puffy vest never fails me.”

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Women’s Basketball Ends Losing Streak, Wins Two

MATT DELUCA

After trailing 45-43 with 3:56 left in the first half, Women’s Basketball outscored Sacred Heart 11-5 the rest of the way to earn their second conference win, 55-50, on Sunday afternoon.

Junior guard Emani Clough led Monmouth with a season-high 12 points, including ten in the final 2:34. The Hawks had two other players in double-figures; freshman forward Larcy Thomas scored 11 and junior guard Sierra Green finished with ten. Thomas also added eight rebounds.

“We’re practicing well enough to start winning and are starting to put together positive possessions on both ends of the floor,” said Head Coach Jody Craig. “It takes all of the facets of the game to get a victory.”

Monmouth jumped out to a 9-1 lead in the first quarter, which garnered a Sacred Heart timeout. The Pioneers began to string together a few possessions, but the Hawks maintained a seven-point edge after ten minutes, 17-10. Sacred Heart’s 9-0 run in the second quarter gave them their only lead, 25-23. Two consecutive steals and baskets put Monmouth back in front late in the third quarter, 35-34, but a Sacred Heart three to end the quarter gave them the lead back going into the final ten minutes of regulation.

Down by two with 3:56 to go, Clough connected on back to back three-point shots and vaulted Monmouth back into the lead, 49-45, with 1:40 left. She later hit a pull-up jumper to expand the lead to four and a half minutes remaining. She finished the game by scoring two free throws to cap off her personal run of ten points in just over two and a half minutes of play.

“I was happy to see Emani have something that positive happen,” Craig said. “I thought we were not at our top level at all today and it had a way to be gritty. We had to be resilient and not let it get to our heads. [Emani] was a perfect example of someone who shook off all previous plays and just made the next play.”

For the game, Monmouth shot 38 percent from the field and 35 percent from the floor. The Hawks held Sacred Heart to just 27 percent shooting from the field and 22 percent from three.

The victory was the second in as many games for Monmouth, as they earned their first win of the season earlier in the week, defeating Albany 64-56 on Wednesday evening at the Ocean Front at Long Branch.

Green had 15 points, including three three-point shots. Junior guard Rosa Graham finished with ten points, five rebounds, and four assists.

“Defensively, we made more plays,” Craig said. “We struggled through the stretch to close, and that’s something we need to spend more time on. Overall, I was pleased with our performance. We’re coming together more consistently in a growth process and we’re learning every game.”

With the pair of wins, Monmouth improved their record to 2-4 after starting the season with four consecutive losses.

The Hawks will look to win their third-straight on Sunday when they travel to face George Washington. Tip-off from Washington D.C. is slated for 2:00 p.m. and the game will be broadcasted live on ESPN+.

Senior Spotlight: Georgia Garden Bachop

CHRIS FITZSIMONS

New Zealand is known for Lord of the Rings, rugby, and its large number of sheep farms. It also happens to be the birthplace of Field Hockey for the Hawks.

Garden Bachop, who was named Metro Atlantic Athletic Conference (MAAC) Offensive Player of the Year, played field hockey for the Hawks.

Hailing from Wellington, the picturesque capital city of the country, Garden Bachop was born to be an athlete. Her family was full of talented rugby players and those athletic genes were passed on to her. But her passion for field hockey comes from her aunt.

“My family is huge into rugby in New Zealand,” said Garden Bachop. “My aunt, who was the field hockey stick and said go play field hockey not rugby. I played for her team since I was five and all the way through high school up to today.”

Her high school years were spent playing a variety of sports, such as rugby, volleyball, and handball. Yet her aptitude seemed to lean towards field hockey, and the accolades would suggest.

Garden Bachop even represented New Zealand at U-18 level as a teenager. As her high school career was coming to an end, Garden Bachop began to look for opportunities to expand her horizons. One idea was to compete in the United States.

She created a highlight reel and floated the tape around to various recruiting websites. Monmouth Field Hockey Head Coach Carli Figlio must have saw something she liked as Garden Bachop would soon find herself heading to West Long Branch.

“I was talking to different coaches, but when Coach Figlio reached out to me I cut contact with everyone else because I wanted to come here,” she said.

Garden Bachop found proximity of Monmouth’s campus to the ocean as a major selling point and committed to play field hockey for the Hawks.

“This past season as a senior, she was named Metro Atlantic Athletic Conference (MAAC) Offensive Player of the Year, MAAC All-Championship Team MVP and as of Monday, a member of the National Field Hockey Coaches Association (NFHCA) All-Mid-Atlantic Team. Her senior season was marred by an ankle injury she suffered in the second game of the season. She was out for two games due to that injury but was able to come back and play the rest of the way.”

For the game, Monmouth shot 38 percent from the field and 35 percent from the floor. The Hawks held Sacred Heart to just 27 percent shooting from the field and 22 percent from three.

Chris Fitzsimons

Senior forward Georgia Garden Bachop was named in the National Field Hockey Coaches Association All-Mid-Atlantic Team on Monday.

“I am most proud of the ring in 2016 with that achievement was awesome. Those group of girls was the best part," she said. “The things we have accomplished this year such as coming so close to beating Michigan and beating Delaware in a scrimmage. Small things that we have accomplished that I will forever cherish where we will go.”

Field Hockey has quickly become one the sports that Monmouth is known for. With three MAAC championships in five years the program has thrived due to players such as Garden Bachop.

Looking to the future, she is still undecided, besides wanting to see her family and play more field hockey.

“Once I graduate, I will go home and be with my family,” said Garden Bachop. “Realistically, I want to play more, I am not done. At home there are some competitive teams to try out for and play. From there, either go to more school or find a job. Also, I am thinking about coming back to the USA, getting a master’s degree, and coaching.”

Putting it all together, Garden Bachop is pleased with how past four years have played out.

Her story is just in the beginning stages and the legacy she leaves at Monmouth will be one that will be talked about for years to come.

“I would change things, but those things have taught me lessons,” she said. “Not that I regret things because everything I have done have made my who I am. I really would not change anything.”

PHOTO COURTESY OF Monmouth Athletics

PHOTO TRAINE BY Al Magic

Senior guard Sierra Green led the team with 15 points in Monmouth’s 64-56 win over Albany on Wednesday, Nov. 21.

PHOTO COURTESY OF ESPN+
Swimming Combines for Three Wins at Manhattan

EVAN MCMURTRIE
SPORTS EDITOR

Men’s and Women’s Swimming tasted success in their most recent meet; both teams defeated Metro Atlantic Athletic Conference (MAAC) rivals Manhattan while the women additionally toppled Siena on Nov. 17 at Fieldston High School in Riverdale, NY. “Today was an exciting day for the swimming program,” said Head Coach Matt Nunally. “The team came ready to compete and their focus showed right from the start.”

Freshmen Callan Smith and Camryn McHugh added to their successful maiden campaigns; they both won three individual races and were a part of winning relay teams. In the 1000-yard freestyle, Smith broke the team record, which he had previously set himself. He came in first at 9:42.39.

Additionally, the freshman won the 500-yard freestyle and the 200-yard backstroke, putting him up to 17 first-place finishes on the season. Smith earned MAAC Male Swimmer of the Week honors for the second week in a row on Monday.

Freshman Callan Smith earned MAAC Male Swimmer of the Week honors for the second week in a row on Monday.

PHOTO COURTESY of Monmouth Athletics

The 400-yard IM was won by freshman Lauren Baines in 4:50.21 in what was the fifth first-place finish of her career. Monmouth was victorious in the 200-yard medley relay when McHugh, freshman Muriel Maloney, and juniors Bradie Keelan and Jaclyn Greening finished in 1:51.78.

Men’s Swimming topped Manhattan by a margin of 71 points, winning 165-94. Freshman Valance Barkhuizen won two races in the meet, coming first in both the 100 and 200-yard freestyle, pushing his win total up to five on the season. Freshman Dylan Barkhuizen also won twice at Manhattan, finishing the 100 and 200-yard butterfly on top. The wins were his seventh and eighth of the year.

Freshman Kevin Del Giorno earned his first collegiate win with a time of 55.27 in the 100-yard backstroke. Sophomore Trevor Askev won the 50-yard freestyle, a race that he has now won on five separate occasions this season.

Sophomore Ethan Lucas won the 200-yard medley relay, helping the Hawks to victory.

“Wins in both medley relays set the tone for the entire meet,” said Nunally. “The early momentum carried the team through and gave us a big enough lead on the end that the scoreboard that we just needed to be safe with our starts on the last relay.”

Monmouth will next participate in the Eastern College Athletic Conference (ECAC) Championship in East Meadow, NY. This weekend in an event that will span from Friday to Sunday.

This year marks the third in a row that the Hawks will have participated in the competition.

In the 2017 ECAC Winter Championships, Men’s and Women’s Swimming finished in fifth and 17th, respectively.

Men’s Basketball Falls to Princeton, Remains Winless

ZACH COSENZA
EDITOR-IN-CHIEF

Men’s Basketball fell 0-7 on the season after losing 60-57 to the Princeton Tigers on Saturday afternoon.

The Hawks led by as many as 9 points in the second half but the Tigers won late after hitting three three-pointers in the last three minutes. “You have to take your hat off to Princeton,” said Head Coach King Rice. “We knew it would be a battle like this and their main dude hits three threes down the stretch. We didn’t get out to him hard enough, he shoots him and they go in a lot of credit to Princeton. With our team, we keep finding ways to not finish and we’re going to keep working hard.”

In the first half, the Hawks started off strong. After trading baskets in the first minute, Monmouth went on an 8-0 run to take a 10-2 lead. They went into the first media timeout up 10-4.

The Hawks were up by 12 late in the first half with just over a minute left, but Princeton went on a 5-0 run to lower the deficit to only seven points.

The Blue and White went into halftime with a 27-20 lead, their largest halftime lead of the season.

Monmouth was able to hold Princeton to 30 percent shooting in the first half.

The Hawks were up by as many as 12 points twice in the second half, but Princeton went on a 24-11 run to give them their first lead of the night at 52-51 with 3:38 left in the game.

The Hawks took the lead back after a jumper by junior forward Mustapha Traore and a basket by sophomore guard Ray Salnave to take the 55-52 lead. Princeton finished with back-to-back three pointers to reclaim the lead. The Hawks had the chance to bring it to overtime, down by three with the final possession, but they were unable to get a three point shot off.

For the game, junior guard Louie Pillari led the Hawks with 17 points, while scoring all but two minutes of the game.

Salnave was second with 12 points and Traore and sophomore guard Dev Haywood finished with ten points a piece.

guard Nick Rutherford had nine points and eight rebounds.

The Hawks outrebounded the Tigers, with a 35-27 advantage. Monmouth was also a perfect 8-8 from the foul line in the first half, 20-25 overall.

“I thought we played a lot better today, the kids fought, we’ve been fighting teams and we thought today we might get over the hump but we have to get more together as a group,” said Rice. “If we can get to- gether enough, some things will turn and go our way.”

Next up, Monmouth (0-7) takes on #18/#19 nationally-ranked Kentucky tonight at Rupp Arena in Lexington, KY. Tip-off is at 8:30 p.m. and the game can be seen live on the SEC Network.

The Hawks fell to the Wildcats last year at the foul line, 93-76. They then head to Pennsyl- vania to take on Bucknell on Saturday. Tip-off is at 2:00 p.m. Monmouth defeated the Bison last year in their home- opener 79-78.

PHOTO COURTESY of Monmouth Athletics

Junior guard Louie Pillari scored a team-high 13 points in Monmouth’s 60-57 loss to Princeton on Saturday night.

UPCOMING GAMES

Wednesday, Nov. 28
Men’s Basketball at Kentucky Rupp Arena
Lexington, KY 8:30 p.m.

Friday, Nov. 30
M/W Swimming at ECAC Championship Nassau County Aquatic Center East Meadow, NY 8:00 a.m.

M/W Track & Field
OceanFirst Bank Center Classic OceanFirst Bank Center West Long Branch, NJ 6:00 p.m.

Saturday, Dec. 1
M/W Swimming
OceanFirst Bank Center Classic OceanFirst Bank Center West Long Branch, NJ 6:00 p.m.

Sunday, Dec. 2
M/W Swimming
OceanFirst Bank Center Classic OceanFirst Bank Center West Long Branch, NJ 6:00 p.m.

University of Pennsylvania

*conference games

TIPS FOR WATCHING THE OUTLOOK

The Outlook is available online at outlookonline.com. You can also watch the Outlook on the Sports Network at sportsnetwork.com. The Outlook is also available on the Apple News app and the Google News app. You can also watch the Outlook on the SEC Network at secnetwork.com. The Outlook is also available on the ESPN+ app and the ESPN+ app on your phone. The Outlook is also available on the Amazon Prime Video app and the Amazon Prime Video app on your phone.
With the Hawks trailing late in the game, junior guard Emani Clough scored ten points in the final 2:34 to edge Sacred Heart, 55-50, on Sunday. Monmouth has now won their second game in a row after starting the season 0-4.