Patrick Leahy Named 10th President of the University

The University’s Board of Trustees announced that Patrick Leahy, Ed.D., will serve as the University’s 10th president, effective Aug. 1, 2019. The announcement was made at an event in Woodrow Wilson Hall on Dec. 14 where the incoming president addressed the University community.

Leahy emerged as the Board’s unanimous selection from a pool of more than 100 highly accomplished leaders in the nationwide search. He will succeed Grey J. Dimenna, Esq., who will conclude his tenure on July 31.

“I am thrilled to begin my tenure as the next president of Montmouth University,” Leahy said at the event last month. “Montmouth has continually demonstrated its williness to evolve to meet the needs of all students and is dedicated to serving an increasingly diverse student body.”

Leahy joins the University from Wilkes University, Wilkes-Barre, PA, where he has served as president since 2012 and led the development of a comprehensive strategic plan that focused the University’s efforts and resources on teaching, research, and civic engagement. The plan set the stage for key initiatives and accomplishments including: the introduction of 20 new academic programs; strategic enrollment growth in online master’s programs and doctoral degrees, including the launch of the University’s first doctoral program; investments in faculty scholarship and research, resulting in the University’s first five patents; and innovative external partnerships that expanded the University’s reach and supported the local community.

Prior to his time at Wilkes, Leahy was a senior administrative leader at the University of Scranton, Scranton, PA, from 2004 to 2012. He first served as Vice President of University Relations, successfully completing a $129 million comprehensive capital campaign. He was then promoted to Executive Vice President, where he was responsible for development, government relations, undergraduate and graduate admission, intercollegiate athletics, planning, and information technology. Leahy also taught in the Business Leadership Honors Program. Before moving to Scranton, Leahy was Co-founder and President of the Business Affairs Forum, a 15,000-member distance learning community based in伊haca, NY. He has also served as an investment officer for Allied Capital Corporation.

Patrick Leahy, Ed.D., will be the next University President, succeeding President Grey Dimenna, Esq., effective Aug. 1, 2019.
University Celebrates Women in Leadership

The University celebrated its 23rd annual National Girls and Women in Sports Day (NGWSD) in Wilson Hall last Friday, Jan. 25.

The weekend is a series of events brought together Monmouth student-athletes, coaches, and administrators along with members of the community.

National Girls and Women in Sports Day was first celebrated in 1987 in order to unite athletics and bring attention to the success of girls’ and women’s sports. Ph.D., recognizes the importance of sports participation for girls and women about the benefits of sports participation and how it all translates in a positive manner to the working world.

The athletic department awarded the female student athlete with the New Jersey Association of Intercollegiate Athletics for Women (NJAIAW) Woman of the Year Award. Entertainment was provided by the 12 women’s sports teams nominates an athlete for the award, based on their athletic achievements, academics, sportsmanship, and involvement in the campus community.

Jessica Johnson of Women’s Soccer was awarded the NJAIAW Woman of the Year Award during halftime of the Women’s Basketball game against Niagara on Saturday.

This is not the first award that Johnson has won for her athletic accomplishments, being named to the Metro Atlantic Athletic Conference (MAAC) All-Conference teams and the 2018 United Soccer Coaches NCAA Division I Women’s Scholar All-East Region First-Team. However, this award is about more than just soccer.

“I don’t do most of the things I do for the recognition because most of the things I do aren’t for me, they’re for others,” said Johnson. “I volunteer because I’ve been fortunate enough in my life and I want to be able to make others’ lives easier.”

“I work hard at what I do and winning this award just reassures me that my work is recognized.”

Johnson is a social work student and is on the executive board of Monmouth’s Student Athlete Advisory Committee (MAAC) where she is the Off-Campus Activities Director. She loves volunteering within the community. Her favorite experience so far is volunteering with Big Brother Big Sisters.

“I love to see how the Bigs net and communicate with their Littles and then see how happy the Littles are,” said Johnson. “It’s seeing the happiness on the kid’s faces that make it an amazing experience.”

Last year, the Woman of the Year Award was given to Miranda Konstantidou of Women’s Soccer. A soccer standout, nursing student, and president of MAAC, Konstantidou left a legacy behind at Monmouth.

“Miranda is an amazing role model for me,” said Johnson. “She worked so hard and I can set her as a role model too.”

The University also celebrated by honoring a member of the community and a Monmouth student-athlete alum with the Rebecca Stafford Leadership Award.

The award is named after Rebecca Stafford, Ph.D., for her efforts in gender equality while President of the University. It is given to an individual that has been a role model in stepping up for girls and women.

This year, the Rebecca Stafford Leadership award was given to Christie Jallick Bevacqua, ’93, a Monmouth Women’s Tennis alum. Bevacqua is currently the Deputy First Assistant Prosecutor in Middlesex County.

All of the female student-athlete nominees, coaches, administrators, and community members were present for Monmouth’s Women’s Leadership Luncheon. The audience heard from keynote speaker Bevacqua as well as Dr. Nina Desmone Malia, Ph.D., and Nancy A. Leidersdorff.

Johnson appreciated hearing from the Women’s Leadership Panel and said that it put the struggles of college and athletics into perspective.

“They may not seem like much now, but in a few years when I look back, I will be so thankful for everything I am currently going through and experiencing,” said Johnson.

“I’ve only begun my process of hopefully becoming as accomplished as these women are.”

“Now is celebrated to show no only how far women’s sports have come, but also how much they have to grow. It shows girls and women that there is a place for them in the world of sports.”

“I’ve worked extremely hard for everything I’ve earned at school...From here I just have to continue to outwork myself because my biggest competition is my mind,” said Johnson.

“If I can conquer my mind, I’ll be able to become what she can bring to the position,” said Clay.

Clay noted that Mezey has a real passion for working with students. While that passion is a necessity for those who work in higher education, Mezey’s passion was unique in the eyes of the search committee.

Husaini also praised Mezey for being “mission statement driver.” During her presentation to the search committee, she proposed programming and a new mission statement on the Honors School’s website.

Husaini said, “Seeing how much thought she put into the position, I think that she would do the best job leading the Honors School.”

In terms of her future vision of the Honors School, Mezey wishes to further promote diversity and inclusion.

“I want to be part of that.”

One of her goals is to make sure that the students that we’re inviting into the Honors School are students who come across a variety of different backgrounds and are the kinds of students that we want to push our mission forward.”

First and foremost, Mezey wants the Honors School to be “the future for the University.” She said, “I want people to look and say, ’I want to be part of that Honors School and that means I want to be part of Monmouth University.’”

University NEWS
January 30, 2019

Dr. Mezey is excited to utilize Bevacqua speaks at the annual Women’s Leadership luncheon.

HONORS cont. from pg. 1

Coordinator of the Gender Studies Program, and advisor to the Social Sciences Club. In the 2010-2011 academic year, she received the Monmouth University Distinguished Teacher of the Year Award.

“It feels great,” said Mezey. “To be the Director of the Honors School, it allows me to use my skills as a professor, my skills as a researcher, and my skills as an administrator to lead what I think is a fabulous asset of Monmouth University.”

Mezey is excited to utilize her program building skills in her new position. She was originally asked to come to Monmouth University to build what is now the sociology program.

“That experience of program building just let me know that I really enjoyed that, so when I joined the Honors School, I said yes to some of the great things that it has going on and of some of the things that it needs to do, if it all requires that.”

Another experience that Mezey is looking forward to utilizing in her new position was how she worked with faculty across a variety of fields in the School of Humanities and some of the great things that it has going on and of some of the things that it needs to do, if it all requires that.

She also acknowledged seeing a great experience of Mezey looking forward to utilizing in her new position was how she worked with faculty across a variety of fields in the School of Humanities and some of the great things that it has going on and of some of the things that it needs to do, if it all requires that.

Within my second year we had a minor back up and running because we did not have a minor or a major; by 2010 we had a major,” said Mezey. “That experience of program building just let me know that I really enjoyed that, so when I joined the Honors School, I said yes to some of the great things that it has going on and of some of the things that it needs to do, if it all requires that.”

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University Announces Patrick Leahy as the Next President

PRESIDENT cont. from pg. 1

as an account executive at DeLance Corporation, and as a development officer at Georgetown University.

A native of Towson, Maryland, Leahy graduated from Georgetown University with a Bachelor of Arts in English Literature. He earned dual master’s degrees in Business Administration and Music Education from Cornell University, where he was a Fried Fellow, and earned his Doctor of Education degree from the University of Pennsylvania.

Leahy and his wife, Amy, have four children: Grace, 20; Molly, 18; Jack, 14; and Brian, 12. They will relocate to Doherty House, the presidential residence, this summer.

At his announcement, Leahy told the audience, “As we move forward, we will build upon the strong foundation here at Monmouth into an institution to new even higher levels of excellence and access.”

Mercer, the presidential search committee, the Board of Trustees, Dimenna, faculty, staff, and students, “the presidential search committee, the Board of Trustees, Dimenna, faculty, staff, and students, for the opportunity to serve this great institution.”

Michael Plodwick, Chair of the University’s Board of Trustees, expressed that, “the presidential search committee was a collaborative effort between him, Dimenna, and Board Vice Chair Jeana Piscitelli. “Our goal was to put together a team that reflected the strengths and diversity of Monmouth University, and include a cross section of Trustees, faculty, administrators, and students,” he said.

In prepared remarks, Chair of the presidential search, Plodwick said that Henry Mercer, III, immediate past-Chair of the University’s Board of Trustees, was the “first and obvious choice” for Chair of the committee.

He stated, “Nobody understands the issues facing Monmouth University. He is an alumnus who has a deep love for the University and the requisite leadership experience to guide this undertaking.”

Other members of the committee were selected by Dimenna, Plodwick, and Piscitelli. Mercer explained that these members were chosen from a diverse set of campus constituencies: trustees, administrators, faculty, and students.

According to Mercer, the entire search process met slightly over a year. The committee held its first of many meetings in mid-November 2017, and the Board of Trustees later selected Leahy as president-elect this December.

The criteria and qualities that the search committee was looking for in a presidential candidate was part of their discussion from start to conclusion, noted Mercer.

First is obvious, a lifetime of accomplishment and relevant experience. For the committee, enthusiasm really mattered,” he said, noting that the job of a university president is very time consuming.

Mercer also said that the committee members were looking for a “people person” with excellent communication skills, as well as a proven track record in financial and capital campaign development.

The ability to think innovatively and meet the challenges ahead for the University was another important factor that the committee considered in every candidate.

“Ultimately, it came down to the intangibles that make someone a great leader. Natural leadership skills and a passion for students were must-haves,” he said.

“Dr. Leahy possesses every criteria and quality that we were looking for in a president. Monmouth is very fortunate that he pursued the post, and the fact that he did, speaks well for the University’s reputation,” said Mercer. “As a sitting university president, he has already demonstrated a proven track record as a passionate and visionary leader. Dr. Leahy did a sensational job at Wilkes University and is up to the task of succeeding our beloved President Dimenna.”

Fulfilling key initiatives of the Wilkes plan, Leahy has been instrumental in over $100 million in transformative campus enhancements, including the construction and renovation of five academic buildings to support learning in the arts, sciences, health care and business. In order to enhance the student experience and strengthen undergraduate enrollment, Wilkes launched seven new NCAA Division III athletic teams and the region’s only collegiate marching band.

Jonathan Roos, Senior Associate Athletics Director/Extracurricular Affairs and member of the search committee, shared similar optimism with Mercer and Plodwick on Leahy’s potential as the University’s new president.

“We have all the confidence in the world that he will lead this institution to new heights and welcome him with open arms to the Monmouth family,” he said.

Matthew Yard, an English literature graduate student, was chosen from a diverse set of campus constituencies: trustees, administrators, faculty, and students. “I think that from the student perspective, finding a president who is passionate and love for working with students was imperative,” he said.

The appointment of Leahy’s hiring concludes a year-long national search, conducted in concert with executive search consultant with Isaacson Miller, headquartered in Boston.

He continued, and said, “I would also like to extend my gratitude to President Dimenna for his outstanding service. His tenure has been characterized by a dedicated student engagement and success, and I applaud him for his leadership, energy, and commitment to Monmouth University in the years we have worked together.”

Dimenna will continue to actively lead the University while working with President Leahy to facilitate a productive transition. The University has appointed a cross-functional presidential transition team, led by co-chairs Robin Mann, Dean of the School of Social Work, and Richard Veit, Chair of the Department of History, to help ensure a smooth process.

Greek Life Ban Lifted by University

GREEK cont. from pg. 1

“meaningful and substantial change” and bringing accountability to the University system last semester. Following the proposal process, many of their recommendations have been accepted.

Key reforms that have been implemented include an increase in GPA for prospective students and active members from 2.5 to 2.75, a new “report card” that will assess individual chapter growth, and the new member education process will be decreased from six weeks to five.

The “report card” will track chapter growth for the academic year and replace the lengthy Greek Excellence Packet, which covered academics, philanthropy, community service, and many other factors. As for the new member education process, the IRC and Philanthelics Council will be reduced to five, while MCWG will continue at six weeks.

Members of the Inter-Fraternity, Panhellenic, and Greek Senate Councils were reached for comment about the return of Greek Life and did not respond after several requests.

In addition, there is now the established Council Standards Board to address “policy infractions including recruitment violations, risk management issues, and increased utilization of the Student Code of Conduct for violations of University policy and the law.”

Each council will be held responsible to uphold judicial hearings to hear all cases of physical assault, sexual misconduct, municipality or University violation, and many other potential risks. Issues regarding organizations’ membership will also be heard. This provision is replacing the Greek Senate standard board with all councils involved in a case.

Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, was pleased with the Greek council’s reforms. “I have had a number of conversations with student leadership that this is simply the first step,” she said. “There is still a lot of work to be done.”

The first reform event for the Greek community this semester was a guest speaker. The speaker were Jim and Evelyn Piazza, the parents of Timothy Piazza, a young man who died as a result of an alcohol-related hazing in- cident at Penn State. They spoke to the Greek community and to various club and organization members on Jan. 28.

“The message I think people got from the impact of what happened when hazing and other risky activities hap- pen, but also the idea that ev- ery single one of us has the re- sponsibility to look out for each other,” said Nagy. “And when you see something that you say something and not be afraid to stand up and do so and I hope that is truly a message that stu-

Greek Life begins the spring semester after its suspension.

When he/she is appointed.

According to Nagy, the Uni- versity plans on having candi- dates a community presentation on their visions of how fraternities and sororities play a role in the community.
Welcome President Leahy

As an integral part to the Monmouth community and as active members of this University, The Outlook and its editorial staff welcome Leahy and offer sincere wishes to President Grey Dimenna, Esq., as he approaches his retirement this July. Since 1933, our newspaper has served as a voice of and for the students and members of this University. As such, we understand the important tasks that each president will face in her or his tenure.

For several years, many Presidents of Monmouth have brought with them experience and backgrounds in business. With background in English literature and education, the editors have agreed that Leahy will surely bring a new and fresh perspective to the University’s selected president should have a say or vote in the selection of a new president and as active members of this University, the editors value the University’s best interests. We may have good intentions, but realistically, we’re out of our element. We don’t know the logistics behind operating a whole institution. And our values might not be in line with what university’s best interest. We have good intentions, but realistically, we’re out of our element. We don’t know the logistics behind operating a whole institution. And our values might not be in line with what university’s best interests.

Likewise, another editor said that students can only see one aspect of the University, and that they trust the decision to be left in the hands of those who were appointed to the presidential search committee. One editor noted that although the search committee is an academic committee, there were only two student representatives. Considering this imbalance, this editor questions how a committee could truly capture the voice of every student, and therefore favors more representation of students in the full committee.

All of the editors at The Outlook are excited to welcome Leahy to the University. We are confident that he will lead Monmouth with commitment and dedication to the students and community. And as an integral part of the Monmouth community, we wish him all of the best as he retires.
Music Festivals: Camping, Dancing, and Jamming Out

Skepticism of the Media

MEG RUGGOLES
ASSISTANT NEWS EDITOR

In recent years, the American public has become increasingly skeptical of the media. “Since 2016, the election skepticism of the media has been heightened, primarily because we see the media as a get the ‘fake news’ everywhere,” said Brittany Macaluso, Monmouth University's assistant professor of political science. Macaluso believes that while the accusations are directed towards the mainstream media, the average consumer should be wary of all platforms because this statement is completely true.

However, these statements from Trump tend to arise when he is pointedly critical of how the media covers him. This is a not uncommon reaction by political leaders.

The answer is most likely yes. The key point to being a journalist is to inform the public by being “watchdogs” of the government. The government is capable of using the media to manipulate the public, so journalists must be vigilant in their reporting to prevent such a thing from happening.

By not paying for news, we American citizens, are hindering journalists’ ability to produce the truth. But what do we care? We haven’t lost anything of monetary value—just quality of information. It is vital to understand that the media is doing their best to un cover the truth. But what do we care? We haven’t lost anything of monetary value—just quality of information.

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By Trump commenting that the president’s entire campaign in 2016 was about a border wall, yet with two years of unification in the House and Senate, Trump was unable to gain funding because the congressional Republicans kept putting it back, due to a lack of clarity on where more security is needed. “What I’m saying is this is not really a public policy issue like other shutdowns, it’s simply a political issue,” stated Patten.

Kenneth Mitchel, Ph.D., Chair of the Department of Political Science and Sociology, and an associate professor of political science, agrees stating that “[He doesn’t] think the government shutdown has anything to do with policy. The reality of the political struggle is polarization.”

The government shutdown speaks to the severity of the bipartisan divide in Washington. The two political figures taking the stage are Trump and Speaker of the House, Nancy Pelosi (D-California).

Patten stated that Pelosi’s approval rating has gone up as Speaker, since she has stood up to Trump and his demands. He says that her base will be furious with her if she gives funding for the wall. In speaking with Eric Schwartz, a sophomore political science student, he explained that he thinks Trump’s requests for funding for a wall began as a political stunt in order to show his supporters that he was serious about fulfilling this central campaign promise. However, Schwartz said that the president got himself into a deeper hole and that he considers the government shutdown ineffective, as no funding resulted from the political deadlock.

In a last-minute appeal to Congressional Democrats, Trump extended a deal that would provide temporary protection of undocumented immigrants who receive Deferred Action for Childhood Arrivals (DACA), “Dreamers,” in exchange for partial funding of his requested wall. However, Democrats refused his offer, saying that DACA recipients are legally protected and the president should fulfill renewal regardless. Landon Myers, a senior political science student, said that Democrats did not reject this out of an unwillingness to compromise but because Trump didn’t actually offer anything. Instead, he said that the offer was a non-starter. “Firstly, DACA was intact before Trump became president, so he took it away and is now trying to offer it,” said Myers. Second, a federal court (The Circuit Court of Appeals in San Francisco) just ruled that [Trump] can’t touch DACA for at least 10 months, meaning that for at least a year he can’t touch it. “What’s interesting about the courts is they’re saying he can’t even get to the ledge he’s standing on,” said Myers. With Trump offering a deal that was obsolete, it is apparent that neither party is willing to yield. If Republicans and Democrats cannot reach agreement on funding for the border by the Feb. 15 deadline, Trump has said that he is ready to renew the confrontation or declare a national emergency to bypass Congress altogether.

The government shutdown in 2018 cost the economy $11 billion, according to a new analysis from the nonpartisan Congressional Budget Office (CBO) released this Monday, Jan. 28.

Although most of the damage to the economy will be reversed as federal workers return to their jobs, the CBO estimated that $3 billion in economic activity is permanently lost. Joseph Patten, Ph.D., an associate professor of political science, notes that these economic effects of the shutdown are another example that represents the dysfunction in Washington, D.C.

“Our system of government is founded on a separation of power and compromise,” he said.

Yet, in efforts to prevent the partial government shutdown and to fund the subsequent bills to reopen it, Congress failed at both.

Overall, the CBO projected economic growth will slow this year to 2.3 percent, compared with the 3.1 percent rate last year.

The analysis does not incorporate some indirect effects of the shutdown, such as the halt in some federal permits and reduced access to loans. However, the report suggests that businesses were beginning to postpone investment and hiring decisions as a result of the shutdown and warned that the risks were becoming “increasingly significant” as the impassedragged on. Although the federal government has since reopened, the uncertainty around the government shutdown forced many workers to make tough financial decisions during their leave.

The consequences of these workers not receiving pay demonstrate the economic impacts the current economic working families across the country face.

In Bankrate’s recent Financial Security Index survey this month, thirty percent of respondents reported that either they or an immediate family member had been forced to use one major unexpected expense during the past year. Among the respondents, 60 percent admitted that they would not be able to afford an unexpected $1,000 expense, such as a car repair or a check-in to the emergency room.

Sixty-three percent surveyed that they would be insulated from an unexpected bill that totaled to $5,000 or more. Nearly 80 percent of Americans are currently living paycheck-to-paycheck, with the bottom 20 percent of Americans by income have no savings, according to the same report.

The recent shutdown highlighted the precarious economic state of American workers, and did more harm to them.
The School of Science Peer Mentor Program invites you to our 9th annual Career Choices Roundtable event. We host this event in the hopes that you will gain insight on the panelists' careers, ask questions and have an opportunity to network after the panel session with fellow MUn alumni and science students. Many of our panelists this year are Monmouth alumni, creating a great opportunity for you to network with those who have been exactly where you are now.

Career Choices Roundtable
Tuesday, February 5th, 2019 – 6:30 PM – 8:25 PM
Samuel Hays Magill Commons
Network Reception in the Club Lounge will follow each panel session

6:30 – 7:25

**CSSE**
Moderators: Kayla Reda and Brianna Licciardello

Joe Boyd, Senior Database Programmer, Discovery Data, Oceanport, NJ
Parth Nilesh Kadakia, Software Developer, Hatteras Press, Trenton Falls, NJ
Justin Schlemer, Full Stack Developer, Hybrid Healthcare Communications, Red Bank, NJ
George Torres-Walderin, Business System Analyst, K. Bowman Homes

**Teaching STEM**
Moderators: Bradie Keilen and Mia Colleucci

Alyssa Bistromeich, Scotch Plains-Fanwood High School
Jessica Bloom, Monroe Township Middle School, Seventh Grade Science
Andrew Backley, Millburn Vocational High School, B-Grid Teacher
Jon Pennetti, Rumson-Fair Haven High School, Physics Teacher
Alex Sturgis, Middle School Teacher, Awen Schools, Alternate route teacher

**MEP**
Moderators: Kaitlyn Smith and Charlie Vasas

Tatiana Castro, Marine Science Technician, The Nature Conservancy
Beth Phelan, Supervisory Fisheries Biologist, NOAA
Arturo Romera Jr., Field Technician, The NYC Department Parks and Recreation, Wildlife Unit
Britt Wenzel, Executive Director, Save Barnegat Bay

7:30 PM: Reception in Club Lounge

7:35 – 8:25

**Mathematics**
Moderators: Jett Vernaci and Katherine Vargas

Taylor Bercovky, Investment Analyst, Prudential Financial
Jeff Kaufman, Analytics, Ambuc Therapeutics
Amanda Sutton, Operations Analyst, P&N Healthcare

**Chemistry**
Moderators: Emily Tambasco and Kelley Church

Sean Grimes, Manager, Regulatory Affairs & Quality Assurance at Global Essence Inc, Hamilton Township, NJ
Aneive Schult, Regulatory Affairs Associate Specialist at Revlon R&D

**Biology**
Moderators: Tiffany Lango and Marta Telatin

John Albanese, Director and Clinical Scientist, The Janssen Pharmaceutical Companies of Johnson & Johnson
Heather Schmidt, Practice Transformation Specialist, Integrity Medical Systems
Christopher Torres, PVA Manager, External Affairs at Bristol-Myers Squibb
DOUGLAS STIVES
Professor of Accounting
presents
“What you need to know
before you file this year”

Professor Stives is a CPA
with many years in tax
preparation and planning
experience. He teaches
all of the income tax
courses here at Monmouth

Wednesday February 20, 2019
Bey Hall Room 228 @ 3:00 PM

Light refreshments
will be served.

Have questions about your W-2 or other forms?
Bring them with you!
Please RSVP to sbrown@monmouth.edu
Office of Student Employment
Winter Workout Tips

LAUREN DEMARCO CONTRIBUTING WRITER

Working out during the winter can be very challenging when it is really cold outside and all you want to do is lay in bed. One thing you should do to get adjusted to the cold weather is to try and push yourself to do a quick warm up inside first. This can be beneficial because when you then go outside, you will already be warmed up and ready to go.

Two junior health studies students that work as personal trainers on campus gave their input. Mike Kraft said, "As the weather starts to get colder and colder, it is important to warm up before working out to help prevent any injuries when working out." Many people do not think that something as small as this can cause an injury, but it is something that can be easily avoided. Joe Chiussano, another personal trainer, gave some advice. Chiussano said, "Most people don’t realize if you go for a run outdoors in the winter you can actually face the risk of overheating. When it’s cold you immediately think to put on layers of clothes to get warm and then go out for your run.

The problem is, once you start running your body temperature rises. He continued, "In reality, you should put on enough layers that will keep you warm enough while running, but not cause you to sweat too much and exert too much heat." Another factor is to wear a lot of layers so that when you do work outside, your body can adapt to the temperature.

Taking at least 20 minutes each day just to do a little workout of some sort will make you feel good inside. Starting out can be very beneficial for your mental health too. Having a routine can set you and your body on a positive path.

Chris Hirschler, Chair of the Health and Physical Education Department said, "It’s important to walk or run all year round. Most people at far too much that negatively affects their health and mood.”

He added, ”Don’t let 20-degree temperatures or snow distract you. Don’t ask yourself if you feel like exercising-- schedule it and go for it. You’ll be happy you did!” Even though the wintertime brings us the muddy and cold days, working out does always have to be an outside activity.

Continuing your workout in the winter can better prepare you for the spring. Working out can happen both indoors and outdoors, so give it a chance and get out there to better yourself.

How to Maintain New Year’s Resolutions 101

SHANNON OSWALD STAFF WRITER

With the new year finally here, people are trying to keep up with their resolutions. A new year gives people the chance to pick a resolution; this acts as a goal for the upcoming year. It may be something you want to improve on or something you would like to change. With all the stereotypical resolution of “working out more” or “eating healthier,” but the real question is: how to maintain this resolution.

No matter what your resolution is, it is important to be determined and go after your goals. One thing that is particularly that can be noticed about New Year’s resolutions is people tend to create a resolution that is much too big to keep up with. There is no judgment with starting your resolution small and then slowly working towards a bigger goal.

Aaron Furgason, Ph.D., Chair and Associate Professor for the Department of Communication, gave his input on the topic. Furgason stated that the key is “Willpower. Where there’s a will, there’s a way. The resolution must be something that at your core you want to change or accomplish. If a true will is present, then it is easy. If not, good luck keeping that resolution.”

“I Willpower. Where there’s a will, there’s a way- the resolution must be something that at your core you want to change or accomplish. If a true will is present, then it is easy. If not, good luck keeping that resolution.”

AARON FURGASON, PH.D.
Chair and Associate Professor for the Department of Communication.

When working out, the Monmouth University Fitness Center is a great place to have access to a variety of machines and to stay warm.

When working out, the Monmouth University Fitness Center is a great place to have access to a variety of machines and to stay warm.

"Workout Tips: When working out, the Monmouth University Fitness Center is a great place to have access to a variety of machines and to stay warm."

PHOTO TAKEN by Cassandra Capozzi-Smith

When thinking about your New Year’s resolutions, it is important to be proud of yourself for attempting something new. Set your New Year’s resolution as something small and achievable, but that will definitely help if you don’t have to come back to it during the year.

There will be times both of you have to use your phones, or take a call during an important event, but the goal is to make that a rare occurrence. Once you start practicing both leaving your phones out of the equation, it will become second nature.

Good Luck,
Chloe

If you would like to be featured in the “Ask Chloe” section, you can submit your question to s1106449@monmouth.edu.

LAUREN DEMARCO CONTRIBUTING WRITER

I feel like my girlfriend is more into social media and her phone than me. She even looks at it when we’re around family or out on a date night. What do you think I could say to her, or do, to take her attention off of her phone without making her mad?

Sincerely, Anonymous

Dear Anonymous,

Believe it or not, this occurrence is more typical than you think. With the rise of technology, phones have increasingly become tools we use as social crutches, entertainment tools, and an outlet to relax. In any relationship, communication is key, so I would advise to talk this out with your significant other.

At first, it does not necessarily have to be a serious conversation; try suggesting a technology-free date and see how it goes. If you or your partner can’t abandon your technology all together for the night, try suggesting that you both put your phones on silent.

If you participate in this exercise with your girlfriend, she may be more receptive to the idea. After doing this try having a sit down later about how much you enjoyed being phone free for a couple of hours, and use it as a time to bring up your feelings. There will be times both of you have to use your phones, or take a call during an important event, but the goal is to make that a rare occurrence. Once you start practicing both leaving your phones out of the equation, it will become second nature.

Good Luck,
Chloe

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PHOTOS TAKEN by Cassandra Capozzi-Smith
**The Outlook Entertainment**

January 30, 2019

"Bruce Springsteen: The Journey" is a license-created exhibit at the University’s Guggenheim Memorial Library, is on display for students, faculty, and the public to explore. The gallery, which showcases the life and times of New Jersey rock star Bruce Springsteen, is an opportunity for fans and critics alike to learn about The Boss’s roots in our state and his rise right here in Monmouth County.

The project was supervised by specialist professor of public history Melissa Ziobro M.A. in the fall and officially opened Dec. 4.

When asked about the project and the process of putting it all together, Ziobro said, “The exhibit was a wonderful way for the students in my Museums and Archives Management Basics class to apply what they had learned in their textbooks and our class discussions.”

“It also shows the University community, and the general public, to get a glimpse of the diversity of holdings in the Bruce Springsteen Archives and Center for American Music,” Ziobro said.

Divided into six separate cases throughout the second floor of the library, the exhibit begins with Springsteen’s years growing up here along the Jersey Shore, then his inevitable take off into international rock and roll fame.

But this exhibit also provides guests the chance to experience and explore up close some of the written works, photographs, periodicals, and artifacts of Springsteen’s journey captured along the way.

For example, the first case of the exhibit, “Grown’ Up,” includes rare photographs of Springsteen and his family growing up in Freehold in the 1960’s. There are photographs of his father Douglas, his mother Adele, and one of his sisters Virginia.

Also included are early photos of Springsteen’s first band, The Castiles, playing in Sea Bright and posing outside the Café Who? in 1967. Greenwich Village.

The other cases of the exhibit include “Born in the U.S.A.,” “Musical Evolution,” “Influence,” “Fandom,” and, “Made in Monmouth.”

His story and evolution from small time aspiring musician, to major influence on American culture, to international fame, is captured from display case to display case. The exhibit emphasizes Springsteen’s role throughout the country and his role in other countries such as Spain, France, and beyond.

“Made in Monmouth” display case brings the exhibit full circle, because it not only shows The Boss’s ties deep in Monmouth County, but specifically his connections at the University.

For example, this case displays a photo of Springsteen playing an electric guitar on the steps of Wilson Hall in 1969, as well as a photo of Clarence Clemon’s Marine Park, Red Bank in 1976. Other documents and artifacts include a photo of Convention Hall, Madame Marie’s Psychic Booth, and the Stone Pony - all major staples to the foundation of his career.

Also on display are photos and documents about 7½ West End Court, the house right in Long Branch where Springsteen wrote the entirety of Born to Run - his third album which would later go on to sell six million copies in the United States.

These important pieces of Springsteen’s music and public career serve as a great reminder of the history begun and made right here in the Jersey Shore community.

Chapman, director of the Bruce Springsteen Archives at the University, from where all the photos and documents were chosen for display, spoke highly about the exhibit. Chapman stated, “We are always exploring opportunities to exhibit some of the unique items that we have in the Bruce Springsteen Collection.”

She continued, “Professor Ziobro’s students did an amazing job of identifying significant items and curating a comprehensive look at the life and career of Bruce Springsteen through this remarkable exhibit.”

“Up until now we’ve had to direct visitors to the Springsteen displays in the Grammy Experience Museum in Newark to find Springsteen, and much of music are overwhelmingly grateful to have this exhibit at Monmouth University,” Chapman concluded.

By the end of the exhibit, everyone - who believes in the Bruce Springsteen: The Journey” can agree that this is an experience into his life and career unlike any other.

Chapman, Ziobro, and students successfully produced a remarkable exhibit showcasing the life of The Boss that everybody can appreciate.

The exhibit will run indefinitely throughout the semester.

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**Watch Out!**

Facebook Watch is Changing Streaming

In a recent influx of easy-access streaming sites, Facebook has recently launched Facebook’s newest free extension, aptly named Facebook Watch.

2018 marked Facebook Watch’s first significant year. August 8, 2018, Facebook released a press release, “Watch launched to every country around the world.” Facebook Watch included videos from all Pages, and... debated dozens of Facebook Originals.

This video-on-demand service was first announced on Aug. 8, 2017 and advertised personalized video recommendations to users. Watch contains all Facebook pages and other popular websites to make their own viewing experience unique.

It has the YouTube and traditional TV component, becoming a competitor and regular TV shows to short clips on anything. In addition, there’s also the social aspect, where users can comment and react to different videos, and more.

The new concept of ‘content bundles’ was mentioned as a Watch feature, which would provide users packages of social media content related to their interests.

Since 2017, Facebook Watch has evolved from this imagined concept to a full, content-packed service with tens of millions of viewers. Facebook reports that “on average... 75 million daily visitors spend more than 20 minutes in Watch.”

Facebook Watch housed many popular licensed titles, including Buffy The Vampire Slayer, Buffy, and Angel. Danielle Scarnato, a senior communication major with a concentration in PR and journalism, agreed with Facebook’s original content. Although the market [is] already flooded with streaming services that individuals are devoted to, it can make sense for companies to invest in [Facebook Watch] since Facebook offers some of its own content that new viewers can be drawn to.

Some of Watch’s additions include a community live-viewing feature to incorporate group connectivity, regularly aired programs at scheduled times, and the ability for artists to apply directly to Facebook for the opportunity to create a new show in one of its streaming styles.

With an advantageous combination of new and recognizable content and widgets, Facebook has stepped in the direction to further their model of celebrity-headlined originals (with Jada Pinkett-Smith and Elizabeth Olsen, to name some stars), Facebook’s newest idea closely resembles Hulu, and YouTube.

Now that Watch is established as a fully-functional service, the question it’s facing is how to expand. This would be the heavy competition with media giants like Netflix, Hulu, and YouTube.

Alexi Nulle, a specialist in communication and faculty co-advisor of the University’s PRSSA chapter, commented on Facebook Watch’s rise and unique appeal to a streaming generation: “It’s an interesting topic because Facebook has a lot of users. They can use this to their advantage to reach a larger audience and drive content tailored for each individual.”

Nulle elaborated, “Facebook Watch can tap into an audience who doesn’t mind watching ad content in exchange for a free service. In my opinion, people don’t mind watching short and oversaturated content, and this is how they will retain their users.”

Facebook Watch’s content is free, with revenue made from ads and sponsorships. Users can also be more inclined to stay due to the snack-like nature of the watching experience. The aforementioned content bundles provide samplings of short and digestible media that encourage more engagement.

On a different note, Facebook is known for obtaining large amounts of data from its more-than-two-billion visitors, but it’s inherent advantage, but Facebook is notorious for data mining.

To many, Facebook Watch is still not in public knowledge because of its slow-developing, lower-profile release path. Facebook Watch’s recent security breaches, there is understandable skepticism in the way that the service will catalog viewer interests.

On the opposite end, there are perceptive those who are still interested in the future of the newly emerging service, and, judging by its exploding viewer numbers, it seems to be working towards a bright future for Facebook.

Nulle concluded, “So time will tell, but one thing which is a continuous trend is people craving the cable cord and opting for video streaming content.”

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**Springsteen’s “Journey” Takes A Stop at Monmouth**

**Erica Barbara**

Staff Writer

"Bruce Springsteen: The Journey" was compiled by the University’s students.

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LeBron James will take his talents to the movies in Space Jam 2.

RATINGS

1. Tool.
2. The Claypool Lennon Delirium.
3. Tony Iommi.
4. AC/DC.
5. The Wu-Tang Clan.

2019’s Most Anticipated Albums

The Lamb of God lead guitarist, and Timothée Chalamet, the talent alone shows big upside.

Keane Reeves has a war on his hands in John Wick Chapter 3...

Marnie, Saoirse Ronan, and Timothée Chalamet, the talent alone shows big upside.


The horror-adventure sequel to 2017’s It: Chapter 2.

2. The Who.
3. Tony Iommi.
4. AC/DC.
5. The Wu-Tang Clan.

2018’s Most Anticipated Albums

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2. The Claypool Lennon Delirium.
3. Tony Iommi.
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2018 was a monster year for music. With big releases from artists like Arctic Monkeys, Lil’ Wayne, and Sleep, to stacked pop tour de forces from Ariana Grande and Cardi B, 2018 will prove to be a tough act to follow. However, 2019’s new releases are plentiful and worthy of excessive hype.

LeBron James will take his talents to the movies in Space Jam 2.

Yes, Tom Hanks will play as Mr. Rogers for the children’s show’s 50th birthday. Last year we were graced with the incredible documentary on Mr. Rogers called, Won’t You Be My Neighbor? But can Hanks bring the same magic in this trip to the neighborhood?

LeBron James will take his talents to the movies in Space Jam 2.

Took the Audio for the children’s show’s 50th birthday. Last year we were graced with the incredible documentary on Mr. Rogers called, Won’t You Be My Neighbor? But can Hanks bring the same magic in this trip to the neighborhood?

If you feel a drastic shake in the ground, that could either be me heading over to Burger King for some dollar chicken nuggets or Godzilla’s return to the streets. 2014’s Godzilla was a spectacular monster movie particularly well received and one of my favorite coming-of-age films of all time. With a cast of Meryl Streep, Saoirse Ronan, and Timothée Chalamet, the talent alone shows big upside.

2017’s It: Chapter 2.

The Lamb of God lead guitarist

2018’s Most Anticipated Albums

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**MOMENTS AT MONMOUTH**

**LEFT:**
The School of Social Work celebrates graduate students as they will embark on experiential trips overseas. Photo courtesy of: School of Social Work.

**RIGHT:**
The Monmouth Cheer Team celebrating their placement as the ninth best team in the nation. Photo courtesy of: Monmouth Cheer.

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

**Deanna Dantas**
Senior
“My resolution is to say no to people who I break my back for and say yes to opportunities.”

**Christian Lombino**
Senior
“No, I didn’t make any this year.”

**Emily Marsh**
Senior
“I’m trying to be better with my emails and get a job because I’m graduating.”

**Nick Goranites**
Sophomore
“No; new year, same me.”

**Chris McKittrick**
Assistant Director of Counseling and Psychological Services
“I’m doing the Whole 30 Program, and I’m on day 21.”

Do you have a New Year’s Resolution? If so, what is it?

**Compiled by: Nicole Riddle**
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Long Branch, NJ 07740

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Red Bank, NJ 07701

23rd ANNUAL STUDENT EMPLOYMENT WEEK
APRIL 14th-20th, 2019

STUDENT EMPLOYEE OF THE YEAR

DOES YOUR STUDENT EMPLOYEE GO ABOVE AND BEYOND YOUR EXPECTATIONS?

DO THEY HAVE EXCELLENT LEADERSHIP SKILLS?

HAVE THEY MADE A POSITIVE IMPACT ON YOUR DEPARTMENT?

REQUEST A STUDENT EMPLOYEE OF THE YEAR NOMINATION FORM TODAY!

Email: aedmunds@monmouth.edu

Nominations due by: February 22nd

SUPERVISOR OF THE YEAR

DOES THIS SOUND LIKE YOUR SUPERVISOR?

• ENCOURAGES INITIATIVE

• IS A GOOD MENTOR

• MAKES YOU FEEL PART OF THE TEAM

• PROVIDES A QUALITY & CHALLENGING WORK ENVIRONMENT

REQUEST A SUPERVISOR OF THE YEAR NOMINATION FORM TODAY!

Email: sbrown@monmouth.edu

Nominations due by: February 26th

!!! CALLING ALL STUDENT EMPLOYEES !!! FEELING CREATIVE?

DESIGN A LOGO FOR THE FRONT AND BACK

SUBMIT YOUR ENTRIES TO STUDENT EMPLOYMENT BY FEBRUARY 26TH @ 5:00PM

WINNER WILL RECEIVE A GIFT CERTIFICATE TO (TBD)

AND RECOGNITION AT OUR ANNUAL STUDENT EMPLOYEE OF THE YEAR RECEPTION IN APRIL

DESIGN FORMAT: HIGH RESOLUTION JPEG FILE

Email T-shirt design to Sandy Brown, sbrown@monmouth.edu Deadline: February 26th

T-SHIRT LOGO CONTEST
YOUR FUTURE: MASTERCED

Information Session 2/13 @ 6:30 p.m.

REGISTER @ MONMOUTH.EDU/INFO

Continue your studies by pursuing a graduate degree at Monmouth University. Programs include:

- Addiction Studies
- Anthropology
- Business Administration (M.B.A.)
- Clinical Mental Health Counseling
- Communication
- Computer Science
- Criminal Justice
- Education
  - Teaching, M.S.Ed., M.Ed. and Ed.D. options
- English
- History
- Information Systems
- Nursing (M.S.N., D.N.P.)
- Physician Assistant
- Social Work
  - Traditional/Advanced Standing M.S.W.
- Software Engineering
- Speech-Language Pathology

Graduate scholarships available for eligible students.
Setting Sail on the Seas

What better way is there to learn about the culture of our coastal university than by joining the Monmouth University Sailing Team? Learn a skill that lasts a lifetime, travel up and down the east coast continent against other colleges and universities, and make new friends in the process! The MU Sailing Team has been a part of our university’s history for many years and is continuing to grow and thrive. The team consists of both beginners and lifelong sailors, which creates an environment that you cannot find on other collegiate teams.

Our team is open to sailors of all experience levels. There is both a co-ed and a women’s sailing team. Monmouth University owns a fleet of 18 Flying Junior (FJ) sailboats which were purchased through the support of generous alumni, benefactors, and local businesses. Having a large fleet of boats allows our school to host regattas in the fall and spring seasons and to compete in the practices with other collegiate colleges and high school teams.

We are a club team at Monmouth, and we aim to practice 3-4 times per week during the fall and spring seasons. Practices will resume around March. Dry land practices are dependent on weather conditions (too much wind, not enough wind, rain) but usually run about 1.5 hours. Members are encouraged to attend as many practices as they can. Beginner sailors will start off on the recreational team which means other team members will teach them the basics. Our goal is to eventually have recreational members traveling, competing in regattas and serving important roles as board members. We compete in 4-6 regattas per semester, primarily at other schools in our region. The Monmouth Sailing Team is different from the Monmouth University Sailing Team and it is not affiliated with the NCAA.

We are a member of the Inter-Collegiate Sailing Association (ICSA) and part of the Middle Atlantic conference. Our team is fortunate enough to practice only 10 minutes away at the Shrewsbury Sailing and Yacht Club (SSYC). The Yacht Club is generous enough to lend us the use of their facilities, including the club house, motor boats, and equipment to run thorough practices. SSYC club members also donate their time and experience to assist in running regattas in the fall and spring.

For the competitive team travel expenses are paid for through dues and by Monmouth. This includes hotel, food, and transportation. Please email Captain Katie Foley at s064847@monmouth.edu. Members will not be required to purchase sailing gear or pay dues until they are certain they want to be part of the team.

Monmouth’s fleet of sailboats being prepared for a day on the surf.

Sail and Paddle

Our team is also open to people of all experience levels. Whether you are a part of this organization or not, we encourage everyone to come out and paddle around. Beginners are welcome! We host practices with other local teams during the fall and spring seasons. Practices will begin around March. Practices are 1-2 times per week during the fall and spring seasons and 3-4 times per week during the summer season. Practices are open to all sailors.

Our goal is to ensure that everyone is comfortable in the water and learns the basics of the sport. If you are interested e-mail us at s1935358@monmouth.edu or meet us on Wednesdays in JP 138 at 3 p.m.

Sailing is fun and a great way to get exercise. It is a sport that can be enjoyed by all. Come out and have fun with us! If you would like to learn more about the team or how to become involved, please contact Ali Nugent at s1052751@monmouth.edu or outlook@monmouth.edu.

Photo credit: Veronica Lane

Club and Greek Announcements

WMCX

We are a student-run radio station, and we’ve been Rockin’ the Shore since 1974. Learn how to operate the studio’s machinery, make connections, and host your own show! Meetings are held every other Wednesday in Plan- gere 236 at 3:15 p.m.

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 s0933548@monmouth.edu or meet us on Wednesdays in JP 138 at 3 p.m.

The Outlook

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. For more information, or any ques- tions or concerns, contact Lauren Myers at s112749@mon- mouth.edu.

The Outlook is looking for students interested in writ- ing 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 s1205751@monmouth.edu or outlook@monmouth.edu and come to our office in JP 260. We hope to see you soon!
How to Be Your Best Self in 2019

ERIN CROSBY
CONTRIBUTING WRITER

The spring semester has just begun, but here are some easy tips to make it your best semester yet.

Wake up to a song that makes you smile.

From personal experience, I’ve learned that it’s almost impossible to wake up to an alarm that doesn’t fill your body with dread. Plus, the winter time is even worse since the sun rises later in the morning and nobody should have to wake up before the sun does.

However, by setting your alarm to one of your favorite songs, it softens the pain of waking up to attend your responsibilities, whether that be to go to work, class or basketball practice.

Using songs with happy lyrics and a calming melody so the light bulb in your head is peacefully turned on and the first thing you wake up to is something positive.

Evans Orsini, a freshman biology student, follows this idea by listening to music throughout the day to stay up-bet and energized in between classes. He keeps IPs on the zone and helps me focus on my homework.

Wear something that screams confidence (even if your friends think it’s silly).

Over-sized sweatshirts are always welcome, and nobody plans to see you in those magnificent, portable blankets. However, in order to perform your best, you must feel your best.

Spring 2019 can be your best semester ever if you follow these eight simple tips for success.

You can accomplish this simply with a necklace, a jean jacket or a new pair of pants. Dressing up with a scarf and some mascara to easily feel confident and like something as simple as washing your face the night before will work by clearing up your skin and creating a natural glow.

Morgan Sottung said, “My resolution is to just keep doing what I’m doing. I always stay dedicated, I always stay positive, I’m always dedicated, I manage my time, I do what needs to be done first, prioritize my work, keep organized, and just make sure everything gets done on time.”

There are ubiquitous ways to work on self-improvement, but keeping a positive mindset should undoubtedly be the leading resolution of the new year. With positivity comes new opportunities to grow and learn. Sparks of positivity come naturally.

For example, Susan Stever, a professor of literature and composition, suggests annotating reading assignments as a good way of keeping track of the course material.

Highlighting, underlining, circling and utilizing the margins for notes helps to better understand the text. “It is important to attend regularly in order to follow these guidelines,” Stever said.

Start off the semester by participating so you do not get stuck in the labyrinth of being too shy to stay quiet throughout the class period.

Set a goal for yourself to ask one question or make one correct grammatical spotting and you’ll find you speak up more than that. The more often you do it, the more comfortable and relaxed you feel. Just like anything, it takes practice.

Exercise is a must that will refine every single aspect of your life. It allows your brain to absorb material easier and concentrate longer as well as boosts your mood and energy. You will find waking up early in the morning is much easier to swallow, confidence is in surplus and learning comes much more naturally.

Tips for Making This Your Best Semester

ERIN CROSBY
CONTRIBUTING WRITER

The spring semester has just begun, but here are some easy tips to make it your best semester ever if you follow these eight simple tips for success.

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Make time for breakfast.

It’s easier to function after you’ve eaten, and we don’t want to be grumpy because we’re headed from lack of calorie intake.

Give a yogurt or a banana on the way out the door and it will make a difference. Eggs, oatmeal or peanut butter on toast are some of the best ways to focus on what we need in order to thrive in the new year. Self-confidence is the fertilizer that will allow us to grow in 2019, giving us opportunities to reach our comfort zone.

Sottung continued, “I’ve always been open to new experiences. I’ve always been willing to put myself out there to them. So, my resolution is to put myself out there more and really get out of my comfort zone.

The key to finding self-improvement through resolutions is consistency. Freshman English major Morgan Sottung said, “My resolution is just to keep doing what I’m doing. I always stay positive, I’m always dedicated, I manage my time, I do what needs to be done first, prioritize my work, keep organized, and just make sure everything gets done on time.”

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How to Combat the Winter Blues

AMANDA BALESTRIERI  
STAFF WRITER

As we are slowly moving into the new year, there are many changes developing in most aspects of our lives. One of them happens to be changing the clocks back. Daylight savings time is over, which brings on a widespread and severe epidemic: the winter blues.

For many, the cold weather combined with the added darkness can cause feelings of sadness and a lack of motivation. However, there are several ways to get back into your usual groove and most of them can be done by a simple change of habits.

While it seems really obvious, opening curtains and blinds will instantly allow more sunlight to shine into the room. Being in a bright space has a direct correlation to our moods because our minds perceive certain colors to be connected to certain behaviors.

The quickest and most relieving way to release sad energy from the winter is by focusing your mind on something else. Bury your head in a book, whether it is a physics book for class or a novel by your favorite author. Reading is an amazing escape and can help you to relax your mind as well as re-adjust your focus on other parts of the world.

Another speedy solution is to listen to your favorite playlist. Spotify makes personalized playlists so if winter jams and slow songs are not your thing, there are plenty of summer songs to listen to. This will definitely cheer up someone who is stuck in winter.

If you enjoy reading in the dark watching Netflix, that is okay too. This is because of an upcoming trend called a Himalayan salt lamp. Aside from being fashionable and aesthetically pleasing, these lamps absorb indoor air pollutants.

During the cold months, when your air circulation is limited, these lamps are a stylish alternative. They are great for dorm rooms, desks or bedroom night tables. Wherever they are placed, they will definitely be fashionable and promote a positive energy to the room. These lamps can be purchased from Bed Bath & Beyond or even household stores such as Home Goods for under $25, depending on their size.

Kaitlyn Hogan, a freshman psychology student said, “I love curling up and watching a movie with some good snacks, friends or family and cozy socks, candles or blankets.” These are winter staples in which you can never go wrong. The scents that candles give off can transport the mind into their scent, blocking out the sadness that comes along with the winter blues.

For example, a “fireside” candle could be perfect enough to fill the mind with related thoughts, instead of those to the cold and dark winter season. The comfort from friends and family can also help you relax. “We had less incidents in 2018, such as burglary, robbery, sexual assault, and that’s what we are going to keep moving forward,” he said Venezia. Speaking of good snacks, the Student Activities Board is hosting a New Year’s Eve party to the Hot Chocolate Festival. I do not think anything can combat winter sadness more than hot chocolate. At just $10, you can be bussed into the city with friends to enjoy this great event! Being with friends and sipping cozy yummies treats definitely help lighten up the mood for winter.

Shannon Lawrence, a senior music industry student and the travel and tour/concerts chair said, “I’m so excited for this trip! It should be fun for all the students that are planning on going. We want them to have a fun, stress-free day in NYC.”

Taking vacations is not just a Spring Break thing. There are so many places that you can visit for a weekend getaway to go snowboarding, skiing, and tubing. Locally, Mountain Creek Water Park located in Vernon, a town at the North tip of Jersey, is most known for tubing and other snow activities. They also provide lessons and no specialized equipment is required. This is a fun and local getaway spot to relax with friends or family while also enjoying the outdoors.

If you are looking to travel, the Camelback resort located in Poconos, Pennsylvania is famous for skiing, which is Lisa Bach’s, the secretary of the School of Education’s favorite activity. Skiing helps is a great form of exercise, and an excellent resource for the mind and body. Bach said. Physical activity helps the body to release energy and releases endorphins, which is proven to put you in a good mood.

Hopefully you can kiss winter sadness goodbye with the help of these tips. Have a safe and happy rest of winter.

Himalayan salt lamps absorb indoor pollutants, making them a great way to fight the winter blues.

Alumni Spotlight: Michael Venezia

LOWELL KELLY-GAMBLE  
CONTRIBUTING WRITER

When you think of home, it is a place that’s relied on for comfort, equality, and growth. Lifelong Bloomfield resident and a Monmouth alum, Mayor Michael Venezia, makes sure his town is prepared for everyone to feel welcomed.

As any newcomer in politics, Venezia had to get his feet wet during his first year in office. “We’re trying to build upon at every access point whether it is by train, bus, and then we have our car, bus, train, or light rail. Newark, you can get there by car, bus, train, or light rail. You can get to New York City by train, bus, and then we have all our access points whether it’s the Garden State Parkway, Route 46, and Route 3. Bloomfield has a midtown direct train into New York City so we’re trying to build upon attending citizens coming into the city,” said Venezia.

As a city, you must face obstacles in order for you to strengthen your ability as a politician and your town. Three of these obstacles that Venezia comes across is property tax redevelopment, and poverty.

Venezia finds that over the last five years since he became mayor, there has been a total transition on the council for the better. “We have a young diverse group on the council that recognize long term residents, but we also want to see Bloomfield grow to a point where we’re blossoming for the future,” he said Venezia. Venezia also makes sure a vast police force is available within the town. By having a force of 125 officers and more women being in the rankings, crime began to decrease over time. “We had less incidents in 2018, such as burglary, robbery, sexual assault; such as class one or class A crimes, then we did back in 1999. We are becoming a model police department for the state,” Venezia said.

Venezia later began working as Projects Director for former U.S. Senator Frank Lautenberg for over five years. When Lautenberg passed away, Venezia went on to work for Essex County and the County Administrator’s office as an assistant administrator and is currently the Director of Human Resources for the Essex County Schools of Technology.

Venezia believes that Bloomfield has an advantage over other towns throughout Essex County and the state, based off the close proximity. Five miles from Newark, NJ; 11 miles from New York City, and five redevelopment projects which will begin construction in 2019. “You can get to everywhere within minutes from living in Bloomfield. If you are in Newark, you can get there by car, bus, train, or light rail. You can get to New York City by train, bus, and then we have all our access points whether it’s the Garden State Parkway, Route 46, and Route 3. Bloomfield has a midtown direct train into New York City so we’re trying to build upon attending citizens coming into the city,” said Venezia.

Mayor Michael Venezia of Bloomfield, NJ is just one example of Monmouth alumni success.
Women’s Basketball Snaps Losing Streak with Two Wins

MATT DELUCA
STAFF WRITER

Women’s Basketball won their second game in a row on Saturday afternoon, defeating Niagara 76-54 at the OceanFirst Bank Center, improving to 7-11 on the season and 3-4 in conference play.

Freshman forward Lucy Thomas led Monmouth with 19 points while junior forward Alexa Middleton scored 17 points and corralled 15 rebounds. Junior guard Sierra Green was the third and final Hawk in double figures, contributing 15 points.

Monmouth started strong off the tip, scoring the first seven points of the contest, including five from Green, which resulted in a Niagara timeout just 1:50 into the game. The Purple Eagles responded with a 12-point run of their own to tie the game with 6:12 remaining in the opening quarter.

The Hawks countered with 12-straight points to jump out to a 19-7 lead with 3:32 on the clock, and ended the first quarter leading 27-10. Saturday’s first quarter was the highest-scoring quarter of the year for the team.

A layup from Middleton and a three-point shot from Thomas expanded the Monmouth lead to 32-10, as they held Niagara scoreless for almost six minutes of the second quarter. The Hawks led by as many as 23 points in the frame, but Niagara closed the half on a 6-0 scoring run to make the halftime score 39-22.

Monmouth continued their push in the second half, as they outscored Niagara by points to take a 57-33 lead into the final ten minutes. The Purple Eagles held two point advantages in the fourth, outscoring the Hawks 21-19, but Monmouth was able to close out a 22-point victory.

“It was by far our best performance to date,” said Head Coach Jody Craig. “We started off hot and never gave it back, which is a good feeling.”

For the game, Monmouth scored 17 of their 19 points in the first half, including 15 of their 22 points in the final 20 minutes of the period.

Junior guard Diago Quinn finished with 12 points. Senior forward Melik Marquel’s double-double was marked the 15th time in 18 games that she reached double figures in scoring. Her four three-point shots increased her season total to a conference-leading 65 points. Green was named Metro Atlantic Athletic Conference (MAAC) Player of the Week for her efforts.

The victory was the second-straight of the week for the Hawks, as they defeated Canisius 67-61 on Thursday night at the OceanFirst Bank Center. Green had a game-high 22 points and junior guard Emani Clough had 12 points off of the bench.

The Hawks trailed by as many as nine in the third quarter after Canisius began the second half on a 10-0 scoring run. Monmouth responded by scoring 12 of the next 14 points to take a 40-39 lead late in the third.

The teams traded leads in the fourth quarter, as Monmouth went up again 56-55 with 5:06 remaining on a Green shot. The Hawks hit four free throws to clinch the victory, snapping a four-game losing streak.

“I think we were a little loose on the defensive side, and we were really trying to break that,” Craig said. “At this point in the season, this win is as big as it gets.”

Monmouth will play the final game of their four-game home stand on Sunday afternoon, as they host Quinnipiac. Tip-off is scheduled for 7:00 p.m. on ESPN+ and WMCN 88.9 FM.

Men’s Basketball Falls Twice in Buffalo Road Trip

ZACH COSENZA
EDITOR-IN-CHIEF

Men’s Basketball lost twice in their Western New York trip, first to Canisius 80-66 on Thursday night then to Niagara 75-48 on Saturday afternoon.

On Saturday, the Hawks went into the halftime with the 23-22 lead, but were outscored 33-25 in the second half.

“It was not our day... in the first half, we guarded but certain guys we got right now want to do their own thing,” said Head Coach King Rice.

A defensive first half saw Niagara lead by as many as eight after they hit a three midway through the first, making it 19-11 Purple Eagles.

The Hawks answered with the next eight points, with four different players contributing. Niagara took the lead back with a corner triple, but MU netted a final first half point to make it 21-17 at the half.

“New York is a different place. We just didn’t come out of the locker room. That helps sometimes … those guys came out on fire and we didn’t,” KING RICE
Head Coach

After a back-and-forth first few minutes of the second half, sophomore forward Melik Marvin hit a three to give the Hawks an eight-point lead. Shortly after, Niagara went on a 14-1 run to tie a 12-point lead. The Purple Eagles went up 20 with 2:31 to go on Barton’s corner triple, and went on to win 75-48.

For the game, Hammond finished with 12 points. Senior forward Diago Quinn finished with eight points and seven rebounds.

On Thursday, the Hawks lost to Canisius 80-66, ending a four-game winning streak for Monmouth.

“It was a good game until halftime, and then we just didn’t come out of the locker room,” Rice said. “That happens sometimes … we was a very physical game and there were lots of fouls called to start the second half which kind of set the tempo and those guys came out on fire and we didn’t, that’s the game.”

Sophomore guard Ray Salisbury had 12 points in his win over Niagara on Saturday afternoon.
Men's and Women's Swimming closed out their regular season schedules with losses to the New Jersey Institute of Technology and Sacred Heart, respectively, on Saturday afternoon in Fairfield, CT.

„We weren’t perfect today but I was pleased with the way everyone raced,“ said Head Coach Matt Nunnally. „We have some details to clean up in the next few weeks to be at our best for the MAAC (Metro Atlantic Athletic Conference) Championships.“

Men's Swimming fell to NJIT by a score of 151-137, finishing their season with a record of 6-5. Freshman Callan Smith led the way with two wins, putting him at a total of thirty this season. He finished the 200-yard backstroke in 2:00.24 and the 500-yard freestyle in 4:59.79. Smith was also a part of the team that faced the 200-yard freestyle relay, tying a school record and setting new pool and season records.

Women's Swimming won their last event of the year with a 143-25 victory over the Iona Gaels. They scored a total of fifteen wins for the season. Senior Darius Howe also performed well in Pennsylvania with an impressive 48.75 triple jump which was good enough for a third-place finish. Other top Hawk performances included juniors Ryan Rafferty and Mariah Hubbard, who finished sixth and fifth in their respective events.

Freshman James Hoffman placed third in the 1000-meter run with a time of 2:35.9. The women's 4x400 relay capped off a solid day as sophomores Michele Daniels and Natalie Tavares teamed up with freshmen Nancy McGrath and Keelyl Cummings to win the race with a time of 3:40:05.9.

Next week will be another split squad meet for the Hawks with one group traveling to Boston, MA on Friday to compete in the Crimson Elite Meet at Harvard and then Boston University for the Scarlet & White Invitational on Saturday.

The other Monmouth group will head to the Ocean Breeze Athletic Complex in Staten Island, NY to battle in the Villanova Invitational on Saturday.

UPCOMING GAMES

Thursday, Jan. 31
Men's Basketball vs Siena
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.

Friday, Feb. 1
M/W Track & Field
Crimson Elite Meet
Cambridge, MA 2:00 p.m.

Women's Basketball vs Quinnipiac
OceanFirst Bank Center
West Long Branch, NJ 7:00 p.m.

Saturday, Feb. 2
M/W Track & Field
Scarlet & White Invitational
Boston, MA 7:00 p.m.
M/W Track & Field
Villanova Invitational
Staten Island, NY 7:00 p.m.

Men's Lacrosse at Drexel
Philadelphia, PA 11:00 a.m.

Men's Basketball vs Rider
OceanFirst Bank Center
West Long Branch, NJ 2:00 p.m.

Sunday, Feb. 3
Women's Basketball at Fairfield
George Boockey Court at Alumni Hall
Fairfield, CT 2:00 p.m.

Men's Tennis vs Wagner
Little Silver Tennis Club
Little Silver, NJ 4:00 p.m.

*conference games

Swimming Ends Regular Season with a Pair of Losses

Mark D'Aquilla
ASSISTANT SPORTS EDITOR

It was a record-breaking weekend for Track and Field as the women’s distance medley relay (DMR) team achieved a school-best time at the New York Armory and senior Kyle Mueller broke the 5000-meter record at Penn State.

The Hawks participated in three different events this weekend: the Dr. Norbert Sand- er/Columbia Collegiate Challenge in New York, NY, it was the Monmouth women who stole the show with a second placed finish in the DMR after putting a time of 11:15.64 on the board, which topped the program’s all-time record. The team consisted of senior Bri- anna Straat, junior Naomi Mi- randa, senior Chandi Piiru, and graduate student Allie Wilson. “We had some tremendous starts to the week - we were pleased with the way everyone raced. “We weren’t perfect today but I was pleased with the way everyone raced.”

Evans McMurry
SPORTS EDITOR

Graduate student Allie Wilson was a part of Monmouth’s record-breaking Distance Medley Relay (DMR) team, who beat the school’s previous best time by a full ten seconds last weekend. The last event of the weekend was the Cornell Kane Invita- tional by over five feet. The women’s DMR was a highlight by junior Brandon Showmaker also found the women’s distance medley relay (DMR) team, who beat the school’s previous best time by a full ten seconds last weekend.

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Junior guard Sierra Green put up four threes against both Canisius and Niagara, tallying 37 total points in the two wins as she went on to be named MAAC Player of the Week.