University Reduces Credit Requirement

MATT ENGEL
STAFF WRITER

Monmouth University will be changing the 128-credit requirement for graduation to 120 credits effective fall semester of 2020.

Initially, this decision was made due to the State of New Jersey establishing new credit hour standards for both the award of baccalaureate degrees from four-year public institutions of higher education and for the award of associate degrees from county colleges.

A forum meeting was held Wednesday, March 6 to discuss the revision and how it will take place for each department.

The University was notified this current academic year and the tag line for Monmouth has become “120 in 2020.” Laura Moriarty, Ph.D., Provost and Vice President for Academics, said, “We are reducing the number of credits required to remain competitive and to increase retention and graduation rates.”

Each academic school has been tasked with diving into the requirements of their department and making suggestions on where the eight credits can and will be eliminated. This decision will be made primarily by the deans and chairs collectively. The amendment will be brought about to the Provost and Board of Trustees for the final approval.

“Some schools have less credit requirements, but the 128-credit requirement has been the same for Monmouth ever since I came here in 1997,” said Mary Anne Nagy, Vice President of Student Life and Leadership Engagement.

The credits modification can come from different areas of the curriculum: general education, major requirements or designated electives. It will be very department focused and conclusions will be made on what is right for each major specifically. Aaron Furgason, Ph.D., Chair of the Communication Department and a professor of communication, said, “The 120 credits should make it easier for students to graduate in four years, so that is definitely a positive for students. The department is in the initial phase of discussing possible options to deal with the removal of the eight credits and as of today, have not made any definite decisions.

Students can take 15 credits each semester without having to save two semesters with the new credit requirement.

Path to Progress
Town Hall

Megan Ruggles
ASSISTANT NEWS EDITOR

Senate President Stephen Sweeney held a town hall meeting to conduct a discussion about fiscal reforms in the “Path to Progress” report in Wilson Auditorium, on Monday, March 11.

The forum was hosted by University President Grey Dimenna, Esq. Panels included: Senator Vin Gopal, Senate Majority Conference Leader and Chairman of the Bipartisan Legislative Manufacturing Caucus; Senator Declan O’Scanlon; and Peter S. Reinhardt, Esq. Director of the Kislak Real Estate Institute at Monmouth University and member of the Fiscal Policy Working Group.

“Last January, Sweeney created the Economic and Fiscal Policy Workgroup, whereby legislators and economic advisors discussed New Jersey’s pending fiscal crisis,” Reinhart and 19 other academics or economic and public policy experts were asked for recommendations on how to reform the state.

Reinhart emphasized that the panel was bipartisan. “I don’t think we even knew the politics of anyone involved.”

“We started the meeting by having a robust debate, even determining subgroups on pension, healthcare, and education. We didn’t always agree, but we were able to reach a consensus,” said Reinhart.

Sweeney explained that reform is vital.

“New Jersey is getting in worse fiscal shape. Pensions are in trouble, 4-year institutions are the second most expensive in the country, and we are 48th in the nation as far as investment,” he said.

Every year, the revenue the state generates goes towards pension and healthcare. Education is becoming harder to provide for, Sweeney noted.

Currently, New Jersey has

SWEENEY cont. on pg. 2

University Condemns Offensive Yearbook Images

MATT ENGEL
STAFF WRITER

University President Grey Dimenna, Esq., condemned the existence of 13 offensive images in previous University yearbooks.

Dimenna said the offensive images were found after ordering an examination of all the University’s past yearbooks, in light of the controversy surrounding Virginia Governor Ralph Northam being associated with racist images and names in his medical school yearbook.

When asked his first reaction upon finding the images, Dimenna said, “I was surprised and disappointed that such offensive pictures would be part of Monmouth’s tradition. I also immediately thought of how we could turn this hurtful situation into a learning experience as the images warranted acknowledgment, transparency, and action.”

According to National Public Radio, blackface has historically been used to promote negative stereotypes of African Americans.

Such depictions included stereotypes that African Americans were stupid and lazy, with musicians traveling the country in the 19th century in blackface to perform in minstrel shows.

In the early 20th century, the practice would make its way into movies, as white actors were chosen to portray African-Americans by wearing blackface, including in The Birth of a Nation, which in 1915 was the very first of a new genre of films called “silents.”

President Grey Dimenna said students and faculty an email brief about racist photographs located in previous University yearbooks.

CREDITS cont. on pg. 3

New Jersey state law now requires less credits to graduate.
English Professor Invited to Swedish Castle for Book Project

LOWELL KELLY-GAMBLE
STAFF WRITER

Lisa Vetere, Ph.D., an associate professor of English, has been invited by the International Gothic Association and International Centre for Gothic Studies to the Teleborg Castle on the Linnaeus University campus for a book project on how gothicism portrays the planet and impacts human existence.

Vetere will be staying in Växjö, Sweden from May 29 through June 2. Her trip will be funded by the Swedish Foundation for the Humanities and Social Sciences.

The book will be titled Gothic and the Anthropocene and Vetere will use her expertise in a chapter titled “Horrors of the Horticultural: Charles Brockden Brown’s Wieland (1798) and the Anthropocene.” Her piece will explain the implementation of attractive landscape in the construction of early American Gothic texts and how she promotes 19th century American literature to incorporate branches of dehumanized component.

“It is a way of defining our current geological era impacted by humans. This book will look at how stories about haunted houses, monsters, and the past coming back to haunt you. These things say something about the environment and nature,” said Vetere.

Vetere has published and presented eco-Gothic topics in the United States and Europe. Her experiences include A Heap of Runes: The Horrors of Deformation in Lonara Sensory, The Rage of Willow: Malice: Witchcraft Fantasy in Buffy the Vampire Slayer, book review of Vexed with Devils: Manhood and Witchcraft in Old and New England by Erika Gasser, Aggression and Trauma in the Witchcraft Tales of Salem’s Other Women at the Annual Conference for the Psychoanalysis of Culture and Society, moderator of Taking the Pulse of Feminism at the Eighth Annual Women’s Studies conference, and Guest Panelist at the Arthouse Film Festival screening of A Quiet Passion.

She developed a passion for Gothicism after studying the Salem Witchcraft Trials and how 19th century novels wrote about the Salem Witch Trials. “I was interested in narratives of witchcraft. Narratives of witchcraft usually deal with narratives of supernatural magic scary things. Both gothic and witchcraft narratives are about peoples fears,” said Vetere.

She continued, “Gothics show that when you have ghost coming back from the past to hurt and scary you, you realize the past still has a powerful impact.”

Vetere teaches Critical Theory, Seminar in Literary Research, Early American Literature, Literature of the Colonial Americas, Mid-Nineteenth Century American Literature, Literary Studies, and Writing.

“What I like about professor Vetere is that she wanted all of her students to do their best. It was easy to tell she’s passionate about her job and loves what she does, said Tameah N. Young, a junior software engineering student. “She is distinguished from other professors because she would do everything in her power to help her students succeed.”

“Professor Vetere’s outward personality is best described as warm, kind, patient, energetic, and approachable. I admire how forward she would go to inspire her students,” said Sara Wojciechowski, a junior music industry student. “She is passionate about her work, insightful about the world and a great conversationist.”

Wojciechowski explained that while attending Vetere’s lectures, she always feels challenged to think outside the context of traditional course work. “As I attend Vetere’s Literature II course, I show that when you have ghost coming back from the past to hurt and scary you, you realize the past still has a powerful impact.”

Senators Talk Pensions

SWEENEY cont. from pg. 1

600 individual school districts teaching to their own standards. Part of the proposed “Path for Progress” solution is the consolidation of school districts.

Gopal said, “Regionalization would be a cost-effective way to achieve a higher quality of education.”

Legislators have a choice to continue reevaluating the biannual budget every year, or, make decisions that would improve the system.

O’Scannon agreed that consolidation for schools would help solve issues in a way that works for taxpayers and public workers.

“The bottom line is, if we don’t solve this, public workers will suffer most. It’s your pensions at stake,” he said.

“Students have a right to go to productive workers in attendance that,” the discussion is to change pensions going forward. Not for anyone that’s vested. PA just changed their system, which gave workers choices of a straight 401k or a hybrid.”

“We’re trying to find a way to make sure quality healthcare, keep pensions, but start to make changes.”

If we don’t and ignore what’s going on here, the budget will still have a 4-billion-dollar deficit by 2023,” Sweeney said.

Tensions ran high among attendees at the mention of changing school teachers and social workers to the microphone to tell their stories and express their concerns.

However, Reinhart believes that there is cause for optimism. “The point of having these workshops is to have these discussions and give the community a pathway improving New Jersey’s economic state,” he said.

Graduate Students Work with Konscious Youth Development and Service

ANDREW STUDNA
ASSOCIATE NEWS EDITOR

University graduate students who are enrolled in the Communication, Culture, and Community (CC) course, are closely working with a local nonprofit, Konscious Youth Development and Service (KYDS) in Asbury Park during the fall 2018 semester.

KYDS was founded by Monmouth alumni Mychal Mills and Rodney Salomon. The organization prepares and creates future leaders in Asbury Park, Neptune, and the larger Monmouth County region through hands-on interventions.

Deanna Shoomaker, Ph.D., Director of the Master of Arts in Communication, teaches the CC course, which is a requirement for students in the Corporate and Public Communications (CPC) Master’s Program.

She said, “We can all work to define our ‘community’ more broadly and inclusively.”

“I believe students who are engaged, empathetic, and responsive communicators focused on both local and global challenges will play transformative roles in shaping our future in the 21st century,” Shoomaker continued.

The main goal of the course was for students to get more involved and be with the local community. They also participated in community functions run by KYDS such as monthly meditation sessions.

Taylor Morelli, a communication graduate student who takes the class, said, “I was very interested in the course because of its emphasis on social justice, activism, and volunteering.” The course provided a great foundation of how to work with community partners in a conducive way that is beneficial.

“Through my experience working with KYDS, it opened my eyes to the amazing work community organizations are doing,” said Morelli.

“Taking time out of my first stressful semester of grad school to join KYDS meditation or yoga class helped me gain a better understanding of the work they do and helped me stress less,” she said.

The students also did research on gentrification. According to the Sociology Index, gentrification is defined as a process of change in the social and economic condition of urban neighborhoods where poorer original residents are replaced by newcomers from middle class and professional groups.

In December 2018, the students presented their academic research on positive youth development at the Monmouth Lakehouse shared space.

Shoomaker said, “Using a service-learning model, we explore ethical ways of studying culture through participant observation, historical research, and partnering with an organization to collaborate on an ethically grounded ethnographic research project.”

Shoomaker made this connection between Monmouth and KYDS when she met Mills and Salomon while working in an ambassador training program at the Food Bank of Monmouth and Ocean Counties, near where she was living.

Her partnership with KYDS enabled the students to get the opportunity to work with the organization through the CC course during the fall 2018 semester.

When asked what motivat ed her to make this connection with KYDS, Shoomaker said, “KYDS has deep ties in Asbury Park, a town I love and live near. I’ve watched the east side of Asbury go from what was described as a ‘ghost town’ 14 years ago to a rapidly gentrifying hot spot east, and now just west of the train tracks.”

Having moved to the area from Austin, TX, Shoomaker said that she has seen the impact of gentrification’s rapid growth which, “typically leads to a lack of affordable housing and racial segregation that disrupts long-term, lower income residents and people of color.”

Mills had the motivation to create this connection with Monmouth because of his own student experience of working within community settings and working with different nonprofits.

“I knew that especially, starting this nonprofit, it would be a great opportunity for Monmouth to make a difference by making a little pride there from myself, being a Monmouth alum,” he said.

Graduate students learned more about the history of Monmouth Park through the stories of people in the community.

“Seeing it from the outside in, it’s easy to miss those little pieces of the community that have been there before the changes, before the growth and development of business,” Mills explained. “My experience is taught by Shoomaker every fall semester. She also typically teaches a performance-based class each spring that involves a community-related ethics and performance group. The class is taught in a group setting.”

Both of these classes are supported and funded by a grant from the University’s Urban Coast Institute.
University News

University Changes Policy for Graduation

18 credits. Of course, the option is still available to those that want to take the opportunity. A freshman coming in the fall of 2020 can take 18 credits per semester and graduate in 3½ years without taking any summer courses. However, “The question of students falling under that 120-credit requirement who have already been here prior is a complex situation and undetermined,” said Nagy.

Nagy added, “I think this new requirement will be good for everyone. When students graduate on time it helps them to stay on track, be retained and get a job which positively reflects on the institution.”

Summer enrollment can potentially decrease because of this revision, but if graduation and retention rates increase it can offset any loss during the summer for the university.

“Overall, the effect will be positive. Faculty report that students often have trouble with six classes; this reduction will result in a more stable academic performance,” said Moriarty. “Because of course revisions, the adjunct professors may not teach the same courses which would also allow full-time faculty to teach more classes."

University Hosts Third Public-Servant-In-Residence Panel

LOWELL KELLY-GAMBLE
STAFF WRITER

The Office of the President and Department of Political Science and the University Polling Institute hosted an Annual Public-Servant-In-Residence Panel discussing jobs, the economy, social work, and the political background of 30-year veteran state Assemblyman John A. W. Ryan, who once held the New Jersey Senate Majority leadership, and former Governor James E. Florio, who served from 1985-1990.

The annual event is three out of four series moderated by former New Jersey Senator Thomas P. Kean, who held the Senate Majority position from 1982-1986, and holds the title of Professor Emeritus at the University. The 16th annual series is a public-servant-in-residence panel.

“A key question is whether the public feels it truly focused on his current job. It wasn’t too long ago that the state budget was examined for political ambitions. That’s worth keeping in mind as Murphy’s fiscal profile with the Democratic Governors Association is on the front,” said Paul Dement, the University’s Director of Government and Community Relations, who helped organize the event.

The final Public-Servant-In-Residence Panel will focus on ocean environmental issues, and take place in Wilson Auditorium on Friday, April 5.

Business Action Center and “Jobs 4 Jersey” program producing thousands of private-sector jobs.

“The goal of the Public-Servant-In-Residence program is to introduce leaders in public service and to assist students in examining important public issues. The program has been in place for 15 years and it is programs like this one that connects the students to the world outside while being a valuable resource for the community,” said Paul Dement, the University’s Director of Government and Community Relations, who helped organize the event.

The final Public-Servant-In-Residence Panel will focus on ocean environmental issues, and take place in Wilson Auditorium on Friday, April 5.

PHOTO COURTESY of Anthony DePrimo

African-American Student President of the University’s African-American Student Union, said that she was not surprised when hearing about the offensive images. "I am working very closely with the University’s Advisory Council on Diversity and Inclusion to work with the librarian and other experts to further investigate the incidents."

“As members of a University community, we have a responsibility to use this as an opportunity to acknowledge the immeasurable damages caused by these images, and to take constructive action to advance meaningful efforts to support diversity and inclusion on our campus and beyond.”

"I am at a loss for words. It’s disturbing me and all the students here,” said Nagy.

"I think this new requirement will be good for everyone. When students graduate on time it helps them to stay on track, be retained and get a job which positively reflects on the institution." Summer enrollment can potentially decrease because of this revision, but if graduation and retention rates increase it can offset any loss during the summer for the university. "Overall, the effect will be positive. Faculty report that students often have trouble with six classes; this reduction will result in a more stable academic performance," said Moriarty. "Because of course revisions, the adjunct professors may not teach the same courses which would also allow full-time faculty to teach more classes."

Jeffrey Christakos, M.B.A., Chair of the Department of Accounting and a Specialist Professor of Accounting, said that the 120-credit requirement would better allow students to graduate on time and provide for more extracurricular activities.

He also mentioned, "The only students that may slightly be affected are accounting students who want to get close to 150 credits for CPA licensing." Deanna Dantas, a junior English and business management student, stated, "I think it will be beneficial and will help students graduate on time without having to worry about taking so many classes per semester.” Dantas also said that tuitions juggling several credits and extracurricular activities each semester can become overwhelming or simply too much money if they need to take an extra semester.

"It was a lot harder for me since I had to fulfill requirements for two majors and general education requirements," explained Dantas. "I was expecting to finish in four years but actually have to take an entire extra semester of classes. This delayed me from graduating with my class."
Editorial

Staff Discusses Freedom of Press

The current political administration has targeted various media outlets, labeling them as “the enemy of the people.” One example: Trump’s Twitter statement on Feb. 20, when President Donald Trump tweeted, “The New York Times reporting is false. They are a true ENEMY OF THE PEOPLE!”

New York Times publisher A.G. Sulzberger deemed this statement as inaccurate and dangerous. Sulzberger admits that past presidents have complained about the press during their administration, but this fear of ulterior motives is not completely unsound. The journalist could misquote someone or exaggerate what they say, and perhaps even make it “clickbait” worthy. We have to remember the stakeholders of a story; who can gain or lose from it?” said an editor.

During their latest in person meeting, Sulzberger warned Trump that his comments about the media are giving other globes leaders the license to crackdown on their media. Editors also agreed that freedom of the press is important, and not everyone is afforded to journalists internationally. They are not

...President Donald Trump tweeted, “The New York Times reporting is false. They are a true ENEMY OF THE PEOPLE!”...
Graduate School
ELLISSA SCANO
STAFF WRITER

To go to grad school after graduation, or not? This is a question I asked myself when I was deciding whether or not to pursue a Master’s in Social Work. After making this decision, I sought advice on taking the GRE. One of the professors I talked to said, “I always advise a year off to get some work experience and to decide if you want to keep on rolling. Don’t want you to lose that fire,” and that really stuck for me.

For people in this same dilemma, you may have the opportunity to explore. If you’re still just about high school, you may have the opportunity to explore. For people in this same dilemma, you may have the opportunity to explore. If you’re still long before college, you may have the opportunity to explore. For people in this same dilemma, you may have the opportunity to explore. If you’re still long before college, you may have the opportunity to explore. For people in this same dilemma, you may have the opportunity to explore. If you’re still long before college, you may have the opportunity to explore. For people in this same dilemma, you may have the opportunity to explore. If you’re still long before college, you may have the opportunity to explore. For people in this same dilemma, you may have the opportunity to explore. If you’re still long before college, you may have the opportunity to explore. For people in this same dilemma, you may have the opportunity to explore. If you’re still long before college, you may have the opportunity to explore. For people in this same dilemma, you may have the opportunity to explore.
March 13, 2019

When I got home and plopped in my easy chair, the television was always what I put on. I was never a person to read in my spare time, even though I was a journalism major and a class introduced me to podcasts. I was terrible at making them. Once I started listening to them, the class actually gave me respect for the people who are good at them. The podcast I am going to focus on throughout this piece is Joe Rogan's.

If you have not listened to Joe Rogan's podcast then you should be suffering from a severe case of FOMO. I know what you're thinking for those of you who don't listen to podcasts, "That sounds boring." However, it is worth spending some time and talking about what they have to offer. They talk about a wide range of topics going from political and social psychology to UFO sightings to politics. Rogan has had Dr. Phil come on, Mike Tyson, Tenzin Barthier, Elon Musk. He doesn't discriminate against who he has on the show at all. Rogan provides in-depth learning opportunities to people who have opinions that differ from his own and he demonstrates pure critical thinking.

The more I listen, the less I care about who's on the show. It has all become a learning experience for me. I really like his podcast because it's an opportunity to absorb information in an effortless manner. I throw his podcast on in the middle of the day or on my way to school and I get the chance to learn some new things in my free time. I am learning more about myself. I find out what I'm interested, I become exposed to current and universal issues, I get introduced to new public figures. It's a good way to broaden horizons.

Listening to podcasts has almost become a form of meditation for me. I turn it on and tune into it and for that period of time I get to escape from my own reality. I really think that everyone should give podcasts a chance and if it's not Rogers podcast, then there are a million different ones to choose from. Who knows, you may even want to start one yourself!

While coming to an end, podcasts are like baseball in the sense that they both require you to be passionate about it. They both require the listener to be invested in the show. Luckily, baseball is the only one you'll get. Cause it's the only one you'll get.

Baseball is the Best Season

AMANDA BALESTRIERI
CONTRIBUTING WRITER

With a little less than three weeks until Opening Day 2019 and MLB Spring Training just beginning, the 2019 season is just around the corner.

We waited long enough for the signing of top free agent Bryce Harper to the Philadelphia Phillies with the Philadelphia Phillies on a record breaking 13yr contract. Harper is 26 years old, Harper is considered to be a rare commodity as he was not only elected free agency but is just one of the three slugging to acquire a $300 million contract.

Not far off is Manny Machado who is expected to sign with the San Diego Padres on a 13yr, $300 million deal. After waiting as long as we did for those two to sign, I think we can wait another three weeks for the season to start.

I can think we all agree that it is fine to learn something new. With Mondom's Baseball season coming to an impressive start, this show is the perfect opportunity to pick up. With all of the new acquisitions during this off-season, the listener has something to root for.

Whether it is the star closer of the Mets, Edwin Diaz, or J.T Realimento, the star catcher now on the Philadelphia Phillies.

Rooting for a team definitively brings people together but at the same time, we all love a good competition. Everyone has an inner competitive side to them, and watching baseball really brings that out.

Go in a game in person can be such an amazing experience. Both the Mets and Yankee stadiums are less than two hours away from campus and tickets are as cheap as $10 depending on where your seat is. It is definitely a fun and cost-effective night out.

For some reason, everything tastes better at a baseball game. Whether it is a hot dog or plain vanilla ice cream, eating it in the stadium environment changes everything.

Starting today, baseball season lasts from March all the way until October. With games being played every day, it is unlike a TV series where you have to wait the following week for the next episode. One game ends and the next game begins.

Baseball is definitely a sport you want to follow all of the games. But, the reward is definitely worth it!

There are some moments in baseball where you want to feel like you are a part of the team. I truly do not think any other sport can make you feel like you are a part of the team. When a team hits a walk off and everyone rallies around the plate, it is as if you are right there experiencing it with them. Never in my life, however, the feeling of a grand slam is almost as if you hit it yourself.

Baseball is one of those sports that evokes emotion not only between us, but in the players themselves too. I do not think we will ever forget Wilmer Flores, who was recently traded to the Arizona Diamondbacks, crying at second base in 2015 when he thought he was being traded.

The start of baseball season marks the start of Spring. Being only a mile from the beach, I think this is something that we all miss as Mondom students, look forward to. There are only two major baseball seasons; Winter and baseball season.

Baseball season has always represented America. From the songs to the feeling of a united country, it is truly an American sport to be a part of. There are not many sports that can say that too. Wilmer Flores is a desiganted song. “Take me out to the ballgame” will always hold a special place in the hearts of baseball fans.

Not many sports have works shown such luck, baseball does! What is more beautiful than watching fireworks at the baseball field?

While coming to an end, baseball season represents the best season to be at the beach, summer fun, baseball, and music. Baseball and music are as inseparable as the head of a baseball and the sound of the ball hitting the bat.

No one can play baseball without making a sound. It is a way of life. No matter where you are in the world, being a baseball fan is a great way to bond with friends and spice up your summer fun. Best of luck to all thirty teams!

Hard Work or Luck?

SAMANTHA RIVAS
STAFF WRITER

It is no secret that success is a driving force for a lot of people all over the world. It’s what people aim for whether it be reaching a career goal, achieving financial stability or finding happiness in life. However you define success, I can’t think of one person on this planet who would want to achieve it in one way or another. For me, success is the topic for a great debate, so it is here that I pose the question: what should we place more value in luck or hard work?

Now there are two sides to this debate and I am fully willing to recognize that. Hard work can be seen as how much you put into something which in turn determines how much you get out of it. Luck is determined by what you stumble across to help you along the way. However, I feel like hard work seems to make the most sense when answering this question. Let me explain.

Luck, it can be nice, but it’s truly a reliable approach? Think about it. How many success stories have you heard recently? You have Walt Disney, Steve Jobs and many others who found success through hard work. While luck did help some of them out a bit, it was never a determining factor overall. It is the hard work that pushed them further. Their determination was never given up on their ends goals.

Take J.K. Rowling for exam- ple, the creator of the Harry Potter series that we all know and love, she has found a lot of success. She wrote the books from autographing the books to contributing to the production of the eight movies franchises. Rowling is a prime example of what success looks like. But it wasn’t always this way for her. Rowling was rejected by many book publish- ers before her proposal for the first Harry Potter book was ac- cepted. Many other famous au- thors, such as Stephen King and Sylvia Plath, were also rejected before finding their success. The common fac- tor was that they were determined to put in the hard work and find that one yes in the sea of no’s. You had to have anything to do with luck.

People don’t get to where they are today, it is the choices that things fall into their laps. There are many things that start with the ground up and the hard work before we have the chance to grow into something more unless the work is put into it. Finding a job opportunity is luck, but securing the position is hard work. Meeting someone you connect with is luck, but turning into a relationship is hard work. Luck can be a piece of the puzzle, but the final piece is put together through the work.

As much as we all wish success came easy, it doesn’t. You have to be able to buckle down and work towards anything you want to succeed. Look at success how ever you’d like, but just know that work ethic is all you need to know to succeed.

But passing an exam or getting a grade of 100% is luck based on luck. I have to go in with a determined mindset and give it my all to get a good grade. Every success I achieve is the topic for a great debate, so it is here that I pose the question: what should we place more value in luck or hard work?
The Criminal Justice Department designed this event to connect students with working professionals in order to explore internship and career opportunities.

Presenters include representatives from local, state and federal agencies including:

CSI - Forensic Science
Federal Law Enforcement
Homeland Security
State/County/Local Law Enforcement
Victim and Rehabilitative Services

Wednesday, March 27, 2019
5pm to 9pm - Wilson Hall

All Students Welcome to Attend Refreshments Will be Served!
The Debate Team Competes in Georgia

NICHOLAS COSCARELLI
SENIOR/WRITING/NEWS EDITOR

Eighteen MU debaters competed at the American Debate Association National Championship, which was held at the University of Georgia in Athens, GA.

The tournament included approximately 170 debaters from 378 higher learning institutions around the United States, and Monmouth University’s chapter is the 272nd within over 300 chapters of Phi Eta Sigma.

At the West Point Military Academy, New York University, Suny-Binghamton, and the New School, MU took first place at the tournament at New York University in November. MU debaters also run the debate team at Asbury Park High School and co-sponsored the tournament with the Urban Debate League this year, including a tournament at Harvard last month.

This weekend, MU had nine teams of two students compete at the tournament. In the experienced division, the team of senior Gregory Harpe (co-captain) and senior Kaifin Alsupp (co-captain) and representing Monmouth in the novice division were a panel on the topic of the Federal Government should subsidize the United States persons without a social security number...On the affirmative side of the debate, the team of Mike McGuigan and Michael Myers (co-captain) and Alexis Scognamillo, Ziah Rowe and Michael Siefert, and Ryan Cothen and Ben Hawk also competed.

We will also deeply miss our graduating seniors Gregory Harpe (16 debate tournaments), Kaifin Alsupp (14 debate tournaments), Landon Myers (11 debate tournaments) and Michael McGuigan (6 debate tournaments). Greg and Kaitlin also practiced for a picture after competing in Athens, GA.

The Debate Team poses for a picture after competing in Athens, GA.

PHI ETA SIGMA INDUCTS NEW SCHOLARS

ERICA BARBARA
CONTRIBUTING WRITER

In a night celebrating the scholastic excellence of the 2019 freshman class, the Monmouth University Phi Eta Sigma chapter conducted its annual induction cerem ony on the first Friday of March at 7:00 PM.

With Pollak Theater setting the stage, the Phi Eta Sigma chapter honors society for first-year students inducted its newly-recognized academics dutifully, celebrating not only the importance of academic achievement but stressing the importance of admirable character and soundness of body and mind.

Out of the approximate 1,000 freshmen, 416 qualified for honors by Phi Eta Sigma by achieving a 3.5 grade point average or higher in their first semester.

Founded at the University of Illinois in 1923, Phi Eta Sigma has established over 378 higher learning institutions around the United States, and Monmouth University’s chapter is the 272nd chapter circa. 1987. The Society began as a freshmanmen’s honorary fraction, where there was a secret password used, a formal handshake, and club-exclusive meetings. In 1974, Phi Eta Sigma became non-member-specific and opened the induction ceremony to non-members.

There are over 1.1 million lifetime members of Phi Eta Sigma.

Entering Pollak Theater on induction night, standing out were a panel onstage of six students, a podium with a beautiful floral arrangement before it, and, showcased on the back wall, a vivid image of the Phi Eta Sigma logo.

In a striking gold and black color, the Crest symbolizes victory, higher development, and intelligence in its imagery, including a tumor and a book, pyramid, a gold, and a key. In Greek, the phrase “Knowledge is Power” adorns a scroll on the Crest.

At the helm of the ceremony speeches were internationally-recognized, high-level debaters and philosophers from some of the top institutions in the nation, including a panel of History and Anthropology, Mathematics, and Psychology.

Gregor Mathor addressed the first-year candidates, “The person who succeeds must possess three important qualities: vigor and discipline of mind, care, and respect for the body, and, above all, nobility and generosity of character.”

Inductee Leith Frain also expressed her appreciation for the Society: “An academically-inclined student like this is really important for like-minded students to meet.”

Frain concluded, “It is incredibly helpful for freshmen to realize that their hard work is appreciated by Monmouth, and by Phi Eta Sigma.”

The Outlook

March 13, 2019

Club and Greek

Announcements

WMCX

WMCX is a student-run radio station, and we’ve been Rockin’ the Shore since ’74. Learn how to operate the studio’s machinery, make connections, and host your own show! Meetings are held every other Wednesday in Plan gere 226 at 3:15 p.m.

If you’re interested in joining, contact Ali Nugent at s1096530@monmouth.edu or outlook@monmouth.edu or outlook@monmouth.edu and s1102099@monmouth.edu for more information.

Hawk TV News

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

If you are interested, please e-mail us at s0933548@monmouth.edu or meet us on Wednesdays in JP 138 at 3:15 p.m.

College Democrats of Monmouth University

There will be a College Democrats of Monmouth Univer sity meeting held in Bey Hall 226, the Center for Active Citi zenship. All who are interested in attending should come to the meeting to become involved in local student politi cal activities. Events will be held throughout the year, some in unison with the College Republicans. For more information or any questions or concerns, contact Landon Myers and s1132749@monmouth.edu.

The Outlook

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

If you are interested, please e-mail Caroline Mattise at s162099@monmouth.edu or outlook@monmouth.edu and come to our office in JP 260. We hope to see you soon!
Robert Harling’s touching Theatre proudly presents interconnected lives of six Louisiana women as Steel Magnolias 2019 spring production, intensely dedicated players. Is deeply Magnolias.

Joe. Experimentation done by given the individual music making a comeback. It seems that the Jonas Brothers will have no problem coming back to pop music.

For a carpool karaoke. I saw the Jonas Brother’s make right, but I still teared up when I wish I could say you were wished.

Once Rapolla, Chair of the Music and Theatre Department, believes that bands such as GnR possess a shock factor that is good for touring. A lot of people went to their shows just to see the chaos of it all.

Jonas Brothers Are Back But are we a “Sucker” for Reunions?

Nick Jonas’ solo success in the pop charts includes “Jealous,” which stayed on the Billboard Pop Chart for 28 consecutive weeks in 2014, followed by collaborations with Tove Lo and Nick i’Ninja. Joe Jonas took center stage again as the frontman of DNCE, releasing “Cake by the Ocean” in late 2015, which peaked at number 9 on the Billboard Pop Chart. Reunions give the artist or group a slight advantage, especially if the group was successful in the past because they already have a fan base that will give their new music a chance.

With “Sucker,” it currently has over 62 million plays on YouTube. It seems I’m not the only one who is a “Sucker” for them.

The set was immersive, being that the show’s style was able to hold the title of the second highest-grossing concert tour all time in with their 2018 Lifetime Tour, which lasted until 2018, grossing over $500 million.

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Mike Quon: The Art of a Designer

KATHERINE RIVERA
CONTRIBUTING WRITER

Bright, vibrant, unique and exciting are all of the words used to describe the style of Mike Quon points, draws and creates.

The artist exhibit, The Art of a Designer, that featured the works of Quon held its closing reception last Sunday, March 10.

The artist, Mike Quon, has been around the influence of art since a very early age.

Quon’s father was an animator and director at Walt Disney, who worked on number of famous animated movies.

Quon said, “My environment was filled with magic markers, pastels, watercolor paints and more. As a master painter, [my father] was a big influence on me.

I remember drawing from around the age of five or six.”

Born and raised in California, Quon attended UCLA where he was hooked. It was there that he furthered his education at the Art Center College in Los Angeles.

After graduating, Quon started a career as an art director at J. Walter Thompson and Young & Rubicam. Now, Quon lives in the New York City area.

His pieces have been in galleries and museums all around the world including Los Angeles, Paris, and everywhere in between.

His work is also in the Library of Congress, The New York Times office, the U.S. Air Force Art Collection and The New York Historical Society as part of their permanent collections.

Because of the bright and fun style of his work, Quon’s art has been used in campaigns and for logos, even promoting events like the Summer Olympics.

One person attending the exhibit called his work “vibrant and interesting,” and another said it’s “easy to look at and fun.”

Attendees were also noting how intricate the artist’s paintings are and how unique.

Most of Quon’s work is made with acrylic paints that have a number of different strokes and techniques to look at.

There are splatters, lines and texture throughout these works and they appear to be 3D with just the use of acrylic paint, like in Times Square Rush Hour and Big Fun.

Others of his works are collages using more than one medium to create.

One example is Surf’s Safari, which has different paper cut and placed on top of each other to create a scene of a car on a “road trip.”

There is a piece of a large map behind the car that gives the painting a traveling feel.

Another similar example is Said Out to Sea, which is a piece of a sailboat, with the sails made out of pieces of a map layered on paper and with paint to create a textured work.

Furthermore, a very unique piece, Pag Pop Art, was made by painting on the two opened pages of a book to create a 3D look and a unique medium to work with.

On a third part of the exhibit, there was a layout of some models that Quon had made, as opposed to 3D works, these were actual 3D works.

There were three cameras displayed and one skyscraper, all neutral colors with splatters of bright colors.

We also got a look at Quon’s earlier work, because on display were some don’t cut had made dating back through the 90s.

These give a good representation of Quon’s work throughout the years and throughout his career.

The general feel of all of his work is happy, bright and created to make people feel good.

This is why a lot of Quon’s work is used for campaigns and logos. All of the Quon’s art catches people’s attention.

It’s unique for an artist to use so many different styles, canvases and mediums to create a variety of textures and styles, which is why Quon stands out.

A lot of the artist’s inspiration comes from New York City, his home, including the skyscrapers and the Statue of Liberty.

Typewriters are also a huge theme in his pieces along with vehicles.

All of these real-life things are depicted on a large-scale using lots of colors and textures.

Regarding the variety throughout his works, Quon said, “I work loving in a spontaneous, loose and bold fashion, with lots of bright colors. I especially like the freedom that painting with watercolors gives me.”

The artist concluded with, “I enjoy working in black and white as well. I sketch and draw daily, and for me, work has got to be fun.”

It’s clear how much Quon loves what he does, which is heavily translated in the bold strokes of his work and the way people positively interact with it.

The Art of a Designer is on display through March 15.

CRJ: Our New Drug

MARK MARRONE
ENTERTAINMENT EDITOR

For those still craving a dose of bops since Carly Rae Jepsen’s 2015 album Emotion, the Queen of Pop is ready to give us a new fix.

The Queen released two new hit singles, “No Drug Like Me” and “Now That I Found You,” on Feb. 27, which has given people something to dance about.

The single with over 500,000 plays on YouTube, “Now That I Found You,” is a fun song that’ll make you “come alive” with its upbeat tempo right from the gate.

CRJ belts out the chorus, “Cause there’s nothing like his feeling, baby. Now that I found you,” and you can’t help but feel the euphoria too.

When you have that feeling of finding one, there’s no one that can take it away.

You “want it all” by being with that person at any moment you have a chance.

Also, you “don’t wanna hide [your love],” or “waste it” on someone you love.

CRJ reminds us what it’s like to fall in love and the dance party you want to throw when you have someone.

The artist also reminds us how many of her songs can be found on amazon.

Visiting Writer Hanif Abdurraqib

DYLAN SURMONTE
STAFF WRITER

Poet, essayist, and cultural critic Hanif Abdurraqib read from his new book focusing on the hip-hop culture, fans, faculty, and students in Wilson Auditorium as part of the University’s Visiting Writers Series last Thursday, March 7.

Abdurraqib’s recent works include his first full length poetry collection, The Crown Ain’t Worth Much, from June 2016, his first collection of essays titled They Can’t Kill Us Until They Kill Us titled “Defiance, Ohio is the Name of the Band” as well as a soon to be published poem titled “When Michael Jackson Walked on the Moon.”

As part of the Visiting Writers Series, Hanif Abdurraqib also participated in an entertaining and insightful Q&A with those in attendance.

When asked by a student in the audience what initially motivated him to start writing, Abdurraqib answered: “I was a music critic and writer before I was a poet, and I grew up in a house where music was often played a lot, but not often talked about a lot.”

The writer continued with, “And I’ve always had such an interest in what was happening narrative wise in such a way happens when people at concerts - when several bodies are in one place, looking for the same type of release.”

“I’ve been interested in all of these lyrical, small, and different moving parts.”

“So much of what I write about music,” Abdurraqib went on, “is convincing myself that what I am experiencing is magical and worthwhile as I hope it is,” he finished.

Also, when asked if he likes the University’s campus, Abdurraqib answered with laughter, “I do. I visited the Student Center, and I got some pizza, and I listened to the Student Activity Board’s playlist, which, to be frank, I think could use some fine tuning.”

Abdurraqib’s visit was both introspective and entertaining, where everyone left with a new outlook on the sounds going on all around them.

The artist’s latest work, Go Ahead in the Rain, a non-fiction book focusing on the hip-hop group called A Tribe Called Quest is out now.

Also, next year’s book, They Don’t Dance No’ Mo’, will be out next year.

The artist concluded with, “I enjoy working in black and white as well. I sketch and draw daily, and for me, work has got to be fun.”
Features

March 13, 2019

Student Spotlight on Nicholas Paradise

MELODY BODE

In his on-campus suite, Nicholas Paradise grabbed his acoustic guitar and began to strum a series of random chords. His close friends listened as he turned a simple chord into something much more by adding unique zest. There was passion in his strumming and guitar’s crisp vibrations engulfed the space around him.

Paradise, a sophomore music student, has held music close to his heart ever since childhood. The beginning of his musical journey was characterized by being around music, listening to his parents’ CDs and receiving his first guitar at the age of six. It was a spark that ignited a powerful musical dream. "I loved music so much as a kid, and obviously I’ve carried on with it," said Paradise, his passion on the subject setting itself in the faint smile on his face. Paradise said that he used to take guitar lessons, but became much more proficient by teaching himself.

However, Paradise decided to focus on music only one year ago. After a year of majoring in media arts at Sacred Heart University, he transferred to Monmouth to pursue a degree in music. "I came to the realization that, ‘Yeah, I should be a major in music, this is what I want to do.’ I don’t see myself anywhere else." Paradise is involved with Blue Halo, a band. "Rapolla said, ‘Nicholas’ student-run record label. His role consisted of determining which artists should be featured on the record’s compilation album. Auditions for the album took place on Feb. 11.

"Blue Hawk Records is really cool and unique. I don’t know any other college that has their own record label run by students," said Paradise. "It’s also a big reason why I came here, because other music programs weren’t nearly as all-encompassing as this. There’s a lot of accessibility when it comes to being involved in the studio process."

Joe Rapolla, professional professor of music, Chair of the Music Department, and Director of the Music Industry Program, has Paradise as a student in his Applied Music Industry II class.

"He has demonstrated an enthusiasm to participate in projects that are related to the music industry," Rapolla said. "I love when students take the initiative, are assertive, and demonstrate that they want to take the leadership position, bring others along, and advance the cause. I see that in Nick.

For the rest of the semester, Paradise will be teaming up with artists to help finish the songs that will be on the record. He encouraged his friends to get involved with the label as well. "Music surrounds the space between him and his friends, what’s it teaching a friend how to play guitar or sending music recommendations for their own personal uses," he said.

Friends can be difficult to maintain when you are in a new relationship. These are some tips on how to make sure that you always make time for all the important people in your life.

How to Still Make Time For Your Friends When You’re in a Relationship

LAUREN SALO

New relationships are so fresh and invigorating. You spend every waking moment with your new flame and can’t believe your newfound happiness 24-7. But you soon realize that you have placed your friends in the background. You are no longer hanging out with them and chatting, snapshotting, and spending long, lovely days.

Let’s be honest, no matter how much your boyfriend or girlfriend loves you, they do not want to spend every waking moment with you and vice versa. When you spend too much time with your partner, you begin to ignore other and fight about unimportant things. Spending time away from your partner is healthy.

You don’t need to develop a co-parent relationship, where you can’t do anything alone and your partner is your only source of happiness. You should half must have separate lives from each other, with your own friends who share similar interests.

Letting your relationship eclipse your friendships is a major dating faux pas. Your friends should always be treated as your day-ones because they have been there for you since day one. A lot of times when people enter into new relationships suddenly become wrapped up in the romance and do not intentionally ignore their friends.

Sooner or later, they realize that their friends are barely speaking to them and excluding them during hangouts. This is when the FOMO seeps in. But how do you earn their friendship back?

The best way to reconcile with your besties is to talk to them in person and explain to them how wrong you have been and how sorry you are.

Admitting that neglecting them has been wrong and unfair is step one. Step two is apologizing to them and promising that you will always make time for them.

The final step is knowing how to balance time with him and your friends. Also, if you or your friends move in together, it is possible to make time for friends because most of the time they are all together.

Erika Rusch, a junior communication student, said, "When it comes to [my boyfriend] I definitely know how to balance time with him and my friends. Also, if my friends move in over, we hang out with my friends for a little and then spend time with ourselves. Living with friends makes it easier to see them a lot, so I don’t feel as bad when I am with my boyfriend!"

But even though you live with your friends, it can be hard to make time for them when school gets stressful. So, the best way to make sure you are making time for them and giving yourself a break from the stress is to plan good friend dates.

These dates could be as simple as watching Netflix, eating together or on campus between classes, or doing homework together. And of course, going to get Roos or Dunkin’ Donuts before or after class with your besties is the best date of all.

The most important thing to remember is that your besties will do anything with you for you, so invite them to tag along on your errands or to ride to class with you.

Erin Muller, a junior communication student, said, "My boyfriend and I have the same friends, so it makes it easy to hang out altogether, but we do spend time by ourselves and grab food or hangeout whenever our schedules aren’t conflicting. Same with my friends – I’m always running around grabbing food or shopping with them.

Balancing the important people in your life is a real challenge. Noel Belinski, a lecturer of English, said, “To be honest, I have different kinds of friendship with family and work. The most important thing is to make time for friends, even if it is for a cup of coffee or to spend a few minutes ‘catching up’ on the phone or in an email. I struggle with this as the challenges of life often derail plans to get together.”

Through the challenges of life, make sure that you make time for both your friends and your significant other.

PHOTO TAKEN by Anna Puglia

PHOTO COURTESY of Nicholas Paradise

Nicholas Paradise is a music student at Monmouth who is dedicated to his craft and working hard to succeed in the music industry.

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Monmouth County SPCA

Adorable Adoptables
of the Week 🐾

Sunny
Female
9 years old!

+ 9 Outdoor Cats 🐾

Contact 732-542-5962 or
adoptions@monmouthcountysPCA.org
for more information

CRIME BLOTTER

2.26.2019
1455 Elmwood Hall
Defiant
Trespass

2.28.2019
1050 All North End
Res Halls
Solicitors on
Campus

3.2.2019
0251 Hesse Hall
PULA w/alcohol / Student
Misconduct

b/w 3.3-3.4.19
0950 Parking Lot 3
Criminal Mischief

b/w 3.3-3.5.19
0854 Boylan Gym
Criminal Mischief
WHAT’S UP AT CHABAD MU?

SPRING SEMESTER
JANUARY-MAY 2019

GENERAL PROGRAMS

SKYZONE TRIP
FEBRUARY 17TH
Call to RSVP

CHALLAH BAKING WITH RIVKI
EVERY OTHER THURSDAY 8:00PM
Learn how to bake the most delicious Challah and enjoy dinner at MU Chabad

WOMEN’S YOGA & TORAH
WEDNESDAYS ONCE A MONTH
At MU Chabad

EDUCATIONAL PROGRAMS

SUSHI FOR THE SOUL
EVERY WED 3:30-4:30
Student Center (by pool table)
Join your fellow Jewish Students at this weekly social exploring provocative and fascinating topics in Jewish thought and living. Feel free to ask any question on Judaism while you enjoy sushi.

SHABBAT DINNER AT CHABAD MU
EVERY FRIDAY NIGHT
At 572 Westwood Ave
This week, turn Friday night into Shabbat. Join us for a 5 course home-cooked dinner! All you need to do is RSVP on Facebook, and bring some Jewish friends.

JEWISH DISCOVERY EXPERIENCE
TUESDAYS, 7:30PM
BEGINNING FEBRUARY 12TH
at the Student Center
The Jewish Course of Why Revive your inner wisdom and strengths with an interactive 8 week course. A $250 stipend will be granted to those who fulfill the program requirements.

GENERAL PROGRAMS

BIRTHRIGHT
Are you Jewish? Are you between the ages of 18-27? If yes, then you qualify for a FREE 10 day trip to Israel! For more info visit www.MayanotIsrael.com

COFFEE BREAK
Something specific on your mind? Just want to chat? Schedule a coffee break with Rabbi Yaakov or Rivkie at a place of your choice. Coffee break can be one-on-one or with a group of friends.

CHICKEN SOUP HOTLINE
Feeling under the weather? Call us for a taste of home, guaranteed to make things just a bit better! Best of all, its delivered right to your dorm room!

MEZUZA BANK
Protect your dorm room or apartment with security from Above. Receive a loan Mezuzah. Free Installation!

All activities take place at Chabad MU 572 Westwood Ave unless otherwise indicated.

For more info call Rabbi Yaakov at 732.829.7476
email: ChabadMU@gmail.com
visit www.JewishMU.org

Chabad MU is a project of Chabad of the Shore.
Healthy Ways to Start Slimming Down for Summer

Jennifer Shamrock, Ph.D., a lecturer of communication, believes that you should have mock interviews at home with another person to prepare yourself for anticipated questions. One question Shamrock thinks seniors should anticipate is recalling an instance where they managed conflict. She also thinks that you should ask the employer questions about the company, the types of people they usually employ, and their history. She also encourages students to use career services. Interviews are a common fear among seniors, but with Career Day just around the corner, it is a good time to start practicing your interview skills.

JENNA PUGLISI FEATURES EDITOR

With the summer months approaching, it is common for people to start thinking about their “beach body.” This attempt to slim down can be healthy if done right. However, there are unhealthy dieting methods that students should avoid.

Aimee Orndorff, Director of Dining Services and a registered dietician, commented on ways that students can maintain a healthy balance while dieting. “Your body needs the right nutrients to fuel it throughout the day, especially for college students who spend countless hours studying, doing homework and attending classes. The best way to get what you need is by incorporating a variety of foods from different food groups,” Orndorff said.

“Make fruits, vegetables, whole grains, lean protein and healthy fats a priority when creating your meals. Limit foods with added saturated fats (think fried foods, cheese, pizza), added sugars (think sugar sweetened beverages, cakes, cookies, dessert) and be mindful of portion sizes. Drink plenty of water,” Orndorff said.

For students who have tried dieting methods before, they found that extreme measures are usually less effective. Not only will you be less likely to maintain those efforts, but it can become mentally and physically exhausting. Samantha Louiso, a junior communication student, said, “I did the Weight Watchers diet and measured everything I ate. I kept track of everything in the app and it was more tedious than anything.”

Currently, Louiso has changed her goal plan to match her regular eating style better. “I’m currentlymeal prepping every week and I’ve been doing it for a few months now. It’s so easy and it’s a great way to save money! Sometimes, finding the time to get food together is difficult, but meal prepping is a great way to save time and eat healthy,” Louiso shared.

Jess Marsdale, a sophomore communication student, shared that she also needed to go through some trial and error to find the best diet for her. “I have been on various diets throughout my life, starting as young as 13 when I tried to go ‘low carb’ with my mom. I stopped eating all breads, grains, and most foods during my low carb phases,” Marsdale said.

“Low carb diets are truly temporary fixes unless you know the science behind why dieting works. By the second or the third reintroduce carbs, all the weight comes back. The reduction of carbs for a short period just reduces water weight and that’s why you see an initial drop in body weight,” Marsdale explained.

“I’ve really considered or attempted every diet under the sun until I found Macros, which isn’t really a diet. It’s simply tracking your calorie and macronutrient intake by weighing and measuring your foods. It’s the only diet I’ve ever been able to sustain, be happy on, and lose substantial weight – factoring in 40 pounds in less than a year,” Marsdale continued.

Marsdale encourages her peers not to rush into an extensive dieting plan. “More than often, quick fixes are just dangerous to your health and will leave you unhappy, unable to lose weight, tired, malnourished, or a combination of all those things. Do your research on diets and do it for yourself! You are more than a number on a scale, and you are beautiful regardless,” Marsdale said.

One of the most talked-about diets right now is keto, made popular by many celebrities. “The ketogenic diet is high in fat, low carbohydrate and moderate in protein. When comparing it to the MyPlate, it surely is not the most balanced of diets. The ketogenic diet also means eliminating good-for-you sources of carbohydrates, such as high carbohydrate vegetables, fruits, beans and milk,” Orndorff explained.

People may see a low carb diet as a healthy option, but our bodies need carbs to feel good. “The elimination of whole food groups can also translate to nutrient deficiencies in the long run. The keto diet may act as a quick fix rapid weight loss tool but with any restrictive diet, I would proceed with caution and contact a registered dietician,” Orndorff continued.

If you want to meet with a dietician, you do not need to leave our campus. “As the full-time registered dietician on campus, I meet with students, faculty and staff several times a week on a daily basis and I encourage others to do so! My office is conveniently available by appointment at the Health Center on Thursday’s between the hours of 1-3 p.m. and 4 p.m. To schedule an appointment at the Health Center, call 732-283-3464.”
SHANNON OSWALD  STAFF WRITER

"If at some point you don’t ask yourself, ‘What have I gotten myself into?’ then you’re not doing it right.” This quote from Roland Gage is one that many people can relate to during the semester.

Try the Museum of Ice Cream, you want to go to New York. can.”

to have fun, so do it while you can. I try to get some free time by going to do some community service. Monmouth University is granting a list of students the opportunity to go to Guatemala and give back to their community.

By doing things we aren’t necessarily comfortable with we learn so much about ourselves.

These new experiences and opportunities can shape the person that you become. Who doesn’t like to have fun? By stepping outside of your comfort zone you might find a hobby that you absolutely love.

Try new hobbies such as a new sport can make you ask yourself, ‘what did I play when I was younger?’ Along with finding a hobby you love, stepping outside of your comfort zone can introduce you to new experiences that you may not have been able to experience otherwise and help you realize the importance of pushing yourself forward.

Madison Urraro, a junior social work student said, “Stepping out of your comfort zone is important because it’s the only way you will really be able to find out what type of person you are and the different things you are capable of in life.”

Urraro continued, “Especially in college, it’s a time that you can explore new talents and experiences that will make you try something different. It is important to step outside of your comfort zone because you don’t want to live your life后悔 that you could have done something different. We all need to try new things and experience otherwise and help us reach our goals.

Aside from personal goals, stepping outside of your comfort zone can introduce you to new opportunities.

Spring break is a time to have fun and exciting to see. It is important to make the most of this time while you can. I try to get some free time by going to do some community service. Monmouth University is granting a list of students the opportunity to go to Guatemala and give back to their community.

By doing things we aren’t necessarily comfortable with we learn so much about ourselves.

These new experiences and opportunities can shape the person that you become. Who doesn't like to have fun? By stepping outside of your comfort zone you might find a hobby that you absolutely love.

Try new hobbies such as a new sport can make you ask yourself, ‘what did I play when I was younger?’ Along with finding a hobby you love, stepping outside of your comfort zone can introduce you to new experiences that you may not have been able to experience otherwise and help you realize the importance of pushing yourself forward.

Madison Urraro, a junior social work student said, “Stepping out of your comfort zone is important because it’s the only way you will really be able to find out what type of person you are and the different things you are capable of in life.”

Urraro continued, “Especially in college, it’s a time that you can explore new talents and experiences that will make you try something different. It is important to step outside of your comfort zone because you don’t want to live your life后悔 that you could have done something different. We all need to try new things and experience otherwise and help us reach our goals.

Aside from personal goals, stepping outside of your comfort zone can introduce you to new opportunities.

Spring break is a time to have fun and exciting to see. It is important to make the most of this time while you can. I try to get some free time by going to do some community service. Monmouth University is granting a list of students the opportunity to go to Guatemala and give back to their community.

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Lifestyles

How to Perfect that Instagram Picture

SCHARINA BENCOSME
Contributing Writer

Documentaries have been a part of society and the entertainment industry for many years; but upon deeper inspection, there is much more to documentaries than just entertainment.

In Generation Z, television was simply a large screen to watch cartoons and history. Documentaries have served as more than just kickback entertainment. Everyone has had the opportunity to broaden their horizons and be enlightened the common people, or even remind us of events in our history.

This is all  key to a perfect picture. The natural light makes the picture at the right time of day. The iPhone has some of the best camera quality we have seen on mobile devices. The natural light makes the image to be straight. The natural light makes the picture at the right time of day you won’t even need to try to filter it because it’s already perfect. The natural light makes the picture at the right time of day. The natural light makes the picture at the right time of day. The natural light makes the picture at the right time of day.

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When you play a team like Quinnipiac, Junior guard Sierra Green led the first in the program to Monmouth history, she is a two-time All-American in the first female to be named an incredible amount of work for it,” she said. "Although I was hoping for a little bit more, I gave it my all in that moment and to walk away with a fourth place finish was something I will never forget," she said.

With the result, Wilson earned a plethora of distinctions. In addition to becoming the first female to be named a two-time All-American in Monmouth history, she is the first in the program to be named a First Team All-American since 2016. Her fourth place finish on Saturday is the best for the Hawks since Tsifinney Taylor’s fourth place finish from over a decade ago at the 2006 NCAA Outdoor Championships.

"Allie was super brave today," Head Coach Joe Craig said of Wilson. "She took the lead in the second half and really went for it," said Head Coach Joe Craig. "Her third throw was her best and one of the top marks in school history. He has put in an incredible amount of work the last five years to get here with Coach (Abraham) and Coach Christian Spaulding, and it is great to compete in the NCAA Indoor Championships.

"It was quite the rollercoaster for Women’s Basketball on Sunday afternoon, as they fell 80-42 to No. 1 Quinnipiac in the semifinals of the 2019 Metro Atlantic Athletic Conference (MAAC) Tournament in Albany, NY.

"It was a tough one for us today," said Head Coach Jody Craig. "We didn’t get off to a great start, and when you play a team like Quinnipiac, that can be a deadly combination."

JODY CRAIG
Head Coach

"Although I was hoping for a little bit more, I gave it my all in that moment and to walk away with a fourth place finish and to be up on that podium was something I will never forget." ALIE WILSON
Graduate Student

"We didn’t get off to a great start, and when you play a team like Quinnipiac, that can be a deadly combination."

PHOTO COURTESY of Mark Brown Photos

Women’s Basketball’s Season Ends in Semi-Final

MATT DELUCA
Staff Writer

The season came to an end for Women’s Basketball on Sunday afternoon, as they fell 80-42 to No. 1 Quinnipiac in the semifinals of the 2019 Metro Atlantic Athletic Conference (MAAC) Tournament in Albany, NY.

"It was a tough one for us today," said Head Coach Jody Craig. "We didn’t get off to a great start, and when you play a team like Quinnipiac, that could be a deadly combination. We dug ourselves in too big of a hole, but I was proud of our team for continuing to fight."

The Bobcats scored the first four points of the game, but Monmouth was within one on a three-point shot from junior guard Sierra Green. That was the closest the Hawks would be for the rest of the play. Quinnipiac embarked on a 13-2 run to take a 17-5 lead with 5:09 remaining in the first quarter. Monmouth was able to bring the deficit down to nine on free throws from junior forward Alexa Middleman, but the Bobcats answered with eight consecutive points to balloon the lead to 25-8. After ten minutes, they led 21-13.

Monmouth made a run in the second quarter, hitting three straight field goals to make the score 34-17, while holding the Bobcats scoreless for over three minutes. Quinnipiac, however, answered again, utilizing a 7-0 run to take a 41-17 score into the halftime break. The Bobcats continued their run into the second half, scoring the first 11 points to extend the lead to 52-17, while holding the Hawks scoreless until the 3:31 mark of the frame. Quinnipiac closed the third quarter with eight straight points, giving them a 62-21 lead after 30 minutes.

Monmouth won the fourth quarter, outscoring Quinnipiac 21-18, but couldn’t overcome the deficit, as the Bobcats advanced to their sixth-straight MAAC Championship Game.

"Overall, we demonstrated a fight for 40 minutes, and I think that’s the only change you have to ever make progress in taking that next step, with a 64-53 win over Canisius next season," said Craig. “It’s a good growth process to go through this today. We have things we’d like to be better at, and it gives us motivation to work on it in the offseason.”

Green led Monmouth with 13 points, which was the 22nd time in 31 games in which the program won at least one game at the MAAC Tournament. Sunday marked the end of the careers of the program’s two seniors, Balman and guard McKinzie Barker. Balman played 109 games over four seasons, finishing fifth all-time with 127 blocks, while scoring 326 points and grabbing 433 rebounds. Barker started 97 games, scored 674 points, corralled 458 rebounds, dished 257 assists, and had 113 steals.

"It’s been a blessing [to play for Monmouth]," Barker said. “It was quite the rollercoaster but also a blessing. I want to thank the Monmouth program for giving me the opportunity to live out my dream. It’s been quite the ride, and I know that the lessons I have learned playing here I will be able to take into my life after Monmouth.”

"What was unique for me and McKinzie’s experience was that we never had consistency in any of the years we’ve been here,” Balman said. “We had to deal with so much adversity, so many different team changes, we had different players every year, so to see the program being changed into something that can be so beautiful and strong next year is really exciting. I’m just blessed that I had the opportunity to play here, because I know it’s going to be something great.

The Hawks will return the rest of the roster from this season, and will welcome in two transfer guards, Akilah Jennings and Jen Louro. Monmouth finished the season with a record of 14-17, winning nine games in conference play.
Men’s Basketball Falls to Iona in MAAC Championship

**ZACH COSENZA CONTRIBUTING WRITER**

Men’s Basketball saw their season come to an end after a loss to the No. 1 Iona Gaels, 81-60, in the Metro Atlantic Athletic Conference (MAAC) Championship on Monday night at the Times Union Center in Albany, NY.

“ coração’s a tough out. We’ve tried everything, and I have to give [Coach Tim Cluess] all the credit in the world again and I truly mean it,” Head Coach King Rice said. “He’s a super coach and really gets his kids to play together, more than most people… I thought we were going to get this... and I was way off on that. I thank Diogo Quinn for choosing us and believing in what we were doing these last four years and I’m sorry that we couldn’t get over the hump for him.”

After netting the first four points, Iona went on a 13-2 run to take an 11-5 lead on a three pointer and extended it to a 20-10 advantage. Mountie hurt a lot of offense in the first half. Iona took the lead by 20-10 after a free throw on the second half, but Iona hit a pair of threes in an 11-0 run to make it 52-38 at 14:41. The Hawks scored to halt the stretch, only to see the Gaels score the next nine points to lead by 21 with 12:09 remaining, Iona held that margin through the remainder of the half, with sophomore guard George Papakostas coming in late to knock in a pair of threes for the Blue and White.

Irons lead the way in his final game with 13 points on a perfect 5-5 from the field. The Hawks shot 43 percent on the game. Mount- mouth’s bunt outscored Iona’s 24-24.

The No. 6 Hawks went on a run to the championship game by winning three games in four days.

The Hawks started the tourna- ment on Thursday night with a 76-72 win over the 11 seed Niagara Purple Eagles, then a 98-92 win over No. 3 Quinnipiac on Saturday and a 73-59 win over No. 2 Canisius on Sunday night.

In the regular season against Iona, they split the series a game apiece. Iona took the first game to open up MAAC play with a 104-94 loss on Jan. 3 in New Rochelle, NY. The Hawks squeaked by the second game around, winning 83-81 on Jan. 20 in West Long Branch.

After starting the season 12-12 coming into New Year’s Eve, the Gaels have a record of 14-9. Those wins included a 76-72 win over Niagara on Thursday night, and a 98-92 win over Quinnipiac on Saturday night, and a 73-59 win over Canisius on Sunday night, before losing to the Iona Gaels on Monday night.

The Hawks won their first games of the year against Niagara (lost once 75-48), Quinni- pauc (lost twice), and Canisius (lost twice) in the MAAC Tournament. Leading into this season, the Hawks lost their best starter in Mi- cah Seaborn, who left the school to put his name in the National Basketball Association (NBA) Draft. They then lost their first 12 games to open the season, those included No. 10 No. 9 Kentucky, Hofstra, and three losses in the Myrtle Beach Invitational which included West Virginia. Their first win of the season came on New Year’s Eve as the Hawks won 76- 72 in overtime against Pitt, which were coming off of a win over No. 17 No. 16 ranked Villanova. Given how many games it took to make into MAAC play, they started it with the loss to Iona. Conference games included ups and downs along the way; they had three four-game winning streaks and a four-game losing streak, including three-straight losses at home to finish the regular season.

Softball Takes Three in Four of George Mason Classic

**MARK D’AQUIA ASSISTANT SPORTS EDITOR**

Softball returned home from a weekend at the George Mason Cherry Blossom Classic with a record of 7-7, where they won three of their four games and out-scored their opponents twelve to eight.

In an unexpected turn of events, their first game of the weekend set against Marshall on Friday was called prematurely due to snow. Monmouth got back in it, rushing through a 6-0 run in the latter stages of the period with a pair of makes from sophomore guard Deion Hammond to cut it to three before a late three made it 36- 30 at the half.

Back-to-back triples from soph-omore guard Marcus McClary and junior guard Nick Rutherford cut it to a 3-0 lead and Monmouth gained some momentum to go into the second half, but Iona hit a pair of threes in an 11-0 run to make it 52-38 at 14:41. The Hawks scored to halt the stretch, only to see the Gaels score the next nine points to lead by 21 with 12:09 remaining, Iona held that margin through the remainder of the half, with sophomore guard George Papakostas coming in late to knock in a pair of threes for the Blue and White.

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Offensively, I couldn’t have been prouder of our team,” said Salsburg. “Marshall hurt a lot of offense in the first half. Iona took the lead by 20-10 after a free throw on the second half, but Iona hit a pair of threes in an 11-0 run to make it 52-38 at 14:41. The Hawks scored to halt the stretch, only to see the Gaels score the next nine points to lead by 21 with 12:09 remaining, Iona held that margin through the remainder of the half, with sophomore guard George Papakostas coming in late to knock in a pair of threes for the Blue and White.

Junior second baseman Deangie Jimenez added an offensive start this time around. In the third via a single to left field, Monmouth’s overall record improved to 8-6 on the season with the win, while Lafayette dropped to 1-8.

Next on the docket for the Hawks is the USF Spring Break Classic next weekend in South Florida. The Blue and White will face opponents that include Lafayette, Army, Brown, North Florida, and Wichita State.

Freshman Lindsey Baron made her mark on the game with a double, a walk, and two runs scored in the win.

“Defensively, I couldn’t have been prouder of our team,” said Salsburg. “It was the first pitched where this year, when the opponent scored, we an- swered in the next inning.”

The Blue and White kept the oppo- nent rolling into Sunday’s dou- bleheader including a rematch with Marshall and a tourna- ment final against Lafayette.

The Hawks got off to quick offensive start this time against Marshall thanks to Ro- salita, who had RBI singles in the first and third, driving in three runs to give Monmouth a 4-2 lead that they held onto for the rest of the game. Another junior, first baseman Kayla Rosado also had an RBI double in the first to get the Hawks on the score- board.

Sophomore guard Deion Hammond was listed in the MAC All-Tournament Team along with senior center Diogo Quinn.

The Hawks will see two players graduate, including Senior guard Quinn and first-year graduate student Trevon Gross, who transferred in from Virginia.

“It’s a blessing that I’ve been able to play pretty much every game since I came here as a freshman, that’s a blessing because not many people get to do that and that was one of my goals in high school, to play as soon as I got to college,” Quinn said.

Monmouth finishes the sea- son with a record of 14-21 (10-8 MAAC).
Allie Wilson became Monmouth’s first female athlete to be named a two-time All-American after placing fourth at the NCAA Indoor Track and Field Championships on Saturday.

SEE STORY ON PAGE 18

PHOTO COURTESY of Monmouth Athletics