Journalist Linda Deutsch '65 Honored

Megan Ruggles
Co-News Editor

Linda Deutsch ’65, a Veteran Associated Press (AP) Reporter and Monmouth Alumna, returned to campus to be honored for her achievements and generosity in Jules Plangere, Jr. Center for Communication, at 5 p.m. on Nov. 11. Deutsch pledged $1 Million to establish an endowed scholarship fund for journalism students at Monmouth.

In recognition of her generosity and contributions to the university, the community dedicated the space of the student-run newspaper, The Outlook, as the “Linda Deutsch ’65 Student Journalism Center.” Deutsch was an editor and reporter for the paper from 1961 to 1965. University President Patrick Leahy, Ed.D., introduced Deutsch at the naming ceremony held on the second floor of Plangere, in front of The Outlook. “At a naming occasion, you take a space on campus that is so important and you link it forever with a person who is so important to our university.”

He continued, “You take a look at The Outlook, published at Monmouth since 1933, and we need to make sure that we have first class space for our budding journalists. When you take that space, you could go through our 53,000 alums and not find a more suitable person to name this space than today’s honoree, Linda Deutsch.”

Deutsch is one of 18 AP reporters designated ‘Special Correspondent’ and was nominated for a Pulitzer Prize for her work covering the OJ Simpson Trial. She has covered other high-profile legal proceedings.

Deutsch cont. on pg. 2

Jon Stewart and The Game Changers

Mark Marrone
Entertainment Editor

The documentary The Game Changers was screened at Pollak Theatre with a panel moderated by comedian Jon Stewart that was filled with the film’s stars and producers. Last Thursday, Nov. 7.

The panelists consisted of the film’s main star Wilks, writer-producer Joseph Pace, one of the film’s dieticians Rip Esselstyn, and cardiologist Robert Ostfeld, Ph.D.

The evening began with the screening of The Game Changers, which follows the journey of defense trainer and retired UFC fighter James Wilks, who searches for a solution to return stronger from a recent knee injury. Throughout his research, Wilks discovers that adopting a plant-based diet is the best for building long lasting strength and endurance, despite centuries of messages that promote meat as an essential source of protein.

To back up his claims, Wilks showcases top level athletes who use plant-based diets from strongman Patrice Baboumian to ultramarathoner Scott Jurek and everyone in between like football players, track athletes, and cyclists. Wilks also has the support of scientists who endorse plant-based diet. It was surprising to find out how dramatically your body can change for the better just by eating stuff out of the ground. Above all, it brushed aside the masculine stereotype behind eating meat.

Following the screening, the panelists came out to discuss the film and take questions from the audience, which mostly consisted of professionals in the medical field, community members, and students.

Stewart cont. on pg. 8

Model UN & Debate Win Big

Nicholas Coscarelli
Senior Politics Editor

The University’s Model United Nations (UN) team and Debate Hawks sent a total of 50 students to two respective tournaments, both taking home awards this weekend Friday, Nov. 8 through Sunday, Nov. 10.

The Model UN team won multiple awards at the National MUN (NMUN) Conference in Washington, D.C., representing the United States, Argentina, and Jordan in the competition. NMUN is the second largest contest in the United States, with 966 students from 69 universities across the U.S. and around the world.

Monmouth’s U.S. Delegation won Outstanding Delegation (top ten percent at the conference). This delegation included Nick Boice, Mackenzie Ricca, Payton Colander, Kristen Gomez, Paula Echeverria, Liam Crowley, Katelyn Quinn, Fradely Delacruz, Nick Gibson, Alexis Vasquez, Maddy Dye, and Julia Bialy.

The Jordan Delegation won Honorable Mention (top 20 percent at the conference). This delegation was comprised of the six first-time delegates: Ari Martinez, Grace Joyce, Stephanie Popper, Ari Montezuma, Gabriella Grillo, and Yoshua Morales.

Ken Mitchell, Ph.D., Chair of the Department of Political Science and Sociology and an Associate Professor of Political Science who serves as one of the team’s advisers, explained that these “Fearless First-Timers” are the first team of first-timers to place at a conference at any level.

The Argentina Delegation included: Sabria Smith, Catherine Melman-Kenny, Sarah Reucci, Eric Machnicki, Zach Dougherty, Kayla Kennedy, Nina Baltus, Anthony Cendagorta, and Amanda Lopez, many of whom were first-time MUN competitors.

The debate team of Mia Ardovini-Brookner and William Sieffert won first place after...
Communication Department Hosts Career Day

MATTHEW COUTILLO

A networking event for undergraduates in the fields of Journalism and PR, Interactive Digital Media, Communication Studies, and Radio and TV was hosted in Wilson Hall on Monday evening.

The event allowed communication students to speak with field professionals in the industry about securing a job post graduation.

Larissa Cardozo, Associate Program Manager of Integrity Continuing Education, Inc detailed the type of communication-based graduate that professionals often seek during their hiring processes.

“I think the nice thing about communication is that it’s diverse and everybody has something to bring to the table,” Cardozo said. “We’re definitely looking for someone with people skills… who is organized and motivated, as well as a team player.”

A Monmouth graduate with a degree in communication studies, Cardozo explained how skills learned during her undergraduate years carried over into her professional life.

“Talking about that position, my company in general is all about communicating with people in any walks of life,” Cardozo said. “On any given day, I could be speaking with banquet managers or talking to doctors at the top of their field, and my communication skills that I learned [at Monmouth] really helped with being able to talk to those types of people and not collapse underneath the weight.”

Gina Colombo, Managing Editor for OneLive and spokesperson of MJH Life Sciences, encouraged communication students to seek job opportunities not seemingly related to their field.

“If you’re graduating with a communication major, think outside the box a little bit,” Columbus said. “You don’t necessarily have to put yourself into TV, the newspaper, or radio. I never thought I would be doing medical writing, or traveling all over the world, and I do that now.”

“A career path seems interesting, despite having little to do with one’s own experience, it is worth investigating and speaking with the professionals involved,” Columbus explained.

“You’re not going to regret [networking],” Columbus said. “You will only regret it if you don’t make that introduction or don’t take that brochure home. It’s very important to just go for it. This is the time to do it.”

Caitlin Garza, a sophomore communication student, appreciated the different range of professionals who could provide career advice.

“Everyone is very approachable,” Garza said. “I’m not completely sure which exact type of communication you want to pursue, but being able to hear so many different opinions is beyond helpful. Being able to see how different paths lead to different careers is inspiring, and I feel like finding a job after graduation is much more attainable than I once thought.”

Lisha Samuel, a graduate assistant at the Department of Communication, represented Monmouth’s communication master’s program and explained the benefits of participating in graduate studies.

“Having a master’s degree is not like an undergraduate degree,” Samuel said. “I feel like after graduate school you learn a lot of skills to use in the field. There’s a lot of options for graduate studies to take.”

Samuel detailed how interactive digital media concentration available to graduate students, and this concentration is a technologically advanced research lab. “You can put your technical skills into use,” Samuel said.

Connor Hughes, lead Jets writer for The Athletic and Monmouth alumni, explained the significance of networking events for undergraduates, as the job market for communication based fields is increasingly competitive.

“I think it’s super important about who you know, as much as what you know in this field,” Hughes said. “If you want to go into news, lifestyle, entertainment, or sports writing, for one, it’s so competitive to get a job.”

Hughes showed an interest in sports writing at an early age and soon realized that many other young, football loving kids could be having the same dream in mind. Standing among football loving kids could be having the same dream in mind. Standing among

Mind Share Partner’s survey found that millennials and Gen Z are quitting their jobs at high rates due to mental health.
Students Network at Annual Fall Career Day

The University hosted its annual Fall Career Day, providing students with the opportunity to network with employers and attend a variety of industries, on Nov. 5 from 12:30 p.m. to 4 p.m. on the second floor of the OceanFirst Bank Center.

Open to all students and alumni, the event exposed students to job opportunities and helped to polish their interview skills. Claude Taylor, Assistant-Residence Advisor for Academic Transition and Inclusion, explained that the event benefits students in two ways. "First, students get to see who is looking to hire people along with what potential employers are available. The other way is it allows students to practice the essential skills they need to be a successful candidate, in a safe space," he said.

Jeffrey Mass, Assistant Director of Career Services, said, "I’m a huge fan of faces. Face interaction. The Career Day is one way for students to get out of their comfort zone a little bit. A lot of [students] even come out of their shells for the first time during the day. It’s a great way to have a face-to-face interaction with an employer."

Taylor confirmed, "[Career Day] is a signature event at Monmouth and we have a great relationship with employers in the state and throughout the region. It helps fundraise to combat veteran suicide." Puzzo explained. "There are 350 students attending. It’s the first time we’ve had that many people registered for the event. It’s the ultimate way to practice interview skills."

"The Career Day is a great way to learn the process of finding a job. We have alumns that represent a wide range of sectors." Taylor confirmed that a benefit of attending Monmouth is being able to have a job that is directly related to your major.

"On top of that, we’re able to give you the resources and knowledge to find a job in your field, even if it’s not the field you’ve chosen to pursue," Taylor said.

The event’s purpose is about "quality not quantity; the event’s is about ‘quality not quantity,’" Taylor said. "We want to give students the resources and knowledge to find a job in their field, even if it’s not the field they’ve chosen to pursue."

Taylor confirmed that a benefit of attending Monmouth is being able to have a job that is directly related to your major.

The Career Day was a huge success with over 118 employers from all over the country and in some foreign countries. There are resources that can help me find what I want to do in the future, and the resources that can help me find what I want to do in the future, and the resources to help me find what I want to do in the future. The event was a huge success, and the resources to help me find what I want to do in the future. The event was a huge success, and we will continue to support the student veteran association in the future.

"I really had the best job in the world," Puzzo said. "I worked around really unique, talented and diverse individuals from all over the country and in some foreign countries, all over the world. Side by side, we faced extremely stressful and challenging situations. With that said, we all had the common goal of completing the missions that we were assigned. We were successful by working together, and a big thing was how we worked as a team, working together, working as a team, working as a team."
Born to Study: New Bruce Springsteen Class Is Ready to Rock Monmouth

MARK MARRONE ENTERTAINMENT EDITOR

Grab your pens and your notebooks, because thunder’s rolling down these halls.

Next semester, the University will roll out a course dedicated to the work of Bruce Springsteen called Bruce Springsteen’s Legacy and the Land of Hope and Dreams (HS-398-01) taught by History Professor Joe Patten, Ph.D., an Associate Professor of Political Science and Sociology, has committed students I have ever taught,” said Chapman. “He is certainly welcome to come visit and talk to the class. He is the perfect guy for the job.” Watson said, “What separates this course from other courses for me is the passion that Dr. Campbell brings to the classroom with his teaching. He is extremely knowledgeable about the content that he teaches and that really reflects well on his students as well.”

As for a special appearance by The Boss in class, Camp- bell will have his door open.

“He is certainly welcome to do so and I would love to have him visit and talk to the class. No promises though,” Campbell said.

An exciting few months lie ahead.

Student Spotlight on JP Suttile

Joni Suttile, known by his peers as JP, has an exciting few months to look forward to.

A senior political science student, he was recently selected for an internship with The Office of the United States Attorney for the District of Columbia during the spring semester.

According to official website, The Office of the United States Attorney for the District of Columbia is the largest law office’s attorney’s office, is responsible for the prosecution of all federal crimes, and represents civil proceedings filed in federal court. Suttle is one of four interns that are accepted into the program each spring.

To work with such a good organization, I’m extremely excited,” said Suttile, with an impish grin. “I can’t wait to see the places where I’ve never left his face. ‘I’ll get to have a lot of perspectives on different things. I’m sure to do. I also want to see how I like the Washington D.C. life.’

Suttle hopes that this internship will pave the way for a future in law school.

‘He just wants to be a lawyer. He wants to go to law school even if I don’t want to be an actual lawyer litigating in the courtroom. Just the prospects of having a law degree and being able to go a bunch of different directions with it is exciting. That’s going to lead me down the path of the most opportunities. What I’m going to get out of it is seeing how their office, works, so that I can find that actual practice/case experience to put on my resume, and maybe that will help me get into law school.

The University’s esteemed political science department has been a support system for Suttle as he progresses with his keen interest in law.

“The political science department has probably been the best thing I’ve ever walked into,” expressed Suttle. “Every professor there is so attentive and genuinely excited when I talk to them. There’s no way I would be able to get that internship and be where I am without that entire department, especially Dr. Patten and Dr. Dooley.”

Suttle continued, “The political science department is very conversational, so whatever you bring to the table makes the classes that much better. It prepared me to go into the internship and be able to critically think and evaluate things on my feet, which is probably what they’re going to expect me to do.”

A dedicated student, Suttle is a member of the Department of Justice,” Pat- tene assessed. “JP is very de- serving [of the placement]. He is one of the top students at Monmouth; not only does he work hard, he is also very bright and has a lot of humil-
The Reality of Cellphone Addiction

GEORGEANNE NIGRO
CONTRIBUTING WRITER

Teenagers and young adults today are consumed with one object: their cellphones. A study done by global tech protection and support company, Avast, found that the average person cannot go over 10 minutes without looking at their smartphone. The term, “nomophobia,” was created to categorize this phenomenon. It stands for no-mobile-phone-phobia, meaning a person is so addicted to their phone that he or she fears being separated by it.

How do tech-obsessed users fix this prevalent issue? The answer may not be as simple as quitting cold turkey, but rather may require a process. Admitting to the addiction is the first step. The next, may be a slow progression of weening yourself off using your smartphone until you are comfortable spending an entire day without it. Disconnecting may help you feel more in tune with the world around you, and your own self.

Research shows that college students have admitted that their smartphones have the most negative impact on everyday activities such as classroom learning. Professionals who teach media and psychology courses at Monmouth University also teach about the relationship.

Assistant Professor of Digital Media, Amanda M. Stojanov, explained why she feels it is beneficial to disconnect from your device. “I think it is very important for everyone to disconnect from their phones for a while, to attach themselves to reality.”

Not only can technology disconnect you from reality, it also can impact your mind. There are several physiological and psychological risks resulting from smartphone obsession. Brain activity and sleeping problems are two physiological factors that smart phones have bestowed upon their users.

It is common for adolescents to stay up late glued to their phones, thus preventing them to not sleep. This habit can ultimately lead to which insomnia, which can be defined as the inability to fall asleep or stay asleep.

Other psychological risks stemming from the overuse of smartphones are anxiety and irritability. Excessive cellphone use can create a dependency on the object, thus increasing the risk of anxiety when you have to be without it.

Amanda also added that disconnecting from your device can help improve your personal feelings. “Emotionally, I feel that it leaves you space to connect to yourself and what is in your immediate surroundings. Sometimes we get so caught up in other people’s news that we don’t have time to reflect on ourselves,” said Stojanov.

Monmouth University students also provided comment on this issue. Junior communication studies student, Katie Dura, believes cellphones are unhealthy because, “You lose connection with what is actually going on in the world, and with the people around you.”

Sarah Cooper, a junior psychology student said, “I think it is very important for everyone to disconnect from their phones for a while, to attach themselves to reality.”

According to Specialist Psychology Instructor, Jamie Good-win-Uhler, “Phone use is known to create jealousy and loneliness in our relationships. At best it feels annoying when a friend or two physiological factors is texting others while spending time with us; at worst, it can lead to deep insecurities about the relationship.”

Taking time off from smartphone use may be difficult at first but will ultimately prove beneficial for all users. This will help reduce anxiety levels, and in turn, dependency will decrease. Instead of choosing to plug in to your device, focus your time on outside activities and enriching your mind. Create a life that is not centered around your cellphone, but instead centered around you.

Ask Chloe

Every guy I start to like winds up leading me on and/or only talking to me for academic help. Why can’t I find a nice guy who shares my interests to build a relationship with? - Anonymous

Anonymous-- - Finding the right person to be with takes time, and in many cases, a series of trials and errors. No matter if you have a crush, or are ready to get into a serious relationship, you have to mentally prepare yourself for this new journey.

Kim Fleming, Adjunct Instructor of Communication, advises that, “If you’re looking for a relationship perhaps start in the right place. Finding people with similar interests can be important.”

Ultimately if you are able to connect with someone who appreciates, and empathizes with your lifestyle, you will outgrow relationships where you are underappreciated. If you don’t know where to start looking for new relationships Fleming suggests using a dating app. “Certain platforms allow you to write your interests and hobbies. You can set filters for your preferences. Of course one should use their best judgement when online dating, always use caution.”

It may seem daunting at first to put yourself out into the unknown, but you may find someone who can connect with you on a mental level, rather than just physical.

Fleming continued, “Never forget communication is your best friend...Use your words to convey feelings, needs, and wants. It’s fair to ask someone what their intentions are or conversely what you are looking for or need.”

At the end of the day, you deserve to be treated with respect. Never ignore the way you are feeling, and never be afraid to speak for the way you are feeling. In the wise words of Carrie Bradshaw, “If you find someone to love the you, you love, well that’s just fabulous.”

Good Luck,
Chloe

If you would like to be featured in the “Ask Chloe” section, you can submit your question to 1106449@monmouth.edu.

Adorable Adoptables

Meet Luna
Female
4 years old!
Affectionate, loves long walks, & playing with toys!

Meet Cammie
Female
8 months old!
Loves to snuggle & play together!

Meet Luna
Female
4 years old!
Affectionate, loves long walks, & playing with toys!

Meet Cammie
Female
8 months old!
Loves to snuggle & play together!

Please contact the Monmouth County SPCA for more information at 732-542-5962 or adoptions@monmouthcountysPCA.org
How Faculty Shape Our Future

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How Faculty Shape Our Future

Throughout their time here at Monmouth, students develop different academic and personal aspirations: some wish to pursue graduate programs, while others are seeking to enter the workforce upon graduation. Whichever path they may choose, the University faculty provide resource and guidance to get students on track to achieving these goals.

This week, The Outlook staff shared their experiences with faculty and other aspects of the University that have helped plan for their lives after graduation. Collectively, our editors had high praise for their faculty members' interest in their future.

One editor said, “I have had several professors not only inquire about my future but have written letters of recommenda- tion for me going into the career field.”

“I believe the professors at Monmouth not only want their students to succeed, but aspire to communicating with them after graduation,” the editor continued.

Another editor agreed, sharing that their professors already have them as professional contacts: “There are plenty of professors that I’m connected with on LinkedIn who support me and talk to me in the halls.”

Some editors even mentioned faculty by name, citing the many disciplines in which administrative faculty have been helpful.

One editor recalled important conversations with a faculty member recalls meeting with Karlyn McNeil, Ph.D., to discuss their plans: “[She] sat down with me in a private meeting to discuss the route that she took as a woman in athletics and possible futures for myself.”

Another editor thanked Professor Kristine Simoes, A.P.R., Specialist Professor of Communication for her guidance: “A specific time that I think of was when a professor had helped me when thinking about my future, is when I talked to my advisor, Professor Simoes.

I was able to express my concerns and hope for my future to Professor Simoes and she gave me honest advice and pointers,” said the editor.

One of our editors also men- tioned Professor of Journalism and The Outlook’s faculty ad- visor, John Morano. “One time after class, I spoke to Professor Morano about what I wanted to do after graduate school and gave me great advice on internships and other ways to get where I wanted to go. He also gave me assurance on what I was plan- ning to do, with regards to in- terviews and finalizing my folio, within my last two years at Monmouth.”

Other influential professors that editors shared gratitude for included: Johanna Foster, Ph.D., Associate Professor of Sociolo- gy; Jennifer McGovern, Ph.D., Assistant Professor of Sociol- ogy; Ken Mitchell; Chair of the Department of Political Science and Sociology and Associate Professor of Political Science; Walter Greason, Ph.D., Chair of Educational Counseling and Leadership; Surajna Raguda- ran, Ph.D., Assistant Professor of Social Work; and Nancy Me- zey, Dean of the Honors School; and Rehma Datta, Ph.D., Pro- vest and Senior Vice President of Academic Affairs.

One editor said, “Along with direct faculty support, Career Services has played a key role for many of our editors’ postgraduate endeavors.

These events provided an opportunity for me to practice my interview skills, network with potential employers, and gain exposure into the job op- tions I had given my skillset,”

Another editor echoed this sentiment by saying, “I think they do a solid job, but it would be helpful if the faculty ad- visors helped more after our freshman year because it often feels that the professors are after that point and then it’s all on you.”

One editor suggested that a guest speaker would have been helpful for them to connect with individuals outside the Monmouth community: “If maybe every class was re- quired to have some speaker in the field of what your courses are learning in to speak at some point in the semester because I always find these opportunities very helpful.”

Another editor suggested that the University offer more companies to represent themselves at career networking events so that students from all disciplines would find the events useful.

Overall, the editorial staff of The Outlook are grateful for the care and attentiveness of the University faculty in providing professional insight to stu- dents futures.

“Whatever path you are on, whether you are the brick and mortar that keep University together; we make sure that Monmouth have value and we work so well with one another,” an editor said.

HOW TO SUBMIT ARTICLES OR LETTERS:
The Outlook provides the Monmouth University community with information concerning issues and in the University while serving as a forum for the expression of its readers.

Contributions must be submitted (email outlook@monmouth.edu) by 12:00 p.m. Sundays to The Outlook office, 2nd floor, room 260, Plangere Center.

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November 13, 2019

The Outlook
Monmouth University: “A Green Campus”

RYAN THOMPSON | CONTRIBUTING WRITER

Any time you receive an email from a faculty member on campus, you will see on their signature right below the Monmouth University logo, a green leaf. Next to the leaf, it reads, ”We are a green campus. Think before you print.”

It’s blasphemous that this “green campus” does not practice what it preaches.

In my junior year at Monmouth, one thing has never changed: our lack of recycling. Sure, you see the recycling bins in every building. There are even some recycling bins placed side by side with no trash bin alternative next to it, like right outside of The Outlook’s office.

But in fact, when you place your plastic cup or food containers in the recycling bin, it does not matter. Most custodians combine the recycling into the same bags that hold the trash.

On an even more troubling note, there are plenty of trash bins campus-wide that are not labeled for recycling or trash.

This has been a particular problem in the residence halls, where for two months into the academic year, the halls had no labels on their bins. So for all this time, residents who have been environmentally conscious in separating their recycling from trash, have made no difference.

None of the dumpsters outside of Cedar, Maplewood, Spruce, and Willow Halls feature recycling options. In addition, throughout the residential side of campus, there are unlabeled bins, like directly in front of Redwood Hall. These unlabeled bins are riddled throughout campus, including on the side entrance of Puseyck Hall facing Bey Hall.

But let’s just imagine how much trash is amassed in a residence hall every day. According to the EPA, an American person throws out 5.91 pounds of trash per day, with 1.51 pounds being recycling.

Considering there are over 100 students living in each building, that is well over 391 pounds of trash per day and 151 pounds of that recycling. Over the span of two months, that is over 9,060 pounds of recycling thrown into the trash. Mind you, this is just for one residence hall and not accounting for the thousands of people who come to this campus every day.

When the custodians do combine the two, the recyclables are assumably and hopefully separated by a waste management company. But the more separating they have to do, the more they will charge.

Hence, on account of facilities’ laziness of not separating our recycling from trash, like they are supposed to, it would in turn come out of the student paid tuition.

However, this is a much bigger issue than paying for the expenses of separating recycling from trash. We recycle to help the environment. The more we recycle, the less dependent we become on creating new raw materials, which lowers pollution.

There are so many benefits to recycling like the saving of energy, reducing greenhouse emissions, keeping the environment clean for generations to come, and more.

Yet, all of these benefits are just combined with the trash every day.

This is why for my past three years living at Monmouth University, I have never recycled here. Instead, I take my recycling home because I know that my plastics and paper will actually be recycled. Most of the time I take home a few bags; some are mine and others are from my peers I live with on campus. They know the University does not recycle, so whenever I go home they ask if I can take their recycling with me.

Even if leadership decides to place proper labels on bins, you can’t help but still question if it will mean anything. Yes, the bins will have the labels, but will leadership make sure the custodians are actually abiding by them? There is blame to go around from the top to the bottom.

Climate change is the top issue our world faces today. The globe’s temperature is rising at an astounding rate and at some point in the near future, this place we call home may be uninhabitable for the next generation.

Taking this into account, we need to do everything we can to reduce our carbon footprint as much as possible. This includes recycling every bit of plastic we can or not using single-use plastics at all.

With my experience at this University, it is clear that they have no regard for this. University employees may have a little leaf next to their signature, but it is a lie.

Until President Leahy, the Sustainability Advisory Council, or facilities takes note of this epidemic on campus, our carbon footprint will only grow larger.

Throughout campus there are numerous unlabeled bins, such as this one which is directly in front of Redwood Hall.

There are not dumpsters designated for recycling outside of the Residential Halls, like these outside of Maplewood Hall.
Stewart and Wilks discussed The Game Changers

culinity with, "Food for men is past its prime."

why we look like a boy band like a men's rights group, it's "In case you're wondering why

"The conversation switched to the science of it and they help

Some of the panel opened up about the difficulty of first transitioning to the diet. Stewart looked back on his past lifestyle with, "When I first moved to L.A., I was more corn beef than man. I was a brisket guy, corned beef, I smoked a lot. But [now] feel much better." Berman also looked back on his lifestyle, where eating hearty meals with meat were a part of the fabric of being a firefighter at the firehouse.

However, Berman pointed out, "They're following tra-
ditions they don't even know why. They still think it's good living and eating. Like they owe it to themselves to do it."

Then, they talked about the benefits of being on a plant-based diet. Ostfeld said, "There is a breadth of evi-
dence regarding plant-based nutrition. If I told you that there was a pill that can re-
duce heart disease, lower your blood pressure, reduce diabe-
tes, improve erectile function, or reduce your rate of stroke, that would be the best selling pill of all time ever. And we kind of have it and it's broc-
coli."

The panel even discussed the economic benefits of the diet. Esselstyn spoke against the expensiveness of plant-
based alternatives with, "This is really easy at first when it comes to beans and whole grains. You don't have to buy an organic, yellow bell pep-
ers at Whole Foods for $4.99 a pound."

Although the topic was impor-
tant, the discussion was filled with plenty of fun. There was a moment where

Stewart acknowledged the backlash The Game Changers has received on promoting a plant-based diet, to which he asked Wilks, "Are you in the pockets of big salad?"

While he had the crowd laughing, Stewart was able to make a joke, then turn the topic back around on a serious note. In that instance, Stew-
art changed his tone toward Wilks and said, "I would not see this as a controversial movie. I would never look at this and think, "Wow, people are going to come back at this,' and yet it is. Why is that?"

To which Wilks replied, "The day before the film came out, there was a study that came out that said, 'Eat as much red meat as you want and eat as much processed meat as you want' is the new guidelines... You've got to dig into where that research is coming from and it's essen-
tially funded by the industry."

Stewart let all of the panel-
ists talk early and took most of the audience’s questions. There were also plenty of laughs, with Stewart’s quick quips and zingers throughout.

In closing, Stewart hoped that there would be more events like this sponsored by his Hockhockson Farm Foun-
dation and together members of the community and University to discuss im-
pact and".

Hopefully this will not be the University’s last collabora-
tion with the Foundation.

Jon Stewart Moderates Game Changers Panel At Pollak Theatre

Stewart and Wilks discussed The Game Changers and the ben-
efits of a plant-based diet to a nearly filled crowd in Pollak Theatre.

Comedian Jon Stewart came to Monmouth University’s Pol-
ak Theatre to moderate a panel after a screening of the docu-
mentary The Game Changers last Thursday, Nov. 7. The film follows James Wilks, a defense trainer and retired UFC fighter, who discovered the impact of switching to a plant-
based diet. Prior to the screen-
ing, Stewart spoke with the media on the importance of the film and how he has incorpo-
rated a plant-based diet into his lifestyle.

Stewart first spoke with Titus Falodun of New Jersey News Network (NJNN) on how he dis-
covered the film and lifestyle to which he credited his wife, Trac-
y. "She’s been very involved recently giving a powerful speech

In a final question on the tense world of politics and comedy, Stewart told NJNN, "You say what is your right to say and they say what is your right to say; it’s called conversation and we should do more of it."

Stewart is known for hosting the satirical news program The Daily Show from 1999 to 2015. He re-
cently gave a powerful speech to congress fighting for the 9/11 Victim Compensation Fund.

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**Hollywood Holograms: Is It Right to Bring Back Talent?**

**DANA CATERINA**

**CONTRIBUTING WRITER**

Halloween is over, but there's still something haunting us. We have lost iconic figures who made our childhoods and teenage years the best they could be. In this era of digital media, it seems like the only way for these talent to stay alive is to appear on the screen for their fans. But is this right? Or will it just depress us because it's really gone that we’re just looking for the安慰 of their voices and smiles? Let’s have a discussion about what’s right and what isn’t.

**Last Christmas Lacks Any Heart**

**MARK MARRONE**

**ENTERTAINMENT EDITOR**

Last Friday I gave cinema my final breath for a couple of hours, they gave it away. This weekend, save yourself from the scroll and give me a review on Last Christmas. It will help you through the bleak days of January. In Last Christmas we follow Kate, played by Amelia Clark, and her parents in London during Christmas and the pain of being both a Christmas movie and George Michael tribute. For example, as Kate walks around London during Christmas songs like Michael’s ‘Faith’ and ‘Heal the Pain’ play, there’s no way to escape this. So, let’s talk about what’s right and what isn’t. Is it right to bring back talent for our enjoyment? Or does it simply depress us because it’s really gone? Let’s have a discussion about what’s right and what isn’t.

**Elton John Says Farewell to Philly**

**MARK MARRONE**

**ENTERTAINMENT EDITOR**

Last Saturday Night was ‘An Encore for Elton John’. Elton John brought his Farewell Yellow Brick Road Tour to Philadelphia on Nov. 9. This was the second time John brought his farewell tour to Philadelphia (he had two consecutive sold out shows on Sept. 11 and 12, 2018) and it attracted back-to-back sellout crowds. This tour was John’s most technically ambitious one yet. The stage featured a huge screen that went from the ceiling and down to the floor. It’s clear that the stage is a part of John’s DNA. While he plays, John seems so free and pours everything he has into every song. From playing the piano like he has 20 fingers to the passionate singing, you couldn’t help but be dancing with him and saying farewell to such a legend.

Elton John gave his final performance in Philadelphia.
Monmouth Sends 50 Students to Competitions in Newark and D.C.

The Outlook Politics November 13, 2019

JOHN SPINELLI CONTRIBUTING WRITER

The House of Representatives voted to move forward with an impeachment inquiry against President Donald Trump last Thursday, Oct. 31.

Speaker of the House Nancy Pelosi (D-Calif.) announced the impeachment inquiry on Sept. 24, stating the need to investigate an alleged quid-pro-quo between the president and the Ukrainian government.

Pelosi has said that Trump and other White House officials know about Ukraine's government to share information with the 2020 Trump Campaign concerning Hunter Biden's business dealings.

The Speaker has stated that these actions are an abuse of presidential power and are therefore appropriate to investigate.

Two White House officials, Lt. Col. Vindman and former U.S. Ambassador to Ukraine, have already given testimony to House concerning the Ukraine deal.

Joe Patten, Ph.D., an Associate Professor of Political Science explained that the Founding Fathers the founding fathers created the process of impeachment to be a way for checks and balances in the new government so that the removal of an official from public office be peaceful and legal means.

Impeachment is not common in American politics, the only presidents in history that have been impeached were Presidents (Andrew) Johnson and (Bill) Clinton, and neither were removed from office, he explained. Some dispute whether presidents need to commit a crime to be removed from office since the Constitution says presidents can be removed for treason, bribery, or high crimes and misdemeanors.

Patten explained that impeachments are political trials, not legal trials. “Presidents or judges removed from office could be prosecuted for crimes after they are removed from office, he said.

The results of the vote were 232 to 196. All Republicans voted “No,” and even Democrats voted “Yes,” except Congresswoman Collin Peterson of Minnesota and congressman Jeff Viscovich of New Jersey.

Republicans in both the House and Senate have displayed strong opposition to the impeachment inquiry. House Minority Leader Kevin McCarthy (R-Calif.) and Senator Rob Portman (R-Ohio) have both argued that the president’s actions were not appropriate for an impeachment.

Pelosi responded to Republicans by emphasizing the importance of an investigation to see if further action (a trial in the Senate) is necessary.

An obstacle for Democrats in the House face is the Republican-majority control of the Senate. Senate Majority Leader Mitch McConnell (R-Ry) stated he will support Trump if a trial were to occur. Many Republicans Senators have agreed to follow McConnell’s example during the past weeks.

Ryan Tetro, Esq., a Lecturer of Constitutional Law and Political Science, explained that the impeachment process is a two-step process.

The House of Representatives drafts the articles of impeachment, while the Senate holds a trial. Removal from office would require a two-thirds vote from the Senate, even if the House has formally impeached the president.

Nicholas Yalch, a first year finance student involved with the Monmouth University College Republicans commented on the situation.

“Being the establishment candidate, I believe the impeachment trial is a way to take the focus from Biden’s own crimes,” he said. “I read the transcript the day it was released and listened to the Ukrainian president’s comments. He even stated he felt no pressure from Trump regarding the $400 million being withheld.”

“The Russian collusion investigation fell apart, then they argued he was mentally unfit, and now it’s onto the next avenue to take Trump down by impeachment,” Yalch continued.

“Not only this, but I believe this sets a bad precedent and that the president should be able to engage with foreign leaders without fear of leakage from the intelligence community. It is not good if a single person in the intelligence community does not agree with something the president says, they can become a political weapon.”

Yalch explained that he believes the impeachment procedure is a way for checks and balances because it has become only a partisan caucus, “focused on taking down the president rather than doing their jobs of voting on USMCA and immigration reform.”

Nick Gibson, a junior political science student and President of the Monmouth University College Democrats also gave his thoughts on the impeachment hearing.

“Trump’s time in office has been controversial since the start of the 2016 presidential election,” he said.

“This election brought the question concerning fairness of the popular vote as the Electoral College. Gibson said that Trump’s election began to polarize politics in a way not familiar to many Americans.

“It seems that this has been carried on with a poll taken by Politico showing that nearly 6 of 10 Americans find Trump’s push to have China and Ukraine investigate the Biden’s inappropriate action.”

Gibson believes that what Americans should keep in mind during this process are the actions being taken.

“Whether or not it is found to be an impeachable offense and results in removal, because it’s a two step process, and impeachment may not result in removal, we should keep these unethical acts in mind,” he said.
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If interested, please contact
Dr. Pearson at
(732) 571-3534
or
pearson@monmouth.edu
GEO PRESENTS:
U.S. PASSPORT DAY

MONDAY, NOV. 18
INDIAN FOOD TASTING & EMBASSY TABLE
11:30 a.m. - 1:30 p.m. - Student Center Cafeteria
US PASSPORT DAY
Apply for a new passport or renew your old passport
11:45 a.m. - 2 p.m. - Student Center, 2nd Floor
LOCAL-GLOBAL COMMUNITY ENGAGEMENT PROJECT: BANGLADESHI MARTIAL ARTS
12 p.m. - 12:45 p.m. - Edison Hall, Atrium

TUESDAY, NOV. 19
GHANAIAN FOOD TASTING & EMBASSY TABLE
11:30 a.m. - 12:30 p.m. - Student Center Cafeteria

WEDNESDAY, NOV. 20
ARMENIAN FOOD TASTING & EMBASSY TABLE
11:30 a.m. - 12:30 p.m. - Student Center Cafeteria
GERMAN EMBASSY TABLE
11:30 a.m. - 12:30 p.m. - Student Center, Cafeteria

DEPARTMENT OF WORLD LANGUAGES & CULTURES PRESENTS: Festival of Languages
11:30 a.m. - 2 p.m. - Wilson Hall, Auditorium

STUDY ABROAD 101
2:45 p.m. - 4 p.m. - Pogany Hall, Room 204

THURSDAY, NOV. 21
TURKISH EMBASSY TABLE
11:30 a.m. - 1:30 p.m. - Student Center Cafeteria

GLOBAL EDUCATION OFFICE OPEN HOUSE AND TST
1 p.m. - 3 p.m. - Student Center, Global Education Office

INTERNATIONAL FASHION SHOW
High-fashion from Around the World and Decadent Treats
7 p.m. - Student Center, Atrium Hall

FRIDAY, NOV. 22
CHINESE FOOD TASTING
11:30 a.m. - 1:30 p.m. - Student Center Cafeteria

PEACE CORPS PREP GAMES & ACTIVITIES
3 p.m. - 4:30 p.m. - Stockton Lawn near well

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**Women’s Soccer Soars to NCAA Tournament**

**CARLY STEAKIN CONTRIBUTING WRITER**

Women’s soccer secured their fourth straight Metro Atlantic Athletic Conference (MAAC) championship with two home victories against sixth seeded Niagara on Thursday and second seeded Fairfield on Sunday at Hesse Field on The Green.

In the first matchup, the first goal of the game came late in the first half from sophomore defender Jessi Rosman. After fifth year forward Madie Gibson’s corner kick was deflected by freshman midfielder Madison Perna, Rossman was able to put the ball in the net. Just a minute into the second half, junior defender Sarina Jones scored the second goal of the game off a penalty kick. This is Jones’ second career goal. This put the Hawks up 2-0 on the Purple Eagles.

In the 80th minute of play, sophomore midfielder Levie Palladino assisted by senior midfielder Jess Johnson’s free kick. In the final minutes of the contest, including the fact that Monmouth reached the America East Championship game with a goal from Karabin assisted by senior midfielder Lexi Palladino and Rossman. The second goal of the game also came from Karabin in the 34th minute of play assisted by Perna.

In the final minutes of the first half, sophomore midfielder Jill Conklin scored off a diving header. Monmouth went into halftime with a strong 3-0 lead over the Stags. Just around eight minutes into the second half, Gibson scored off an assist from Conklin and senior forward Dana Scherff. Palladino scored the fifth goal of the game in the 68th minute of play. This marks nine goals for her this season and 20 career goals.

Just 33 seconds later Gibson scored her second goal of the game assisted by Palladino. Gibson has eight goals this season and 35 career goals. She has racked up 102 career points making her the fifth player in program history to reach 100 points. With just a little over 20 minutes left in regulation play, the Hawks had the game wrapped up with a 6-0 lead over Fairfield.

The Hawks’ outshot the Stags 20-5 and 13-3 in shots on goal. Knaub had three saves Sunday night, totaling 14 shutouts this season. She is tied for the second most shutouts in a season in Monmouth history.

Junior defender Sarina Jones was named the 2019 MAAC Championship Most Outstanding Player. Johnson, Karabin, and Conklin were named to the MAAC All-Championship Team.

An amazing season capped off with an incredible performance in the final. I am super proud of this team,” said Turner. “My staff did a fantastic job all season long, the players bought in, and the end result is a championship.”

The Lady Hawks look forward to playing in the National Collegiate Athletic Association (NCAA) Tournament at Brown in Providence, Rhode Island. Monmouth and Brown have faced off two times in history. Once in 1988 and once in 2010, where the Hawks fell short both times. This matchup will take place on Saturday, Nov. 16 at 12:30 p.m.

**KYLE SUITA CONTRIBUTING WRITER**

In an action-packed weekend in West Long Branch, Monmouth field hockey defeat ed the fifth seeded University of California Golden Bears, 4-3 at So Sweet a Cat Field on Friday afternoon. On Sunday, Monmouth lost 2-1 to the Stanford Cardinals at home in the American East Championship. On Friday, Monmouth came back from a 3-2 deficit in the final three minutes of the contest and scored two goals. The dramatic comeback was started by junior midfielder Meg de Lange, who scored the game-tying goal just under three minutes left.

In the final minute, sophomore forward Annick van Lange scored the game-winning goal to cap a dramatic comeback for the Hawks. The win marked the Hawks’ ninth straight victory and fourth straight appearance in a final.

“The character that this team showed today was unbelievable,” Head Coach Carli Figlio. “It was a great way to advance to the championship game.”

To score off of three restarts for themselves and to maintain some terrific chances,” said Head Coach Krissy Turner. “We played very well and created a lot of positives that came out in their time at Monmouth.

Turner accomplished just 33 shutouts this season, including the fact that Monmouth reached the America East Championship game in its first year in the league. “I am incredibly proud of the team for the entire year. The growth that happen throughout the season was amazing to watch,” said Coach Figlio. “The standards they created for themselves and to maintain those standards over the last couple months was tremendous.”

The senior class of van der Hoop, Stephanie Bigler and Annie Deusch capped off their Monmouth field hockey careers with four conference regular season championships and two NCAA Tournament berths. The trio amassed a total of 59 wins in their time at Monmouth. They also went an outstanding 21-1 in league play. Coach Figlio tentatively plans the seniors following the game.

“We want to thank and honor the three seniors for everything they have put forth to this program,” said Coach Figlio. “We hope to continue to honor them for the legacy and standards they leave behind in the years to come.”

**HEAD COACH KRISsy TURNER accomplished her fourth consecutive MAAC Tournament title, while earning her seventh career NCAA Tournament appearance with a 6-0 shutout against Fairfield.**
Football Rises to 15th in the Nation

MARK D’AQUILA
SPORTS EDITOR

Just a week after receiving their highest national ranking in program history, Monmouth football moved up four spots in the polls to number 15 in the country after handing it to North Alabama by a score of 49-38 on Saturday for their eighth win of the season.

Kenyi Bahar throw five touchdowns on the afternoon for the second time in his collegiate career while converting 27 of his 36 passes for 319 yards on his way to becoming Big South Co-Offensive Player of the Week for the third time this season and second consecutively.

“We are really excited to get the win and our goal is to just keep moving forward,” said Head Coach Kevin Callahan. “We came out this week to go 1-0 today and we got the job done. We showed a lot of weapons on the offensive side of the ball. Kenyi had a great game but I think all 11 guys were out there contributing.”

Bahar also received an honor accolade on Saturday at Kenneth Stadium as he surpassed Brian Boland for the most touchdown passes in program history with 39 after throwing two first half touchdowns. The first kicked off the day’s scoring as following two forced fumbles by the defensive line. Monmouth used their field position to execute a 24-yard strike to junior wide receiver Terrance Greene Jr. The wideout broke off the would-be tackler with ease which was a theme of the game as Greene Jr. hauled in nine catches for 125 yards and a score.

After North Alabama would tie the game up early in the second quarter, Bahar broke the all-time passing touchdown record on a 15-yard fade route to the back of end zone. Junior wide receiver Lonnie Moore IV came down with the ceremonial catch for the first of his touchdowns on the afternoon for the score 34-7.

“Being a fifth year, and a veteran on the team it is important for me to step up to the plate and lead these young guys on the team whether it be handing the ball off, throwing the ball, or using my legs,” said Bahar. “Whatever way I have to do it because that’s the position they put me in and I want to step up to the plate.”

Bahar opened the second half going into the point pregame, taking his pass on the outside helping the Hawks downfield with ease while staying connected to his favorite target Lonnie Moore IV. After a quarterback draw made it first and goal, fifth year running back Devell Jones took the direct snap up the middle for his ninth touchdown of the season to make it 21-7.

After MU stopped a strong Lima’ drive in its tracks on the goal line to force a field goal, Bahar broke the game wide open on a bunker leverage finding fifth year tight end Quinten Parham untouched down the sideline for the 61-yard score. This was the first of Bahar’s four touchdowns, yet another touch pass to Moore IV who broke down the right sideline with his hands in the back of the end zone making the score 5-17.

The Lions brought the deficit a little bit closer with a touchdown and two-point conversion that was followed by a Bahar field goal and final score on the board in exceptional fashion with a track play fake reverse finding a wide-open Parham to complete a 10-play 60-yard drive.

Dewell Jones, the Hawky’s finishing touches on the blue and white’s scoring as the fifth year’s second touchdown put the Hawks in control for the second consecutive week and third of the season after throwing five touchdowns in Saturday’s win.

Basketball Splits Opening Week

Jack Murphy
SPORTS WRITER

Men’s Basketball began their season 1-1 with two road matchups as they won against Lehigh 66-62 at the Stabler Arena on Tuesday and fell to Hofstra 94-74 on Saturday at the David S. Mack Sports and Exhibition Complex.

In their first game of the season, the Hawks faced off against Lehigh high at their home court. Senior guard Louis Pillar scored eight straight points in the game including two three pointers which was a part of 15-0 run the Hawks went on in the first half. Monmouth was in control early and held a 16-point lead at one point in the contest.

Lehigh was able to go on a run in the second half however and get themselves right back into the game. They made it a one-point game with just 4:16 remaining. Junior guard Ray Salmon, who led the Hawks with 15 points on 39 percent shooting, made two free throws to give the Hawks a three-point cushion. Monmouth then forced a turnover which led to junior guard George Papan connecting on a left wing three shortly followed by Salmon converting a three-point play to make it a nine-point game with only 2:29 left in regulation.

Lehigh was able to trim their deficit to three. They had an opportunity to tie the game in the final moments, but Monmouth’s lockdown defense was able to hold down the win. This is the sixth time the Hawks won their season opener in nine seasons under head coach King Rice and the fourth out of their last five.

“From our first win last year through the end of the season, I think we grew up a lot and now we’re another team,” said Rice. “We have some nice, new pieces and we have a lot of kids that can come in and get into people defensively.”

Junior guard Deion Hammond contributed 14 points in 21 minutes for the Hawks. He shot 56 percent from the field as well and 57 percent from deep.

Monmouth narrowly outshot Lehigh as the Hawks shot 41 percent from the field while Lehigh shot 40 percent. Lehigh made a late push but strong defense late in the game stopped a possible comeback for them. “I was impressed the most by how together we were and how we stayed like that throughout,” said Hammond. Lehigh fell to 0-1 on the season after their loss.

After winning their season opener the Hawks headed to Hempstead, New York for a Saturday matchup against Hofstra. The Pride came out of the gate running and poured in 51 points on 60 percent shooting. Salmon drained a three-pointer at the half which made for a 51-24 halftime lead. After that, Hofstra went on a 15-0 run to move score up to 32-18 and found themselves with a 51-24 lead by the end of the half.

Monmouth was able to contain the locker room, the blue and white lit a spark on offense as they scored first nine points of the half. The Hawks were able to trim the margin down to 32 points, but Hofstra was able to hold down the Hawks and hand them their first loss of the season.

“That’s how college basketball goes sometimes,” said coach Rice. “We have seven more games in November and then I’ll have a better feel for our team. I knew we could shoot it well, I didn’t think they would shoot 60 percent in the first half. I was proud of our team containing in the first half.”

The Hawks were outshot in Saturday’s contest 53 percent to 41 percent and 25 percent to 50 percent from deep. They were also outrebounded 36-30 in the losing effort. The Hawks fell to 1-1 while Hofstra improved to 1-1 in the point pregame.

Coming up for the Hawks is a trip to Kansas as they face off against Big 12 opponent Kansas State on Wednesday, Nov. 13 at 8:00 pm. Monmouth will then go up against another Big 12 juggernaut in Kansas University on Friday, Nov 15th at 9:00 pm.

Women’s Basketball at Kansas State

Sunday, Nov. 10

Women’s Bowling Tournament

Placed Third

Sophomores Callais Smith won All-Tournament Team after placing fifth in scoring with 10 pts and 5 steals

Weekly Recap

Wednesday, Nov. 6

Men’s Soccer vs Iona

Two goals from freshman forward Ben Zakowski

Friday, Nov. 8

M/W Swimming at Stony Brook

Men won 148-114

Women lost 174.5-87.5

Sophomore Callais Smith won three individual races

Saturday, Nov. 9

Women’s Basketball at Bucknell

Losing 81-72

Sierra Green led the team in scoring with 10 points and 5 steals

Sunday, Nov. 10

Women’s Bowling Tournament

Placed Third

Sophomores Yasmine Madar All-Tournament Team after placing fifth

Upcoming Games

Wednesday, Nov. 13

Men’s Basketball at Kansas State

Forty Miles Tip-Off

Manhattan, KS 8:00 p.m.

Friday, Nov. 15

M/W Cross Country

Mid-Atlantic Regional

Bethlehem, PA 7:00 p.m.

Men’s Basketball at Kansas State

Forty Miles Tip-Off

Lawrence, KS 8:00 p.m.

Saturday, Nov. 16

Women’s Soccer at #17 Brown

NCAA Tournament

Providence, RI 12:30 p.m.

M/W Swimming vs Manhattan

West Long Branch, NJ 1:00 p.m.

Women’s Swimming vs Stony West Long Branch, NJ 3:00 p.m.

Basketball at Buena

Cranes Creek, NJ 1:00 p.m.

Monday, Nov. 18

Women’s Basketball at Pittsburgh

Forty Miles Tip-Off

Pittsburgh, PA 7:00 p.m.

*conference games

*conference games
Women’s soccer claimed their fourth straight MAAC Championship and a perfect season of conference play with a 6-0 win over Fairfield led by All-Championship players Lauren Karabin, Jess Johnson, Sarina Jones, and Jill Conklin.