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"We Bleed Blue" Homecoming 2015

DANIELLE SCHIPANI NEWS EDITOR

Homecoming weekend, themed "We Bleed Blue," included events from Thursday, Oct. 22 to Saturday, Oct. 24 and was planned by the Student Government Association (SGA).

The weekend's happenings began with the "Blue Lights" event on the residential quad Thursday night. There were live bands, free food, and an

for an event of this nature during homecoming. The quad was decorated with blue lights to compliment the theme.

definitely set the tone for the spirit of homecoming. It was undoubtedly a success," said Keith Lee, sophomore Homecoming Chair and head of the homecoming committee.

The "We Bleed Blue" theme was meant to bring out school spirit within the student body. "I

activity tent. It was the first year wanted to connect with the core spirit of the student body and bring out the best of it, so going with a theme that appealed to the school's colors made me "The lights were awesome and think that it would do the job. I thought that "We Bleed Blue" would be a catchy and creative theme and slogan that would get everyone pumped, and I think it was a success," said Lee.

The annual pep rally took

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President Paul Brown (center) accompanies MU Athletics for the presentation of MAAC Commissioner's Cup trophies at Saturday's homecoming game.

Are MU Grads **Being Hired?**

RICH FELICETTI ASSOCIATE NEWS EDITOR

For recent college graduates, perhaps the most challenging aspect of entering adult life is obtaining a quality job that pertains to their degree.

For students and grads, the University's Career Services provides information that will assist students and alumni in reaching their desired career objectives. Career Services prepares students for the job market by teaching them resume tips, interviewing skills, and job search strategies.

William Hill, Assistant Dean of Career Services, noted that upon graduation, University alumni have been successfully acquiring jobs, despite the inherent challenges of entering the job market.

"Past surveys of University graduates with data collected between six and nine months after graduation indicate that a very small percentage of grads are still seeking full-time em-ployment. By that time, most grads have found jobs or are planning to go to graduate or professional school," said Hill. "Monmouth graduates face the same challenge as any other college grad in the workforce, in particular competition with graduates and alumni from other schools and a less than robust national and state economy.'

With so many people applying for jobs after graduating, students need certain attributes that separate them from the other applicants.

According to Ellen Reilly, Job Placement Director of Career Services, students must recognize the difficulties of acquiring a job and therefore work to improve their likeli-hood of getting noticed by employers.

"The greatest challenge is the competition and understanding that the job search is a job in itself," said Reilly. "All candidates need to make themselves stand out from the crowd and be able to communicate their knowledge, strengths and competencies. Growing and maximizing your network is a priority, as 70 -80 percent of opportunities are found through networking.'

According to the University's May 2014 Commencement Survey, 57 percent of graduates with jobs earned less than \$40,000, 33 percent earned between \$40,000 and \$60,000, and 10 percent earned more than \$60,000.

Anthony Branco, a spring 2015 graduate of the Business Department's five year Master's program, has acquired a marketing job at Vitals, a doctor review and ratings service. The website offers patient reviews for doctors, enabling prospective patients to research the doctor beforehand and give feedback after-

MU Grads continued on pg. 3

University Holds a Sexual Misconduct Week

KERRY BREEN STAFF WRITER

The

Anne Nagy, Vice President for Student Life and Leadership a part of the panel discussion, Engagement at the University. "The Hunting Ground" will be University held a "We learn all the time and make used for campus training as 'Hawks United Against Sexual modifications and changes. In well. There are two versions Misconduct' week, to spread general, we are very focused on of the film that exist: - one is a presentation on domestic viothe student as the victim survivor, while we ensure that the student who may be charged as the alleged perpetrator also has their rights protected." Two events took place on Monday. One titled "A Call to Men" was hosted by Juan Ramos in Wilson Auditorium; the other was a presentation by the Monmouth University Police Department, held by Corporal Jeffrey Layton in Pozycki Hall. On Tuesday, health and physcial education professor Christopher Hirschler hosted an event called "Be The Change You Want To See." Other events that day included a presentation on domestic violence by Janet Lee of the non-profit organization 180: Turning Lives Around, and a screening and panel discus-sion of the film "The Hunting Ground," a documentary that talks about the epidemic of rape on college campuses.

the complete movie, which is an hour and 43 minutes; the other is a cut version that lasts an hour. About two dozen students attended the screening and panel. The film follows undergraduate rape survivors pursuing both their education and justice, despite ongoing harassment and the issues that face them and their families. "It's a very powerful, disturbing film," she said. "There were very few students in attendance, and I think that's unfortunate. I think they could have learned a lot from the film, and I hope they would appreciate that our campus approach is very different from what was seen on the screen." Nagy hopes to implement the film as part of training for resident assistants and student orientation leaders, as well as a presentation entitled "Dude possibly showing it to members of student government in assault - something that hap

According to Nagy, who was the hope of letting them know more about the epidemic of rape on college campuses.

> On Wednesday, there were three programs. The first was

pens to one in six men under the age of 18, according to 1in6. org, a site that offers resources and support for men that have been victims of assault. Other events on Thursday included a

awareness of sexual assault on college campuses through presentations and panels that took place campus-wide from Monday, Oct. 12 to Friday, Oct. 16.

The week was an effort to bring awareness to the victims of sexual assault, how to help them, and how to prevent assaults from happening in the first place.

According to statistics gathered by the New York State Coalition Against Sexual Assault, it is believed that one in four college women will be assaulted in their lifetime. It is also believed that in nearly 50 percent of attacks, the perpetrators did not believe that they were committing rape, despite the fact that their act matched the legal description of it.

"We have a robust and comprehensive policy of dealing with issues of sexual misconduct [on campus]," said Mary

lence held by Specialist Profes sor of Psychological Counseling John Muldoon; another w held by CommWorks, calle "No Is A Complete Sentence The final event of the day wa an event called "Scream Th atre," held in the Wilson Au ditorium; according to Nag it was one of the best-attende events on campus. "It was intended to have

discussion about healthy an unhealthy relationships with direction towards identifyin domestic and/or sexual vie lence and situations," said Mu doon. "We also wanted to tal about coping skills for those situations and myths about d mestic and sexual violence related to being on a universit campus.'

Events on Thursday include Matter Too," about male sexua

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Long Branch Boardwalk Contruction Disrupts Off-Campus Students

JAMES ROMANO CONTRIBUTING WRITER

Students who live in the University Bluffs and other offcampus residences have been complaining about the construc-Avenue throughout the duration by then," said Joe Ruggiero, of this fall semester.

The construction can be attributed to Superstorm Sandy. which pummeled the East Coast like Ruggiero, leave their apartin 2012. The northernmost section of the Long Branch boardwalk, located in Pier Village, survived the storm The older section located further south grievance. "It's an eyesore was not as lucky.

The boardwalk construction commenced in May, just as the spring semester for the 2014 to 2015 school year ended. Not only is the boardwalk being reerected, but other structures are currently in the building process. "Roadway, boardwalk, retaining wall, bluff, curbs, concession stand, restrooms, lights, railing, access ways down on to wasn't blocking the beach acthe beach are all involved. It's pretty multifaceted," said Howard Woolley, the Business Administrator for the city of Long Branch. "It goes far beyond the boardwalk."

ity, many Monmouth University students are not happy. "No one said anything about completion of the boardwalk by the construction when I signed May of 2016 and completion of the lease to my apartment last spring," said Trevor Rawlik, a senior health studies major, who Harms Construction Co. of lives immediately north of the Howell, NJ won the contract University Bluffs. "This could with a \$14.4 million bid. have possibly affected my decision to maybe live elsewhere Management Agency agreed this year."

mately 8 a.m. to 9 a.m. almost comprehensive

sounds of jackhammers, Caterpillar equipment, and men talking," Rawlik said.

'The workers' equipment can be noisy sometimes, but I'm tion along the beach of Ocean usually leaving my apartment a junior communication major who lives in the University Bluffs. Off-campus residents, ments early in order to escape the numerous noises heard throughout the day.

> The noise is not the only too," Rawlik said. "I try to look out my front door and see the ocean, but instead I see a chainlink fence and a crane." The fence, Rawlik mentioned, runs the length of the construction, which extends from Brighton Avenue to Morris Avenue, the street directly south of Pier Village.

"It would be nice if the fence cess," Ruggiero said. Both Rawlik and Ruggiero have to walk three blocks north towards Cottage Place to gain beach admission.

"George Harms Construction Regardless of the complex- Co. is the principal contractor for this job," Wolley said. "The contract calls for substantial the structures adjacent to the boardwalk by July." George

> The Federal Emergency to reimburse Long Branch for

heavy machinery. "I hear the funds to rebuild infrastructures after natural disasters," Woolley said. The city of Long Branch is responsible for the remaining 10 percent. Woolley said that the city is paying extra to make the boardwalk wider, which will cost between \$700,000-\$800,000. "The boardwalk was too narrow," Woolley said. The old boardwalk was originally 10 feet wide. The newly reconstructed boardwalk, lying on the footprint of the old path, will range from 16 to 20 feet wide.

"I cannot tell you what the winter weather will be like, but if they (George Harms Con-

every morning to the sounds of "FEMA gives municipality struction Co.) get a decent winter, they will be well ahead of that schedule," Woolley said. "These guys work rain or shine."

Because of the construction, the city of Long Branch was forced to close portions of Ocean Avenue beach access points such as West End, Brighton Avenue. North Bath Avenue. and South Bath Avenue. "We still had a great beach year regardless of having all of those beaches closed," Woolley said. "The weather was phenomenal board to catch next year." Woolley and the rest of the Long as the concession stand and re-

beachgoers.

Even though the construction is predicted to last the duration of this school year, Monmouth off-campus residents who live in the area can hope for a mild winter so George Harms Construction Co. can potentially finish earlier than anticipated. "These guys have been tremendous in terms of accommodating walkers and joggers along the beach," Woolley said.

Students and Long Branch residents alike can look forward and we have big numbers on the to the wider boardwalk along with the other facilities, such Branch municipality hope the strooms that will extend all the new structures spark a surge in way north to Pier Village.



PHOTO TAKEN by James Romano

Rawlik is awoken at approxi- 90 percent of the cost for the The chain-link fence separates residential apartments located on Kiernan Road and construction construction. equipment littered throughout the new roadway and boardwalk.

Homecoming Brings MU Community Together

Homecoming continued from pg. 1

place Friday at 5 p.m. in the Multi-Purpose Activity Center (MAC). The event included the reveal of the new Shadow mascot, announcing of the homecoming court, games, prizes, and performances by the pep band, dance team, and cheerleaders.

"Homecoming is great because it is a time when the whole school comes together," said senior and captain of the cheer team Alyssa Scardelli. "Sometimes as a small school it is difficult to bring everyone together for a big game. Homecoming is a great way to bring the university together and support the football team on game day.' The pep rally was hosted by students Lexi Swatt, junior communication student, and Matt Sheehan, junior business accounting student. The homecoming court included Lord Joe Firetto and Lady Jamie Flora, Duke Austin Skelton and Duchess Ashlev Beneventine, Price Matthew Miller and Princess Kara Snyder. "I think that SGA did an amazing job with the interactive dance off and other games. The hosts were so fun and engaging and I had a great time," said junior communication student Alicia Torello. The King and Queen were announced at the football game halftime show on Saturday, the King being Chris Carter and the Queen being Danielle St.



ities such as homecoming," said Yasmin Nielsen, Assistant Vice President of University Engagement.

"I thought it was a blast. There were tons of different things to do. I also liked the size, it wasn't overwhelming. You could pop in and out without getting lost. It was definitely a success and I can't wait until next year," said Erin Smith, Monmouth alumna who graduated in 2014.

"Homecoming is special because it is our biggest event of the year," said Elizabeth Esten Manalio, Associate Director of University Engagement. "This is when people are most excited to come back and see campus. They often bring family and friends to the events throughout homecoming weekend." Overall, homecoming was considered a fun and successful weekend by Lee and Callahan. "You have members of the entire University community coming together for a weekend of events. From the pep rally to the homecoming court to the game, there are student-athletes, greeks, student government, staff members, faculty and more involved in the whole weekend," said Callahan. "I think homecoming was definitely a success. Everything I planned from the blue lights event, to the Pep Rally, to the banner connect, to the parade went so smoothly. I'm very happy with the outcome of this vear's homecoming and have heard a lot of great feedback,"

PHOTO COURTESY of Keith Lee

The University's Student Government Association planned the majority of the homecoming weekend events.

Vincent. During the halftime show, there was also a parade of all the university's current athletes and performances by the dance and cheer teams. President Brown made an appearance along with the President of the Student Alumni Association Karyn Cusanelli.

This year marks the 23rd year for the University's football team. Football Head Coach Kevin Callahan and the football team captains briefly spoke at the pep rally. Coach Callahan thanked everyone for their support and explained how they

Saturday as they face the number one team in the nation, Coastal Carolina.

The University fell to Coastal Carolina with a final score of 23-20. "The crowds on homecoming are always outstanding and the energy at the game is electric. I know our players fed off of that support as we took the No. 1 team in the country down to the wire on Saturday,' said Coach Callahan.

Homecoming is a time when many alumni come back to support the university. There were an estimated 700 people who atlook forward to the game on tended the Alumni House Tail-

gate Tent and Lawn Party on Saturday morning. Activities included a photo booth, face painting, prizes, blow up castle, free rum samples, free food and live music.

This was the first year where the tent had a social media hub to promote the alumni tailgate. The tailgate was located at the Alumni House behind the MAC. The alumni tailgate gives alum a place to come together for homecoming weekend. "Our main goal was to continue to build pride and to encourage alumni to come back to campus and participate in campus activ- explained Lee.

Commuter Student Mentor Program Update

LAUREN NIESZ COPY EDITOR

muter Student Mentor (CMS) program was initiated and this fall semester, the program took shape.

The program has had a very positive impact on both the mentors and the mentees as well as the overall commuter community. Because of this program there have been new Facebook groups added that are for commuter students.

One of the mentors, English student Ally Afanador, said, "Honestly, I've always loved Director of Off Campus and Commuter Services ican remember" she continues, "Being a CSM has given me the first-year commuter students of the CSM's have been able to his mentors. some of the best experiences of my life."

Not only is Ally happy with people out, she has also found great benefit of this program said. for herself, "I have made On the topic of his 12 chosen friends that I can hope will last mentors, Clay could not be more me forever. Being friendly and making people smile only takes

tinued.

rector of Off Campus and Comvery pleased with the program's Student Mentors and the pas-

impressed with the Commuter Monmouth University." sion that they bring to helping been communication. "A number tinuing to be built by Clay and

a number of small adjustments CSM program becomes more one of the main objectives in Spearhead of the program, Di- along the way and the CSM's first-year commuter student exhave been incredibly flexible, This past summer the Com- muter Services, Vaughn Clay is while also exhibiting a great deal perience, I think we will see a of commitment toward helping first year, "I have been very the first-year students succeed at the part of the new commuter

One issue for the program has dation has been built and is con-

"A number of the CSM's have been able to make some great connections with their mentees. We are also refining how, where and when to link up with the first-year commuter students."

VAUGHN CLAY

Director of Off Campus and Commuter Services

make a connection to Monmouth University. Since this is a new program, we need to keep prothe fact that she can help other moting its benefits to the firstyear commuter students," he

enthusiastic at their efforts. "Considering that this is a brand one act of kindness and that is new program, I feel the Commut-

make some great connections with their mentees. We are also refining how, where and when to link up with the first-year commuter students. It will take another cycle before we are truly able to see what kind of impact the CSM program is having on first-year commuter students," Clay explained.

Establishing participation what I hope to show people, es- er Student Mentors have done a has been another issue the new

Another vital role in the implementation of this program is the mentees. Sydney Lucas, Marine Biology major and first year commuter student, "I am definitely happy that this service is available because it reminds me that it is not just the residents that have a community on campus-the commuters have one to say that having a positive imtoo!" Making the students feel as though they are truly a part of muter students isn't a fantastic pecially my mentees," she con- great job! We have had to make program is facing. "Once the the Monmouth community was feat in itself.

greater level of participation on

students," said Clay. The foun-

ingrained into the life of the this program; therefore, hearing this positive feedback from Sydney is comforting to the mentors and to Clay that the program is doing its job.

Nolan Spengler, chemistry major and first year commuter student, says "I believe that the Commuter Mentor Program helped me in my transition into Monmouth. The mentors were literally available for any questions at any time." Again, it seems as though the program succeeded in its mission of availability for the mentees to ask any questions that they might have as the semester progresses.

Regardless of the positive feedback from a few mentees, the real success of this program will be determined at the end of the fall semester. Clay says, "I feel that I will be able to get a better picture of what the program was able to accomplish at the end of the fall semester, after I survey all of the first-year commuter students." This is not pact on even a handful of com-

Career Services Prepares Students For After Gradution

Graduates continued from pg. 1

ward. As marketing manager, Branco oversees trade shows, runs email and marketing campaigns, and supports the sales team. Branco attributed much of his success to the University's Career Services.

helped me get a good internship ate, has also acquired a job. Arthat gave me the experience I needed to get this job," said Branco.

admitted that internships are a major part of his success, as they provide valuable experilate to the real world job market. Hill notes that this is just one of many benefits that Career Services offers.

'Because of Monmouth's Experiential Education requirement, all of our graduates have fulfilled an internship, field ex-

ment related to their major. This makes them highly competitive," said Hill.

"Also, I have found that most students I advise are flexible in terms of work location, starting salary, and the type of job they are seeking."

Additionally, Jesse Arrieta, a "The MU Career Center fall 2014 Health Studies gradurieta is a pharmaceutical project coordinator for Johnson & Johnson. Arrieta noted that many of Branco, like many students, his job skills can be attributed to the services offered by the University.

"Monmouth prepared me for ence and skills that will trans- the job market by equipping me with the proper training on how to be marketable to companies," said Arrieta. "Monmouth helped me gain confidence in myself and use my great education to connect on a professional level with recruiters."

Reilly noted that Career Serperience or some other require- vices specifically focuses on

each student, as everyone's job search is different. Therefore, many aspects of Career Services work to help each individual student.

Career Services provides a personalized approach to working with each student, and to provide a foundation and toolkit for career success. This foundation includes many resources which provide career development and connections to employers," said Reilly. "Career Services hosts numerous events throughout the year, including recruiting and networking events, in addition to workshops which will teach critical skills. Preparation is key and Career Services is equipped with a team to help all students put their best foot forward."

Hill noted that it would be beneficial for all MU students to attend the Fall Career Day on Wednesday, Nov. 4 from 12:30 p.m. to 4 p.m. in the Multipurpose Activity Center (MAC).



IMAGE TAKEN by cloudfront.net It is often difficult for students to find jobs directly after graduating college in the field of their choice.

"This event is an excellent opportunities. We expect over way for students to network 100 employers from a variety of with employers, and find out career fields to be present," said about full-time and internship Hill.

Sexual Misconduct Awareness Week Informs Students

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presentation called "Lunch and Learn." The third event, and the most attended, was a "Take Back the Night" rally held on the quad.

'Take Back the Night" events are held nationwide, done with the intent of educating and raising awareness of sexual assault. The organization hopes to end all forms of sexual violence, no matter what label they may fall under.

The week ended on Friday, with a morning presentation on bystander intervention, held by NJCASA spokesperson Sarah Bear. It was a film screening of the movie "Small Thing". The screening was followed by a question and answer session with the filmmaker.

methods in place to draw aware- think - 'Wow. That's pretty powness to sexual assault during the week. The above events are

considered 'active participation events', according to Nagy. Another way the University encouraged student involvement was through the use of 'passive events'.

One of these passive events was the twenty school-desks placed strategically around the Monmouth University campus. There were some in the underpass; others were placed inside or right in front of the doors of academic buildings. All had a testimonial taped to them, beginning with the words "I am not here today because..." and then telling the story of a sexual assault that had occurred during their academic career.

"I think I've heard more people comment about that passive program and the impact that had on However, there were other them and really causing them to erful, that someone's not here today because they may have been

a victim of sexual assault," said Nagy. "I had a student tell me that they found themselves compelled to read each chair because it was so powerful for them."

Other passive programs included a book display in the library and signs about consent being found in the restrooms of academic buildings, where students could read them.

It is the hope that the conversation about college campus sexual assault will continue beyond this one week. Professor Christopher Hirschler, who was heavily involved with the events of the week, says he makes sure that he touches upon the subject in his classes as well.

"Because I think the topic is so critical, I cover sexual assault prevention during the second week of classes in the First Year Seminar that I teach," he said. "As Faculty Director of Study Abroad, I created a video that addresses safety issues, including sexual assault, because studies have shown that the risk of sexual assault is even greater while abroad.'

Nagy also hopes that students know that there are people for them to reach out to on campus if they are to be the victim of assault.

"I think it's very important for students to understand what the university's position is with regards to sexual misconduct," said Nagy. "I strongly encourage a student that, if they are a victim of such an act, that they should talk to someone. They do not have to talk to the police or the university, they do not have to press charges - that is always your right to do, and we will help you, we will counsel you, we will walk you through the whole thing. But if you become a victim, you should talk to somebody, and there are safe places on

campus to do so. It is important for you to know that there are safe places on campus to talk, and if you want to do something beyond that, there are plenty of places here to help you do that as well."

Such safe spaces include Counselling and Psychological Services, or the nurses in the health center. They are not required to disclose the details of assault, and the student does not have to press charges or tell the police about the assault unless they feel comfortable doing so.

"It's on us," said Nagy. "The school is here to support, to help, to offer resources, but we need help from our students. Don't be a bystander – if a situation feels wrong, say something. Students are the best defense for each other, not just here, but on campuses nationwide. Students are here 24/7- they see everything. Don't stay silent."

"Take Back the Night" Raises Awareness of Sexual Violence on College Campuses

JAMILAH MCMILLAN ASSOCIATE NEWS EDITOR

Approximately 80 students, faculty, and administrators partook in the University's annual "Take Back The Night" event on Friday, Oct. 16.

students gathered in the residential quad and battery powered plastic candles were dispersed to each participant. An information felder, the Associate Director table was manned by two representatives from 180 Turning Lives Around, a NJ based nonprofit organization dedicated to walk from the residential quad ending sexual and domestic violence.

Payal Patel, a senior political science major, attended the event in support of the "Take Back the Night" movement. "Not only do I believe in the cause, I think it was at the top of the underpass is important for us to realize the I turned and looked at everyone issues of sexual assault and the gender issues that our world has kind of created," she said.

About 10 minutes into the event Thomas McCarthy, the Assistant Director of Counseling and Psychological Services, gave a short speech. He discussed the importance of such events, and recognized the large number of male athletes present in the audience. "I am happy to have so many males here from the Athletics Department," he said.

According to McCarthy, the male attendance rate was greater this year than any other year since "Take Back The Night" was established at the University over eight years ago.

Following his speech Mc-Carthy introduced Sue Levine, a Coordinator at 180 Turning

world, where we can talk, live, learn, laugh and love, and not be victimized," said Levine. "Sadly in our society and locally in our own community sexual victimization continues to occur. Survivors are of any gender, age, race, ethnicity, and socioeco-As the sun set around 7 p.m. nomic background, as are the perpetrators," she continued. Following Levine's speech the

group was lead by Mark Holof Residential Life. Each participant displayed their candle as Holfelder lead the group on a and through the underpass. They then circled past Rechnitz Hall and Wilson Hall. Then they were brought back to the starting point.

'On our way back when I walking behind me. It was a really beautiful sight seeing all those single candle flames shining in solidarity," said Momna Ayub, a sophomore chemistry major.

Once the group returned to the quad males and females were split up and asked to go to different rooms for separate discussions

Male students followed Holfelder to a dorm lounge where they discussed the importance of fighting against domestic violence and sexual assault.

'The male students met in one of the lounges in the dorms, and engaged in a discussion about violence against women, and the role that males can play in sexual assault as perpetrators, but also as advocates for woman or *Lives Around.* "We have the bystanders who could intervene right to simply be present in the before a sexual assault occurs,"



IMAGE TAKEN from http://granitegrok.com/wp-content/uploads/candle-candlelight-vigil.jpg "Take Back the Night" is an annual event at the University and orginated in the 1960's.

sion has been to, "...create safe tive crisis and counseling service said McCarthy.

Female students sat with Levine in another dorm lounge. They began the discussion by explaining the importance of the work that they do. Last year alone, the organization received over 800 calls to their hotlines. 'Sexual violence is a crime in the legal sense, and a crime against humanity...the only yes that means yes is yes," she said.

Since its origination in the 1960's, the "Take Back The Night" foundation has been encouraging institutions like the University to hold such events. Founded in Europe their mis- ing Lives Around has been an ac-

communities and respectful relationships through awareness events and initiatives. We seek to end sexual assault, domestic violence, dating violence, sexual abuse and all other forms of sexual violence.'

Thousands of colleges, universities, rape crisis centers, and women's centers from around the world have participated in "Take Back The Night" by way of vigils, protests, and marches according to takebackthenight.

For almost 40 years 180 Turn-

for individuals in NJ. It provides various services for survivors and their families. "180's emergency safe house and confidential hotlines are accessible 24/7, as well as the services of the Domestic Violence Response Team and Sexual Assault Response Team at police headquarters and hospitals throughout Monmouth County," said Levine.

"It is important to have events like this on college campuses. I am really glad that I could be here and participate before graduating next semester," said Ayub.

Community Reacts to New Jersey Devil 'Sighting'

KIERA LANNI PHOTOGRAPHY/LEISURE EDITOR

The Jersey Devil might be making an appearance in time for Halloween.

Paranormal Investigator Kelly Roncace of NJ.com received an eye-opening email from an Egg Harbor man. According to the email he sent to NJ.com, Dave Black was driving home from his job as a security guard in Atlantic City when he had the encounter. "I was just driving past the golf course in Galloway on Route 9 and had to shake my head a few times when I thought I saw a llama," Black wrote.

He then saw the llama-l



but the students did not find any evidence to support the story of the Jersey Devil.

Veit has heard some theories about the legend of the Jersey Devil. One suggests if families or members of the community were squabbling with each other, they would say things that would be prejudicial against each other. Veit also heard one researcher argue that Mrs. Leeds might have been praying in Latin, and other people might of thought she was saying something other than she did.

Veit also said that the people of 18th and 19th centuries were not as scientifically driven as we are today. He said, "People were certainly afraid of things like witchcraft during this time period, so they believed more in the presence of a spirit world than we do, and that might have inspired them." Being an archeologist, Veit has come across things he could not explain. "I certainly find things that I haven't been able to explain and there are some artifacts that are intriguing that I'm not sure what they are. There are some mysteries out there." Of course, he has never found anything related to the Jersey Devil. Overall, Veit feels that it is exciting that the Jersey Devil has become an international celebrity over the years. Veit said, "It's interesting that it keeps showing up through time, but that means that people ing the area, Veit sent out some are fascinated with the superstudents to the site of Mother natural and want these unusual

creature spread out leathery wings and fly over the golf course Black spent hours looking at the photo, trying to come up with a rational explanation. Did a goat grow wings and fly? Is it just a prank?

'A friend suggested that maybe it was an animal running and an owl grabbed it, the photo being a combination of them. That's still not my first instinct, but I don't know how to explain it otherwise," Black wrote.

Black sent the photo to Roncace, lead investigator of Jersey Unique Minds Paranormal Society, for some sort of explanation. Even Roncace could not come up with a true explanation. Even so, news sources like big bat-sized wings. This devil the Huffington Post, Buzzfeed, and Good Morning America have picked up the story. It even became a trending topic on Photoshopped in," said senior Facebook.

Dr. Richard Veit, Professor of rick Hall.

IMAGE TAKEN from http://www.nj.com/entertainment/index.ssf/2015/10/is_the_jersey_devil_in_galloway_township_paranorma.html This photo was taken by a man from Egg Harbor named Dave Black while he was driving home from Atlantic City on Route 9.

Anthropology and Chair of the Department of History and Anthropology, finds the photo not so convincing. "I don't think it's true, but I think it's fascinat-ing," Veit said.

Viet imagined the creature to be larger than what is in the photo. "I think it's often been portrayed as having the head of a horse, cloven hooves, and looks a little bit more modest," he said.

"It honestly looks like it was Radio and Television major Pat-

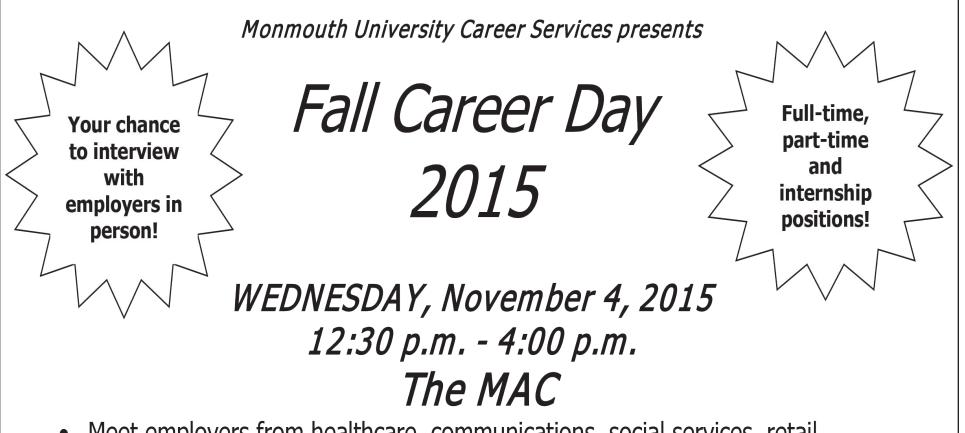
Sara Rosenfeld, a math major, feels that the creature looks magical, but she does not buy it. "I don't know, I think it's weird looking. It looks like he will eat our souls," Rosenfeld said.

Even if the photo is not undeniable, Veit pointed out that the location is significant. He said, "The original story starts off in a place called Leeds Point, so the geography is good."

The Pine Barrens have long been haunted by the so called Jersev Devil. According to the popular New Jersey folklore site, Weird New Jersey, legend has it that in 1735, a Quaker

woman who lived in the Pine Barrens area named Mother Leeds became pregnant with her 13th child. She exclaimed, "Let this one be a devil!" out of frustration. Initially, she gave birth to a beautiful baby, but it underwent a horrific transformation. It seemed she got what she wanted because she gave birth to the horned, goatlike creature who flew away to wreak havoc and haunt to residents of the Pine Barrens.

Given the folklore surround-Leed's house a few years ago, things to be real."



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Home Sweet Homecoming

THE OUTLOOK STAFF

4,591 Monmouth students, alumni, fans and more showed up to the Homecoming game this past weekend against the number one team in the FCS, Coastal Carolina. Although the football team came up just short of arguably the biggest upset in our school's history, the story lies outside the lines of Kessler Field. The attendance at Saturday's game along with the environment it provided was something foreign to our West Long Branch campus. Rowdy, passionate, possibly intoxicated fans packed the bleachers to support their team. Those of us that went to the game understand, but words can't describe the atmosphere.

As you pulled into the parking lot of the Multipurpose Activity Center, the mood was different. A normal football game for the Hawks might include a decent amount of tailgating and a few devoted fans having a good time outside the field pregame. For reference, the Hawks played host to the #22 ranked Liberty Flames and managed to knock them off 20-17 two weeks ago. That was the first and currently the only win over a national

ranked opponent by the Hawks; a bigger focus on the team durgame. Now that's not terrible, if we were talking about our high school football teams, but one college football team.

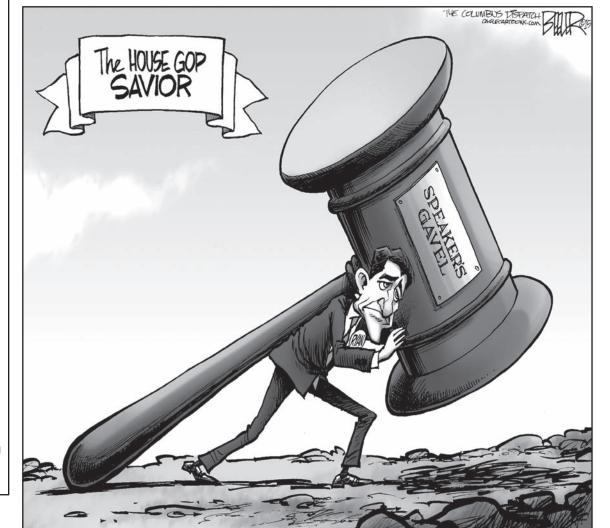
There is no arguing that as a student body and more specifically The Outlook staff would love to see the average attendance at all of our athletic events rise, so what is stopping that from happening? To be honest, that is a harder question to answer than it sounds. Homecoming is special because it is a public place for everyone to get together, have a good time, catch up with alumni and enjoy a sport that so many of us follow. But if the only difference is the presence of alumni week after week, how do we replicate the scene at Monmouth Stadium from this past Saturday at every home game.

One Outlook editor said, "I think homecoming naturally draws a lot of students and alumni since it's a popular college event no matter what school you go to. However, a lot of people attend the tailgate and then skip the game. I think MU could draw a bigger crowd for the game itself by placing been working towards?

1,734 fans showed up to the ing the week leading up to the game and running promotions or something."

That's an interesting perspecwe're talking about a division tive, could the athletic department and school itself advertise more on campus for our athletic events? Could the problem not be getting people to the game but instead letting the student body know there even is a game? The schedule cards on the napkin holders in the Dining Hall and Student Center help to inform some of the student body, but outside those schedule cards and a few posters scattered around campus, students have to turn to either social media or the Monmouth Hawks website to see what game is up next. Could the solution be painting our campus blue and white with information pertaining to the next game?

> Maybe all the student body needs is a winning team to get behind, now although we didn't win last Saturday, the Hawks certainly made a good account of themselves and held their own against the number one team in the country. If a winning streak were to ensue, could this be the year Monmouth athletics finally takes the leap it's so desperately





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It's Beginning to Look a Lot Like Christmas...Already?

LAUREN NIESZ COPY EDITOR

Christmas is my favorite holiday-hands down. I am guilty of listening to Michael Bublé's Christmas album all year round. But just because I listen to this all year round doesn't mean that times at the end of the sea-I am totally okay with how early Christmas is advertised in ads, stores, etc. My rule of thumb, if you will, is that it is okay for Christmas to be advertised and generally thought about after the first day you put your heat on. For me that day was Oct. 17. When you first smell and feel that heat kick on, that's when it really starts to feel like the ist-bows, ribbon, I want it Christmas/holiday season is all! When it comes to wrapbeginning. I am guilty for being overly enthusiastic about the holiday season, but it does for the wrapping to fall apart make me upset that we glaze or get damaged. For myself in over Thanksgiving.

Thanksgiving is also one of my favorite holidays (okay, I just love holidays in general). Thanksgiving to me is the epitome of family. Yes, Christmas is about family too, but sometimes and beautiful as it can possibly buying and giving gifts get in the be. way of what is really important. Thanksgiving has no gift-giving element; therefore, Thanksgiving is much more focused on the family. So, when stores and commercials start to advertise for Christmas at the end of Oct., I feel like the radio. For me, this would fall they don't even give Thanksgiving a chance to be popular, which is a shame if you ask me.

This is the only negative of Christmas being advertised too us basically one whole month to early; otherwise, bring on the holiday season! Now, there are different aspects of Christmas it starts to get a bit repetitive. By that need to have their timeli- Dec. 20 most people are wishing ness discussed: shopping, music, baking, and decorating.

First is shopping-I have always been one to try and get deal with hearing that song one my holiday shopping done early (I am a raging shopaholic). So, when my friend told me that one of my favorite aspects of there were only 10 Fridays left the holiday season. My take until Christmas I started making my list. I am a lot more okay if you're baking to share about giving gifts than receiving them. If gift giving were a made Christmas sugar cookies sport, I would be the MVP every time. I put so much time, ef- they would not care what seafort, and money into my gifts— son they were baked for as long wrapping and all. I don't see as they're delicious. I do think

shopping done fairly early. If something is on sale or if you see something you just know your best friend would love, get it! I don't think there should be a time frame for purchasing Christmas gifts. In fact, many son, Christmas themed items, sweaters, boots, etc. will be really cheap. If you can keep a secret for a whole year, I would even suggest doing some shopping then!

Wrapping, on the other handshould be done as close to the day, or month, as possible. I'm a gift-wrapping perfectionping I feel like the earlier you wrap it, the easier it becomes particular, I have three dogs and they ruin wrapping paper, bows, etc. like they were born to do it. Therefore, I like to wait to wrap until the middle of Dec. so that the wrapping is a crisp

Next is the music-I already admitted that I listen to the Michael Bublé Christmas album all year round, but there should definitely be a set time that Christmas music is allowed in public and/or on the day after Thanksgiving. Any earlier than that and it is way too premature. This year, Thanksgiving is Nov. 26, so that gives enjoy Christmas music. That is more than enough. in fact, by then that the reindeer didn't run over Grandma not because she got hurt, but because no one can possibly more time.

Christmas baking is another is that any kind of baking is with others. I am sure that if I and gave them out to anyone,

is to let Thanksgiving have its time. No lights, no inflatables, no wreaths until the day after Thanksgiving. Keep the pumpkins, bales of hay, and scarecrows out for Thanksgiving. Decorating for the holidays truly shouldn't start until Dec., but if you're as anxious and excited for Christmas as I am, at least do it the day after Thanksgiving. Thinking about it, a fresh frustrating to say the least.



IMAGE TAKEN from mercurie.blogspot.com Christmas often overshadows other fall holidays such as Halloween and Thanksgiving.

that you should break out the Christmas tree wouldn't last long if you purchased it any earlier.

> Unfortunately, stores don't understand this rule. I was just in a store yesterday and I saw the Christmas section already started. This is far too soon for Christmas related items to be put out for sale. In a marketing perspective, I understand that holiday things need to be put out before Thanksgiving, but it shouldn't be this soon. Nov. would be a better time for this to start. In Oct. we are still having days like this past week when temperatures could reach the 70's. No one is thinking about the holiday seasons when the weather is that warm. Furthermore, when I go to the store to look for Halloween related things and I see that the Halloween section has been taken over by Christmas it is a little bit

It is never too early to think about Christmas, but there are certain things that, in Oct., are a little too early to be acting on. Christmas truly is, to quote Andy Williams, "the most wonderful time of the year," so if thinking about all of the happiness and joyful chaos that the holiday season creates makes you happy, then by all means, start acting like it is the holiday season! There is nothing wrong with being happy and excited for the holidays. But, maybe we should only start revealing this enthusiasm for Christmas via decorations and music around Nov. Let's let Halloween and Thanksgiving have their time in the limelight, before the big guy steps in.

Let's hope it won't be until late Nov. that we start exclaiming "it's beginning to look a lot like Christmas."

So You Didn't Cheat, but You Did

green and red colored sugar in

combination in Dec. only. The

type of baking doesn't matter;

what matters is that color com-

bination. Heck, even when I see

anyone wearing green and red

together in any other month but

Dec. it makes me squeamish.

Baking in those colors has the

same effect on me—Dec. only!

is a tough one. My biggest take-

away from seasonal decorating

Lastly, the decorations—this

ALYSSA TRITSCHLER CLUB & GREEK EDITOR

ly over the years that it only makes of someone else, it cannot pos- away, or maybe you actually care ing you happy anymore, why stay sense that cheating has as well.

sibly be justified that you still about the "other" person. This The easy excuse is that you didn't

changed so many times that it's hard to keep track anymore. Mil-'dating' to the furthest contexts, to the point where "Netflix and a first date these days. Imagine explaining "Netflix and chill" to your grandparents who lived in a time where dating meant actually going on dates. Dating as in getting picked up at the front door, going to the movie theatre, actually watching the the porch, and waiting for a call saying he had a good time. Back when there were no cell phones, relationships started with actual attraction and communication tionally cheating. in person rather than scrolling of love has changed so drastical-

The problem with cheating is The meaning of dating has that no one knows what cheating means anymore. There's no universal decision about what conlennia's have stretched the term stitutes as cheating. Many people would consider having sex with someone else to be cheating, but chill" could even be considered obviously there are many different forms of physically cheating. Even flirting crosses some type of line despite the fact that there's no physical boundary being passed. The act of physically cheating on someone is discussed so often that emotional cheating is often unheard of. Maybe your boyfriend movie, kissing goodnight on or girlfriend didn't have sex, make out, or even kiss someone else, but they've been thinking about someone else since they met him or her. What does that count as? It's emo-

Being in a relationship means through Tinder and hoping a undoubtedly loving someone hook up turns into more. The for who they are and the person way we fall in love and fall out you are when you're with them. The second you start thinking

you aren't in love with them. If cross your mind.

and you would ask yourself why vou aren't enough anymore.

Eventually thinking about some-

one else will turn into more. It

starts with flirting, leads to texts

late at night, and eventually you

hang out with this person who

you aren't in a relationship with

because maybe you need to get

love your boyfriend or girl- leads to the question of how much want to hurt the person you sup friend. You may love them but you really do care about the "other" person. If you thought in your you were, the thought of being mind that maybe this could be with anyone else would never right, the "other" person doesn't deserve to think that it could be Imagine if the person you love right as well. You've been withstarted thinking about or want- holding the truth about who you

The problem with cheating is that no one knows what cheating means

anymore.

ing someone else. It would hurt really are. You're someone who's taken, someone who would be off limits if only the "other" person had known.

> It starts with emotionally cheating and quickly after follows physically cheating, so why not break up with your boyfriend or girlfriend before it gets to that extreme? If the person you're with isn't mak-

posedly love. Of course ending a relationship is going to hurt but it' going to hurt even more when they find out someone else was part of your life the entire time. Your boyfriend or girlfriend respects you enough to trust that you would never cheat on them, and they deserve for that to stay true.

Break ups happen and everyone experiences the pain that comes from it. It's okay to realize the person you're with isn't meant to be in your life forever. What's no okay is cheating on them know ing they aren't meant for forever. The person you're cheating on your boyfriend or girlfriend with could be that person who should've been there forever, and now you lost that chance too. You owe it to yourself, your significan other, and the "other" person to be faithful, because no one deserves to feel like they weren't good enough anymore.

The Claws Are Out: Why Are Some Women So Catty?

KERRY BREEN STAFF WRITER

As many women make strides for equality and feminism, there is still a noticeable pattern of young women treating one another poorly. On an almost daily basis, there is a story about a woman fighting or insulting another woman, be it someone bashing Amy Schumer for being "fat," someone calling Kim Kardashian "trashy," and so on.

It doesn't just happen to celebrities, it happens everywhere; two coworkers mocking one another, or girls as young as kindergarten making fun of one another for the way that they dress.

On Sept. 13, Miss America contestant Kelley Johnson performed a monologue during the talent section of the pageant. Instead of the traditional formal dress, she wore nurses' scrubs and spoke about her nursing career.

The next day, co-hosts on popular television show The View poked fun at her, saying that it was no surprise that she did not win and that her attempt at showing her talent was "hilarious." While the women who made those comments later released a public apology, it seems that they only did so as a result of the social media firestorm that erupted.

Other shows, such as The Bachelor and The Real Housewives (of any city) are almost entirely focused around women tearing each other down, often for ratings and entertainment purposes. It even happens in political fields - journalists are currently intent on pitting Republican presidential candidate Carly Fiorina and Democratic presidential candidate Hillary Clinton against each other and when that fails, they often stoop to mocking their hairstyles or the way that each of them dresses.

Of course, as present as it is on television and in magazines, it is also prevalent in everyday life. Girls constantly make fun sity also experience this kind of

of other girls for being "basic," which means enjoying things such as yoga pants and pumpkin spice lattes, using social media apps such as Instagram or Snapchat, and watching television shows like Sex in the City and other similar titles.

keted towards girls, but the minute that women start to actually enjoy them, they are demeaned and made fun of for liking them. Women are also the target market for cosmetics and elective plastic surgery procedures and other things that are meant to improve their looks.

Girls also try to prove that they are better than these so-called "basic" women by saying that they're not like other girls. This can mean anything, whether it is liking more stereotypically masculine hobbies, or pretending not to enjoy certain things because they appear to be 'basic.'

However, it all has the same effect - it can make some girls feel like they are better than other girls for not liking the traditionally stereotypical feminine activities.

Women are also more likely to insult each other's career ambitions or accomplishments, especially as they grow older. Girls are also sometimes urged towards less masculine fields, for example, becoming a nurse instead of a surgeon, or not majoring in science, technology, engineering or mathematics (STEM) fields.

"I'm constantly feeling selfconscious around women when I'm speaking about my goals," said Paige Carter, a Waynesburg University junior, in an interview with USA Today. Carter, who graduated high school with a 4.0, claims that a former female mentor tried to talk her out of the pre-law professional program, suggesting instead that she major in education, as teaching is a field more commonly dominated by women.

Female students at the Univer-

negative reaction in regards to their choosen majors and career paths. Sophomore student Kristina Caliendo claims that she was urged away from communication, which she wants to use to become a music producer.

"The field is very male-domi-These activities are often mar- nated," she said. "My family kept trying to tell me to pick something that would be easier to break into, something that had more jobs 'for women."

Whether women are insulting each other's physical appearance or diminishing their accomplishments, this bashing is all too common and does nothing but cause harm. Women should instead focus on learning solidarity and helping each other.

'Sadly, the spectacle of women tearing down other women is offered as a kind of blood sport," said Dr. Eleanor Novek, a professor of communication at the University.

'Such messages create waves of blame and shame that are very damaging, particularly to young women, who do not yet have the confidence to resist the onslaught of messages from today's media that tell them how to be," she continued.

However, not all women spend their time putting others down. Novek added, "Many women devote many hours of their time to the growth and development of other women. They ignore the chatter in popular media and apply their efforts to places where they are likely to make a real difference in women's lives: the worlds of education, violence prevention, social support, and economic empowerment.'

Novek believes that there is only one thing to be done to stop this insulting and demeaning behavior from happening. "More women need to follow the example of their sisters," she explained. "They instead need to pledge their time to work for the survival and empow-







Many reality shows use fights between female cast members as a erment of women around the world. way to gain more viewers and better ratings.

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A Day in The Life of Skip Carey

ALLISON PERRINE CONTRIBUTING WRITER

Ten years ago, Skip Carey was hired at the University as the Director of the Department of Disability Services (DDS). He attended Marist College and currently resides in Long Beach Island, NJ.

After he graduated from college, he taught English and Special Education at a high school, and eventually became a school social worker on a child study team.

"From there, I ran a district-wide

all MU students," Carey said.

But what exactly does DDS do? According to Carey, "The Department of Disability Services provides reasonable accommodations and services to students who, under the laws that govern accommodations in higher education (ADA & Section 504 laws), have a diagnosis or a disability that qualifies them to seek such assistance."

However, Carey has many other responsibilities. "My routine varies day-to-day. Each day includes you can see how the students find individual meetings with students, attending committee meetings across campus, replying to emails and returning phone calls, meetings with prospective students and parents, time spent with professors and other administrators, and responding to emergencies and crises that arise," he explained. "An important part of my daily job is to make sure the University is in compliance with the laws that govern what we can and can't do in higher ed, and what we should and shouldn't be doing." Carey continued, "I work closely with staff members from the General Counsel's Office and the Office of Equity and Diversity almost daily, and they are an incredible source of help and support to my office and the University at large.' Aside from his position with DDS, Carey also teaches at the University. "I teach ED 101: Transition to College, a course offered to first year students who are registered with the DDS office," Carey said.

"I enjoy teaching the class, as it covers a variety of issues that students experience as they transition from high school to college, and allows them an opportunity to share those experiences with each other."

Erin MacDonald, a sophomore history student, has been working in the DDS office since the fall of her freshman year. "I love working at DDS," she said. "I enjoy working with Skip and everyone else in the office. He is very approachable and him helpful. He always makes students feel welcome and they know they can confide in him. He always has the best interest of the students." A student of Carey's who has asked to remain anonymous shares the same feelings as MacDonald, "Skip has helped me whenever I've needed it. He and all of the other staff at DDS have been nothing but helpful." The student also added that the DDS system has greatly helped control feelings of nervousness regarding schoolwork, knowing that the office staff is always there to help and make everything more comfortable for the people involved. When Carey isn't working, he takes advantage of living in the beach town of LBI. "I enjoy water sports and spending as much time on the beach as I can, even in the winter, following football and basketball, and playing the bagpipes with the Ocean County Emerald Society Pipes & Drums band," Carey said.

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student assistance counseling program before becoming a guidance counselor and lead counselor at a different high school," Carey said.

"I retired from that district in 2005 as the Supervisor of Guidance and after three months, I started working here at MU. Having worked in a guidance office for many years, I've always had an interest in higher education. Given my background and experience, working in a disability services office at a university seemed like a good fit for my 'second career," he continued.

On weekdays, Carey commutes from his home in LBI and comes to work in the Rebecca Stafford Student Center.

"As the Director of Disability Services, I am responsible for making sure that students who are registered with my office have equal access to academic programs, extracurricular activities, and social opportunities that are available to

Police Brutality and Social Media at Monmouth

CLARE MAURER STAFF WRITER

No changes have been made in the Monmouth University Police Department (MUPD) following a year of police brutality in the media, and no changes were deemed necessary.

In the wake of the media firestorm regarding police brutality, the University remains unfazed. Chief of Police Bill McElrath pointed out that no abuse of force happens on campus, and no trends in crime or force have changed in the past year.

After students and faculty have watched Michael Brown and Treyvon Martin lose their lives to excessive force, a question has been raised: has the use of unnecessary force used by officers grown, or has the media's portrayal of it made it seem like a resurgence?

Criminal Justice Assistant Professor Michelle Grillo said, "[Police brutality] is made a larger issue through the attention it receives through social media."

Grillo continued to say that social media and videotaping has made the events more prominent than they have been in the past, stating "We have to be careful and not be quick to judge...an officer until we have all the facts. While social media and cell phones help civilians with their cases, in most cases only a piece of the whole event is captured on a cell phone. We do not see the before and after."

While it is important to consider what's not on the video, it's important to realize that citizen journalism and the broadcasting of these events

are showing what was previously unseen. Without citizens documenting brutality on their iPhones, the media might have portrayed the events in a different way.

McElrath said that "The vast majority of officers would like to be equipped with body cameras, as it would show that they are doing their jobs the right of force remains up for debate. When asked if there is a tendency towards crime based on race, McElrath stated, "Race does not play a part...some of the causes of crime are poverty, socioeconomic conditions, the breakup of the traditional family structure, lack of jobs, and drugs." He continued to say, "I absolutely do not believe that

there," he said.

Akintunde Obafemi, a junior health studies student, agrees that there is a bias. "I think police have a perception of black males," Obafemi explained. "They bring these perceptions with them when they go into 'urban' areas, and that's why they are so quick to abuse their power when it comes to black men.'



PHOTO TAKEN from theatlantic.com Police officers have recently been severely scrutinized for their seemingly excessive use of force on unarmed civilians, especially men of color.

way, and that they are justified black males are stopped simply in their actions."

Joseph Patten, Chair of the Political Science department, pointed out, "Technology creates a situation where things are exposed and circulated for the country to see."

because they are black."

But Stephen Chapman, an assistant professor of political science and sociology, pointed out that the Ferguson report showed overwhelming biases. "Black people were more likely to be The controversy over whether arrested or be searched. Statis-

According to Patten and Chapman, there has been no increase in police brutality, only an increase of its "media saliency," or how often something is shown on the news. "There hasn't been an increase over the last ten years," Chapman stated. What has changed is the fact race plays a part in these acts tically speaking, the biases are that citizen journalism is on the gage in a conversation.

rise. People can record acts of brutality that may otherwise not have garnered attention. Chapman pointed out that "[...] technology creates a situation where things are exposed and circulated for the country to see."

Grillo agreed, saying, "Police brutality always existed. However, like anything else, social media provides a way to put it out in the open." While the acts of unwarranted force are there for all to see, no national change has occurred. There is no legislation to prevent or punish police brutality, and it has not been a big topic of debate in the campaigns of the presidential candidates.

Body cameras strapped onto officers is a change supported by McElrath. If officers are aware they are being taped, they are more likely to act within the law.

While this campus seems to be untouched by acts of force by police, the shootings and arrests of black citizens are something that needs to stay fresh in everyone's minds. From a student's perspective, Obafemi explained, "Police don't use force here, and in terms of race and racial profiling, I feel MUPD doesn't have much to make strides in."

As long as students and professors continue to talk about this issue, perhaps bigger changes in how the police department runs will arise. If the community doesn't forget about police brutality once it is not as salient, positive change will come.

As Chapman expressed, "I have not seen any racial biases on campus, but from what I've seen, everyone is willing to en-

BFF: Best Female Friendships

ERIN MCMULLEN FEATURES EDITOR

When you fall in love with a television show, falling in love with the characters and their relationships is almost inevitable. In fact, many people like to personally connect themselves to their favorite shows by comparing their own real life friendships with the ones that are depicted on screen.

Often times, however, the female friendships that are created on many television shows are not realistic or healthy portrayals of what a real friendship between two or more women should look like.

"Women are forcefully pitted

that isn't always available in the cool under pressure." Or, a true fan gether. These two seem like they media."

Many depictions of these friendships are littered with stereotypical and negative female character tropes: the frenemy, athe mean girl, the ex-best friend, the list goes on.

However, amidst all of the less than desirable female pairs on television today, there are a number of fictional female friendships that serve as excellent examples for what a healthy relationship should look like.

1. Leslie and Ann, Parks and Recreation

The love that these two women have for each other could make anyone appreciate their own friends that much more. Their relationship is hysterical, heart-warming and probably most known for lot, but it's only made them stronthe strange but endearing compliments that Leslie usually gives to Ann: "Ann, you beautiful tropical fish. You're smart as a whip and

favorite, "Ann, you poetic, noble land-mermaid.

2. Toni and Candace, Portlandia

Okay, yes, one of these women is actually Fred Armison in a wig, but that's not important. Toni and Candace were once enemies at their former workplace, but after discovering that they were both being sabotaged by their male boss, they teamed up to fight back and have been best friends ever since.

They now own a feminist bookstore called "Women and Women First" and although their ideals may be a little outdated, they really make a great pair.

couldn't be more different from one another, but that's what makes their relationship work.

In the end, it doesn't matter that Jess and CeCe have very different jobs or that they sometimes lead very different lifestyles; all that matters is that they always have each other's backs.

4. Meredith and Cristina, Grey's Anatomy

Not only are Meredith and Cristina both incredibly intelligent and wonderful individuals, but they are able to build off of each other and support one another whenever they need to, making them almost unstoppable as a pair. These two are, after all, the reason why so many girl friends refer to each other as their "person."

remind each other that the men in their lives can not and should not be the center of heir worlds.

5. Abbi and Ilana, Broad City

If you think that you and your best friend have found yourself in some pretty weird and sort of dangerous situations, you probably haven't been keeping up with Broad City. In almost every episode, Abbi and Ilana end up getting involved with the wrong people, like a man in a diaper that they found on Craigslist who made them clean his apartment in their underwear. But they stick through everything together, regardless of how strange or illegal it is, and that's what counts.

"The culture of woman versus

against each other as a way to serve the male ego," said Gracie Zwernemann, a senior English and education student. "So female friendships on TV are important for young women because it accurately represents them in a way

3. Jess and CeCe, New Girl

These two have been through a ger. From dealing with cheating boyfriends to shaving each other's armpits, Jess and CeCe have tackled pretty much everything to-

Hayley Toft, a junior fine arts student, said that Meredith and Cristina are her favorite fictional friends because they constantly woman is so ingrained in our society, but female friendships on TV show that woman are more powerful together," explained Toft. "When women on TV empower each other, it's empowering the viewer, too."



LADY GAGA CHECKS IN T. AMERICAN M. RR. ST. RY SEASON

KEVIN HOLTON STAFF WRITER

It's fall again, which means it's time for American Horror Story's newest season. Heading into its fifth year, the show returns with the Hotel motif, and promises a season full of ghosts, alcohol to spice up her immortal addictions, and murders based on the Ten Commandments.

That's not to mention the return of a star-studded cast, rus.' including show veterans like Cathy Bates and Evan Peters, as well as newcomers like Lady Gaga and Cheyenne Jackson. Some fans will be disappointed to know that Jessica Lange will not be returning, but as the actress herself noted at the end of Freak Show, there was no topping that performance, so it was time for her to bow out.

Hotel kicked off with what is, by far, the show's weirdest opening yet-but it was also one of the rockiest and most disheartening. While there were some great elements (like a man being killed and sowed into a mattress only for his ghost to reach out and drag new tenants in), viewers have been faced with an alcoholic-but-now-sober cop who feels responsible for his son going missing, the ghost of a heroin addict that lures the living into the grip of drug and alcohol abuse, and near-constant references to The Shining.

As with all AHS seasons, there are two main stories here. While the first is the cop investigating a string of murders and looking to redeem himself for 'killing' his

Gaga (as The Countess Elizabeth), who is another knock-off vampire-that-is-not-a-vampire. While she drinks blood, dresses in provocative yet often Victorian-esque fashion, and relentlessly pursues drugs, sex, and and eternally young existence, she can go out in sunlight and anced out by Peters, who plays describes her condition as 'a vi-

As tiresome as it is to see yet another TV show trying to give us a new side of vampirism, the plot wasn't quite as tired as Gaga herself, who, in the first episode,

completely bored that her eyes were half shut through the entire episode-as were mine, whenever she came on screen. She had nothing to offer the show and no reason for viewers to care about her, but thankfully, episodes two and three redeemed this.

Fortunately, this was also bal-James March, the man who built the hotel in the 1920s. He, a ghost, continues to haunt the halls, killing at whim and often claiming several lives every week. Despite his youth, Peters portrays a suave, Gatsby-style doors, dead-end hallways, stair-

at a fair, the other follows Lady both looked and sounded so aristocracy, adopting a turn of wells that didn't go anywhere, the century accent to supplement and various traps to imprison his role. As for being a killer, we've seen in seasons past how great Peters is at capturing this kind of a character.

While 'haunted hotel' is far from an original concept, this side of the season is rooted in a very real incident. During the 1880s and into the early 90's, a man named H. H. Holmes terrorized the country. Dubbed "America's First Serial Killer," he built the World's Fair Hotel for the 1893 World's Fair, a building complete with false



"American Horror Story" is a spooky anthology series known for its killer guest stars like Lady Gaga. son when the child is abducted Other notable cast members have included Adam Levine, Matt Bomer, and Neil Patrick Harris.

LOWEE

MARIE SOLDO CONTRIBUTING WRITER

Fall means pumpkin spice lattes, carving pumpkins, apple picking and, of course, watching horror films on Halloween. Everyone has their favorite seasonal movies to watch-when it comes to Halloween, my favorite has always been Casper Meets Wendy. But for those of you who can't get enough of horror and suspense, here are things take a scary turn when the some of the best horror films to watch this season.

Upon doing some research for

Ranker's top pick, The Omen, was released on June 25, 1976. The R rated movie received a 7.6 out of 10 on Rotten Tomatoes. The movie begins when Robert Thorn's wife, Kathy, has a stillbirth. A priest suggests adoption to the grieving couple, and while Robert and Kathy are hesitant at first, Robert agrees, thinking it would cheer up his devastated wife. They adopt a little boy named Damien, but couple is informed that Damien is the son of the devil who is out to

While Ranker advocates for *The* Omen, IMDB suggests checking out The Shining, which earned a slightly higher score of 8.4 out of 10 on Rotten Tomatoes. This R rated film made its debut May 23, 1980. In the beginning of the film, we are introduced to Jack

Torrance, who was recently let go from his teaching job because he is a recovering alcoholic. In an attempt

chapter in his life, Jack applies for visions of murders that took place a position at the Overlook Hotel despite being informed of the residence's creepy reputation: legend has it that the former caretaker went insane and murdered his wife, his two twin girls and eventually killed himself.

As Jack moves into the Overlook with his wife and son, Danny, mys-

IMAGE TAKEN from ew.com

terious things begin to occur. Danny

or injure the tenants. The exact number of his victims can only be estimated, and ranges from 20 to 200, since many were dismembered or mutilated beyond recognition.

Peters himself may have big shoes to fill, but the set department, so far, has done an excellent job. Viewers have seen everything from iron maiden-style closets to false walls with bodies bricked inside, not to mention lime baths, deprivation chambers, and various other macabre equipment in the lower levels of the hotel. The Cortez hotel balances this dark design with lavish decoration—so much so that the second episode features a Vogue fashion shoot, where Finn Wittrock returns as Tristan Duffy, a model who soon succumbs to The Countess's offer to join her as a vampire.

There is a lot of material in this season that can offend the more sensitive viewer, more so than in previous seasons. There is an extended monster-on-human rape scene in the first episode, pretty graphic gore (including two men with their intestines hanging out), and near-constant drug use. Suicide and child abduction also play major roles.

Those having been said, it is still a great season overall. True to AHS form, the show is gaining strength as the season rolls on, and with the Halloween episode premiering this week, viewers are in for a treat. Be sure to tune in and catch the latest and greatest of this hit series.

at the hotel until he starts to go insane, and the family comes face to face with the terrors of the Overlook

While these are two of the more popular films to watch around this time of year, the list of spooky movies to indulge in on Halloween is endless. Gianna Cusanelli, a senior

Spanish education major, notes that her favorite Halloween films are "fanimated classics like] It's the Great Pumpkin, Charlie Brown t The Nightmare before Christmas." Leonard Ostroski, a senior, prefers the horror comedy, *Ghoulies* 3: Ghoulies Go to Col*lege.* "There's not one dull moment," Ostroski explained. "My friends and I would laugh from start to finish." Matthew Lawrence, a specialist professor that teaches a course on horror films, believes that, "horror movies just don't get the respect they deserve. They are among the most popular (and lucrative) of Hollywood genres." His three favorites are The Exorcist, John *Carpenter's* The Thing, and Sleep-

this article, I discovered the web- the only way to stop Damien is site Ranker, which is a credible to kill him. website that thoroughly ranks the best and the worst of everything from movies to trends, people, places, music, sports teams, cars and so on. Ranker's list of the 10 best horror films streaming on Netflix this fall includes The Omen, Night of the Living Dead, Rosemary's Baby, Scream 1, 2 and 3, Let the Right One In, Tucker & Dale vs. Evil, V/H/S, Children of the Corn, Identity and The Conjuring.

IMDB offers a similar list on its website, but features a vastly different selection of films. IMDB recommends The Shining, Alien, Shaun of the Dead, Psycho, Človerfield, Zombieland, Saw, The Exorcist, 28 Days Later and Sweeney Todd: The Demon Barber of Fleet Street.

kill everyone around him, and

PKIN



horific

toonbarn.com, eonline.com, and sciencefiction.com away Camp.

The Martian" is Out of This World

KASSANDRA HAGEN STAFF WRITER

The Martian was an intense and adventurous movie that seemed so realistic at some a NASA mission on Mars, in points that I felt like I was watching a documentary. Everything from the acting to the graphics was done so well that I sat in the theater with goosebumps from all the beautifully crafted scenes; there was not a single dull moment. Director Ridley Scott made a Mars-tas-

tic movie that allows his audience to be fully immersed in the dangers that astronauts experience in space.

The movie starts off with which astronauts are exploring the terrain when a bad storm hits and they attempt to run to the aircraft for cover. One of the astronauts, Mark Watney (Matt Damon), gets hit by a hard metal object and, when he is unable to respond over his radio, the crew presumes him dead. For their own safety, the team proceeds with their mission and leaves Mark behind.

Later, Mark wakes up to find himself wounded and alone. He safely.

It is worth mentioning that the film's CGI and graphics were out of this world. It legitimately seemed as if I was watching astronauts explore Mars, and the movie's other sets, like the and it becomes a recurring joke NASA headquarters and the in which the other characters aircraft fort, were extremely realistic. One scene in particular, in which there is an aircraft flying in space, blew my mind because it actually looked as if they filmed the whole sequence in space. I have not seen graphics this well done since Avatar. The film was not solely seri-

starts making video blogs about ous and dramatic as one would his survival on Mars and uti- expect it to be; there was actulizes his skills as a botanist to ally a considerable amount of grow his own crops. The film comic relief. This was espefollows his quest for survival as cially evident in scenes where NASA learns of his coordinates Mark is talking to the camera, and works to bring him home making comments like, "I colonized Mars. In your face, Neil Armstrong.'

My favorite scene is when the commander, Melissa Lewis (Jessica Chastain), is listening to disco music at her computer,

make fun of her bad taste in music. The part that made me really laugh was when Mark is driving around in a NASA machine and begins to blast "Hot Stuff" by Donna Summer because he is burning up from the heater in the back seat, and he bops his head along to the beat.

Damon is one of my favorite actors because he is so versatile, and this movie will go down as one of his greater roles. He did such a wonderful job of carrying the film on his own that it was hard not to praise him for his courage. With any luck, this movie could land Damon an Oscar nomination.

The Martian overall is wonderful movie full of excitement and polished scenes that it's hard not to like. If you are not doing anything on Halloween, go see it—it's a treat, and you can still get your candy at the movie theater!

IMAGE TAKEN from ew.com

Selena Gomez Sees Career 'Revival'

JULIA BURKE CONTRIBUTING WRITER

Selena Gomez emphasizes confidence and individuality in her new album Revival, which was released on Oct. 9. The former Disney Channel star displays her maturity and growth as an artist in her latest record.

The cover of the album is simple: it's black-and-white and Gomez appears serene and natural. Her wavy, black hair rests on her shoulders and she has a serious expression on her face. She is stripped down to her underwear, displaying that she embraces and takes pride in her body, despite hateful comments she has received on Instagram."I feel very empowered and confident in where I am," she explained On the Air with Ryan Seacrest. "I think it took me a long while to get there because the past year was so interesting because I've never been bodyshamed before." The nasty remarks only motivated the pop star. She told Extra, "I was getting a lot of hate for my body and 'you're gaining and I was just feeling all of this stuff and I would be lying to you if I said it didn't't kind of hurt my feelings, but I kind of chan- ized from start to finish, comneled that into my music." While listening to her new music, I was immersed in this emotion that Gomez poured into the album.



electronic dance music and incorporate the common theme of empowerment. I'm usually not a big fan of EDM, but Gomez danceable rhythm. includes meaningful lyrics into the upbeat, synthesized sounds, making each tune intriguing. It songs, whispering them into my ear, making the words soothcombines two great elements: it contains strong emotion while simultaneously making me want might just not help." to dance.

and literary devices within the lyrics really caught my attention. Gomez uses a play on words in to be inspired by her ex-boy-"Same Old Love," describing, "You left in peace, left me in pieces." She creatively demonstrates the contrast between her lover's feelings and her feelings after a relationship by using homophones with two opposite meanings. In "Body Heat" she exclaims, "If you're the flame, I'm kerosene"; this metaphor is evocative and it made me really envision the comparison. The background music to these impactful lyrics was captivating as well. "Kill em with Kindness" includes this fascinating whistle sound that lured me in. The song "Hands to Myself" attracted me because it's different from all the other tracks on the future is only looking bright for album and it almost has a tribal her with this entrancing new remusic feel. The tenth single on cord.

for the rest of the album. The the album, "Body Heat," changsongs are a mixture of pop and es courses and has a Spanish vibe, beginning with acoustic guitar and emerging with a saxophone in the chorus, creating a

Gomez slows down the tempo with the song "Camouflage," using solely her voice accompasounds like she is talking the nied by piano. It expresses her vulnerability and allows her to release emotions that she was ing and personal. The music keeping bottled up; she wants to tell her lover how she feels, but he "might just not care, and it

Some of Gomez's songs dis-The eloquence of the language cuss her problems with relationships, such as being "sick of the same old love," and are believed friend, Justin Bieber. Between 2011 and 2014, she went through a tumultuous, on-and-off again relationship with the fellow pop star. It appears that the meaning of the record correlates with her relationship with her past lover. Her idea of a "revival" is gaining strength from the past and starting off fresh. She wants to break from being identified as Bieber's girlfriend and she doesn't want to be labeled as anything other than herself. Gomez sings in Revival that "It's my, my my time to butterfly," and she is certainly correct. She surges as an impressive artist in the music industry and the

The record had me mesmer-

IMAGE TAKEN from hngn.com

weight,' and so I was in Mexico Former Disney star Selena Gomez continues her work in the music industry with her new record, "Revival."

> mencing with the self-titled song, "Revival." The single enticed me by opening up with Gomez reciting poetry,

"I dive into the future

But I'm blinded by the sun I'm reborn in every moment So who knows what I'll become."

These lines are meditational and spiritual, setting the mood

CLUB AND GREEK

Delta Phi Epsilon Opens Up About Eating Disorders

ERIN SHEVLIN CONTRIBUTING WRITER

Delta Phi Epsilon (DPhiE) chapter at Monmouth University hosted their annual Anorexia Nervosa and Associated Disorders Vigil on in Wilson Hall.

The program featured testimonials from four students in the Greek community at Monmouth who have been battling with eating disorders. The event was focused on raising awareness to a disease that has such a strong stigma around is rarely spoken about.

"I wanted to share my story to help raise awareness for people who are struggling and to let them know they are not alone in hopes that they prevent themselves from taking things as far as I did," said one of the speakers, Jess Lavitol, a junior education major and member of Alpha XI Delta.

After the first testimony, a video called "Fat Talk Free Week" played which shared chilling statistics about eating disorders. For example, 54 percent of women would rather be hit by a truck than be fat. 10 million females are suffering from anorexia and buli- Eating Disorders (OSFED). He

mia while 81 percent of 10-year- explained the common misconolds are afraid of being fat.

The National Association of On Wednesday, Oct. 21, The Anorexia Nervosa and Associated Disorders' (ANAD) mission is to advocate for the development of healthy attitudes, bodies, and behaviors by promoting eating disorder awareness, prevention, and recovery. They do so through support, education, and connecting individuals and families with professionals.

"It's important to know that there is no one definition or classification that explains eating disorders," said Kelsey Mieczkowski, a senior heath and physical education major and the Programs Vice President for Delta Phi Epsilon. To help clarify and explain to the students what it means to have an eating disorder and how you can help, Mieczkowski invited Anthony Bracco, a recent New York University graduate who is a licensed nutritionist and therapist to speak at the event.

Bracco explained that there are several different types of eating disorders that go beyond anorexia and bulimia, so doctors and professionals refer to them as Otherwise Specified Feeding and

ceptions about eating disorders and detailed the specifics of each of the common disorders such as anorexia bulimia and body dysmorphia.

There was an overwhelming show of support from the Greek community at this event, which helped promote and spread awareness. There was a minimum of 50 percent of each Greek organization on campus at the event to the point where there were no more chairs and people volunteered to stand in the back and sit on the floor.

"For sororities and fraternities to come together and show support is really the whole point of brotherhood and sisterhood," said Mel Lewis, the Programming Assistant for Fraternity and Sorority life on campus. "It was pretty moving to see women who are part of the community open up and bring awareness [to eating disorders].'

To conclude the event, those in attendance were reminded by a sister in Delta Phi Epsilon that, "Eating disorders can happen to anybody, do not compare yourself to others because you are you for a reason."



PHOTO COURTESY of Nicole Morroco

Sisters of Delta Phi Epsilon spread awareness about eating disorders at their annual ANAD vigil on Wednesday, Oct. 21.

Tau Kappa Epsilon Raises \$2,000 At First TKE Pyramid

TOMMY FOYE CONTRIBUTING WRITER

On Wednesday Oct. 14, the brothers of Tau Kappa Epsilon (TKE) held their first annual TKE Pyramid event in Pollack Theater. The event, which was played much like the hit televised game show "The \$10,000 Pyramid," made participants guess various words based on a description given to them by their partner, without saying the actual word.

For this philanthropy event, the hosts were Kevin Haapaoja, a brother of Tau Kappa Epsilon and Amy Rosenzweig, a sister of Phi Sigma Sigma.

"I had an amazing time cohosting the TKE Pyramid event. It is great to see so many different organizations on campus come together to raise money for such an amazing cause,' Rosenzweig said.

There were also three different pairs of partners that were plaving to win the game. The first duo was Alex Stucy, a sister of Alpha Omicron Pi and Ryan Curto, a brother of Tau "As a fellow Greek member, Delta Phi. The second pair was it was satisfying being able to Alex Naboa, a brother in both help another organization raise Alpha Kappa Psi and Delta Tau money for their philanthropy. I Delta and Caitlin Golden, a Re- had a great time with my partner cruitment Counselor. The third Matt Cox of Phi Kappa Psi and

brother of Phi Kappa Psi and Lexi Swatt, also a Recruitment Counselor.

Right before the game begun, the rules were explained to the contestants, making sure they had a full understanding of what was to come in the game. Once there was a clear perception of how it was played, the event began

One by one, each duo took chose a category from a list that was provided for them and displayed on a screen. Once chosen, the hosts handed one of the partners a stack of cards that each had one word on them. A timer was set for 30 seconds and when told to begin, partners could begin to give explanations. The game went through numerous rounds until all categories were played. With each pair doing the best of their abilities explaining the words, Naboa and Golden finished with a first place victory. Stucy and Cutro followed in second while Swatt and Cox got third place.

After the event, Swatt said,

we had hoped, it was still enjoyable and rewarding. I love Greek events because the Greek Unity on campus is truly showcased."

Matthew Miller, a brother of TKE and one of the main event planners for TKE Pyramid said, "I think the event went really well. It was easy to set up and

team consisted of Matt Cox, a though we didn't do as well as prepare for and everyone we ganization is to look and search spoke to about the event had an awesome time. I am also extremely pleased with the amount of money raised tonight, which was just over \$2,000 and will benefit our national philanthropy, Saint Jude Children's Research".

Saint Jude's mission as an or-

for cures and preventions for pediatric illnesses through investigating and treatments.

The fraternity hosts numerous events throughout the year to benefit St. Judes Children's Research such as TKE Smash-A-Car and Dancing With The TKE's.



K A

The Outlook

Men's Club 🚱

The Outlook is looking for students interested in writing, graphic design, and photography to join the team and become an active member in creating our weekly publication. We are an award-winning group of students who bond over our love of writing, reporting, having fun, networking, and being a family. If you are interested in joining, please don't hesitate to contact the Editorial Staff at outlook@monmouth.edu.

The men's club soccer team recorded their sixth victory of the season on Sunday, Oct. 25 with a 4-0 win over Rider University.



The women's club soccer team qualified for the Regional 1 Club Soccer Tournament, located in Delaware.

MOCC

The Monmouth Oral Comto take advantage of free peer tutoring for presentations and public speaking! Our walk-in schedule is posted outside of JP 203, or you can contact Kevin Moedt at s0879290@monmouth.edu for an appointment. Interested? Join us in JP 135 on Wednesday's at 2:45 p.m. to see what we are all about!

Study Abroad

Please join us for the last Study munication Center invites you Abroad 1st Step Meeting of the month in Edison Hall 117 at 2:45pm on Wednesday, Oct. 28. 1st Step Meeting's are general interest meetings where you will learn more about the programs Monmouth offers and how to get started. Stay tuned for November and December dates where the focus will be 'country' specific and address what you need to know in order to apply.

The Big Event

The Student Goverment Association (SGA) will be hosting it's annual Big Event on Saturday Nov. 7. SGA is expecting 500 teams to participate, and is giving teams the option of picking their individual work sites. The Big Event is a campus wide community service project that benefits the Monmouth County community. Join the fun while giving back with SGA!





DIY Costume Ideas: Save Money and Look Cute



AMANDA GANGIDINO STAFF WRITER

There is no other holiday quite like Halloween. During this time of year, haunted hayrides may not be the only thing that spooks you, but expensive Halloween costumes may be equally as frightening. But fear not, you can look amazing this Halloween without breaking the bank by making your own costume.

When you buy a costume from the Halloween store chances are that at least three other people will have the same one. So instead of having a who wore it better faceoff you are better off creating your own unique get-up. So light up your favorite fall candle and grab a pen because I am about to give you some great DIY Halloween costume ideas.

#1. Rosie the Riveter:

For my pro-feminist ladies this costume is perfect for you. All you need is a jean button-up with the sleeves rolled up. A pair of jeans or shorts. Grab a red bandana for your hair. Apply a bold red lip and some eyeliner to finish off the costume.

#2. Audrey Hepburn:

For this costume wear a black dress, black long gloves and a tiara. Make sure to put your hair up into a sleek bun and you will look simply elegant this Halloween.

#3. A Mermaid:

Buy any colored bralette and use a hot glue gun to attach some shells to it. Wear a highwaisted peplum skirt with a pair of flip flops. Leave your hair down and curled tightly with a flower in it. With this costume all your friends will be questioning whether or not mermaids are real.

#4. A Gumball Machine:

Hot glue some pom-poms to a basic tank top and wear a red high-waisted skirt or pair of shorts. Then, start collecting some quarters.

#5. Olaf:

If you were in love with the Disney's Frozen this DIY costume is just for you. Wear all white and hot glue three black pom-poms to the front of your outfit. A white beanie with eyes and carrot nose glued onto it will bring this costume to the next level.

Kaelin Stoll, a sophomore psychology student cannot wait to dress up as Olaf this year. "I already bought some of the items I need to make the costume. I am so excited to dress up," said Stoll. Anyone need a warm hug?

#6. All Black Costume Ideas:

costume ideas are endless. Add a chocker to an all black look and you will be an intimidating Goth. Vampire fangs and fake blood make for the creepiest all black look. Lastly, buy some black wings to transform into an angel of darkness.

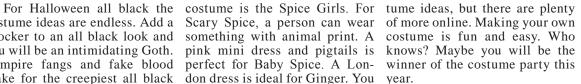
#7. Can I be your superhero? Superhero costumes are fairly easy to recreate. If you have a t-shirt with a superhero's logo on it and pair that with a cape you are all set. Nicole Meissner, a sophomore business student loves superheroes. "Whenever I go to Great Adventure I normally buy a superhero cape. If I need a last minute costume, I usually wear one of my capes because it is easy and looks great," said Meissner.

#8: Couple and Friend Costumes:

From previous Halloweens my favorite couple's costume is the iconic denim Justin Timberlake and Britney Spears costume. Professor Maria Ciezak, an adjunct communication professor prefers making her own costume over buying one because it is more original that way. "I did this a couple years ago with my boyfriend. All my friends thought it was hilarious," said Professor Ciezak. My favorite friend group

something with animal print. A pink mini dress and pigtails is perfect for Baby Spice. A London dress is ideal for Ginger. You are sure to look and feel like Posh with a little black dress. Saving the most relaxed costume for last wear your favorite workout gear for Sporty Spice. You and your fellow Spice Girl's will spice up anyone's life this Halloween with your costumes.

Save your money this Halloween and make your own costume. These are only a few DIY cos-







rom wikimedia.com, bingin Iconic stars such as Rosie the Riveter and Audrey Hepburn make easy, affordable fun costumes to dress up as

Alternatives to Coffee

DANIELLE DEFAZIO CONTRIBUTING WRITER

Despite popular belief, there are college students that do not like coffee. Though they may be a minority, all coffee haters can rejoice because there are plenty of alternatives.

Not only do these alternatives give you the energy your average cup of joe gives you, but they are super healthy and have tons of nutritional benefits. So if you don't like coffee or planning to drift away from this popular beverage, I have the perfect list for you.

"For individuals avoiding caffeine, fruit infused water is a great way to jazz up water," said Aimee Orndorff, Resident Dietician of Gourmet Dining on campus.

It may come as a surprise since this drink is associated with relaxing, but tea is the closest alternative you can get to coffee.

Becca Leone, a sophomore marketing student, is a huge fan of tea, "I don't drink coffee because I don't like the taste, so I coffee.' There are tons of flavors for teas, which come with different caffeine levels. According to mayoclinic.org, brewed black tea contains the most caffeine, green tea is second, and white teas are third. 'Green tea, hot or cold, is a great option for individuals limiting caffeine as it typically contains half the amount of coffee," said Orndorff. As far as health benefits go, teas have been known to be good for the heart, lower chances of cancer, and decrease cholesterol. And if you need yet another reason to start drinking tea, it's also super cheap.

energy in the morning and chamomile tea at night because it helps me go to sleep.

Next on the list is drinking smoothies and green juices. Smoothies that are made with real fruit and are all natural are a perfect way to not only supply your body with nutrients but will give you an awesome boost of energy without the jitters coffee gives you.

I recommend getting a smoothie with acai berries in it for the boost and better mental function, and for their great taste as well. Green juices are a great alternative as well even though this vividly colored drink intimidates many people.

According to mercola.com, since all the veggies in these drinks are in digestible form, your energy level increases in as little as 20 minutes.

For smoothies and juices I always love going to DRINK Juice Bar in West End

The final, and possibly most obvious, alternative is simple: leading a healthier lifestyle. Jordan Maly, a junior finance stujust drink tea instead because I dent doesn't drink coffee or like feel like it gives me a lot of ener- coffee at all. "I feel more concengy plus it has a better taste then trated when doing school work or anything else without drinking large amounts of caffeine.' Since Jordan doesn't drink caffeine he said to keep his energy up throughout the day, getting a lot of sleep helps out enormously and eating healthy works for him, as well as avoiding fast foods be-

KAYLA HOPPOCK CONTRIBUTING WRITER

We are halfway through fall and as November is quickly approaching, Pumpkin spiced latte's, Instagram pictures of everyone at pumpkin patches, a lot of throwback Disney Halloween movies, and of course football is everyone's Sunday plans this time of year.

Whether it's scary movies or maybe even watching the leaves change colors, there's something about this time of year that gets everyone excited, especially for baking. One of the most special things about fall is the savory scents and delicious food that comes with the season. Scents and flavors like cinnamon, apples and caramel instantly can take you to a happy place.

Adjunct professor of history and anthropology, Robert Grasso, loves this time of year specifically for the food. "My favorite fall recipes have to be butternut squash and pumpkin soup, I make it every year once the leaves change," said Grasso.

Time to put those apples from apple picking to good use. Dr. Jamie Goodwinuhler, an instructor of psvchology loves apple picking with her daughter. "When the weather is just right it's time to embark in fall festivities and baking is one of them," said Goodwinuhler.

Festive Fall Recipes

Caramel Apple Nachos, recipe me in the spirit," said Falzon. courtesy of: Lilluna.com

- Ingredients: * 3-4 gala apples
- * 3-4 granny smith apples
- * ¹/₂ package Kraft Caramels
- * 1 TB water
- * white chocolate (vanilla) candy coating
- * mini chocolate chips
- * Heath toffee bits
- Instructions:

First, keep mini chocolate chips and toffee bits separately in a bowl. Prepare a ziploc bag for white chocolate drizzle and cut the corner of the bag. Be sure to wait to cut the apples until your caramel sauce and white

chocolate sauce is ready to avoid

browning. Heat unwrapped caramels in 1 TB of water. Heat on low-medium temp or until melted. (Using Ice Cream Caramel Topping will skip this step). At the same time, melt the white chocolate on low heat and stir until smooth.

Once ready, pour into a Ziploc bag. Drizzle the caramel and white chocolate chips immediately

Snicker Caramel Apple Salad, Recipe courtesy: dailyleisure.com

- Ingredients:
- * 6 Snickers Candy Bars
- * 4 Granny Smith Apples
- * 1 16oz Cool Whip tub (room
- temp) * 1 5oz package of Vanilla In
- stant Pudding
- * 1/2 cup milk
- Caramel Topping
- Instructions:

Start whisking pudding mix, cool whip and 1/2 milk together until powder is combined. Next, chop the apple and snickers into small pieces (Tip: freeze snickers beforehand and hit them to crush them small). Add snickers and apples to pudding mixture but remember to leave a few out to top it. Then, put in fridge for 1 hour. Lastly, drizzle caramel and top it with apple chunks and snickers chunks and voila.

Eric Brown, an adjunct enlgish professor, loves the fall most out of all the seasons. "I love the way that the crisp, cool air of fall late on top of the apples and be sure pushes the heavy, humid summer to sprinkle the toffee bits and choco- temperatures out." His favorite pastime during fall is grabbing a According to Brittany Falzon, a nice cup of hot apple cider and So grab a book like Profespumpking picking, and baking. "I sor Brown and enjoy the great love trying new and adventurous rec- weather while snacking on these

If you feel overwhelmed on of Becca's favorites into consideration, "I love green tea for the ter.

cause they slow you down.

Though Jordan's tips may seem simple, they hold a lot of benefits to not only your energy and alertness, but to your overall health too.

So if you are not a coffee lover but still want that energy for your early morning classes and late night study sessions, have some tea, make a fruit smoothie, drink a green juice, and try your best to lead a healthy lifestyle. In no what teas to choose take some time you'll feel energized enough to conquer the rest of the semes-

Salted Caramel Apple Cider, recipe courtesy: kitchenmeetsgirl. com

Ingredients:

- * 1/3 cup dark brown sugar
- * 1/3 cup heavy whipping cream
- * 1 teaspoon vanilla
- * 4 cups apple cider
- * 1/2 teaspoon sea salt
- * Whipped cream Instructions:

First off, grab a medium heavybottomed pot and combine the brown sugar with the heavy cream over medium-high heat. Keep stirring the mixture until the sugar is dissolved in the cream. Let this bubble for about 3 minutes! Next, combine vanilla, salt, and apple cider. Let mixture simmer for approximately 10 minutes. Once finished, top with whipped cream (optional of course)!

freshman computer science student reading books to relax. said her favorite thing about fall is ipes for the fall season, it always gets fun fall treats.



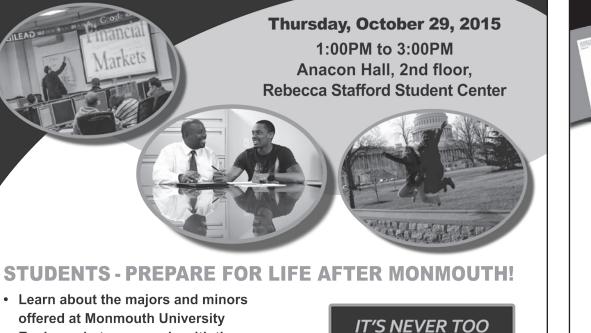
Baking recipes that make you want to cuddle up and get cozy is what fall is all about.

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Presidential Candidate Jeb Bush Offers Alternative to Affordable Care Act

PRACHI PATEL CONTRIBUTING WRITER

With the upcoming Presidential election in 2016, candidates from both the Republican and Democratic side are taking a stance on current issues affecting the American people. In particular, Republican candidate Jeb Bush has taken a stance on an alternative to President Obama's healthcare plan.

Recently, Bush has released a plan to replace Affordable Care Act if he is elected President in 2016. According to *CNN*, the plan entails having the individuals choose coverage with high deductible with less coverage, which will then lead to increasing the contribution to health savings account.

A big aspect of Bush's plan involves reduction of government in-

can be improved if private sectors campaign trail. were the source of health IT systems.

Another component of the plan includes, full disclosure for the patient. The patient at any time has the right to take ownership of his or her own records.

This would then go on to force Medicare and Medicaid centers to publicly release claims data. Bush claims he would like to go beyond the idea of just expanding health coverage. He would like to increase medical technology usage in order to provide more efficiency within the health care process.

Bush has been tied to his families' political ideas and views. His father, former President George Bush H.W, has expressed his support and endorsement of Jeb running for office. Along with that, Jeb's brother, former President George W. Bush volvement. He believes healthcare has been making appearance on the

The media has been recently trying to compare Jeb's views on healthcare to President George Bush Jr's polices. Though both brothers have similar viewpoints, Jeb claims his plan on healthcare issues is different than that of President George W. Bush. Though Jeb is constantly being link to George W, Bush Jeb, he wishes to stand on his own polices.

Some believe that his plan is flawed. According to NPR, more than seventeen million people are currently on some form of healthcare plan from the government. Booting them from that in order to instill a new form of healthcare is seemingly impossible. However, this is battle Bush thinks he can handle. He addresses Obama's plan to be a "monstrosity" and plans to "fix it"

However, many consider Presi-

dent Obama's plan as only sustainable for a certain amount of time. According to *CNN*, the plan does not have a solid solution to the fact that there are increasing healthcare costs, which is a huge concern not only for the people but the government as well. If the increase in the healthcare costs is not acknowledged or addressed there can be huge repercussions for the people. On the other hand, some believe it is the step in the correct direction.

Corey Lee Wrenn, lecturer of political science and sociology, said, "Obamacare still struggles to be affordable. People have a misunderstanding of it and think it is bound in socialist ideas however it is rooted in capitalistic norms". This is a concern for many people. The actuality of Obamacare is that it is still unaffordable for many.

Both plans seem to have some

kinks. Many believe President Obama's current healthcare plan ideally perfect. However many consider the fact that it is most likely only sustainable for a certain amount of time.

Catherine Bartch, instructor of political science, said "However, Jeb Bush's plan to jettison the Affordable Care Act completely will only reverse progress on health care policy in this country. The Affordable Care Act may not be the perfect solution, but it does seem to be a step in a better direction.'

When asked about Jeb Bush and President Obama's policies on healthcare, Sabrina Saenger, a sophomore political science student said, "Both the government and the future candidates are not addressing the true issues at hand, healthcare being one of them."

IMAGE TAKEN from the Associated Press



IMAGE TAKEN from Forbes

Jeb Bush's plan to eliminate The Afforable Care Act would take away health insurance from about 17 million Americans, according to NPR.



President Barack Obama signed the Affordable Care Act in 2011 with hopes of making health care affordable for all Americans.

Social Security, Medicare and the Affordable Care Act Among Topics Discussed in Budget Deal

KEVIN G. HALL MCT CAMPUS

A two-year budget deal in the nation's capital foreshadows the uncertain future for retirees as lawmakers face choosing between benefits promised to the elderly and a shortfall in funding.

If approved by Congress, the deal hammered out between the White House and departing House Speaker John Boehner, R-Ohio, would raise federal government spending by \$80 billion over the next two years. It would offset some of that spending with tweaks to Social Security, Medi- porary fixes. care and the Affordable Care Act.

howdown over the federal debt

derly Americans receiving Medicare Part B benefits which cover doctors and hospital visits _ also face an increase up to 50 percent in their premiums next year if Congress does nothing. Those kinds of shortfalls are forecast for Medicare's future, too.

It's just what analysts warn is coming for broader retirement funding if changes aren't made. Social Security and Medicare could run short of money, threatening across-the-board cuts to promised benefits, leaving elderly Americans vulnerable.

The budget deal provides tem-

It temporarily diverts 0.57 per-While the deal would avert a centage points of payroll taxes away from the broader Social



ceiling by raising it enough to last past the 2016 elections, it punts on long-term fixes for the biggest drivers of government spending, the entitlement programs such as Medicare and Social Security. Consequently, tens of millions of current workers face an uncertain retirement.

A key part of the deal involved Medicare and the Social Security Disability Insurance program, which provides income to workers who have suffered injury or illness before the official retirement age of 65.

The deal on Medicare and Social Security Disability Insurance, potentially controversial in its own right, also offers a glimpse into the future.

Absent a deal now, roughly 11 million current recipients of disability benefits face a 20 percent reduction next year in what they have been getting.

Similarly, roughly 8 million el-

Security program to the disability program. Doing so keeps the disability program solvent through 2022, a patch sought by the Obama administration that does not collect additional payroll taxes.

Over 10 years, the deal also reduces total Social Security spending by \$4.3 billion, according to a Tuesday analysis by the nonpartisan Congressional Budget Office. The deal includes several new efforts to combat disability fraud. They would include higher penalties, more income reporting from recipients and creation of a new felony category _ conspiracy to commit Social Security fraud. All 50 states would have special fraud investigation units that must give the OK before new applicants can qualify for benefits.

A report earlier this year from Social Security's inspector general found widespread problems with fraud and policing of dis-

House Speaker John Boehner (left) and President Barack Obama (right) worked to get a tentative budget deal in place to avoid a government shutdown.

ability benefits.

To avoid steep Medicare premium increases, Congress will keep in place for another year a 2 percent cut in Medicare reimbursement payments made to doctors, labs and hospitals. There's also additional means-testing to ensure that wealthier Americans get smaller Medicare benefits.

"What we see is ... an appetizer before you get to the real meal of having to reform these programs," said Steve Ellis, vice president of the budget watchdog group Taxpayers for Common Sense. "Nothing has really changed the long-term trajectory. ... It bought them a little time."

Social Security and Medicare threaten to swamp the federal budget over the next 25 years, in large part because of the pending retirement of 75 million baby boomers born between 1946 and 1964.

With so many boomers soon entering retirement, there won't be enough coming in from the current workers and employers whose taxes finance the system to pay for retirees. Social Security won't have enough to pay all promised benefits somewhere between 2025 and 2035, the CBO said in July.

The deal's retirement provisions anger liberals and conservatives alike.

"The White House needs to know that any budget deal that cuts Social Security, Medicare or Medicaid benefits or eligibility for those benefits is ... roughly equivalent to declaring a holy war," said Jim Dean, head of the liberal group Democracy for America.

The conservative Heritage Foundation think tank slammed the deal for bailing out the disability program by "robbing" the broader program "without putting in any meaningful reforms."

Debate: Is the Benghazi Controversy Still Relevant?

AFFIRMATAIVE

BRENDAN GREVE POLITICS EDITOR

After getting through a tough eleven hours in front of the Benghazi panel without any disastrous gaff's, Clinton supporters everywhere are claiming that Hillary has emerged victorious. After months of uncertainty about the former Secretary of State, Democrats everywhere are eager to chalk up Mrs. Clinton's performance in front of the Benghazi Panel as one in the win column. However, they should not get ahead of themselves and declare that Mrs. Clinton is out of the woods just yet.

One little detail that most media outlets are failing to report on is that it was that Hillary admitted to telling an outright lie. The biggest controversy over the Benghazi attacks in 2012 was not the lack of security or the tragic deaths of four Americans. Although the attacks were a horrific tragedy, this is not the first time an American embassy was attacked. What made this attack a scandal was the fact that the White House and the State Department-led by Hillary Clinton at the time- spread the lie that these attacks were a result of spontaneous protest over an anti-Mohammed video that surfaced on the internet.

Clinton herself stated that this was true on September 12th, 2012, and multiple times after. One of the times Mrs. Clinton stuck to this talking point was in front of



Hillary Clinton testifies in front of the Benghazi Committee.

the friends and families of the vic- friends and aids, and a completely tims at a ceremony, commiserating their deaths. She even went as far as to email one of the victim's father saying, "We are going to have the filmmaker arrested who was responsible for the death of your son.'

However, an email surfaced in front of the Benghazi Panel that said, "We know that the attack in Libya had nothing to do with the film. It was a planned attack- not a protest." Those are the exact words of Hillary Clinton herself. Clinton continues to say that this is a partisan conspiracy by the Republicans for political purposes. However, she told the real story to her close

different story to the American people. Why? To save face and for political advances.

No one can change the events that happened in Benghazi three years ago. No one can bring back the lives of those who died. However, we as a nation can stay away from politicians like Hillary Clinton who effortlessly lie to the American people. With her failure to tell the truth about the Benghazi attacks, her email scandal, and the countless other scandals that have plagued her and her husband for the last two decades, it would be naïve to think that these are all just "conspiracies."

BENJAMMIN SMITH STAFF WRITER

NEGATIVE

Twenty million dollars, 70,000 pages of documents, and eleven grueling hours of testimony later, what have we learned? An exhaustive long-awaited hearing before the House Select Committee on Benghazi last Thursday produced little if any new information but revealed far more about her Republican pursuers' seething obsessions than about her failings.

While the hearing itself produced Hillary Clinton's presidential little of substance, a new *CNN* poll released just before the former Secretary of State's testimony claims that while most Americans are dissatisfied with Clinton's handling of the attack, an even larger majority of 72 percent feels the committee is "mostly using the investigation to gain political advantage," rather than conducting an objection investigation. Also in the new poll, seventy percent of Democrats see the Benghazi hearing as irrelevant, including 77 percent of Democratic voters who say they back Clinton in the race for the Democratic nomination.

It should be noted that while I feel that Clinton's testimony isn't irrelevant, it was hardly worth the price tag - or the hype. The marathon session added virtually nothing new to the well-developed body of information about the State Department's failures to provide adequate security or to the Obama adminis-

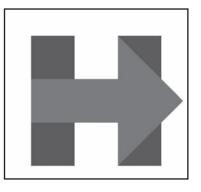


IMAGE TAKEN from www.wbur.org campaign logo.

tration's sometimes confused and conflicting statements about the events. Instead, the Republicans politicized the deaths of the four Americans killed in Benghazi while using the hearing as a platform for connecting dots that they are delusional for saying it forms a picture of malfeasance, misfeasance and nonfeasance by Clinton.

Time and again they dealt in irrelevancies, such as why longtime Clinton family consigliere Sidney Blumenthal knew Clinton's private email address while Stevens did not. The emphasis on trivialities rather than on important lines of inquiry was appalling. It might have been enlightening, for example, to hear a question or two about the collapse of Libya, a country Secretary of State Clinton held up as a model for the use of American military force.

THE OPINIONS EXPRESSED IN THESE DEBATE ARTICLES ARE THE WRITERS ONLY.

Monmouth Debate Team Wins Team and Individual Awards at West Point Military Academy this Weekend



PHOTO COURTESY of Professor Catherine Bartch

Monmouth University Debate Team brings back various awards after competing at West Point Military Academy tournment this weekend.

PRESS RELEASE

The Monmouth University Debate Team won a team and two individual speaking awards at the West Point Military Academy tournament this weekend (October 23-25). Christopher D'Elia and Kevin Ospina made it into the playoff round before losing to a team from West Virginia University. Victoria Esler also received the first place individual speaking award and Allison Ferraro received the second place speaking award in their division of 70 debaters. They all received their awards in front of

approximately 250 debaters and coaches from across the nation. The awards banquet was held in West Point's historic Officer's Club that cradles and sits above the picturesque Hudson River. (see photo below).

Team Captain Michelle Grushko and Saliha Younas scored victories in the experienced division that includes debaters on debate scholarships. Monmouth first year student James Hawke and Sabrina Saenger went 3-3 in the six round tournament, and narrowly missed making it into the playoff rounds. The two person teams of Kaitlin Allsopp

and Prachi Patel and Abdullah one or more of the following: the Rashid and Omar Moustafa also scored impressive victories in their debating debut.

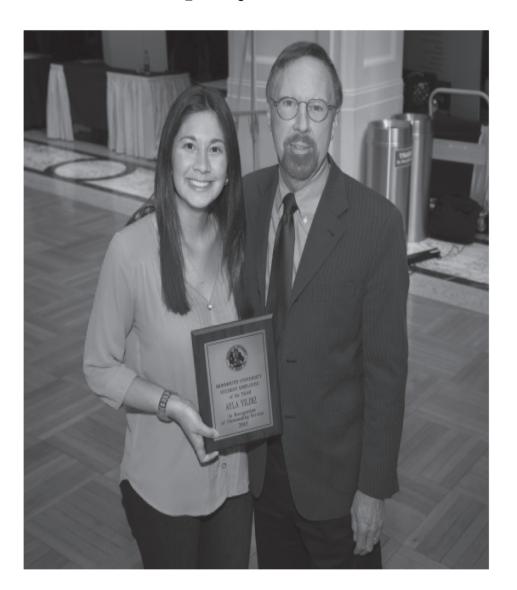
The tournament included approximately 100 teams of two debaters from around 20 universities, including Cornell University, New York University, James Madison University, George Mason University, University of Miami (Fl), and Boston College to name a few. Each year, a topic is picked to be debated throughout the year. The topic for this year is Resolved: The United States should significantly reduce its military presence in Arab states of the Persian Gulf, the Greater Horn of Africa, Northeast Asia. The Monmouth team researched and wrote three separate cases involving each of these three strategically important regions.

Each two person team competes in six rounds of debate, three on the affirmative and three on the negative, with each debate round lasting approximately two hours (two on Friday and four on Saturday). Teams that make it into the playoff rounds continue debating on Sunday in one round elimina-

tions until a champion emerges. Monmouth alum and former debaters Dan Roman and Jessica Roberts helped coach the teams and served as judges at the tournament. A special thank you also to Political Science Professor Cathy Bartch and political science student Angela Ryan for helping to coach the teams this weekend.

The Monmouth Debate Team will next compete in mid- November. Please contact Prof. Joe Patten at jpatten@monmouth. edu if you are interested in learning more about the debate team.

The Student Employment Office congratulates Ayla Yildiz for winning the 2015 State of New Jersey Student Employee of the Year Award presented by the Northeast Association of Student Employment Administrators



Ayla Yildiz stands with President Paul Brown. Alya was the Monmouth University 2015 Student Employee of the Year. Also recognized at last April's ceremony were Sara Guerra, Registrar's Office, Honorable Mention, Vanessa Campo, Counseling and Psychological Services, *Graduate* Student Employee of the Year and Brianna McCabe, Political Science & Sociology, Honorable Mention *Congratulations, Ayla, 15*?

For more information, to hire a student employee or to schedule an appointment to look for a job, please contact Student Employment 732-263-5706







TOP LEFT: PROFESSOR CHRISTOPHER HIRSCHLER AND HIS CLASS WITH A LLAMA AT THE WOOD-STOCK ANIMAL SANCTUARY (PHOTO COURTESY OF **KIERA LANNI**)

CENTER RIGHT:

THE BROTHERS OF TAU KAPPA EPSILON PARTICIPATING IN THE ANNUAL ASBURY PARK "WALK TO END CHILDHOOD CANCER" SPON-SORED BY SAINT JUDE CHILDREN'S RESEARCH HOSPITAL (PHOTO COURTESY OF MATTHEW MILLER)

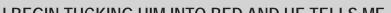




BOTTOM LEFT:

MUSIC ED. STUDENTS AND DR. GLORIA ROTELLA ATTENDED ROTELLA ATTENDED OAK HILL ACADEMY IN LINCROFT, NJ FOR AN ORFF WORKSHOP PRESENTED BY ORFF SPECIALIST/TEACH-ER, KELLY TYMA. (PHOTO COURTESY OF THE DEPT. OF MUSIC THE ATRE) **MUSIC THEATRE**)

2 SENTENCE SPOOKY STORIES







How do you plan on spending Halloween? COMPILED BY: KIERA LANNI



Emilv Freshman "Trick or Treating."



Lee Junior "Haunted Hayride."



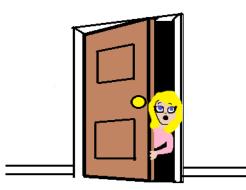
Lauren Freshman "I'm going to be a zombie in a haunted house.'



Kelly Senior

I BEGIN TUCKING HIM INTO BED AND HE TELLS ME, "DADDY CHECK FOR MONSTERS UNDER MY BED." I LOOK UNDERNEATH FOR HIS AMUSEMENT AND SEE HIM, ANOTHER HIM, UNDER THE BED, STARING BACK AT ME QUIVERING AND WHISPERING, "DADDY THERE'S SOMEBODY ON MY BED."

-JUAN J RUIZ, VIA REDDIT.COM



YOU HEAR YOUR MOM CALLING YOU INTO THE KITCHEN. AS YOU ARE HEADING DOWN THE STAIRS YOU HEAR A WHISPER FROM THE CLOSET SAYING "DON'T GO DOWN THERE HONEY, I HEARD IT TOO." COMPARATIVELYSANE- REDDIT.COM

"I'm 21, so I'm probably going out to the bar. I don't have any specific plans."



Lisa Gourmet Dining Services

"Probably taking my grandchildren out Trick or Treating."

SPORTS

Men's and Women's Soccer Clinch MAAC Regular Season Titles

EVAN MCMURTRIE STAFF WRITER

score of five goals to three last Saturday at Hesse Field on The Great Lawn, Monmouth men's soccer was crowned Metro Atlantic Athletic Conference Regular Season Champions for the back since. eleventh time in its history and the second time in the last three get used to playing with a whole years.

nior defender and captain David just tough," said Camacho on Acuna Camacho after the win the three losses. "Everyone has on Senior Night. "I think this to be on the same page for ev-

ell, Providence, and Hartford, respectively, was not an ideal After defeating Niagara by a way to begin the campaign for Monmouth. But the Hawks bounced back. Monmouth was able to get back on track after that third game against Hartford and they haven't looked

"It takes a couple games to new back line, and a couple "It's unbelievable," said se- new guys in the midfield, it's

cessive losses to UMass Low- lowing the big win over Villanova, they played out a tough 110-minute battle with Rutgers University that ended scoreless. Following the scoreless tie, Monmouth went on a five game winning streak.

> "Everyone's just sticking together, making sure we're taking care of the details and just trusting the coaches and everything that they tell us, it was essential for our success," said Camacho.

Monmouth found their feet and were able to turn their season around. Going into their might be the last time I'm go- erything to go right, and it just final regular season match next



Redshirt Senior Defender John Egan opened the scoring for the Hawks on Senior Night last Saturday as the Hawks rolled past Niagara.

ing to play here [at Hesse Field]. takes time." No words can describe it, it's an unbelievable feeling."

Season Championship was the nationally-ranked Villanova to icing on the cake for the Hawks West Long Branch in a match at the end of what was a highly that both Camacho and Gudzak successful week for the team. A believe was the turning point of week earlier, on Saturday, Oct. the season. The Hawks won 3-1 17, Monmouth drew 0-0 with that night and got the ball roll-Fairfield in Connecticut. The ing. following Tuesday, Monmouth men's soccer was ranked 25 came here, they were ranked. in the NSCAA NCAA Division I Men's National Poll and 29 position the College Soccer News Top 30 National Poll. The team's 12-game unbeaten in one-hundred-fifty percent, streak up to that point earned so we really wanted to win evthe Hawks that national recognition. "Having that [a national ranking] is just great for our school and great for the guys coming in and great for our confidence. so it's just great overall," said time. "Against Villanova we resophomore Gudzak. However, while the Hawks' regular season is drawing to a on winning." close on a high, it began in quite an opposite manner. Three suc- yet. In their next match fol-

After a 5-0 routing of Howard at Hesse Field on The Great Clinching the MAAC Regular Lawn, Monmouth welcomed first three matches seems like

Saturday at Marist, the Hawks have not lost a match since Sept. 4, versus Hartford.

While Monmouth losing their a minor hiccup in the grand



HAWKS WIN 2-0!

"This was a great ending to our regular season. We finished our chances, our reserves encouraged the team to get it done and I am very proud of this team. We have gotten every team's best game all season long and in the end we persevered. We are excited to be hosting the conference championships on Hesse Field on The Great Lawn."

> **KRISSY TURNER** HEAD COACH



'It was a tough game. We we took care of business, and it took a lot of character," said Camacho.

"Every single game we went ery single game after starting off so poorly. I thought that every single game we were really fired up," said Gudzak, who had only just begun working his way into the side at the defender Joey ally stepped it up and that was really the turning point of the season. After that, we just kept

The Hawks haven't stopped

scheme of things, it cannot go understated. With a MAAC Regular Season Championship, national ranking and a now 14 match unbeaten streak as backing, the buzz around West Long Branch is growing.

"We knew we had the talent and the quality. It just takes a couple games to get everything together. We knew it was going to turn around at some point, but thankfully it turned around this way," Camacho said with confidence.

The Hawks are not done yet; as the MAAC Regular Season Champions, Monmouth has earned themselves the number one seed and a first round bye at the MAAC Championships, taking place Nov. 5-9 at Disney's Wide World of Sports in Lake Buena Vista, FL. The Hawks will be aiming to win their second MAAC Tournament Championship in a row.

Football Falls In Overtime To Top Ranked Coastal Carolina

JOHN SORCE STAFF WRITER

Sept. 17 as they picked up their first victory against a ranked opponent in program history; a 20-17 overtime win against #22 Liberty in West Long Branch.

Junior running back Lavon Chaney gave Monmouth their

maining.

The Monmouth offense was able to drive down the field and The Hawks made history on convert on a 35 yard field goal by sophomore Matt White to send the game into overtime. The key play of the drive was a 30 yard pass from redshirt freshman quarterback Cody Williams to redshirt freshman wide receiver Reggie White Jr. that got the MU offense

come together and play as one. snapper, my kicking coach and the CCU found the end zone on their We had faith in our line up front coaching staff as a whole," White next possession and took a 17-13 and just had to get the ball in our receiver's hands to get downfield and put Matt White in a position to win this game.'

In overtime, the Hawks defense kept the Flames off the board as they were able to stop them on fourth down. A seven yard run by Chaney got the ball closer largest lead of the day with a one into Liberty territory. A 19 yard and Williams centered the ball in



PHOTO COURTESY of Taylor Jackson

Junior Running Back Lavon Chaney was named Big South Offensive Player of the Week after running for 196 yards and two touchdowns this past Saturday against Coast Carolina.

14-3 advantage with 7:57 remaining in regulation. But Liberty's offense woke up and drove down the field for two touchdowns of their the two minute drill and won on to take a 17-14 lead with 1:11 re- a critical time. Everyone needs to my teammates, my holder, my

Valles two plays later set up the field goal.

"This week in practice we did and history was made.

yard run that gave the Hawks a gain by senior tight end Hakeem the middle of the field to prevent White from kicking at an angle. The 37 yard attempt was good,

"To be honest I was a little nerown on their next two possessions a Hail Mary," Williams said. "It's vous, but I had confidence from

said. "They knew I could do it. With these guys having my back I felt very confident. That was my first game-winning field goal."

The Hawks took that momentum into the following Saturday, when Monmouth welcomed the number one team in the country for the first time. They battled with the number one ranked, Coastal Carolina Chanticleers for 60 minutes, but fell in the end 23-20 on a game winning field goal as time expired.

The MU defense made a statement on the first drive of the game, forcing a three-and-out. But Coastal pinned the Hawks offense down at their own one yard line. Monmouth was forced to punt and the Chanticleers struck first as junior kicker Ryan Granger made a 30 yard field goal to give CCU a 3-0 lead.

Monmouth answered right back as Chaney scored his first of three touchdowns on the day, this one from 3 yards out to cap off an 11 play, 90 yard drive that put the Hawks in front 7-3.

three-and-out Coastal А drew the first quarter to a close. Monmouth was working on a strong drive, getting the ball down to the CCU 27 yard line. But Williams threw an interception on third and seven which the Chanticleers turned into a touchdown on their subsequent drive, taking a 10-7 lead.

The Hawks offense once again had an answer for Coastal as they went on a quick five play, 66 yard drive which ended with a 17 yard touchdown pass from Williams to Chaney. Monmouth regained the lead, but White missed the extra point, and the score was 13-10.

advantage into halftime.

Both defenses played well in the second half. Coastal added three in the third quarter as Granger converted a 32 yard field goal but the Hawks answered right back as Chaney found the end zone for the third time. A 21 yard run on first down tied the game at 20 heading into the fourth quarter. The game remained knotted until Granger kicked a game-winning 30 yard field goal as time expired. The Chanticleers pulled out a 23-20 victory and remained an undefeated 7-0 on the season.

"I really liked the effort (of the players) and the way that they played," Callahan said. "We need to put that same work ethic, focus and concentration to work every time that we go out going forward."

Chaney ran for a career high 196 yards and two touchdowns. He also caught three passes for 32 yards and a touchdown. Williams finished 18-30 for 207 yards, a touchdown and an interception. The redshirt freshman also ran for 66 yards on nine carries. Darren Ambush caught nine passes for 107 yards while sophomore defensive back Mike Basile recorded 13 tackles, extending his Big South lead to 91 stops on the season.

"I think we have proven over the past two weeks that we can play against anybody," senior defensive back Joe Johnson said.

The Hawks fall to 3-5 on the season and are now 1-2 in Big South Conference play.

They travel to Atlanta where they will take on Kennesaw State (5-2, 1-1) on Saturday. Kickoff from Fifth Third Bank Stadium will be at 1 p.m.

Monmouth Student-Athletes Invited to WSF Connection

MICHELLE GONZALES STAFF WRITER

Seven Monmouth student sity Athletic Director Dr. Mariathletes attended the first ever lyn McNeil. Women's Sports Foundation The full-day event was held at Athlete Leadership Connection Morgan Stanley Headquarters on October 19, an event spein New York City, consisting of cifically designed to inspire and panels, interactive workshops, propel female athletes who wish and competitions geared to into become powerful leaders in spire and propel female athletes the business world as well as in beyond their past and present their sport. Seniors Sarah Olson success. Experienced athletes and Jasmine Walker of Women's and business industry leaders Basketball, seniors Michelle provided insight and support Gonzales and Marial Pierce to attendees through two panel of Women's Lacrosse, seniors discussions, three breakout ses-Danielle Axelrod and Kristen sions, and a competitive session. WSF President and two-time Brett of Women's Soccer, and senior Nicole Sandelier of Soft- Olympic gold medalist Angela ball were in attendance along Hucles welcomed all in attenwith 30 elite world-renowned dance and began the first panel female athletes, all interested in discussion, entitled "The Busiexpanding her potential beyond ness & Athlete Connection: her sport. Inspiring Journeys, Power-For more than 40 years the ful Positions." Val Ackerman Women's Sports Foundation (Commissioner of the Big East has educated and enhanced the Conference), Lisa Brummel lives of women and girls through (Co-owner of the WNBA Seattle Storm), Larissa Fontaine (Global sports and physical activity. Originated in 1974 by Billie Head of Apps Business Devel-Jean King, the WSF has funded opment at Google Play), and Michelle Kwan (Outreach Coordicountless awareness campaigns, research studies, and schol- nator for the Hilary Clinton for arships. Seeking to bring the America Campaign) discussed their experiences in sports and worlds of professional and collegiate athletes together, the founhow it helped them in their prodation created the Athlete Leadfessional lives. Carla Harris ership Connection. This was the (Vice Chairman of Wealth Management and Senior Client Adfirst ever Connection and MU's visor at Morgan Stanley) moderfirst experience with the WSF. "They [The Women's Sports ated the conversation, stressing Hannah Kearney (skiing-mo-Foundation] have so many fabu- the value behind performance lous mentors and role models and relationship currency. Groups parted ways into that the idea of putting our student athletes in the same room breakout sessions including, with them was just so exciting "Identifying Your Brand," "Opand so overwhelming. When portunities in Continued Eduthey offered the opportunity cation," "Creating Your Own I just could not wait to get our Foundation or Charitable Fund,"

it was a once in a lifetime opportunity," said Monmouth Univer-

lic Awareness for Your Sport." Athletes discussed various topics pertaining to career establishment and continuance.

In the afternoon, attendees gathered for another panel discussion, this time called, 'Champion Athletes: Connecting Your Sport with Your Future."

Moderated by NBC Sports

Connection. While the Job Connection learned how to properly write a resume and interview, the Project Connection offered attendees the chance of a lifetime. In just an hour and a half, three separate project groups developed programs and pitched them to three "Angel Funders," similar to NBC's Shark Tank. The Angel Funders consisted Reporter Carolyn Manno, Jackie of Richard Ader (founder of

athletes in front of them. I think and "Building Publicity & Pub- Project Connection and Job lightening to be in a room with such incredible and inspiring athletes. Being able to connect on a personal level was really cool. I gained valuable presentation and networking skills," said Olsen, who participated in the Project Connection.

The event was supported by national partners Gatorade, NBC Sports Group, espnW, and FOX Sports. Premiere partners included Morgan Stanley and Joyner-Kersee (track & field), U.S. Realty Advisors), Lisa M. U.S. Realty Advisors, LLC as



Seven Monmouth Student Athletes attended the Women Sports Foundation Leadership Connection on Monday, October 26.

guls), Shannon miller (gymnastics), and Dr. Andrea Woodson-Smith (wheelchair basketball) discussed the various challenges they faced during and after their careers.

Competitive sessions were then divided into two groups:

the University of Connecticut). collegiate and professional aththroughout the afternoon. "It was humbling and en- a tradition.

Cregan (Managing Director for well as Ohio University's Master Morgan Stanley), and Warde of Sports Administration Pro-Manuel (Athletic Director at gram. The ALC was a success, as it provided valuable insight This was an opportunity for the and opportunity to every woman in the room. In conjunction with letes to utilize the tools gained the WSF, Monmouth Athletics hopes to make the annual event



Full story on page 22

Photo Courtesy of Monmouth Athletics