Graduate School Adds Two New Degree Programs

The University's Office of Graduate Studies are approving two new graduate programs for launch this year; the Master of Science in Athletic Training (MSAT) and Master of Arts (MA) Master of Fine Arts (MFA) in Creative Writing.

The MSAT will have its first cohort beginning in June 2019 while the MA/MFA in Creative Writing will launch in fall 2019.

Melissa Febos, an associate professor and Graduate Program Director for the MFA in Creative Writing said, “This new program will allow us to keep our most talented undergraduates and to share everything that our faculty and Monmouth University has to offer with writers.”

She also explained that the program is ideal for writers who seek a close-knit, creative and academic community that will support them throughout their careers.

Christina Merckx, Ph.D., an associate professor and Athletic Training Chair, will lead the new MSAT program.

Michael Palladino, Ph.D., a biology professor and Vice Provost for Graduate Studies, said, “For the Athletic Training (AT) programs, we were fortunate to hire Dr. Christina Merckx, an experienced AT who led the curriculum development and facilities design process.”

According to Febos, the new MFA courses will include an advanced craft seminar, an internship seminar, and a year-long creative thesis course in which students are encouraged to finish a book-length manuscript.

The MFA will require students to complete 18 credits, but they must first complete the MA in English for Creative Writing.

This will allow students to earn a dual degree in the MA/MFA. There is an option for students to enroll in a five-year Masters program.

The MSAT program has an option for students to complete four years to obtain an undergraduate degree in biology or health studies and then another two years for the MSAT. It will require students to complete 60 credits.

In the program, students will learn about six “strands” or themes in areas of athletic training that are required by the Accrediting body.

“Our hope is that our MFA graduates leave the program confident in their voices as artists and their paths as writing professionals,” said Febos.

“When they leave Monmouth University, they will be ready to begin pursuing publication of their books and full-time positions in publishing, teaching, and professional writing.”

Febos’ experience as a published author and being the recipient of an MFA, herself informed the design of this new program. She is excited that...

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OUTLOOK.MONMOUTH.EDU February 6, 2019 VOL. 91 No. 13

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Tashir Hampton, Assistant Director of Student Activities, to celebrate and honor Black history in America.

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Leahy hosts Press Conference

President-elect Patrick Leahy, Ed.D., hosted a student media event as a way of connecting with student leaders in the Rebecca Stafford Student Center on Wednesday, Jan. 30.

The interviews took place in room 202A in the Rebecca Stafford Student Center.

In attendance were student members from WMCL, HawkTV, The Outlook, the Black Student Association, the Student Retention Team, and Student Ambassadors.

Leahy asked the student representatives in attendance about their academic club involvement, and their experience at Monmouth.

The press meeting was arranged by John J. Christopher, J.D., Vice President and General Counsel, and Mary Anne Nagy, Vice President for Student Life and Leadership Engagement, in order to create an opportunity for student representatives to meet with Leahy.

Aaron Fargason, Ph.D., Chair of the Department of Communication and an associate professor of communication, was tasked with advertising the event...

LEAHY cont. on pg. 2

PHOTO COURTESY of Monmouth University

PHOTO COURTESY of Haley Gasparine

President-elect Patrick Leahy poses with student media Haley Gasparine at press conference.

University Celebrates Black History Month

LOWELL KELLY-GAMBLE CONTRIBUTING WRITER

The University began the celebration of Black History Month by hosting a performance of King’s Dream, presented by Key Arts Productions, in Pollak Theatre on Wednesday, Jan. 30.

The performance is a multi-media live presentation that offers a moving tribute to Dr. Martin Luther Jr., the Nobel Peace Prize recipient who led America’s peaceful revolution for equal rights for all during the Civil Rights era. It tells the story of an American civil rights movement that is dramatic, powerful, and inspirational.

The Key Arts Productions of Philadelphia explains that in the performance, “The Civil Rights era is explained and comes alive with songs, thought provoking live commentary, and captivating integrated video projection in this innovative traveling performance piece.”

Events throughout the month will be coordinated by the Monmouth University Black Student Union and Tashtir Hampton, Assistant Director of Student Activities, to celebrate and honor Black history in America.

“What I like students to get out of this event is the notion that the struggle still goes on, the fight for civil rights still goes on, and that Dr. King can and has inspired us all to keep up the fight and work together for peace,” said Joseph Patter

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PHOTO COURTESY of Monmouth University

PHOTO COURTESY of Haley Gasparine

President-elect Patrick Leahy poses with student media Haley Gasparine at press conference.

PHOTO COURTESY of Monmouth University

The University’s Graduate School will be adding two new Masters degree programs, beginning later this year.

PHOTO COURTESY of Monmouth University
Students Meet Frank Pallone in Asbury Park

NICHOLAS COSCARELLI SENIORNEWS/POLITICS EDITOR

Students joined local elected officials and members of Monmouth county to meet with New Jersey Congressman Frank Pallone, Jr. at the high Voltage Cafe in Asbury Park last Saturday, Feb 2.

The event, "Coffee with Congressman Frank Pallone Jr.," was hosted to celebrate Pallone’s newly appointing position to Chairman of the House Energy and Commerce Committee, which is one of the most powerful and prestigious committees in the U.S. House of Representatives.

The Monmouth County Young Democrats, Asbury Park Young Dems and the Asbury Park Democrats, in accordance with the Monmouth University College Democrats, hosted the event on campus, all helped to coordinate the affair.

Students included Eric Houghtaling, who represents New Jersey’s 11th legislative district in the State Assembly, was also present at the event last weekend.

“I greatly appreciated the opportunity to discuss many of the pressing issues facing our state and our country, and I thank Congress Pallone for his dedication to his district and his accessibility to his constituents,” he said. “I am excited to see so many young people getting involved in politics and government, and encourage them to continue working to improve their communities and our State.”

Landon Myers, a senior political science student and President of the Monmouth University College Democrats, said that the event was very successful.

“We were able to ask Congressman Pallone questions and hear about the process of Congress and a lot of the issues he was going to focus on in the next session,” he said.

Landon noted, “One of Pallone’s biggest talking points was the aspirational policy goals he supports, but having to take a pragmatic approach because Democrats only control the White House.”

“Congressman Pallone was excited to hear that Monmouth University finally has a Democratic Club on campus,” said Kayson Paul, a senior political science student and Outreach Coordinator for the Monmouth University College Democrats.

The Monmouth University College Democrats hope to plan more events with legislatures, lobbyists, and public interest leaders in the near future.

Furgason explained that his goal is to ensure the University becomes more involved in its community.

“In my experience the University is focused on increasing the diversity and inclusion on campus and making sure that students enrolled feel welcomed and a part of the community.”

“Congress Pallone was excited to hear that Monmouth University finally has a Democratic Club on campus,” said Kayson Paul, a senior political science student and Outreach Coordinator for the Monmouth University College Democrats.

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60’s and even today. The program is hoping to inspire young people here at Monmouth to make a difference. February celebrates the sacrifices and achievements of African-Americans from the past to present. This commemoration includes individuals and organizations such as the Black Panther Party, the National Association for the Advancement of Colored People (NAACP), Rosa Parks, Malcolm X, Jackie Robinson, Muhammad Ali, Martin Luther King, Jr., among many others.

Hampton believes that the University is focused on increasing the diversity and inclusion on campus and making sure that students enrolled feel welcomed and a part of the community.

“In my experience the students I have talked to do not feel welcomed or safe. A lot of them being club leaders, at least that I talk to are really passionate about putting on these programs. We want to make sure that every student, regardless of their background feels welcomed, supported, and represented,” he said.

Zoriah Fowler, a senior social work student and President of the University’s Black Student Union, felt that the importance of this event on campus would remind students in a predominantly white community that the dream still is a work in progress.

“There is still injustice, discrimination, and racism prevalent all over the country and we need to be reminded that we have to work harder than other institutions to ensure that the students who attended understand that this isn’t a place where that behavior should be tolerated,” she said.

“Recognizing Black History Month at Monmouth University, and anywhere else in the U.S. is important because it allows us to tell our history,” Lloyd stated. “I want students to reflect on where they are in life and to know that if it is no where they want to be, today was the day to get closer to their goals.”

The Black Student Union is currently working with the Student Activities Board to create more events throughout February and still lower the African American flag at the end of the month.

Student Media Meet with President-elect Leahy

LEAHY cont. from pg. 1

media outlets to notify them of the event. Furgason said that he believes that it’s important for all faculty to be involved with students on campus and noted that it seems that Leahy is committed to doing so.

“I think it’s great that Leahy is engaged prior to coming in in August, with every level of the university. Obviously, the students are the most important part, but also the faculty and administrators,” he said.

Furgason continued and said that the newly elected president wants to speak directly to leaders on campus, showing that he is engaged in the full life of the University.

“He (Leahy) is obviously interested in the college’s operations facility; the students. He wants to speak directly to them, instead of going through faculty members or administrators,” he said.

After student introductions, Leahy returned the favor. He related how an English class taught by his university president at Georgetown inspired him to become an administrator. He went on to discuss his passion for fund-raising, which he was told by the University’s Board of Trustees was one of the reasons he was fit for the position.

“I’ve done a lot of fundraising in my professional career and I actually enjoy doing it,” said Leahy. “It can be a very meaningful thing because to sit down with someone who’s done very well financially and help them find something meaningful for them to invest in.”

Leahy explained that his goal is to encourage the University becomes that investment. He stated that he believes that there is great work being done on campus which the student leaders “testimonials” point towards.

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GRADUATED, cont. from pg. 1

Monmouth students will now be able to follow a career path that will serve them well.

“Means a lot to be able to offer our students the best of what I learned in the field and in my own educational background,” said Febos. “Nurturing developing writers and sending them succeed is one of the most rewarding parts of my job.”

Palladino said, “We have a very talented, award-winning group of English faculty members to build the MFA around. Graduate Program Director and English professor Kristin Blumel, Ph.D., Professor Febos, and myself, along with the department developed an innovative curriculum that bridges our existing MA and track in creative writing into the MFA, thus allowing students to complete at a faster and with less credits.”

Palladino gave high praise to the athletics program, saying that the size, quality, and facilities were a positive factor in introducing the MSAT. He also gave praise to Marilyn McNeil, Ed.D., Vice President of Athletics, and Simon Rosenblum, ACU, Associate Athletics Director/Sports Medicine, for their work in creating the MSAT.

“Students in the program will have excellent opportunities for field clinical work within Monmouth athletics, at local schools, and with local minor and professional athletics organizations,” said Palladino. Peter Minsavage, a senior health studies student, would be interested in the new MSAT. “As a health studies major, I would find this program perfect for me because of all the knowledge I have taken in at Monmouth,” he said.

Minsavage gave credit to the classes he is taking for preparing him to potentially become involved with a program like this. “To be a young trainer, I feel like the athletes would understand and trust with what I am doing with them,” he said. According to Palladino, the need for these new programs was created by student demand, marketing demand, and faculty expertise. “In considering new programs, both MSAT and the MFA emerged for several reasons including local, national, and international demand for graduates of these programs and an insufficient number of programs offered by local colleges and universities,” he said.

To determine that the University could create these programs with a high level of success, external experts visited campus to evaluate a number of proposed programs (faculty, facilities, resources, curricula, etc.). “One priority of the Monmouth Strategic Plan is to focus on these programs which, in part, will help us create new opportunities for students and enhance our reputation as a university,” said Palladino.

He concluded, “Such programs will attract new students to the university and in turn we’ll educate professionals who will have very meaningful impact on the athletes in their local communities.”

If students are interested in enrolling in these programs, they can contact Melissa Febos (MBA) at mfebos@monmouth.edu, Dr. Christine Merckx (MSAT) at cmerckx@monmouth.edu, or Graduate Admissions.
Today, all over the news you might see or read about another person tragically dying from an opiate related overdose. According to the National Safety Council, you are more likely to die from an accidental opiate overdose, in 96 deaths, than a motor vehicle accident, 1 in 103. This is the main trend in recorded history that opiate overdose became the leading cause of death in the U.S.

In Monmouth County, we might see this more when compared to the rest of the state. In New Jersey, Monmouth County has three towns that have the top 30 most heroin overdoses in the state which include Middletown, Asbury Park, and Keansburg, according to the New Jersey Department of Health.

An opiate is a substance that acts on opioid receptors to produce morphine-like effects. Medically they are primarily used for pain relief, including Fentanyl and Vicodin. Heroin is a form of an opiate that most commonly used for pain relief, and can lead to cardiac failure, low breathing, unresponsive ness, and can lead to cardiac arrest and death if left untreated.

Some editors at The Outlook know people from their childhood who either are addicted to an opiate or have tragically died from an opiate related overdose.

“I know of a couple of people in my high school class who have been killed by overdoses on heroin. My town is still grappling with the epidemic,” one editor said, “I know countless people that I grew up with that either currently are addicted to heroin or another opiate, and some that even overdosed and died from it. It is almost a numb feeling at this point, it is that common.”

The problem also affects some celebrities, like Demi Lovato, Robert Downey Jr., and Robin Williams to name a few. Some editors feel that celebrities can make the epidemic seem worse, but they know it is part of the epidemic. “I think that it does negatively affect it. I think people think if celebrities can do it, anyone can or if a celebrity is using, then why can’t they,” one editor said.

“I think that celebrities overdosing does affect the epidemic as a first time user, if people, see celebrities getting involved with drugs like hero, they could think this is what they can as well. Many celebrities, deserving or not, are looked up to as role models and some people might think that it is okay to do the things that they do, regardless of the consequences,” another editor added.

If you go on social media when someone overdoses on drugs, you can see two sides to it. Some people feel bad for them and wish they could beat the addiction, while others might say negative things about it, that they started it themselves and it is their fault for the addiction.

One consensus among editors is that they feel bad for people who overdose. “I feel a great deal of empathy toward those that are dealing with drug issues because a lot of people don’t understand the power of the addictive personality as well as being in an environment where there might not be better choices available to them,” one editor said.

Another editor said “I absolutely feel bad for people who overdose. Something that people seem to forget is that addiction is a disease, just like anything else. We need to be sympathetic and be supportive toward those who are struggling, not dismissive.”

Naloxone, or the more common brand name Narcan, is a way to treat a narcotic overdose that emergency personnel can administer. Narcan can be bought at any pharmacy in some states, including New Jersey. Some feel that Narcan, when used multiple times on one person, makes it so that addicts don’t take steps needed to try and cure their addiction. “I think that first responders need to help them because every life is precious and at the end of the day it is their job,” one editor said.

One editor, who is an Emer gency Medical Technician (EMT), said “Whenever I re vive someone who overdoses, I try and try and try be cause of what they did, they could have died if it wasn’t for Narcan. Sometimes the next time, they might not be so lucky, and I try to tell them to look up to as role models and try to fight the addiction.”

Another editor added their thoughts on first responders who treat repeat patients. “I would think the best strategy to approach this would be a two-strike policy. An over dose patient is given Nar can once. If a second strike happens, Nar can again. But their chart should indicate that they were administered and if their second strike is up, do not revive them for the addiction.”

Here at Monmouth, the University has the Office of Substance Awareness. According to the office, they offer students alcohol and other drug related information, prevention, assessment, short and long-term counseling and referral services. A full-time licensed clinical alcohol and drug counselor is located in the Health Center. The counselor assists students with a substance abuse problem or those who are concerned about someone who does by providing guidance and information

Confidential appointments can be made Monday through Friday between 9 a.m. and 5 p.m.

If you or someone you know suffers with substance abuse, please call Su anne Schaad, LPC, CSAC, Sub stance Awareness Coordinator, at 732-263-5804 or send e-mail to substanceawareness@ monmouth.edu, or call the National Drug Helpline at 1-888-633-5221.
UPCOMING SHOWS

JAN 31
KONGOS
W/ SPECIAL GUESTS FITNESS

FEB 2
THE JUKEBOX CRIMINALS
W/ SPECIAL GUESTS

FEB 7
A CELEBRATION OF JAM BANDS

FEB 8-10
WINTER BIG GIG
PRESENTED BY LAKEHOUSE MUSIC ACADEMY

FEB 14
W/ FEATURING: BETWEEN THE BURIED AND ME
W/ SPECIAL GUESTS: A PICTURE OF OCTOBER

FEB 15
DARK CITY STRINGS
W/ FEATURING: SUMMERS EYES BAND

FEB 16
EXPERIMENT 34
PRESENTED BY THE ASBURY WEEKLY
W/ SPECIAL GUESTS: MAXIM VIVENS

FEB 23
GANG OF FOUR

BOX OFFICE HOURS
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MARCH 1, 2019
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Take The Monmouth Challenge

An Academic Quiz Game

Each member of the winning team will receive a $150 gift card! The second place team members will receive $50 gift cards!

Sign up with a team of 4-5 in the Office of Student Activities by February 15, 2019

More information and rules will be sent once a team is registered.
TAX WORKSHOP

Your W-2’s are on the way, now what?

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

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

Light refreshments will be served.
Throughout life, everyone follows a different path. The road to success may not be easy, but through hard work and sacrifice anything can be achievable. John Morano, Professor of Communication, reflected, “I never thought my life would work out like that. It was a strange, not my wildest dreams, that my career would be where I am and where it is right now.”

“I’ve worked really hard to get to this point for me which was the nation’s oldest movie magazine. Morano held the role of lead film critic for Modern Screen. He later served as Editor-in-Chief of ROYCEtv Magazine (Los Angeles) and Senior Editor of Inside Books Magazine (New York). Before writing/editing for Modern Screen, Morano worked in the Security Department for CBS, which allowed him to observe world class journalists in their element. “Being a bodyguard in CBS wasn’t very journalistic but it was a neat job too because I got to see Mike Wallace, Dan Rather, and Brent Musburger. I watched people at the highest level in the profession do it and learn some things about their work ethic and professionalism,” said Morano.

Regarding The Outlook, Morano said, “Judged against our peers we have a remarkable record of winning national contests. The students take it very seriously, and they work hard. Our mantra at the paper is tell the truth and be fair. We celebrate University successes, evoke important issues, and serve as a forum to discuss diverse viewpoints.”

He believes that good journalism is vital in today’s society because the internet allows overwhelming amounts of information, all of which may not be positive. “We need good journalists to sift through all that, tell us the truth, and not represent specific agendas that go against some political ideology. We need people just to tell us what’s going on and I think traditionally and historically, we’ve turned to journalists for. That never will, and when you see how people manipulate information online, we need trusted sources of news,” said Morano.

Morano believes that Monmouth is a great place to study journalism. “For my undergraduate degree at Clark University, they didn’t have a journalism program. At the school newspaper, we were all fighting to use the one typewriter. When I went to Penn State, they had every facility, a daily newspaper, and all the other things but they had 2,000 people trying to get on the front page of the newspaper. So the challenge is different, but when it came to your actual ability to use these things, there was a lot of competition to get it in,” explained Morano.

Morano continued, “Here we have all the benefits of a big university, but all the personal attention of a small university. There are more professors, more professional photgraphers and models. Would you take the challenge of posting for 365 days?”

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I Posted Every Day on Instagram in 2018: This is How I Felt by the End

Vincent Quaranta Contributing Writer

Ever since its creation, social media has been used as a place where people share their thoughts and memories with friends, family, and society as a whole. People from around the world. It gives us a window into the parts of a person’s life that we may not see on a regular basis, especially that of celebrities. Actors, athletes, and supermodels may screenshot moments from their day and upload them for others to like and respond.

In addition to owning two personal Instagram accounts, Wethens Francois, a junior communication student, runs several accounts dedicated to promoting his own shows, including “Ballin in the Zone” on Hawk TV. “Social media can literally change lives,” Francois explained. “If you post content that people like and you post consistently, people will follow you, you can become a celebrity eventually.”

While some people like Francois use Instagram to promote their work, others use it for more recreational purposes. Hania Sarsar, a junior communication student, uses social media to post pictures of her flowery, patterned artwork for the general public to view. “I post pictures of my art and I like to get to see what other people like,” Sarsar said in response to keeping her art account public.

However, she has different feelings about making a personal account. “I don’t see myself as a social media person. I like keeping my art account public,” she explained.

As someone who has hardly used social media to share my work, I always wondered what it would be like for a regular guy, such as myself, to pull back the curtain and provide a window into an ordinary daily life. I wanted to find out myself if making social media a big part of my day-to-day routine would be better for the industry.

With this in mind, I decided that in 2018 I would take and upload a picture on Instagram for every single day of the year.

As my initial thought was that this was not going to be a big deal for me, and that I wouldn’t have any problems thinking of something creative and cool to share. It did not take long before I realized it was not going to be as easy.

There were some days where I did absolutely nothing and ended up posting a generic selfie with a random caption. In addition, there were days where I was in a completely bad mood and didn’t want to post anything. I would end up faking being happy to show others that it was just a normal day for me, with only me knowing the events that happened during the day.

I also became very observant of who was liking and commenting on my posts, and seeing the short-time likes on a post. It made me feel like I was losing control of my online presence so well and gain more popularity. “We each carry a manifestation of our personas and construct it into performance.” Cox said. “In the case of celebrities, they are often performing to generate audience base and use it to dollars and advertisers.”

As for me, I think I’ll be taking a break from Instagram for a while.
Students, Long Branch residents and emerging gender equality activists, and the general public alike gathered at the Pollak Gallery to celebrate the opening of the Beyond #MeToo exhibit on campus last Friday, Feb. 1.

The gallery was opened as an access and interpretative tool that reimagines the physical manifestation of the issues and concepts encompassed by the #MeToo movement.

The #MeToo movement began in October 2017, after news broke of allegations against high-profile Hollywood figures. In the wake of these events, there has been a rise of women telling stories of their sexual abuse and harassment in their professional career.

In the wake of these women speaking up against their abuser, other women who had undergone similar abuses in their lives were inspired to do the same and came forward with their stories personally, publicly, and legally.

Yet the movement for gender equality didn’t stop there. Public’s fascination with the sexual assault allegations faded as there were and are still huge strides that need to be made for gender equality.

That’s where the Beyond #MeToo Gallery comes in. The exhibit, which opened on Friday, Feb. 1 at the Pollak Gallery is filled with impactful and powerful works by artists who span a variety of mediums, techniques, and concepts, all interconnected by one common thread: the struggle for gender equality.

When you enter the gallery, you are greeted by three huge canvases with wild colors and lights on them. The pieces are made up of melted wax used like paint to depict intense portraits of the artist’s interpretation of (as they’re titled), Election 2008, Women’s March, and Me Too.

All three were completed by Julia Dzikiewicz in her studio, which used to be one of the prisons that held arrested suffragettes in 1917.

On her subject matter and works, Dzikiewicz said, “I started painting about the suffragettes, and I researched and read books and went to the national archives in Washington D.C., to inspire more paintings about their struggles.” Dzikiewicz continued, “And after a while I realized that voting rights were still under attack and that women still had a long way to go to expand their rights and to keep the rights they already have. So then I started painting modern women who are advancing the cause.”

Dzikiewicz then said something a lot of the artists in the gallery may have also felt relating to their subject matter, which was, “I was hoping to end my series with the first woman president.” When that didn’t happen, my grief over that loss resulted in the piece #MeToo 2018. Dzikiewicz echoed a common theme many of the artists discussed as they spoke about their works.

It seemed like all these artists didn’t necessarily want to be painting about the struggles and history of gender inequality, but had witnessed and lived through so much of it, that they channeled it into art as a form of therapy.

Marie Corfield, a featured artist who created Self Portrait: Enough!, said, “I’m not a full-time professional artist, but seeing sexual abuse and harassment in my life, big emotional upheaval has occurred and I would just have to lock myself away and create.”

While looking at the pieces and listening to what artists had to say about them, one thing was clear, these pieces are not just trying to progress a movement, but they are the physical manifestation of a cry for change; a beckoning for people to see the work and understand. This message is all over the walls of the gallery. As Jennifer Raddy said about her piece, Reclaiming Woman in Protest (which was a textured and earthy ceramic figure of a woman lying in the floor with her mouth wide open with the tongue hanging from the body), “Her mouth is wide open because she is the protester. And despite the fact that she is being bound by her words, (which I think women feel, it doesn’t mean she doesn’t have power because she still has her voice).""The #MeToo movement was a siren song bringing people together to collectively show their support on the skewed society in which we were living, with each artist shining a light on how they interpreted different events and circumstances, which that the feminist movement has been fighting against for decades.

Where's the Disney Magic?

Why Disney is Rebooting Old Movies

It was 1996 when the first Disney live-action remake was released...Why Disney is centering their whole department, believes that the films? Maryanne Rhett, Ph.D., an associate professor in the communication department, believes that the demographics can vary. “I think this depends greatly on what the remake is of. If, for example, it is the remake of a 1990s film, like The Little Mermaid, the main demographic would likely be people who were kids/teenagers at the time of its release, and likely their children,” said Rhett.

Disney centers their whole mantra around making dreams come true and offering hope when the real world is anything but. The studio promises an escape, and can be a source of nostalgia for older adults and emerging adults alike.

Christi Ruggiero, a senior communication student, however, there is a negative factor to the films. “I would think more…so adolescents than adults would watch Disney remakes because of the nostalgia factor; however, parents may bring their kids,” Ruggiero stated.

Disney already knows their fanbase when releasing these live-action films. They know that an older audience will take their children or grandchildren to the theater to relive a memory from their childhood and to share that same excitement with the future generation.

Either way, it certainly pleases all audience members. It also doesn’t hurt to have actors such as Emma Watson playing up to Disney’s mantra.

But there is always the looming possibility that it will become an exhausted medium for Disney.

“I really enjoyed the Cinderella and Mulan and The Beast remakes! I actually tried to get my dad to watch The Jungle Book remake with me and he didn’t seem interested so I am not sure if it would appeal to that generation as much,” Ruggiero concluded.

My 23-year-old sister, the same girl that watched 101 Dalmatians in the SUV with me as a child, is super elated to have me tag along with her when we watch the remake. No joke, I am staring at her Dumbo stuffed animal from childhood as I write this (sorry Sam). Disney knows what they are doing and has no intention of stopping.
We’re in the midst of award season. The year’s best films are being honored and paraded around Hollywood ramping up for the Academy Awards later this month. It’s a huge time for movies; it should—in theory—give audiences the chance to flock to the theaters to see a new slate of films to start the new year.

The month of January has proven to be a tumultuous time for providing audiences with new material. With all the hype surrounding the Oscars and other award shows, it would seem like an ideal time for studios to push some of their better stuff to January.

Consistently, the films that are released in January are duds, not just normal duds, but gigantic duds. January has just passed us over, and looking up and down the release calendar you really need to squint hard to find a good movie.

*Repli*cas, which starred Keanu Reeves, received terrible reviews along with only grossing a mere $4 million. However, M. Night Shyamalan’s superhero drama *Glass* was the highest grossing film at the box office for the month, but received lukewarm to negative reviews.

When your top movie of the month isn’t an overwhelming hit, it’s going to be a tough order to get people to come to the movies. On the other side of the spectrum, the well-received movies did poorly as well. According to Variety, the family adventure film *The Kid Who Would Be King* is projected to lose $50 million, which is a massive flop.

The issue here is that the film had favorable reviews from critics, but the curse of January hurt its box office performance.

Perhaps it was a problem with advertising or lacking a broad commercial appeal, but this tends to happen when flicks are put out in January. It’s not just this year either; historically the month of January tends to be dead last in box office numbers over the course of a year.

Usually January pulls in anywhere between $350 to $500 million dollars in the box office, while other months gross upwards of $1 billion. The last time January wasn’t ranked last at the box office was 2009, and the number one movie from that year was none other than the cinematic masterpiece *Paul Blart: Mall Cop*. It could be coincidental or just random as to why studios don’t release popular films in the month of January, but there are theories that suggest that it is done by design.

The big movie studios need to release their best films in a way that guarantees the highest numbers of people see them, so a lot of preparation goes into releasing them.

A lot of the big, shiny, expensive, blockbuster movies tend to be released during the holidays so that they can assure people have free time and can go to the theater. Seeing December as a prime part of the year where people celebrate various holidays, it would make sense to roll them out then.

Danny Rey, an employee at Bowtie Cinemas in Wayne, NJ, agreed with this when he said, “The busiest time for us is definitely during December because that’s when the best movies come out. After that it just dies down honestly until the summer.” Rey further talked about how the theater couldn’t really do anything to promote the new releases because they cycle through new movies every two weeks and the ones they get in January aren’t nearly as popular to a wide audience.

Once people get out to the movies in December, it could lead to a bit of fatigue for wanting to go back in January. Unless you’re a movie buff, constantly going to the theater, it could get expensive and would explain why there is a downturn in the month of January.

The ability to stream movies from apps like Netflix, Hulu, and Amazon are another barrier for the theaters.

While, the films this past month had lackluster showing in both the box office and public conversation, the two biggest releases where on streaming platforms.

The *Cree* Festival documentaries dominated the conversation amongst the public and were both released on streaming platforms. Even during the month in which we will crown a best picture winner, it’s still difficult to attract an audience for January films.

Streaming seems to have an upper hand in controlling the public’s interest and might see this January problem as an advantage to their platforms.

There may not be a definitive answer as to why bottom tier movies lay dead in the wasteland that is the month of January, but coming out of the holiday season there is an excuse to have a bit of a hangover.

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**Box Office Blizzard Why January is a Historically Bad Movie Month**

**Matthew Shaffer Staff Writer**

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Honey Lung's Sweet EP

**NICK MANDULEY Contributor**

London indie rock quartet Honey Lung has been making waves all over the UK since their inception in 2015.

Despite having only a small catalog of songs, they’ve amassed a respectable social media following. The band released their first EP Kind of Alone in November 2018 and single “Sophomore” in August of 2017.

The band released a small handful of singles throughout 2018, the most recent being “Complete” which dropped on Jan. 25. A music video for the single “Export the Family” was released in November 2018, which has gained over 3,000 views.

Tracks such as “Sophomore” feature atmospheric clean guitars, paired with ripping, fuzzy choruses that don’t hold back on the catchy melodies. Vocalist Jamie Batten’s lyrics wrap the listener in the dark cocoon of raw emotion and riveting story telling. Tracks like “Exploit the Family” paint a tale of turbulent relationships against a cacophony of noise and whosinging guitars with an infectious back beat.

The band cites The Smashing Pumpkins, The Cure, and War on Drugs, and Alex G. as the main influences on their sound in an interview with Dead Press. The single “Sophomore” came with a slot at the 2017 Reading & Leeds Festival.

The band also toured in support of their friend and fellow acts such as Moose Blood, Citizen, and The Dangerous Summer in the U.K. and Europe. Honey Lung is currently preparing to head to the United States in March for their debut LP Memory, which is due out Feb. 1 via Kantine Records. U.S. dates will include an appearance at the New Colossus Festival in New York City’s Lower East Side.

If you can’t make it to their show, Honey Lung’s music is definitely worth checking out, which can be found on their YouTube channel, HoneyLungVEVO.
Perks of Hybrid Classes

KRISTY DONELLY
CONTRIBUTING WRITER

It’s that lovely time of year again. I know what you all are thinking, just stay calm for a few notches. It’s pretty safe to say that, all of us couldn’t be more excited for another semester.

Another 70 hours studying and extremely, but fantastically, exhausting days. And to top of this beautiful, new semester happening in our lives, what better way to add to it than taking a handful of hundreds from your bank account?

What’s better than logging on to your bank app, only to have a couple of tears fall, and a hint of a mental breakdown going on inside your head, looking at the mimusuc 20 bucks you have left in your account?

If you haven’t figured it out by now, I’m talking about books. Purchasing textbooks for these thrilling classes of ours. And, if you’re the lucky clover out of the million, there isn’t an issue, well then please stop reading and go away. I say that with my whole heart and a smile on my face.

According to CollegeBoard, on average, between just 2018 and 2019, so far, a public four-year, in-state, and on-campus student is spending a whopping, $1,160.00 on books and supplies, yearly. I understand it’s wholeheartedly our choice to be attending a University, and working towards our degree. But that’s just it. We are working towards our degree. A lot of us are working. We are full time students.

Try taking it ourselves through school, with a part time job on the side. Some of us have internships. Some are juggling sports, and with sports, comes equipment. Some have clubs, and with that comes attending events. How are we getting to school? Oh, cars. What happens when you have to turn in hundreds and thousands of dollars into our beaten down car when it decides to break down, just before leaving for class? We have to eat, to survive, right? What’s the easiest way to get our hands on our fresh food? Right. We live off of us buying ourselves food when we come out of our daily-class-life-mental- overload. And it’s been starving for the past three and a half months.

My point is, everything costs money. My point is, a lot of us don’t have the money to buy books.

I think it’s sufficient enough to say, we’re all going to be in debt for the rest of our lives. Every single one of us. What better way to add to that, than to have a part-time paying job for a bachelor’s degree, we’re going to work hard to get that. And with that, comes money. However, I personally don’t think the amount of books is completely necessary because they are just a single credit that we take. To the professors, for the classes that you honestly know our names? For the classes that you can have on them, please be upfront, and don’t make us pay for that. My wallet is too cute to be sad.

Like I said, I understand that some books are necessary, but necessary. But nothing is worse than having a lecture course all semester, only to have you choose one. Most will want less homework and more freedom. Hybrids are probably best for those who would rather just work by themselves, with their own, during their own time. I prefer them but also realize how much more freedom they give the class.

Another drawback of hybrids is that they make it more difficult for some to learn because they free up your schedule and leave you more free time. I prefer them but also understand how some people may struggle to keep track of their work on eCampus, since there is less structure compared to a class that meets twice a week.

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Understanding the Benefits of Yoga

Scharina Bencomo Contributing Writer

The unavoidable, yet mighty increase of yoga is something that has been blooming for the past few years. With a peaceful activity that we may all attempt to imitate, it may now be more successful as we had hoped. Even if you are not good at yoga, you can practice self-care. The trend of Twitter threads, Instagram posts, and articles may influence us to practice yoga.

Many people say that the benefits seem to change lives for the better. But, what exactly are those benefits? Even if you were to start it, you do not have to be a professional in order to practice yoga.

In the process, you may realize that yoga isn’t about a series of steps written in a certain order and it is not something that demands a certain amount of time.

Start by sitting on a mat and stretching your legs, hold the pose for however long you need and close your eyes. While your eyes are closed you might find yourself thinking of things such as homework, your future, laundry, and more. You may even try to figure out what will happen in season 8 of your favorite show; but then, nothing at all.

It’s like falling asleep, every bit of discomfort in your body, is washed away by a comforting silence that you may have never experienced before.

You may find that the 5-15 minutes of silence in the child pose could ultimately help you start your day with clarity and serenity.

Kamea Rodgers, a freshman health studies student, said, “For me, yoga isn’t about doing crazy poses in an hour span of time, it’s about having a few minutes to recollect my thoughts and, you know, get it together.”

Keeping up with academics, social events, work, and career-related tasks often get overwhelming, so taking those few minutes to center oneself is a huge part of that “self-care” idea. Self-care is something we all must strive for.

Frady Delacruz, a freshman political science student, stated, “I’ve done yoga for quite some time now. I’m not consistent, but now as a college student, I find myself applying more time to yoga and meditation, too.”

The level of commitment needed for yoga is as extensive as you make it while offering peace, serenity, and calmness all college students need as much more.

Flora Ruli, an advisor of the Educational Opportunity Fund Program, said, “Yoga is something that I started doing to relieve stress and become stronger. While I was doing both of these things, I found that it also gave me a sense of purpose and peace that other activities couldn’t provide.”

She continued, “Yoga is something that almost everyone can do, regardless of age, size, and ability. I recommend it to others whenever I can. I think the first step to doing something is giving yourself permission to try.”

Yoga is essentially a gateway for a happier, healthier lifestyle without needing the membership fees, equipment or limited time.

Oftentimes, by splitting time between class, work, socializing and building a successful career we neglect the motives that drive us and our emotional wellbeing. By adding a little dedication to such an activity, you can open up more space for which drives us every day to continue working hard. Add yoga to your self-care and experience these benefits yourself.

CHLOE BARONE STAFF WRITER

Valentine’s Day: You either love it or you hate it, but no matter which side you fall on, it’s hard to escape the holiday without giving a gift. With social media, holidays like Valentine’s Day, provide added pressure to give and get an Instagram worthy present that will make all your followers jealous. This Valentine’s Day be the gift giver that everyone is talking about. Not to worry though, you don’t have to spend hundreds of dollars to give the perfect gift when you could easily make something that can come from the heart (which is what Valentine’s Day is all about).

Here are some DIY Valentine’s gifts that you can give to your special someone or friends to make this February 14 the best one yet.

Write a letter. This Valentine’s Day, take the time to sit down and think of why you love your partner or friends and write them a heartfelt letter. This is not only meaningful, but it is something that won’t expire or go out of style.

This idea is perfect for those in long distance relationships or those who don’t have the time or money to spend the day together. You can mail the letter, which will leave you both feeling like you landed in a 1980’s movie. We all love those.

Basket ideas. Julia Shaffer, a junior English and elementary education student, said that her go to gift is homemade cookies. Shaffer said, “I love baking and for any holiday or birthday, sweets is always a great gift.”

If you want to go fancy, you can add any extra memorabilia you have saved such as movie or show tickets. Have an inside joke? Put the quote in there too.

Make a video. Following the lead of the collage, a video is a great gift idea for someone other who would rather watch their life in photos.

Gather all the pictures or videos that you have and then add them into iMovie or a similar program for PC; add background music, and voila, you have a timeless video to look back on for years to come.

Break out your paints. Tonya Lee, MFA said, “I think low-tech mono-printing is a great way to make a creative Valentine’s Day gift that is personalized for a special person in your life.”

To “monoprint,” you will need a piece of Styrofoam (you can get this from the top of a takeout box), a pencil, paint, and paper (of any quality you choose). On top of the Styrofoam you can draw Valentine’s Day hearts or other shapes, using a dull pencil. After drawing lightly brush on your paint, and you are ready to print.

To make your print place the paper face down on the Styrofoam and rub lightly on the back side with a spoon, and then remove the paper to dry. This process can be repeated several times to make a drawing.

Lee continued to say, “Just remember the print will be reversed, so your lettering would need to be back on the Styrofoam plate.”

Make a Valentine’s Day basket.

Another low-cost DIY is to fill a basket with goodies.

A junior communications student, Colleen Moretti says, “First, buy a basket and then head to Craft Station. Gifts are a great way to treat those you love while staying on a budget.

Instead of making a meal for your friends or partner, going out to eat is a great alternative.

A Junior communications student, Colleen Moretti says, “First, buy a basket and then head to Craft Station. Gifts are a great way to treat those you love while staying on a budget.”

Five Below to fill it with candys, socks, and whatever other items may catch your eye.”

This basket will put a smile on their face and fix their sweet tooth.

Dinner

If you are not completely crafty, you can try out cooking from the dollar store, or house try setting up a dinner for your loved one.

For a significant other, you can set the mood by buying some Valentine’s Day decorations from the dollar store and setting the mood for a lovely night. It is all about the time spent together.

Your partner will appreciate the extra effort of making a meal rather than eating out. Cooking for a friend? Play a fun playlist and bake some cookies.

No matter if you go big or small this Valentine’s day, just remember it’s the thought (and effort) that counts.
President Trump Addresses the Nation in His Second State of the Union Speech

After a government shutdown pushed back the State of the Union speech by two weeks, President Donald Trump spoke to a joint session of the United States Congress last night, Tuesday, Feb. 5.

During the speech, the president offered a solution to end illegal immigration, late-term abortion, and the conclusion of the investigation into Russian interference in the 2016 election, while touting a thriving economy and the success of the tax cut bill passed by Congress last December.

“We are considered far and away the hottest economy in the world, a thriving economy and the success of the 2016 election, while touting a strong economy, noted how these displays of political messaging has long been a part of the State of the Union, with both parties expressing their agenda by choosing whether to stand and applaud when President Trump makes a point.

“There really isn’t much to do in terms of making it less politi- cized,” he said. “It’s simply a prod- uct of the growing polarization we see in Congress.”

Kenneth Mitchell, Ph.D., Chair of the Department of Political Sci- ence and Sociology and an associ- ate professor of political science, predicted that Trump would miss an opportunity to give a vision about taking action on an issue. In- stead, he would be entering camp- aign mode, with several Demo- cratic candidates already entering the race to oppose him in the 2020 election.

“I think the State of the Union has been largely insignificant since the late 1990s with Bill Clinton,” Mitchell said. “It’s not some for- ward vision anymore that talks about what we are really prioritiz- ing.”

Donald Kohler, a senior com- munication student, expressed hope that the results of the speech will be productive. “I hope it gets us to actually talk about important things,” he said.

Delivering the Democratic re- sponses were Stacey Abrams and California Attorney General Xavi- er Becerra.

President Donald Trump addressed the nation from the U.S. House of Representatives, his second State of the Union address since taking the presidency in 2016.

“I am here at this moment to tell the American people of what we accomplished last year, why we must continue our progress in the coming year, and how together we can make America strong and safe, prosperous and peaceful,” Trump said. “This is our moment to make a better deal for the American people.”

“The United States is stronger, safer, wealthier, and more admired than ever before,” the president continued. “And we’re just getting started.

“Today I want to tell the American people about the progress we have made and the progress that we can make when we are truly working together as one American family.”

In the second half of his speech, Trump delivered several biparti- san lines, including a promise to protect healthcare patients with pre-existing conditions, that drew applause from both parties. At several points, chants of “U-S- A!” could be heard throughout the chamber.

However, Trump’s recent state- ments have led to tension with Democrats that may end up getting in the way of coming up with a bipartisan solution on immigra- tion reform. Even during the State of the Union speech, the official Twitter account of Senate Demo- crats was stating its disagreement with Trump on certain issues.

The latest conflict had started on Sunday evening, when Trump had posted a tweet criticizing Demo- crats of being unhelpful on immi- gration, writing, “With Caravans marching through Mexico and toward our Country, Republicans and Democrats fired back at Trump’s claims that they were responsible for the shutdown, with an excerpt from Georgia Democratic guber- natorial candidate Stacey Adams’s response stating, “The shutdown was a stunt engineered by the Pres- ident of the United States, one that defied every tenet of fairness and abandoned not just our people - but our values.”

As special guests of his, Trump invited the family of a married couple who were allegedly mur- dered in their Nevada home by an undocumented immigrant, along with an 11-year-old Delaware boy who has been bullied at school for sharing the same last name as the president.

On the other side, Democratic New Jersey Congresswoman Bon- nie Watson Coleman invited Vic- toria Morales, an undocumented immigrant who formerly worked for the Trump National Golf Club in Bedminster, N.J. A number of Democrats, including Speaker of the House Nancy Pelosi, were also seen wearing white to honor the Women’s Suffrage movement of the 20th Century.

Stephen Chapman, Ph.D., an assistant professor of political sci- ence, noted how these displays were examples of political messag- ing, a subtle way of advocating for a position.

“It serves as a way to garner media attention as certain actions/ guests will gain more coverage, furthering the message they are attempting to send without say- ing a word,” he said. “In terms of the president’s or member of Con- gress’ guests, they’re only a pawn in the game.”

Chapman also noted that politi- cal messaging has long been a part of the State of the Union, with both parties choosing their agenda by choosing whether to stand and applaud when President Trump makes a point.

“There really isn’t much to do in terms of making it less politi- cized,” he said. “It’s simply a prod- uct of the growing polarization we see in Congress.”

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Women’s Basketball Kicks off Road Stretch with Win

Women’s Basketball came back from being down by ten points in the third quarter to defeat Rider 73-63 on Sunday afternoon at the Webster Bank Arena in Bank Center.

Freshman forward Lucy Thomas led the Hawks with 17 points while adding seven rebounds in her eighth start of the year. Sophomore guard Deion Hammond helped the Blue and White in that victory with a solid eight assists for the third time.

Taylor Nason tied the game up at 46, making the run ten-straight points. Monmouth caught fire from beyond the arc in the fourth quarter, as Thomas hit two threes and Barker knocked one down to give Monmouth a 57-50 lead.

Sophomore guard Deion Hammond helped lead Monmouth to a 75-71 victory against the number one team in the MAAC, Rider, with three three-pointers and 11 points on Saturday.

Sophomore guard Diago Quinn kept his big week going positive, Diago [Quinn] was perfect from the field and the free-throne line, putting up ten points on one down to give Monmouth a 57-50 lead.

Sophomore guard Diago Quinn kept the hot hand going as well, contributing in every facet of the game with nine points, four boards, five assists, and a clutch fast-break finish in the final stretch of the game. "Nick Rutherford kept being positive, Diago [Quinn] just waited his time and he had some fouls called and went in and started dominating like he was doing earlier in the game," said Rice. "We settled back down and started getting stops again and that’s how we won the game." It was a massive win for Monmouth, who is now tied with Rider for the most conference wins with seven, the same amount that they finished with a year ago.

That’s a very good basketball team, the way they [Rider] came back in the second half and how fast it was really knocked me back some," said Rice. "Credit to them, but credit to our guys for continuing to believe against the number one team in the league." Next, Monmouth will begin a three-game road trip by traveling to Saint Peter’s tomorrow for a 7:00 p.m. tipoff at the Yanitelli Center in Jersey City, NJ.

UPCOMING GAMES

Thursday, Feb. 7
Men’s Basketball at St. Peter’s Jersey City, NJ 7:00 p.m.

Women’s Basketball at Rider Lawrenceville, NJ 7:00 p.m.

Friday, Feb. 8
Women’s Bowling Sunshine State Classic Orlando, FL TBA

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

Saturday, Feb. 9
M/W Track & Field Millrose Games New York, NY TBA

Men’s Tennis at Navy Annapolis, MD 9:00 a.m.

Men’s Basketball at Fairfield Fairfield, CT 1:00 p.m.

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Sunday, Feb. 10
Men’s Tennis at Delaware Elkton, MD 12:00 p.m.

Conference games

PHOTO TAKEN by Karlee Sell
Men’s Basketball defeated Rider 75-71 to remain undefeated in MAAC play at home (6-0). Junior forward Mustapha Traore had eight points, seven rebounds, and two blocks against Rider.