

OUTLOOK.MONMOUTH.EDU

November 18, 2015

Six Monmouth Students In Paris During Terrorism Attack

DANIELLE SCHIPANI NEWS EDITOR

A total of 132 people were killed and 352 people were injured in Paris, France during a series of coordinated terrorist attacks that took place in eight locations throughout the city on Nov. 13th. The Islamic State (ISIS) later took responsibility for the attacks.

Locations included three stadiums, four restaurants, and the Bataclan, a music hall where 89 of the total victims were killed. These attacks included both suicide bombs and shootings.

There were six Monmouth University students in Paris during the time of the attacks. All the students are accounted for. The students spent part of the day at the Louvre Museum but were back at their hotel, Ibis, at the time of the attacks, which is within an estimated 2-5 miles of one of the attack locations.

These students were studying abroad at Regent's University in London and were on an organized trip to Paris for the weekend. Students returned to Regent's University campus on Sunday, Nov. 15 at 11 a.m. eastern time.

The students stayed in their hotel for the remainder of their trip as it was deemed the safest option at the time. Robyn Asaro, assistant director of study abroad and Dr. Rekha Datta, Interim Vice President for Global Education connected with these six students via FaceTime on Saturday Nov. 14. The students assured them of their safety.

"It was good seeing you Robyn. We are all alright and I'll be sure to keep you up to date on where we are and what we are doing. And I can speak for everyone - we really appre-



Regent's University is host to 16 Monmouth University students, six of which were in Paris during the terrorism attack.

ciate your concern and being there because even aside from the current situation no one else studying abroad has a program nearly as wonderful as ours or as helpful and caring. So, we all want to thank you for being there for us and setting us up and preparing us from the beginning," said Michael Matt, junior finance and economics student in a text to Asaro after talking with her via FaceTime.

The offices of Study Abroad, Global Education, Vice President for Student Life and Leadership Engagement Mary Anne Nagy, Monmouth University Police Department (MUPD), and senior University leadership worked together to certify the safety of the study abroad students who were in Paris on Friday. There are currently 35 students who are attending Regent's University in London this semester.

"We have had continuous communication with our students, their parents, and our partner institution. We will continue the efforts throughout the coming days and weeks," said Dr. Christopher

Hirschler, faculty director of study abroad.

Matt discussed his experience while in Paris during the attacks. "It was pretty surreal, I first heard about the 40 or so people allegedly shot and put on BBC and then it just escalated from there, it was very chaotic with the news reports coming in from all around the city," said Matt. "I could hear the sirens racing around from my window all throughout the night.' Matt explained that he was relieved when he woke up the next morning and saw that there were no new attacks.

Matt also described how the feeling compared to that of the 9/11 attacks, noting that there was much confusion throughout the city and that they didn't know where the next attack would take place. "For the most part I was just concerned more so for the people I was with from other study abroad programs and our own and I kept in contact with Robyn throughout the night, so it

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MU Participates in **Racial Protest**

KERRY BREEN STAFF WRITER JAMILAH MCMILLAN ASSISTANT NEWS EDITOR

Nearly 100 students at Monmouth University peacefully protested in the wake of the events at University of Missouri on Thursday, Nov. 12.

The protest began around 10:30 a.m., on the steps of Wilson Hall. It turned into a march that made its way around campus, past both academic and residential buildings, and going through the student center food court and the dining hall. The protest went on throughout the day with several more marches taking place and going around the campus.

Students held banners and signs with phrases such as "An injustice anywhere is a threat to justice everywhere," "black lives matter," and "we will not tolerate racial injustice." Other signs had hashtags that have become popular in the last few days, such as "#concernedstudent1950" and "#FireTimWolfe." Students and professors alike marched

together, chanting phrases such as "Black lives matter," and "MU For Mizzou." A third chant called for an end to racial inequality.

Solidarity marches such as these have been taking place all over the country in protest to the racial biases and tensions at the University of Missouri. Black students at the college believe that the university leaders are failing to address the acts of racial bias and intimidation. On Monday, the president of the university, Tim Wolfe, resigned after members of the school football team refused to practice or play, and students threatened to boycott classes. Other schools, such as Yale University and Ithaca College, staged marches and walkouts.

The Monmouth University protest was organized mainly by graduate student Sarah Olson. On Nov. 11, she received an email from the Black Tribune, written by Ravyn Brooks, calling for college students to respond to the problems at University of Missouri and host

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Founders' Day Celebrates the 82nd Anniversary of MU



The Founders' Day Convocation Ceremony took place on Veterans Day. Members of the community gathered to celebrate the University's 82nd anniversary, as well as the dedication of Pozycki Hall.

Due to inclement weather the event was moved into the Multipurpose Activity Center (MAC) and was followed by a reception in Pozycki Hall. During the ceremony full-time faculty in an array of academic robes sat in rows closest to the stage. Students from the choir, and the orchestra performed from both sides of the podium where President Paul Brown, PhD presided.

In recognition of Veterans Day, Dr. Brown opened the ceremony with a moment of si-



PHOTO COURTESY of Mike Landis Students, faculty and administrators gather to celebrate Founders Day and to dedicate Pozycki Hall.

lence for those who had risked their lives to preserve our coun- try. "Veterans Day honors all American veterans both living	INDEX
and dead, and for their dedi- cated and loyal service to our	News
country. Today is the day that we ensure that veterans know how deeply appreciative we are	Editorial
for the sacrifices that they have made in their lives to keep our	Opinion
country free," said Dr. Brown. This year's Founders' Day ac-	Politics
knowledged Elaine, and Steven J. Pozycki, an alumni from '73. The Hall was dedicated in their	Lifestyle
names due to their generous contributions to the University, and Pozycki Hall. Steven Po-	Entertainment
zycki is the Founder and Chair- man of SJP Properties, a New	Features
York based developing agency of large scale commercial and residential real estate. Elaine	Club & Greek
Founders' Day continued on pg. 3	Sports

Students Network with iCIMS **Executives at Information Session**

ALYSSA TRITSCHLER CLUB AND GREEK EDITOR

Career Services and Alpha Kappa Psi hosted a networking and information session featuring Erinn Tarpey, the Vice President of Marketing for iCIMS, a talent acquisition agency located in Matawan, NJ on Thursday, Nov. 12.

"Last year we invited Colin Day [CEO of iCIMS] and he presented in the spring. Every year we try to get an executive from iCIMS. I approached the recruiting team and we planned about two months in advance for Erinn to speak. The topic was going to be for marketing management students to see a day in the life of iCIMS and see the corporate culture," said Jeff Mass, the Assistant Director of Career Services.

Tarpey is a graduate of Lehigh University with a Bachelor of Arts in Journalism and Public Relations. She began her career at iCIMS in Sept. 2011 with a goal of scaling the business and deploying growth equity investments in marketing operations. Tarpey went on to become the first female Vice President of the company, under the leadership of her female Chief Marketing Officer (CMO).

During the session, Tarpey mentioned that there are 43 Monmouth alumnae who work at iCIMS, some of which began with internship positions and became full time employees. She explained to the students and alumnae who attended that CEO Colin Day are passionate about growing his company from within, starting with schools in the area such as Monmouth University, Rutgers, and The College of New Jersey.

The Vice President displayed a Monmouth alumnae spotlight,



PHOTO COURTESY of Jeff Mass Brothers of Alpha Kappa Psi and Jeff Mass(far right) pose with Erinn Tarpey, Vice President of Marketing for iCMS.

who have built a career at iCIMS within the marketing department and their successes. Alumnae Patrick Swisher has been working at the company for approximately two years, starting as an intern on the partner marketing team and becoming a full time employee who oversees all marketing efforts for The United Kingdom.

"I had a lot of responsibility there managing my own campaigns and working with partners. The program really made me feel prepared to work in the world of digital marketing and I was fortunate enough for them [iCIMS] to want me to stay," said Swisher.

Attendees were given insight

showcasing Monmouth alumnae employee benefits, and opportunities within the marketing department. Tarney explained that the company was founded in 2000 and became profitable three years later in 2003. Since then, iCIMS has developed a 90 percent customer retention rate as well as 3000 contracted customers. The company is adding one new customer every two and a half business hours. iCIMS sells software such as iCIMS Connect, iCIMS Recruit, and iCIMS On Board to clients such as Sirius XM, Amazon, Uber, United Airlines, Nascar, and Samsung.

The company, which averages 30-35 percent growth per year, has a number of core competencies, into the background of iCIMS, or values, in which all employees its clients, philanthropic causes, uphold. Customer commitment,

drive, passion, adaptability, transparency, kaizen, and empathy are all possessed among the staff. Tarney told students that the most important competencies for emerging professionals to posses are drive and passion, because loving the work you do for a company or brand is what will help you to succeed.

"The event made me really interested in iCIMS. I've heard good things about them going into the event but I wanted to hear more in depth what they're about," said Alex Noboa, a brother of Alpha Kappa Psi. "They really caught my attention today because they share a lot of the same values that I've tried to incorporate into myself while at college," Noboa continued.

Tarney explained the iCIMS application process to the group of interested students, encouraging them to apply online. From there, a University recruiter reviews each resume submitted. Applicants who stand out are then given a phone interview, and possibly an on-site interview after. Tarney encourages students to clean up their social media profiles so they are tailored to the industry they are pursuing. This gives employers a chance to recruit new employees and positively use social media.

When asked her biggest accomplishment as Vice President of Marketing, Tarney concluded with, "I'm particularly proud of the headcount growth and the infrastructure that we've built over the four year period, going from 13 people to over 70 in those eight different departments took a lot of effort and hiring, process and strategies, and people. That makes me particularly proud because I like to create opportunities for others."

Paris attacks

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kept me from thinking about what was going on and just making sure we were all accounted for and okay," he said.

Another Monmouth University student who was in Paris during the time of the attacks and wished to remain anonymous described the experience. "The city is beautiful we were so excited to explore. Later that night we went to the Louvre by the metro and we found out my friend got pickpoceted, so we were already hesitant. We got back to the hotel around 9:30 p.m. About 20 minutes later the first news article was posted on Facebook and my friend read it as we sat in the hotel's bar. Ten minutes later I got five text messages in a row from my best friend followed by the breaking news and urgent messages from my Mom. The rest of the night was spent in the hotel rooms watching the news and watching as the number of deaths/ injuries grew larger and larger."

This anonymous source explained how they were comforted by the amount of people who reached out to ensure their safety as it made it easier to get through the stressful weekend. The source also described their future traveling plans, "There's an underlying anxiety that I know a few of us are experiencing, but that will go away. I just want to have the utmost trust in the police, military and government that they are doing their very best to keep us safe. We might be traveling once more before we go back to the states, but other than that I plan to stay in London."

One of the victims was an American student, Nohemi Gonzalez, 23, of El a junior attending California State University, Long Beach who was studying design in Paris for a semester.

'It is deeply, deeply saddening. Families and communities have been devastated by these senseless acts of violence and I mourn with them and the rest of the world. I try to find strength and comfort in a deeper commitment to tolerance, love, and mutual respect for all humanity," said Hirschler.

The Monmouth University website released a statement about the attacks on Friday, "The Monmouth University community is shocked and saddened by the violence that claimed the lives of so many in Paris today. We know these events raise concern for the safety of all of our students studying outside of the U.S. We have confirmed that the Monmouth University students currently visiting Paris as part of a study abroad experience are safe and accounted for and we are in contact with our partners at Regent's University in London who organized the trip to Paris for our students."

About 100 Gather for Peaceful Protest

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solidarity marches and protests on their campuses, making it a national day of action. Olson then forwarded that email to professors on campus. The message was then relayed to students, leading to a turnout of nearly 100 people.

'Basically, I'm pissed off about this stuff still going on and being tolerated," Olson said, when asked why she decided to organize the event on such short notice. "It pisses me off that this is being tolerated."

Several different clubs were present at the protest. There were members of the Gender Studies Club, *HawkTV*, the Social Work Club, SGA, the African American Student Union, and the AKA sorority present, SAGE, alongside many others. The march was covered by media outlets such as the Asbury Park Press and NBC News. "I was absolutely pumped about the student and faculty turnout and media coverage of the event," said Olson. "I reached out to everyone

of thought it was a long shot that we would get anything together by the morning. With everyone's help and enthusiasm we were able to put together something really special and that was so exciting.'

"I was shocked by the publicity the march received," said Jamiyah Bethune, a senior health and physical education major. Bethune was also involved in the organization of the protest, inspired after seeing the problems at the University of Missouri and seeing the reactions from other campuses.

She, like Olson, wanted to show that racial injustice would not be tolerated on campus. "Not only did we receive massive support from the students, but we had a lot of faculty members show up as well. It made me proud to be a student here at Monmouth. People were genuinely passionate about the march and they were not going to let the rain stop them," said Bethune. While the number of those participating fluctuated throughout the day, the protest contained 50-

late on Wednesday night and kind 100 students and faculty members, despite the cold and damp weather. Provost Moriarty attended the beginning of the march and several other faculty members were present as well.

Dr. Johanna Foster, the Director of the Sociology and Gender Studies program and one of the faculty members who helped organize the event, pointed out the problems of being unwilling to acknowledge racism even in the modern day.

"I think many white folks are unwilling to admit how virulent racism still is in our country, both in the obvious vicious forms and in seemingly colorblind institutional arrangements," Foster said. "Stu-dent protests like this do the good work of trying to force us out of a pernicious denial of this painful reality. There is clearly so much to be done, but as a community of learners, we could at least start by trying to truly understand what it means to say that social systems are organized unfairly by race and ethnicity, and this benefits many white people regardless of whether or not they are aware of it or condone it." "Everyone matters, but you're not the ones dying," said a student who wished to remain anonymous, in regards to the Black Lives Matter movement (several students had signs with the phrase written across them, and it was one of the chants shouted by the marchers). "You're not the ones being targeted." Dr. Janice Stapley, a professor of psychology who was present during the march, said she has never seen a student protest like this on campus before. "I think it raises awareness," she said, praising the protest and the students who helped organize it. "It sends a message to the students that aren't aware enough to come out." Stapley said that the only protest she has seen on campus similar to this one was a "die-in" that was staged following a school shooting.

Several students expressed hope that this protest would have an impact on the University campus and make people more aware of what was going on in the world around them.

"It felt good to express my opinion towards the issue since I can't directly go out to the families and do anything for them," said Jarius Bridges, a junior music major who was present at the march. "I think it impacted the Monmouth community by making them more aware of what's going on in the world." "I think that it will be very impactful, because a lot of people will see us, and they will be interested, and they will ask 'what's going on?" said Mariah Toussaint, a senior health studies major who was present at the march. "If something like this never happened, they would never know, so I think it's a good idea, because we're letting other people know, and other people will come, and they'll be interested, and maybe they'll want to join in. It's just a good cascading domino effect." "The fight doesn't stop today," said Bethune. "We did a great job but we are not done. I'm going to continue to stand against racial injustice, and I hope that students at Monmouth will continue in their efforts to support the movement for equality."



PHOTO TAKEN by Jamilah McMillan Students stand together on the quad to show their support for racial equality.



IMAGE TAKEN from news.nationalpost.com French Troops surrounded the Eifel Tower after the attacks.

Student Employment E-mail Thread Spams about 1,800 Students

LAUREN NIESZ COPY EDITOR

An email was sent from the Student Employment Office to all federal work-study students about available jobs on campus and one student accidentally clicked "Reply All," which started a chain of emails to all federal work-study students on Nov. 12.

Someone kindly responded to the student who accidentally clicked "Reply All" that she made a mistake. From there the emails took off. This accident caused a thread of over 140 emails.

The recipients of this email thread included all federal workstudy students, which, according to Aimee Parks, Assistant Director of Human Resources for Student Employees, includes approximately 1,800 students. Parks emails, "I personally just think says that in her 15 years working at Monmouth, she has never had an instance such as this.

"In general, reply all is dangerous when you don't know who the instead of letting it go like they addresses are. Especially if you don't know when that address is an alias for thousands, even hundreds of thousands of people," said Dr. Bray says, "The things said in that

dent of Information Management.

The email responses after the initial reply varied from people trying to be comedians to people looking for something to do or trying to gain followers on social media. At one point students received over 100 emails within one hour.

Students trying to do homework or expecting important emails from possible employers, professor, etc. were very annoyed by this long chain. Cassie Hellwig, a social work student, held some of the same sentiments about the situation, "It's immature to spam everyone on campus with over 100 emails. Because of this incident some of us can't even read or access our important emails.'

Hayley Bray, a health studies student, said of the nature of the as college students it was a very immature way to approach the situation. What got me mad was how someone made a mistake and should have done, they made it into a big joke.'

As for the content of the emails,

Edward Christensen, Vice Presi- email we're highly inappropriate and so unprofessional. I expected to see more from Monmouth University students and it made me embarrassed even though I did not even respond, it was very childish.'

> Some University students were very upset with what was said in the email thread. Ranging from profanities to inappropriate pictures, content, and gifs, Bray said.

Hellwig further explains, "We, as students, utilize our emails as a means to better our education with communicating things that are happening on campus, as well another. Would they e-mail some as a way to reach out to classmates and professors. So, when students spam everyone's mailbox campus wide they are also disadvantaging themselves."

Moving forward, students can learn from this mistake. Parks says of the dangers of the "Reply All" option, "If an office is e-mailing students, correspondence should be professional. I'm sorry if responses got out of hand. Responses are not anonymous. Be careful." Parks further says, "I wish that students could be respectful to one

of these statements to their parents? Professors? Bosses?

Monmouth's technological response to this issue has been an added level of security to larger mailing groups in order to prevent this from happening again in the future. "We moved it to a different technology that we use for distribution; no longer can anyone reply to an email in that way," said Christensen. He also advised students to think more about what they put in an email thread because they are not anonymous.



A screenshot of what many students may have seen upon recieveing over 140 emails sent as a result of an accidental "reply-all."

Enrollment Falling at Many Private Colleges and Universities Across the State: But not Monmouth

KERRY BREEN STAFF WRITER

According to information published on NJ.com, enrollment is falling across the state at many private colleges, although Monmouth does not seem to be one of the schools affected.

At schools nationwide, enrollment has been plummeting, especially at small and mid-size private schools. Many small private colleges are unable to offer the financial aid packages and academic perks that larger schools have; they also lack name recognition and may not have the national rankings that their larger competitors have been awarded.

According to an analysis done by NJ Advance Media, most of the traditional, private, four-year colleges and universities in New 2009, while the public schools in the state have grown larger.

The highest-hit school was Morristown. Between 2009 and 2014, data compiled by the state's would; as a result, they are forced dents and transfer students from

Office of the Secretary of Higher to depend almost entirely on tu-Education showed that their enrollment rate had plummeted by nearly 35 percent.

Other hard-hit schools included Georgian Court University, which lost 24 percent of enrolling students, Centenary College and Drew University, which both saw a drop of 21 percent, and Rider University, which saw a loss of 12 percent. Rider had recently cut 13 majors, which could be a possible cause as to what led to the drop in enrollment. These are all midto-small sized schools - some of the larger private colleges, such as Seton Hall University, Fairleigh Dickinson, and Monmouth either had only small decreases or kept their enrollment rates the same.

A report provided by Moody's Investors Service, released in November, predicted that some of Jersey have lost students since these small colleges would close and merge, especially in the next few years. The report pointed out endowments that the larger schools

ition revenue, meaning that a drop in enrollment rates can cause them to quickly find themselves facing financial problems. While many schools are offering admissions to more students, and are lowering their admission standards, the problem is still unsolved. While small and mid-size private schools are seeing an increase in applications and admittances, the enrollment rate still remians low.

'Enrollment declines and lost market share for smaller colleges continue to spur closures and mergers," said Dennis Gephardt, Moody's Vice President and Senior Credit Officer, to NJ.com. "Students increasingly opt for larger colleges with greater academic resources.'

Some schools are attempting to combat the problem by adding new majors. At the College of Saint Elizabeth, it was announced that it would go co-ed, having been the that a majority of small schools do last remaining women's college in the College of Saint Elizabeth in not get the state funding or large the state. Some schools are also hoping to attract international stu-

community colleges.

"I think it could be because of the price," said sophomore chemistry major Lauren Lucia. "A lot of schools in New Jersey don't offer in-state tuition discount like most states do, and a lot of the private universities are too expensive for most people to afford, especially if they don't get scholarships or financial aid."

An article written by USnews. *com* shows that this is not just an issue in New Jersey - college enrollment rates have been falling nationwide. In the Midwest, there were enrollment decreases in 11 of 12 states; the South saw a decrease in 13 of 17 states. Overall, there was a 2.6 percent decline in college enrollment in the Midwest, while the Northeast saw a decline of only 0.3 percent.

There is no one trend that the problem can be blamed on; instead, there are multiple causes.

Jason Dewitt, the research manager of the NSC Research Centered, attributed the decline mainly to the changing demographics of the student population, pointing

out that since the size of graduating high school classes are decreasing, the pool of students able to go to college is becoming smaller. He also points out that there are economic factors at play.

DeWitt noted that different types of colleges have varying enrollment increases and decreases. While four-year, for-profit colleges have a drop of 9.7 percent, and two-year public colleges have a drop of 3.1 percent, the enrollment at four-year public colleges has increased by 0.3 percent, and the enrollment at four-year private non-profit colleges increased by 1.3 percent.

However, Monmouth University has hardly been affected by these decreased enrollment statistics. "We haven't noticed a trend like that," said Office of Admissions employee Laes Ortiz.

"Our numbers are going up Two to three years ago, we had about 975 students enrolling in their freshman year; this year, we had over a thousand. We're expanding our class sizes and we're getting more enrolled students."

Founders' Day Includes Dedication of Pozycki Hall

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Pozycki is a founding partner and manager of SJP Properties philanthropic efforts. Together they have been active supporters of the university. In 1973, Steven J. Pozycki graduated from Monmouth College with a Bachelor's Degree in business administration, and less than a decade later he and his wife founded SJP Properties.

Following Dr. Brown's opening remarks the chair of the University's board of trustees, Henry D. Mercer, was invited to the podium where he shared various unrecognized aspects of Steve Pozycki's journey to success. "Let me tell you a few things you might not know about this real estate mogul, humanitarian, philanthropist, and public policy advocate. Some of his early jobs consisted of delivering



PHOTO COURTESY of Mike Landis President Paul Brown, PhD **spoke** at the event.

newspapers, working in construction, doing roofing, masonry and odd jobs such as delivering pizza," said Mercer.

The Pozyckis were not the only individuals recognized during the ceremony. Kara Snyder, the president of the Student Government Association, shared her apprecia-

tion for not just the faculty and administrators, but for the students as well. "Thank you to the student leaders who greatly contribute to Monmouth's diverse, inclusive, immersive atmosphere," said Snyder.

On Founders' Day, Dr. Laura Moriarty, Provost and Vice President for Academic Affairs felt that it would be fitting to showcase the achievements of the University's full-time faculty. "Collectively, in one academic year, faculty have produced 27 books and more than 50 book chapters in some of the most prestigious university presses, scores of peer reviewed articles, and top tier journals in their disciplines and fields, hundreds of conference presentations at national and international meetings, and 22 jury expeditions."

According to Dr. Brown, "Pozycki Hall is a very, very generous gift. It is a first rate facility, and perhaps most significantly, it of opportunity and newness for our while enhancing their experience at Monmouth University," he said.

"Not used to wearing these outfits," said Steven Pozycki as he took his turn at the podium. In a few concise sentences he thanked the individuals involved in the precession, as well as commended the University community. "The board, the faculty, and the students, vou make Monmouth what it is today, and we are pleased to be a little part of it," he said.

"Today's building dedication is something that is very important for the life of Monmouth University. Pozycki Hall is transforming the grounds of Torcivia Common, and transforming the way our students will live and learn. It is appropriate that we celebrate this transformation on Founders' Day. The sense

is a monument to preparing our campus and University someway students for their lives and careers mirror the feelings that our predecessors had when they established this very fledgling college 82 years ago," said Dr. Brown.

At the reception over a hundred faculty, administrators, and students mingled on the second floor and the balcony of Pozycki Hall. Standing tables were spread out throughout the space and food and beverages were provided.

Brianna Golden, a junior political science student said that it was her third time attending Founders' Day. "I think that this year's Founder's Day was unique in the fact that time was taken to honor the veterans, as well as show gratitude to the benefactors of Pozycki Hall. And I think Pozycki Hall is extremely beautiful; I've already spent multiple days up until four in the morning studying in here," she said.

THE OUTLOOK

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PICTURE WAS DESIGNED BY JEAN JULLIEN. THIS IMAGE WAS TAKEN FROM HIS TWITTER

The Outlook editorial staff is saddened by the recent terrorist attacks in Paris, France. We send our deepest condolences to those affected by this tragedy.

We also send our condolences to Lebanon and Kenya, countries that also were attacked on Friday, Nov. 13.

DISLCAIMER: In last week's issue of The Outlook, "How To Overcome Heartbreak," printed in the Lifestyles section, was attributed to Julia Burke, which was was incorrect. The correct author was Hannah Dumas.



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The Introverted/Extroverted Dichotomy

LAUREN NIESZ COPY EDITOR

Part of anyone's personality is his/her tendency to be either introverted or extroverted. Not to say that people cannot possess qualities of both.

According to the Myers people are usually seen as outgoing, are comfortable and like working in groups, have a lot of friends and acquaintances, and are more action-oriented than an introvert. Introverts, seen as more reserved or reflective, are more comfortable doing things on his/her own, of people very well, and sometimes think too much about things and end up missing out.

does not have to be purely extroverted or purely introverted. For example, I would identify myself more as being introverted, but that does not meant that I am comfortmy few close friends around me whenever I can. The same can be true for extroverts. Just does not mean that you love group work. I have a friend

group work. If you ask me, we introverts just can't understand are all a mix of both. But, yes, there is usually one type that takes the majority of a personality.

When it comes to friends and significant others, these differences help. One of my best friends is an extrovert, so she Brigg Foundation, extroverted tends to bring out my fun side and let me really loosen up. On the other hand, sometimes I, being an introvert, have to question her sometimes like, "Are you sure we should be doing this?" Because, like the founon the other hand, according dation's loose definition says, to the same foundation, are extroverts usually don't really think things all the way through. They just act.

I believe that introverts and prefer to know a small amount extroverts attract each other because they compliment each other so well. What I look for in friends or potential significant Both personality types are others is their ability to have fun very different, but a person and their humor. Once you get to know me and I start to open up to you I can be a whole lot of fun, so I would want a friend or significant other to be the same way. But, it makes it easier if they are already that way beable being alone. I like to have cause, as I said, extroverts can pull out the crazy person in an introvert.

There is a bit of a division, because you are an extrovert however, in ideals or actions between introverts and extroverts that can make these relationships who is an extrovert who hates a bit complicated. Sometimes Elsa's and just "Let it Go."

how some extroverts can be so open to everyone and it makes them uneasy. My friend has no problem making new friends when she is out and about. She just starts talking and, before you know it, they're following each other on social media and chatting it up. This type of behavior makes me, as an introvert, very uneasy and scared.

On the other hand, for extroverts and introverted friend can be very frustrating. Extroverts just want to have fun and be social, but if they have an introverted friend, it could be like pulling teeth to get them to go out and make a wonderful fool of themselves. Therefore, extroverts can become very frustrated with an introverted friend because s/he just won't loosen up and stop thinking all the time.

I know, personally, that I am a very difficult person to deal with when it comes to just letting my hair down and having fun. I worry. I worry about transportation, what I am going to say, what others think of me, etc. So, getting me to come out of my shell can be a bit of a chore, but once my extroverted friend is able to do it, I really am a lot of fun.

Sometimes, as introverts, we have to channel our inner

THE BEST WAYS TO DE-STRESS

JENNIFER MURPHY STAFF WRITER

Between school, work, homework, and trying to maintain some type of social life, life can get very stressful and a little hectic. Our body has a process when responding to stress. When the body feels stressed, the hormone cortisol floods our systems, producing a "fight response" in which our heart rate goes up, we breathe more heavily (requiring more oxygen) and our blood vessels constrict. The feeling of your heart rate excelling or a pounding in the back of your head is enough to let you know you're getting stressed or overwhelmed.

Although that anxious feeling can come upon us quickly, there are many ways to control that feeling and de-stress. Just as the minutes to pause and rest can be

response, during which your breathing slows, and your body starts to calm itself down. Here are a few ways to de-stress:

Exercise – during a workout the body releases endorphins which can help release stress. Just 20 minutes can get you to a relaxation point. "Working out has always been my go-to de-stress activity. When I am working out, I become very focused on the activity I'm doing, which helps me forget all about what I was stressed out in the first place. My body throws that negative energy right into exercising," said Madison Dorn, a junior communication major.

Take a Nap - let's be honest naps are great at any time, you really don't need a reason for a nap. However, taking 10-20

the body also has a relaxation sleeping really help you relax, but it's a way to separate from what is stressing you out.

Listen to Music - listening to music can be soothing and a way for your mind to focus on something else. When I'm feeling stressed, one of my favorite things to do is put my headphones in, find a favorite song, and just take a few seconds to dance. It reminds me that life is not all that serious and everyone should take a few minutes just to have fun and laugh.

Drink Green Tea – green tea contains theanine, which is an amino acid that promotes relaxation. Just drinking a cup of green tea can be very soothing to the mind. If your feeling extra stressed, you can throw a spring of lavender in there to really help you relax.

Write – dedicating time every body produces a stress response, very beneficial. Not only does day to write about a situation that is bothering you can greatly reduce tension and give you stress relief for the rest of the day. A journal is a place where you can reflect on your thoughts and feelings, in a place where no one can judge you. Laugh – as the saying goes, laughter is the best medicine. Laughter is proven to lower tension and improve blood flow. Tell yourself a joke, rent a funny movie, or hang out with that one friend who's full of corny jokes. Laughter can help you forget about your worries for a while. Whenever that feeling of stress comes over you, don't panic. There are tons of ways to de-stress and relax. By doing any of these de-stress activities, your body will be able to calm down and restore itself back to its relaxation point. College is a stressful time, but as long as you don't let the stress get to you, you'll be just fine.

ALMOST TO THE FINISH LINE

CASEY WOLFE SENIOR EDITOR

Wake up, go to class, attend extra-curricular meetings, work an on-campus job, call my off-campus job to tell them I'll be running a little late, do homework, go to sleep, repeat for the next four days. This constant running from place to place has become a normal routine in my chaotic life. I wonder so much of the time, why do I do this to myself? Working one less job wouldn't hurt me and I could always cut back on the extra-curricular activities.

But no. I am woman, I can do it all. On top of that, I can even have

ourselves. Whether it's sitting down for a meal with your family or meeting up with a few friends for yet, more coffee, we cherish every minute that we're not obligated to anything or anyone before the pre-Monday depression begins on Sunday night.

Seeing your friends. Since so many of us work weekends, school is one of the few places we see our friends and classmates. Sometimes just seeing the faces of people in your classes is comforting because we're all in the same boat. Sure we're stressed, but we're stressed together. Also, they can tell you stories about their



Setting incentives is one way to make getting through the semester easier.

a social life. At least, that's what I tell myself when I'm awake at 2 am finishing a homework assignment that I didn't have time to do during normal human hours.

As a college senior with any hope of having a successful future after graduation, I am constantly torn between writing that five page paper and eating a meal that isn't either cooked in a microwave or cereal. As much as I enjoy Frosted Flakes, sometimes real food is just top priority.

Then, if you factor in procrastination because you just can't find it in yourself to do any more work that day, suddenly it's almost morning and you have an exam at 8:30 am that you haven't studied for yet. It seems like 24 hours just isn't enough time in the day.

As young adults, we have to make some time to break our mundane and exhausting routine for a little rest and relaxation-and to ensure that our you have no classes to attend social lives don't go down the and relaxation is futile. Maybe drain before winter break. So what keeps us going full steam ahead during the hectic months of September-May? Caffeine. Starbucks, Dunkin Donuts and Rook all know my face and some of them even know my order. Having a Keurig coffee maker both at home and in one of the offices I work in is a life saver as well, because when it's 10 p.m. in the middle of an assignment with three pages to go you'll do anything to keep your eyes open. I used to take my coffee with plenty of milk and Splenda but now it comes straight out of the pot and into my cup sans milk and sweetener. If I could inject the stuff straight into my veins I would strongly consider it. The weekends. Sure, most of us still have part time jobs we're expected to be at and homework to be done by Monday morning but if we're lucky, we have a couple of hours to

weekend work experiences and you can share yours, because if you work in retail like many college students, you know something weird is going to happen at least once during your extra long Saturday shift.

Future incentives. With work comes reward, right? Maybe you promise to treat yourself to a manicure or a couple hours of Netflix binging if you get that one assignment done by Thursday night. Or maybe-just maybe-you will allow yourself to go out one night next weekend. It could be something as small as downloading an album you've been meaning to listen to for a month now, but be sure to treat yourself. If there is no incentive, eventually you're going to stop caring and putting effort into the work you have to get done.

Winter break. Just one month and three days until Christmas break! A whole month where you made plans to go on a trip or maybe you plan on never leaving your couch after all of the running around you did during the semester. Regardless of your plans, they don't include classes or homework and there is no sweeter feeling. You will have just enough time to de-stress before returning for the spring semester, where the seemingly endless cycle will repeat. Fourteen weeks of classes can seem like four years sometimes, but other times it will feel like it was just last week that you sat down for syllabi and class introduction day. Either way, you will look back at the end of your four years and think to yourself, "that was it?" In the moment, time may feel like it's at a standstill, but in the end, they mean it when they say college flies by, throwing you into adulthood as gently as it can.



IMAGE TAKEN from imgflip.com/memegenerator There are many effective ways to destress during the height of the semester.

Join The Outlook

The Outlook is currently seeking help in the following departments:

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- Copy Editors*
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Students from *any* major are welcome to join, experience is *not* necessary.

Feel free to visit the office on Mondays or Tuesdays and/or contact the Co-Editor in Chief, Maggie Zelinka at s0812791@monmouth.edu.



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What's Next for France After Friday's Deadly Attacks?

BENJAMIN SMITH STAFF WRITER

According to BBC, over 129 lay dead and many more injured in Paris after the latest and most devastating attacks to be attributed to the Islamic State in Iraq and Syria to date

Compounding this shocking attack were the string of bombings in Baghdad, Iraq and Beirut, Lebanon, once known as the "Paris of the Middle East," which killed and injured hundreds last week just prior to the Paris attacks.

According to Russian President Vladimir Putin, the downing of the Russian airliner over the Sinai Peninsula in Egypt last month could be easily forgotten in this maelstrom, but was also an unequivocal act of terrorism,

Twin explosions that killed nearly 100 in the Turkish capital Ankara on October 10 during a rally for peace were never claimed by IS, however it is speculated their complicity resulted in this massacre as well.

"They're becoming bold in their outward attacks against any civilization they perceive as un-Islamic," said Monmouth University graduate student, Bryan Larco. "It's time to strike back lest they believe they can attack again with impunity."

In a similar retaliatory act to that of the U.S. in the aftermath of 9/11, France, already an active participant in the war on terror,

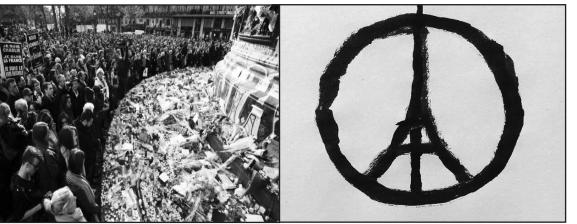


IMAGE TAKEN from leanon.org and BBC News

Left Image: Many gathered around the Place de la Republique, in Paris, for the minute's silence. Right Image: Others showed their support for Paris with the picture of the Effiel Tower through a peace symbol on social media.

unleashed air strikes on the ISIS capital of Raqqa, Syria.

Although the efficacy of the airstrikes has yet to be determined, it has been postulated that this unilateral action taken by France may be used later to invoke a multilateral European response through Article 5 of the North Atlantic Treaty Organization (NATO), according to The Washington Post.

This deterrent allows any attack on a NATO member to be perceived by all as an attack on the whole, which may prompt certain member states that have not yet been overt in the global fight against terrorism (like Germany) to step up their involvement. Our own strategy for dealing with IS will admittedly undergo "intensification," said President Obama during a conference in Turkey on Monday.

"I think article 5 of NATO should be utilized in the same context that it was used after 9/11," said Tyler, a recent Monmouth graduate referencing the only instance that the United States and its European allies have utilized the clause.

'We need a dedicated international coalition to defeat ISIS, and it would be ideal to include our allies in the region. However, Arab armies are not always the best trained, disciplined or dedicated. The Obama administration and some Republicans' plan to arm 'moderate Syrian rebels' has utterly failed and we need to go back to a plan that works. Unfortunately, the world will need to stabilize the region long term because we have seen how regional instability can spill into the international sphere," said Vandergrift.

While the combined allied forces could theoretically wash Syria and Iraq in fire, cleansing these lands of ISIS and their brand of violent extremism with it, President Obama has maintained the need for moderate Sunni factions to serve as the point of attack against violent extremism, with the U.S. and other allies serving in a supplementary leadership role.

This strategy, like any, has its detractors. Professor of Political Science Dr. Saliba Sarsar, however is not one of them.

"[America's] outreach necessitates a strong focus on educating

for pluralism and peaceful coexistence, public diplomacy, socioeconomic development, etc. The Paris tragedy might prod countries to strengthen their intelligence and military efforts against terror, but what is equally important is their commitment to extract the roots of terror and create a more equitable and healthy world that gives priority to human security, dignity, and hope," said Sarsar.

Much ado has also been made over President Obama's, and even more recently, former Secretary of State and Democratic Presidential Candidate Hillary Clinton's refraining from calling IS fighters "radical Islamists."

"We should not shy away from calling a spade a spade, said Sarsar. "What happened in the Sinai, Ankara, Baghdad, Beirut, and Paris are criminal and sinful acts carried out by Islamic extremists. These are not the exception, however. Many a culture and religion have radicals who twist their faith traditions to serve their narrow ideological proclivities and agendas."

Key Muslim leaders, such as the President of the Palestinian Authority, Mahmoud Abbas, and Iranian President Hassan Rouhani have condemned the Paris attacks.

"We must remain diligent and use a multi-pronged strategy to help neutralize extremism and radicalism, while we reach out to allies and others to promote awareness and understanding," said Sarsar.

GOP Candidates Spar Over Issues That Surface After Paris Attacks

BRENDAN GREVE POLITICS EDITOR

GOP candidates sparred over numerous issues last week in the Milwaukee debate hosted by the Fox Business Channel and hosted by the Wall Street Journal. Do to new debate rules, two candidates-Former Arkansas Governor, Mike Huckabee, and Governor of New Jersey, Chris Christie- did not make the cut for the main stage debate.

Governor Christie seems to be frustrated with his lack of progress in the polls. A week before the debate, he referred to the Director of the Monmouth University Polling Institute, Patrick Murray, as a "political weatherman" in an interview with NJ 101.5. According to an editorial in the Asbury Park *Press*, this is the second time the Governor has taken shots at the now in the Clinton camp when pollster since July when he said they hear this." of Murray and his poll, "there couldn't be a less objective pollster about Chris Christie in America" and that the poll was created just to "aggravate me." Chair the Political Science Department, Dr. Joseph Patten, said about Christie, "He is being upstaged by Trump and he doesn't have a lane." Patten referring to Trump because Christie is known ism. for his straight forward and brutally honest ways discussing issues is hidden beneath the flash of the billionaire celebrity real estate mogul and television personality, Donald Trump.

Some of the notable topics that were debated by the candidates were immigration and Middle East Strategy. This would prove to be significant given the terrorist attacks that have sparked the debate on the handling of ISIS and immigration.

The first policy disagreement came when Ohio Governor, John Kasich, and former Florida Governor, Jeb Bush, attacked Donald Trump's immigration plan of building a wall to keep illegal immigrants out and supporting mass deportations. John Kasich said, "For the 11 million people...Come on folks we all know you can't pick them all up and ship them back across the border. It's a silly argument." Jeb Bush joined in the argument in defense of Kasich saying, "They are doing high fives right After the terrorist attack in Paris by ISIS, there has been controversy over immigration and whether or not the United States should allow the relocation of Syrian refugees into the country. According to Mary Troyan of USA Today, at least 23 governors have shut the door to Syrian refugees relocating in their states do to fears of terror-Governor of Wisconsin and former presidential candidate, Scott Walker said, "There may be those who will try to take advantage of the generosity of our country and the ability to move freely within our borders through this federal resettlement program, and we must ensure we are doing all we can to safeguard the security of Americans"

candidates to get their names out. of voters are 'nature of the times' voters" - meaning they are influenced by what is currently going on around them.

Recent graduate of Monmouth University, Tyler Vandegrift said, "I'm not against letting in refugees, but there needs to be a serious check on their travel, background, etc." However, according to Gavin Hewitt of BBC, France has closed its borders and numerous other European countries are closing theirs.

The second back and forth was between Florida Senator, Marco Rubio, and Kentucky Senator, Rand Paul, over foreign policy and military spending. Rand Paul asked, "How is it conservative to add a trillion dollars in military expenditures?" Rubio jabbed back by saying, "Rand is a committed Isolationist. I know that the world is a safer and better place when America is the strongest military power in the world. The issue of military spending and policy will become more important after the attacks. According to Ben Brumfield of CNN, French President Francois Holland referred to the attacks as an "act of war" and has authorized air raids over the key city occupied by ISIS, Raqqa in Syria. According to Chapman, "The candidates that continue to strengthen their campaigns are Ted Cruz and Marco Rubio." Before the last debate, Murray said, "Marco Rubio's standout performance in the last debate seems to have paid dividends in a contest that was supposed to be dominated by his former mentor Jeb Bush." He has continued to impress boosting his campaign into third place, according to the latest Monmouth University poll. Patten said of Jeb Bush, "Because he has so much money, it's hard to say he's toast but he is fading quickly."





"How is it conservative to add a trillion dollars in military expenditures?"

RAND PAUL

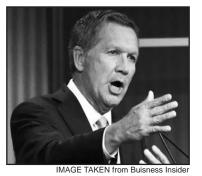
"Rand is a committed Isolationist. I know that the world is a safer and better place when America is the strongest military power in the world.

MARCO RUBIO

Assistant Professor of Political Science at Monmouth University, Stephen Chapman said, "Context is everything. In 2012 ,people were begging him to get into the race but after Bridgegate, he really sunk his chances.'

However, the absence of Governors Christie and Huckabee led to the attacks can influence the votmore time for the remaining eight ers when he said, "A large portion

Chapman said, "The attacks will strengthen misstatements about immigration." He continued that



AKEN fro

"For the eleven million people.. Come on folks we all know you can't pick them all up and ship them back across the border. It's a silly argument"

JOHN KASICH

"They are doing high fives right now in Clinton's camp when they hear this"

JEB BUSH

Oreo, Tie-Dye, French Toast, and Cap N' Crunch Bagels? The Bagel Nook Will Have You Hooked

EMILY SHAPIRO STAFF WRITER

The Bagel Nook is anything but your average bagel store. With unique creations like Fruity Pebble bagels, Jalapeno Cheddar cream cheese, and monstrous truck sandwiches, The Bagel Nook will have you wishing for more than one stomach.

tablishment opened its doors this past September.

Located in the Raintree Shopping Center in Freehold, NJ, store hours are Monday-Saturday 6:00a.m.-3:00pm, and Sunday 6:00a.m.-2:00pm. With fast service, this is the perfect place for any commuter that wants a little something before their first class.

When customers have a little time to spare, they can sit at one of the many tables throughout the café. Box signs, chalkboards, and a large flat screen TV fill the surrounding walls.

and spreads to the next level. "There aren't many better things in life than a good book and a good bagel," noted Stuart Rosenberg, associate professor of management.

Bagel Nook will provide the ba-

options include Birthday Cake, the bagel of your choice. Strawberry Banana, and Bacon Scallion cream cheeses.

Jaclyn O'Leary, a junior health studies student is a Bagel Nook regular. "The Strawberry Banana cream cheese is my favorite," she explains. "It goes well on any bagel."

Classic bagels and spreads are This young, fresh and new es- also offered everyday. With so many options, going back for seconds is a must (and thirds, fourths, and fifths).

An exclusive coffee bar is one of the first things customers see when entering the café. Whether a customer wants hot or iced, The Bagel Nook caters to everyone.

"I go there specifically for their iced coffee," says Erika Pisano, a sophomore communication student. "It just tastes perfect every time." Flavors include snicker doodle, pumpkin, French vanilla, and many others.

If breakfast isn't your thing, The Bagel Nook takes bagels The Bagel Nook also serves lunch sandwiches, wraps, and paninis. Their mouth-watering truck sandwiches are packed with flavor. "The Wrecker," which includes chicken fingers, mozzarella sticks, cheesesteak, and bacon, is Well, bring the book and The a match for the hungry. Another option is "The Promise Land."

French Toast bagels. For spreads, mayo, and ketchup stand tall on

Homemade macaroni salad and coleslaw accompany each sandwich, as if a customer could still be hungry.

Another homemade item offered is soup. Chicken noodle, butternut squash, and chicken tortilla are daily specials that sell out fast.

Dessert is a specialty at The Bagel Nook. Sweets like cupcakes, brownies, muffins and black and white cookies have each customer mesmerized. The homemade coffee cake is a customer favorite! With most of the baking done on premises daily, customers never have to worry about stale products.

Owner Alex Berkowitz has been dreaming of opening up his own bagel store for a while now. He found his passion in the bagel business when he was just 16 years-old.

After being a counterperson schmearing bagels all morning, he realized he wanted more than just a bagel joint. "I wanted a breakfast and lunch landmark," he explains. "A community meetup where everyone in the area comes and has a good time while enjoying a delicious meal." And a community meet-up is exactly gel. The selection includes Oreo, Cheeseburger, mozzarella sticks, what he got. Customers from Cap N' Crunch, Tie-Dye and onion rings, lettuce, tomato, Freehold, Manalapan, and other



PHOTO COURTESY of Alex Berkowitz

Tie-dyed bagel with birthday cake cream cheese is just one of the many creative bagel and cream cheese combinations offered at The Bagel Nook.

surrounding towns visit The Bagel Nook daily.

"The amount of support we have received since opening is incredible," Alex gushed. "We have been welcomed into the commu-

nity with open arms, and we just want to thank everyone for that."

You can follow The Bagel Nook on Facebook, as well as on Instagram and Twitter @The_ Bagel_Nook.

Healthy Alternatives to Thanksgiving Day Recipes

CHELSIE TROMBETTA CONTRIBUTING WRITER

Thanksgiving is a day to give thanks for what we have, but also the day when everyone eats an insane amount of food. And that's just at dinner; there are still desserts afterwards, like pie, which is the last stop before the food coma. All of these calories add up, so here are some healthier alternatives, as well as tips, for Thanksgiving desserts.

Merrily Ervin, a professor of nutrition science and Coordinator of School of Science shared two of her favorite healthy recipes. The first she said is "very easy, elegant, and tasty!'

and Amaretto

Serves Four

• 3 T Amaretto or other almond-flavored liqueur

 1 T balsamic vinegar • 4 firm-ripe Bartlett pears, halved lengthwise and cored

• 1/3 cup water

amaretti cookies (Italian

• 3/4 cup dark brown sugar

- 1/4 cup cornstarch
- 2 large eggs

• 1 cup canned pumpkin (not pumpkin pie mix)

- 1/4 t salt
- 1/4 t pumpkin pie spice

Instructions: 1. Whisk milk, sugar, and

cornstarch in a large saucepan; bring to a boil.

2. Boil 3 minutes, whisking constantly.

3. Beat eggs with a whisk in a large bowl.

4. Gradually add half of the hot milk mixture to the beaten eggs. 5. Return milk-egg mixture to pan.

6. Cook over medium heat for Roasted Pears with Amaretti 3 minutes, or until thick, whisking constantly.

7. Remove from heat and stir in pumpkin, salt, and pumpkin-pie spice.

6-ounce custard cups.

9. Let cool, and chill for about 30 minutes, or until pudding is set.

Sydney Underhill, a junior political science student, shared a recipe that she makes every year for the holidays from minimalistbaker.com.

Vegan Gluten Free Black **Bean Brownies**

- 2 large flax eggs
- 3 T coconut oil, melted (or sub other oil of choice)

• 3/4 cup cocoa powder (the higher quality the better)

• 1/4 tsp sea salt

• 1 tsp pure vanilla extract

• Heaping 1/2 cup raw sugar, slightly ground or pulsed in a thick, add a tbsp or two of wa-

8.Spoon evenly into six food processor or coffee grinder for refined texture

• 1 1/2 tsp baking powder • Optional toppings: crush walnuts, pecans or semisweet chocolate chips

Instructions:

1. Preheat oven to 350 degrees. 2. Lightly grease a 12-slot standard size muffin pan (not mini). Make sure you've rinsed and thoroughly drained your black

beans at this point. 3. Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes.

4. Add remaining ingredients (besides walnuts or other toppings) and puree - about 3 minutes scraping down sides as needed. You want it pretty smooth.

5. If the batter appears too

ter and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.

6. Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your fin-

7. Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.

8. Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides. I found mine took about 25. minutes.

9. Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist - that's the point. Plus, they're vegan so it doesn't really matter.

10. Store in an airtight container for up to a few days. Refrigerate to keep longer.

Aside from healthy recipes, it's also important to know about the

Serves: Twelve

• 1 15 oz. can (~ 1 3/4 cups) black beans, well rinsed and drained

almond macaroons; 1/2 inch diameter), crumbled

Instructions:

1. Preheat the oven to 425 degrees.

2. Mix amaretto and vinegar in a 13 x 9-inch baking dish. Put pears, cut side down, in dish.

3. Roast pears 15 minutes. Add water and roast until pears are tender but still hold their shape, 8 to 10 minutes more.

4. Arrange pears, cut sides up, on a platter and spoon pan juices over them. Sprinkle with 1/2 of the cookie crumbs, and then baste with pan juices. Sprinkle with remaining crumbs and serve warm or at room temperature.

Her second recipe, she said, "This is tastier than pumpkin pie and does not have a crust, which is what adds a lot of calories to pie."

Pumpkin Pudding

Serves Six

• 2 cups 2% reduced-fat milk



IMAGE TAKEN from lifehack.org

Pumpkin pudding, can be a new holiday staple as pumpkin has many health benefits and with the right ingredients, this dessert can be eaten without any of the guilt.

nutritional benefits of some of the most popular Thanksgiving foods.

Charles Balzer, an adjunct professor of chemistry and physics said, "With so much focus on large portion sizes and over indulgences of calories and fat, it is sometimes forgotten that the traditional Thanksgiving staples can deliver very healthy nutrients and nutrient like compounds."

One of the examples he gives is that "sweet potatoes and pumpkin pie contain carotenoids - perhaps most notably beta-carotene which has both free radical fighting antioxidant benefits on its own, as well as the ability to convert to vitamin A in the body.'

So even if you want to stick to traditional Thanksgiving desserts, yet still want to avoid consuming a lot of calories in one day, then try to eat everything in moderation so you can have a happy and healthy Thanksgiving.

Drama Reigns in Season Two of "The Royals"

AMANDA GLATZ ENTERTAINMENT EDITOR

Heavy is the head of he who wears the crown.

The *he* in this case refers to Cyrus (Jake Maskall), the reprehensible monarch that schemed his way onto the throne in May's season finale of *The Royals*. The snappy dialogue to distract vieworiginal E! drama about the fictitious royal family returned on Sunday after a surprisingly entertaining inaugural season packed with scandals and conspiracy theories. Season Two picks up two months into Cyrus' reign of terror, and as always, it's anarchy in the monarchy.

At its core (and its best), The Royals is about the sibling rela- reigned in Season One with a tionship between Prince Liam time skip and flashback scenes. (William Moseley) and Princess Eleanor (Alexandra Park). While both indulge in the lifestyle of the rich and the famous, they are in mourning-some more than shocked back into reality when their older brother, Robert, dies under mysterious circumstances. As Liam suddenly becomes the from the palace since being deheir apparent and all eyes turn to the royal family in this tragedy, and were forced to watch as Silife beyond the palace gates is mon's brother, Cyrus, rose to flipped upside down.

The Royals functions largely as a soap opera, but this isn't a bad thing, nor is it unexpectedairing on the same network as the teriously related to a vengeful or-Kardashians, over-the-top drama ganization called Domino. is practically a requirement. Still, Royals remains grounded in its ters has been shaken up. Noticecharacter dynamics and fam- ably missing is Ophelia (Merritt ily themes. Liam and Eleanor's supportive relationship is a fresh who left to pursue a dancing catake on the sibling bond, and is reer in the States, but noticeably

struggles with their vain mother, Eleanor's former bodyguard and Queen Helena (Elizabeth Hurley), and earnest father, King Simon (Vincent Regan).

Much of the show's success can be attributed to creator Mark Schwahn of One Tree Hill fame. Schwahn expertly paced the first season with juicy scandals and ers from a slow-burning conspiracy theory that drove the plot for the second half of the season. This structure, combined with a memorable variety of both sympathetic and despicable characters, makes Royals well worth the return for Season Two.

In Sunday's premiere, we're eased back into the chaos that After King Simon's untimely (and still unsolved) death in May's finale, the monarchs are others. Liam and Eleanor's problems seem to be multiplying by the minute: they've been banned clared illegitimate last season, the throne. Now, they're taking it upon themselves to find the connection between Simon and Robert's deaths, which are mys-

Meanwhile, the cast of charac-Patterson), Liam's ex-girlfriend foiled nicely by their respective present is Jasper (Tom Austen), Hurley and Maskall are ex-

on-again-off-again love interest. Jasper helps Liam to raise the stakes as he interrogates people in the palace about the death

of his father, while Helena and Cyrus make moves to cover their suspicious tracks.

The pacing of the premiere felt a little off in trying to balance a time jump and multiple cliffhangers, but the story picked up quickly. With a show like Royals, it's easy to worry that there might be too many balls in the air at any given time, and it could be too soon to tell whether or not this will be in issue. However, the premiere does a good job of not losing sight of Liam and Eleanor as they grapple with grief and confusion in quieter moments throughout the episode.

One of Royal's strongest assets is its cast, and the premiere was no exception. Moseley has made Liam discernably darker in the wake of his father's death, convincingly portraying a good guy willing to do bad things. Park's performance as the edgy, punk princess with addiction issues and a heart of gold continues to make Eleanor the show's stand out character. cellent as well, both deliciously writing is punchy and the charevil in their roles of characters we love to hate.

The premiere was promising, and so far the show has retained the asplace: it's a powerful family drama with plenty

of scandals to

fuel your

water

cooler

con-

versa-

tions.

The

acters are fresh, and if Season One is any indication, the plot is completely unpredictable. As long as Schwahn and his team pects that made it such a hit in the first can avoid a sophomore slump, The Royals can reign

supreme.

Waiting On Mongo Rocks Asbury Park

TOM MORFORD STAFF WRITFR

The smooth, funky bass line and the giddy up of the guitar welcome you onto the dance floor like old friends you haven't seen in awhile. There are conjoined shouts of a crowd and one amplified voice above them all singing "Cause this is thriller, thriller night and no one's gonna save you from the beast about to strike." The beast was Waiting On Mongo (WOM), a local jam band, and it struck at Langosta Lounge, a boardwalk bar in Asbury Park, on Friday, Oct. 23. WOM plays the same venue



can familiarize with, but they put their own little jam stamp on it. Susino said, "Improvisation is key for us. We split our songs about 50/50, with half of it planned and the other half for us to really have fun with. Especially if we're feeling a jam and the crowd is feeling it too, we'll stay in it and see where it goes."

GE TAKEN from eonline.com

No matter what kind of music the audience is into, they end up having a good time. 21-year-old drummer, Matt Iatesta said, "I've had people come to their first Mongo show ever, say 'this was a really fun time' and not even be into our style of music."

The WOM guys take on a chameleon-like approach with their play style and songs; whatever the crowd is feeling, then that is what the band plays. Susino said, "For me, the best way to describe our live show is that it's a constant giving and taking of energy between the crowd and us. I'll get it from them, then I'll pass it to TJ and we pump something out that gets the crowd even more fired up.' Waiting On Mongo is firing it up at Langosta Lounge again on Nov. 25. Dark City Strings, a local blue grass band named after Asbury Park, and the notorious punk group Bouncing Souls play the same night. Dark City Strings opens for WOM until around 10 p.m., while The Bouncing Souls play in the connected Asbury Park Yacht Club bar area all night. The styles and genres of music from these bands are likely to scratch a musical itch for any listener and Langosta Lounge exudes an easygoing bohemian feel with plenty of room to boogey.

again the night before Thanksgiving on Nov. 25.

Lead singer and bassist TJ McCarthy, 25, said, "We're willing to play anywhere as long as there's a good scene with good people." Sure they do it for fun (a lot of musicians just say that), however when a band really enjoys interacting with the different people in the audience, that's when they spread the fun vibes around. "They're half the show, ya know, and we like to pick up on what the crowd likes and roll with it," McCarthy said.

WOM plays for many different audiences, and it is adaptability that will make or break any band. This past summer, along with playing at local Jersey Shore bars, WOM played a pool party gig, a wedding and a few house parties. Lead guitarist Mike Susino, 24, said, "We would play on the moon or in someone's basement in Lancaster, PA. It doesn't matter to us.'

Coming off their successful debut on a festival circuit at Souper Groove

Waiting On Mongo is playing at Langosta Lounge in Asbury Park on Wednesday, Nov. 25.

in September, WOM is always looking for new people that would enjoy their music as much as them. But the band's odd name is not out there yet; people do not identify with it or the story behind the name either.

25-year-old keyboardist and backup guitarist, Mike Iatesta, or Mongo as his friends call him, is whom Waiting On Mongo is christened for. "I've worked at the Norwood Inn in Avon for the past couple of years and one night when we were unloading beer off the truck in the back one of my friends compared me to the character from Blazing Saddles, Mongo, and it just kinda stuck." Iatesta said. The band all broke out into laughs.

Iatesta's slow conversational demeanor at first glance is similar to Mongo, but when he gets on that keyboard there is no mistake that he is a honed musician. Being together as a

band for three years now, WOM has hit their stride, and they feel a musical telepathy between each other when they jam. WOM's combined easygoing nature always welcomes new people to join in as well.

When commenting about the band's future trajectory, McCarthy said, "Stepping up our social media game can help us connect with our audience on and off the stage, but none of us are really good at that. So, we got a manager and the next step is having him get the word out.'

"The word of Mongo," said Mongo, followed by laughs from other members of the band.

While their new manager, Keala Evans, is taking steps to improve the band's reach online, WOM sticks to what WOM knows best: music.

Susino chimed in and said, "It's not all about spreading the word though.

We're still really just focusing on a kickass live show and the music itself."

PHOTO TAKEN from facebook.com

Each member of Waiting On Mongo is influenced by different musicians. Heavy guitar riffs from Umphrey's McGee and Nine Inch Nails, groovy bass lines from Grateful Dead and Red Hot Chili Peppers, and funky old school horns like Funkadelic and Parliament are all incorporated elements of WOM. The combination of styles and interests with their own innate ability to jam creates an ever-evolving sound. 24-year-old Anders Carlson, saxophonist said, "Our style is honestly a progressive psychedelic funk combined with classic rock and jam music, so just a big melting pot of awesomeness.'

WOM plays a lot of covers of more popular songs that the crowd

Blue Hawk Records Spotlight: Dan and Jackson

NICOLE SEITZ STAFF WRITER

the Music Industry program at the University take Applied Music Industry 3 where they get to experience every aspect of scouting artists, producing and recording music and releasing an album. Joe Rapolla, Chair of the Music and Theatre Arts department and specialist professor, said, "This is a very unique and great experience for these students and it has the ability to reach across many different majors." Last week we read about Dan Amato, our first Blue Hawk Records artist this semester. Let's meet some more artists on the compilation album!

are the freshmen Music Industry duo Dan and Jackson. They are made up of Dan Gilby and Jackson Weippert from the group The Jake Squilby Band, who are well-known in their hometown. Their band name was actually from Dan's twin brother, Jake, who also goes to Monmouth. Dan and Jackson have been playing music for 10 years and have known each other for six years. About four years ago they realized that their love of music could be brought together, so they just picked up some instruments in a friend's basement and for them. For Jackson that was started jamming. That eventually turned into playing a few events at their church and grew

their community.

Once Dan and Jackson got to Monmouth this semester, they Every semester, students in had to leave that band at home because their third member went away to another college. However, they continued to play music together and brought the song "I Told You" to BHR's compilation album. Their music has been described as "alternative folk indie pop rock," and this song in particular is a more "upbeat and chill" tune according to the artists. Some of Dan and Jackson's influences are Bon Iver, Ben Howard, U2, Mumford & Sons, Kings of Leon, and so many more, which makes their music so unidentifiable with one genre.

Dan and Jackson's song has Fresh from Long Valley, NJ, a really unique sound that has been described as "a perfect song to drive to" by Amato, another artist on the album and a freshman music industry student. This song was actually written by Dan and was shown to Jackson during a 2 a.m. jam session on the beach during a Long Beach Island trip with their friends. It was there that they created the final product you will hear on the album.

Often when these artists are on the compilation album, recording in a professional studio is a new and exciting experience certainly true, and although it was new for him, he loved it and had so much fun working with into several shows throughout great musicians who have done are always writing, so you may



Dan Gilby and Jackson Weippert record their track "I Told You" for Blue Hawk Records' new compilation album at Lakehouse Studios

this before. Dan, on the other see an album in the future! hand, had recorded some music over the summer but said it was great to be in the studio with one of his best friends.

As far as the future of Dan and Jackson is concerned, they have a lot of music to share and

Dan and Jackson would love to give a huge "Thank You!" to all the guys that helped them get this song together including: Jon Bass on bass and Owen Flanagan on drums, both sophomore music industry stu-

to Lakehouse Studios for all the help recording and mastering the mix for the song. Don't forget to check out Dan and Jackson at the Release Show on Dec. 9 in Anacon Hall in the Rebecca Stafford Student Center along with the other talented dents. Also a big "Thank You" artists on the album!

"Persona 4: Dancing All Might" IS PERSONA NON GRATA

JOHN MORANO STAFF WRITER

Let me start off with a little disclaimer: I have a bias for video games from the Persona series. I first encountered the Shin Megami Tensei series (and its Persona spin-off) in my senior year of high school. Since that time, I've paid close attention to both series, with Persona specifically becoming my favorite videogame series. As a little background, Shin Megami Tensei is a series centered on the occult and the ending of the world. Players fight to control the fate of these worlds (for better or for worse) by taming and controlling various creatures from folklore, religions and mythologies ranging from a Unicorn to Thor to Jack Frost. In some ways, it's like a more adult version of Pokémon (much, much more adult). Shin Megami Tensei titles normally feature deep and mature plot points with branching storylines. Characters live and die depending on the choices you make, and in some cases, your decisions will literally have world-ending consequences. Actually, in some games, you may even choose to end a world deliberately. If you like moral conundrums, the occult and playing god, this series may be for you. Now we get to the Shin Megami Tensei: Persona series, a spinoff of the Shin Megami Tensei series, which has surpassed its parent series in popularity. For the purpose of this story, I will only be

referring to titles from *Persona 3* forward (the preceding titles were much more similar to other Shin Megami Tensei titles). Persona is the Latin word for mask, and a psychological term created by Carl Jung for a sort of social mask that people wear. Think of how your personality changes in different circumstances/company and how you might behave around friends as opposed to family-those different sides of your personality are called personas. Persona games are heavily influenced by Jungian tions are button presses and screen pointing, unrefined, and distastepsychology, and in more than one

est spin-off in the *Persona* series (which, so as to be perfectly clear, is itself a spinoff of the earlier mentioned Shin Megami Tensei series). Persona 4: Dancing All Night is a rhythm game, so the turn-based combat gameplay mechanic of core titles has been replaced by rhythm-style game play. This means that music plays in the background and the player performs various actions in time with the music. In the case of *Persona* 4: Dancing All Night, these actouches prompted by on-screen instructions. Several years back, this genre of games was very popular and titles like Dance Dance Revolution and Rock Band were best-sellers, although now they

the other spin-off titles, Persona 4: Dancing All Night has a story mode. This is a visual novel, with the story being told through voiced text, shown with character drawing displayed over backgrounds, and occasionally a rare cutscene.

If I had to sum up Persona 4: Dancing All Night in a word, it would be cheap (and I'm not referring to its \$50 price tag, which is above average for a vita game). Other words to consider are disapful. I'm not going to spend much time discussing the plot, as it simply doesn't merit it. Long story short, you're playing as the cast of Persona 4 and working to save a group of female teen-idols from shadows. Combat is removed from the game, and instead you need to "express yourself to the shadows through music." The game is shameless fan service, and the premise is more or less saving a group flirty, scantily clad celebrities by dancing. The theme of these celebrities is edible meats (one is compared to a cow, another to a pig). If you do decide to pick up this game (which I strongly would not recommend), don't do it for the plot. At this point, if I call Persona 4: Dancing All Night's plot a joke, I'm being generous (many would call it an *offensive* joke). As for the story's length, it's simply too long. I've heard people say everything from 10-40 hours, and it likely depends on how quickly

are somewhat more niche. Like you read and how good you are at rhythm games. There are also other modes to explore, but given my own experience, I can't imagine these modes will have any takers. All I know is that it already feels like I've been playing this thing forever (around 15 hours probably) and I am deeply averse to playing it further. I'm personally at the point where I would rather eat my game cartridge than finish playing it (it's probably easier to digest than the plot it feeds you).

As I said earlier, I'm biased towards Persona games. If Persona 4: Dancing All Night was a 7/10 game, I'd give it an 8/10 (as I did for Persona 4: Arena Ultimax). However, I have difficulty seeing this game as a *Persona* game (going forward, I'm going to try to forget that it exists). Persona 4: Dancing All Night is an empty shell, a low quality rhythm game that's had some Persona music and graphics put over it to make it sell. I feel like there's nothing here for me to show favoritism to, and that this is a 5/10 game. I felt that I had to check review scores prior to writing down my own score, as I've never given a score this low before. Despite Persona 4: Dancing All Night having above average cumulative scores at metacritic, several major outlets were quite critical of it, so I feel comfortable with this score. Persona 4: Dancing All Night is a shadow of the series that spawned it (make that a Jungian shadow for all you psychology majors out there).

game, you actually sit through lectures on the subject.

Now, with that background out of the way, we make it to Persona 4: Dancing All Night, the lat-



IMAGE TAKEN from gematsu.com

"Persona 4: Dancing All Night" is a rhythm game that requires the player to perform actions in time to the music.

ENTERTAINMENT



LAUREN ROSSI CONTRIBUTING WRITER

beginning Spectre with Bv four simple words—"the dead are alive"-the latest edition of the Bond franchise immediately foreshadows the forces that James Bond is up against and the ghosts from his past who will inevitably haunt him. Filling the scene with a Day of the Dead celebration in Mexico City, massive, ornate skeleton heads pervade the sky as people in costume crowd the streets among the shimmering streamers and decorations of a variety of colors. The rustic and delicate features of the buildings of Mexico City provide a stunning image to viewers, especially when combined with the illuminating pops of orange and red mixed with the black and white of the skeleton attire.

The film continues with the startling landscapes of different

throughout the world, traveling to Skyfall. While Skyfall was consis-Rome and the mountains of Austria. Incorporating places of such elegant, beautiful scenery juxtaposed by the constant firing of bullets and explosions following Bond everywhere he goes, the film does a great job of creating powerful, attentiongrabbing action scenes.

However, it was not only the scenery that intensified the array of action scenes, but the fact that the creators of Spectre opted to do all of the stunts, explosions, and car chases in real life. Without any computergenerated action scenes, it appears more real and thrilling for the viewers. The pounding echoes of helicopters and the screeching of tires that invade your eardrums is sure to give any person an adrenaline rush.

Personally, I found the storyline and film overall to be a big improvement over the previous installment,

tently slow and lacking in the action department, Spectre only lagged in the start of the film, picking up when Bond (Daniel Craig) runs into the newest Bond girl, Madeleine (Léa Seydoux). Once Madeleine is involved, the story line finally speeds up and gets to the real action viewers had been waiting for since the first hour of the movie. However, I found Madeleine to be a disappointment in Spectre. She played more of the role of damsel in distress, getting kidnapped more times than I can count, and certainly fitting the mold of a Bond girl rather than a Bond woman.

Although the film centers around the escapades of 007, the other characters prove to have memorable performances and help a great deal from the headquarters of MI6. M (Judi Dench) even makes an appearance in the

form of a video to Bond, telling him one last mission to complete, which sets up the entire journey he goes on against the organization Spectre. Also, a special moment is when the camera captures Bond sitting at a table with one of M's belongings she left behind-her iconic bulldog figurine

Along with M, head of the research and development of MI6, Q, secretly aids Bond throughout the film and risks his own job to help him, despite having two cats to feed at home and a mortgage to pay. Q provides Bond with gadgets that save him time and time again, including a new car, which in real life was custom made by Aston Martin. Besides Q, the new M played by Ralph Fiennes turns out to be a very likeable character in the film, coming to Bond's aid and taking of the down one

disciples of the lead villain of the Spectre organization. Even Moneypenny somewhat redeems herself for shooting Bond in *Skyfall* by doing research for him in London while he travels through the rest of Europe hunting for his target.

So in summation, if you're looking for an action-packed film filled with massive explosions and constant fighting, then you'll enjoy Spectre. However, if you're looking for more of a story line and not a complicated series of events that takes two and half hours to tell, maybe skip this one. I thought that the film was better than some previous Bond installments, but still nothing great. Plus, the fact that Craig has been in the media so often trashing the franchise and announcing that he will never do another one leaves a bitter taste in your mouth while watching Spectre, and definitely

affected my view of the character while watching.

countries IMAGE TAKEN from teaser-trailer.cor

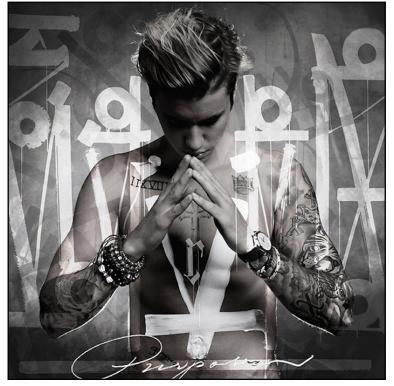


EMILY CIAVATTA STAFF WRITER

The highly-anticipated fourth studio album by the world-renowned Justin Bieber was just released on Friday, Nov. 13. Entitled Purpose, the pop album has been long awaited by fans that call themselves "Beliebers." Bieber's previous full-length album was released in 2012, and this Bieber entering this genre more and three-year gap between records was beginning to drive his fans mad. Bieber began the hype for his album with a 30-day countdown for his first single this summer, finally releasing "What Do You Mean?" on Aug. 28. The next single, "Sorry," was released on Oct. 16, and both songs did extremely well on the Billboard charts, which exhibited just how successful this album was going to be. Everyone's predetermined thoughts and considerations were right: Purpose is absolutely everywhere. With the singles he began releasing, you could tell Purpose was going to be different than any other album he had ever put out. Bieber is not a 15-year-old YouTube star anymore; he is a 21-year-old musician that has matured and he is expressing his change through his music. Many of the songs featured on Purpose are rather upbeat and

dance. "Where Are U Now," a song he produced earlier this year with Diplo and Skrillex, was featured on this album and was the first song that really had this upbeat, dance style to it. Other songs on the album, like "No Pressure," are more mature and feature more of an R&B style.

really make you want to get up and bum have features, some good and some not so good. "No Pressure" features rapper Big Sean and "No Sense" features Travi\$ Scott. These particular features do not do much for the song, but do not entirely ruin them. If you're a fan of rap or a fan of these artists, you might enjoy their features, but if



Many people seem to really enjoy more. He started to dabble in this style in his 2013 release Journals, but it has not yet been featured on a studio album until now. Bieber, already one of the most powerful stars in the public eye, is reaching an even larger audience now, which is crazy to think was even possible. Bieber's new style has gotten him compared to artists like Drake and The Weeknd, which shows how mature his music really is becoming.

A few slower songs were also featured on the album, such as "Love Yourself," "Life Is Worth Living" and "What Do You Mean? - Acoustic." All of them are awesome both lyrically and musically. The blend of these songs with his upbeat and R&B ones definitely makes Purpose ideal. There truly is a song on the album for everyone, no matter what style of music you usually gravitate towards.

Four different songs on the al-

you aren't, they seem irrelevant. "The Feeling" features Halsey, who is another artist who has been absolutely killing it lately in the media and with her debut album. This particular contribution is extremely well done. Her style mixes with Bieber's really well, and her feature completely pulls the song together.

Bieber announced his world tour on Nov. 11. He plans on going to multiple cities across the United States as well as many other countries. Based on his success with Purpose thus far, there's no doubt he will do extremely well with this tour. He is stopping in Newark on July 9, 2016, Atlantic City on July 15, and New York City on three different occasions.

Overall, Purpose is definitely a very solid album. Being a huge fan of Bieber, I think the album is truly incredible, with only a few minor flaws. The amount of recognition it has gotten is outrageous consider-

IMAGE TAKEN from hiphopdx.com Justin Bieber returned from a three-year hiatus to release his new album, "Purpose."

ing that it was just released a few days ago. You cannot go on any form on social media without hearing something about the release of is breaking the internet with Pur-Purpose or the world tour, and you pose, but in the best possible way.

definitely can't turn on the radio without hearing one of his insanely popular singles. Justin Bieber **A**DVERTISEMENTS



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From the Classroom to the Cell Block The Story of How One Professor Educates the Incarcerated

CONNOR WHITE STAFF WRITER

When Dr. Eleanor Novek walks into a room, she is a woman of paradoxes. She's soft-spoken yet a leader, conservative in her mannerisms, yet witty and fun-loving in her conversation. So it is no surprise to find out that despite her small stature and gentle nature, she works with some of the grittiest, most terrifying people in the country: convicts.

As an Associate Professor of Communication at the University, Novek teaches classes in journalism, communication ethics, gender, race and media, and research methods. She preaches an interactive teaching method in her classroom, stressing student involvement and student/professor open communication rather than presenting lectures.

Most of our class time is spent with selected students speaking about links, interesting articles and op-eds, and the student's own take and position on the current issue with help from classmates," said junior communication and foreign language student Jenna Lally, who is currently taking Novek's Editorial Writing class.

"This kind of environment is conducive to students' comfortability in adding to the discussion and speaking in class, which I don't see in most of my lecture-based classes," continued Lally.

But Novek's collaborative methods of teaching are not being applied strictly at the University. This is the same kind of atmosphere she produces when she works in prisons. Yes, that was plural; she currently works at not just one prison, but two.

First is with an organization called Alternatives to Violence Project (AVP), a volunteer-based group that brings workshops to over 100 penitentiaries that enable people to practice the same non-violent skills and techniques that were used by Mahatma Gandhi and Dr. Martin Luther King, Jr. Along with leading workshops, Novek is also the coor-

KARA BRADLEY

CONTRIBUTING WRITER

of our best friend circles and she

seems to be the friend that holds

the group together. She isn't left out of any gathering and you can

usually find her snapping pictures

videos at tailgates. She never

dinator for the NJ sector of AVP.

"I'm in charge of organizing the workshops [in NJ]," Novek said of her coordinator position. "I ask [the members in AVP] who would like to go, get clearance from the prison, and make sure everyone who goes into the prison has gotten a background check; everyone who goes into a prison must have a background check first."

Novek's prison involvement was inspired by reading Jailhouse Journalism, a book by James McGrath Morris about inmate-run newspapers. This led her to reach out to Dr. Rebecca Sanford, current Assistant incarcerated people. She eventually landed a volunteer opportunity teaching at the New Jersey State Prison in Trenton.

Since 2007 she has been working once a week with the men's maximum security prison, offering a class she describes as "creative writing, journalism and current events."

When Novek first began teaching at Trenton, she was not as much scared of the inmates as she was of the prison guards. "They were standing around with clubs in their hands, motor cycle-type helmets on; they looked like a SWAT team. They

are the main focuses of the religion. An AVP workshop lasts about 20 hours over the course of a weekend. Inmates participate in games, activities and exercises with workshop leaders that all emphasize antiviolence, respect, sharing and trust. Although she does not condone what some of these inmates have done, Novek believes that they still deserve attention and to be treated like human beings. Shunning them away from the world is not the answer.

"Our system doesn't seem to be making people better when they

ty, Novek still had a passion to teach cept a life of non-violence, which incorporated into her teaching at the University, as well. Walking into her class, do not expect to see a dry, elongated lecture with no feedback from students. Her classroom is a space of free-flowing ideas and dialogue, which she credits much to her involvement with AVP.

"I don't think I knew what I was doing at all when I was teaching by a more traditional model," she confessed. "The traditional model is, I threaten you with a test. I threaten you with grades, I threaten you with late, not, 'look at this cool thing were doing together,' and that's teaching.'

One of her most memorable moments in a prison came in the form of an AVP exercise where inmates look one another in the eye, seeing the opposite as a family member of someone they wronged. In some cases, the person staring at them is the loved one of a person they had murdered, which brings some of these guarded men to weep.

"It's beautiful," Novek said of the experience. "It's just a really moving thing to see."

The work Novek is doing for the community isn't always glamorous, but it is making the world a better, safer place to live. She doesn't go around flashing awards or saying 'look at me," but that's because she doesn't need to.

Specialist Professor Kristine Simoes said of Novek, "Dr. Novek is incredibly humble, despite her outstanding achievements and dedication both at Monmouth and outside of it. She is one of the most intelligent people I have ever met, and is truly an inspiration to both her peers and students."

Novek will be offering a class this upcoming spring titled, "Creating a Culture of Peace" that will be based off of the concepts she uses in her AVP workshops. Her style in that class will be the same as all the others, where she recognizes, "You cannot force people to learn, but you can inspire them to want to learn." And as long as she is at the University, she will continue to serve as an inspiration for us all.

PHOTO COURTESY of Eleanor Novek

Dr. Eleanor Novek with facilitators of the Alternatives to Violence Project, a volunteer group that offers conflict information workshops in prisons, schools, churches and other settings.

Chair of the Communication Department, who was a graduate student teaching in a women's prison at the time.

For the next four years, Novek and Sanford would teach journalism together at a women's correctional facility, publishing an inmate newspaper as well, until the prison shut the operation down in 2007 due to lack of funding.

After leaving the women's facili- about non-violence and how to ac-

were scary," she said. "I have never been treated with anything but appreciation by incarcerated people.'

But her main work rests with AVP, which she discovered after attending a Quaker meeting with her husband and learning the religions ideals. A Quaker herself, Novek notes AVP began as an organization run in upstate NY by a group of Quakers, speaking to prisoners

leave, and at some point most of these people are getting back into society," said Dr. Aaron Furgason, Chair of the Communication Department at the University. "It is remarkable and commendable that [Novek] is involved in such an important opportunity for people to redeem themselves.'

This formula of balancing respect, sharing, and most importantly, trust, has been something that Novek has



reasons for why quitting social media will be a healthy change Social Media has become part for her.

"We say its connecting and social sharing, but when its validation through numbers, you can't just ignore it and say it doesn't get to you when we judge everyone at a girls' night out or recording so clearly on it," said O'Neill.

Like O'Neill, a majority of us misses a special occasion. But only want to post pictures that social media reputation, as it's our good friend Social Media is will guarantee us likes. With this fairly benign compared to what we only share things that keep up our online image?

my make-up skills. Also, I feel like I have to look good in all of my pictures since my followers expect it from me."

The millennial generation and younger may be the only age group that feels pressured to produce content that is meant more for others than themselves.

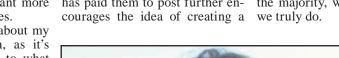
"I don't worry much about my

meChangers.com, describing her feel pressured to post pictures of In return, the company receives revenue and new customers.

> But, is it the most truthful way to promote a product by paying these bloggers to integrate merchandise into their daily photos? By having their followers believe they love whatever the company has paid them to post further en

specific image of oneself online.

So the question still remains: do we really know someone based on their social media profiles? For some, this may apply since it seems as though we all know at least one person who over-shares every detail of their day. But, for the majority, we cannot say that



known for lying and sometimes thought in mind, does that mean I see out there," said Kristine Siportraying herself in a certain light.

With Social Media in her prime, she finds herself only posting pictures of her dancing the night away, sipping on expensive cocktails atop rooftop bars and the occasional #OOTD, but do we really know who Social Media is?

As college students, we have been taught to depict our best selves, but does that mean only sharing what makes us look cool or different? Recently, Essena O'Neill, a 19-year-old Instagram model from Australia, revealed what went on behind the scenes in all of her posts and how it was not her real day-to-day life.

Having to please thousands of followers and create this "perfect life" was all part of the illusion O'Neill was painting for her fan base. She recently posted a video on her new website, LetsBeGa-

"A majority of the posts I choose to share with my followers on social media depict me in a positive light," said George Alfano, a senior marketing and business management student. "If someone were to look at my social media platforms, they would see the most important times I had, almost like a highlight reel, where I decided to share with the world the 'best of' what is happening in my life."

By only posting the best times of our lives, our followers will start to believe we live in a perfect world. Additionally, we, as the ones who post content, will start to feel pressured to keep up with this stigma.

Nikki Banks, a sophomore marketing student, explained, "Since a majority of my followers know I am talented at make-up, I moes, a Specialist Professor of Communication at the University, on her own usage of social media. Social media has not only affected everyday life, but it has also affected certain occupations. According to Simoes, "Social media has developed rapidly into a blessing and a curse for emerging PR professionals. On one hand, it affords a boatload of autonomy for a company, but with that autonomy comes the empowerment of that company's customers, clients, and targeted publics." Well-known brands are also

seeing this change occur in the way that they reach their audiences. For example, many designer brands collaborate with influential bloggers to promote their newest products. The bloggers are paid to post pictures of the hottest new bag, shoe or necklace on their Instagram page and tag the company in the photo or caption.



Instagram model Essena O'Neill recently deleted her account after realizing that she was tired of portraying a false image of her life.

Monmouth Greeks Gather Together For Greekend

KENDAL ADAMS CONTRIBUTING WRITER

From Friday, Nov. 12 to Sunday, Nov. 15, Monmouth University's Greek Senate organized Greekend, a weekend dedicated to exemplifying the four pillars of Greek excellence: scholarship, brotherhood and sisterhood, service, and leadership. Jenna Hersh, Vice President of Greek Senate, and Amy Rosenzweig, Greek Senate Activities Chair, were in charge of coordinating the weekend's events.

"It was really fun to plan it, and Amy was awesome to work with! Greekend is all about uniting Greeks and I really feel that we accomplished that this year. We wanted to make it fun, but also empower the Greek community to give back. It was definitely a successful weekend," said Hersh, a senior economic and finance student.

The first event of the weekend was the Scholarship Dessert on Thursday at 6:30 p.m. to celebrate the intellectual achievements within the Greek community. It was invite-only and guests were selected based upon their grade point average. Later that evening, the sisters of Alpha Kappa Alpha Sorority, Inc. hosted its annual Step Show at 8:08 p.m. in Pollak Theatre.

Hersh planned a trip to Skyzone Trampoline Park at 5:00

were invited to attend the inside trampoline park and participate in its various activities. The park had four core zones for guests to enter, including foam, basketball, trampoline walls, and dodgeball.

Members of each organization an "Under the Sea" themed day for service, as opposed to business administration from structure with the cans they collected for a local food bank. Organizations could use only rubber bands with tape to assist in keeping the cans together. The structures were judged for creativity, number of cans,

University's Big Event, as it was last year," said Mel Lewis, Programming Assistant for Fraternity and Sorority Life.

To conclude the weekend, on Sunday at 2:00 p.m., spe-Saturday was a day devoted and the final presentation. The cial guest inspirational speaker



Members of the Greek community at Skyzone as part of Greekend, a weekend dedicated to promoting unity among fraternities and sororities on Monmouth's campus.

On Friday, Rosenzweig and members of the Greek community. The event, "Canstruction",

pizza party.

"It was great that this year, was held at 10 a.m. in Anacon members of the Greek commu-

to community service for all winning chapter will receive a Andrea Mosby, was invited to speak to the Greek community about leadership and the power of decision making. Mosby p.m. Tickets were sold for \$2. Hall. Each chapter was to build nity were able to have their own earned her bachelor's degree in

combining it with Monmouth the University of Denver. She also has a master's degree in urban and regional planning from the University of Colorado. Mosby currently lives in Denver working as a consultant and speaker.

Mosby used the acronym D.E.C.I.S.I.O.N.S to walk through the factors individuals must consider when making important personal choices. At the discovery of her pregnancy as a teenager, her life had changed. The challenges she faced as a teen mother and the "adult" decisions she was forced to make persuaded her to use them as lessons to present to students, businesses, and community organizations about personal development and success.

"I thought the speaker was a fantastic person to speak to all of the Greek organizations. She made me really think about why I joined my fraternity and how each of my brothers would do anything for me whenever I'm in need," said Tommy Foye, a junior communication major and brother of Sigma Tau Gamma.

Each event of the weekend helped to reflect upon what the Greek community does and what is in store for the future. All organizations were able to participate and fully encompass the four pillars of Greek excellence and what the true meaning of being a member of a Greek organization is.

oncert owen orms ree ampus

FORREST TAYLOR

On Tuesday Nov. 10 at 7 p.m., he Student Activities Board SAB) hosted a free live concert eaturing Ella Mae Bowen for Monmouth University students new artist in the world of counn the Rebecca Stafford Student try music. Although she is just

The event included live music nd free refreshments along with reat prizes such as Monmouth ics in the music industry. The vinter gear and a chance to win \$50 gift card the school bookstore. This event was one of the nany exciting free concerts that to Nashville, TN from the small SAB has been able to sponsor or Monmouth students to enjoy

SAB member and sophomore ducation student Gina Geletei aid, "Due to the weather SAB ad to think on their feet and we was really intimate and every-

one who attended seemed to re- through, leaving Bowen to take Bowen's career is just starting ally be into it and enjoyed themwe ever tried to have a concert in the student center and I think it was very successful."

Bowen is a young talented 18 years of age, Bowen's voice has been earning her a great deal of positive attention from crityoung artist began writing and performing her own songs at the age of seven before moving town of Walhalla, SC.

Bowen's career launched as a breakout artist on the "Footloose" movie soundtrack back in 2011, and at one time earned herself a deal with Big Machine Record Group. Bowen had a lecided to move the event inside hard time dealing with extended he student center and set it up downtime and overall frustraike a coffee house. The setting tion with the music bussiness. Ultimately, her record deal fell

about a year off from music selves. This was the first time and began working two jobs as a nanny and at a coffee shop. Bowen has stated recently that she personally does not wish to chase a record deal with a major record label again. Growing up she did not dream of performing at large venues such as a football stadium. She has mentioned how she much more prefers and feels a sense of comfort performing in smaller concert enviroments.

Bowen remembers writing her first songs at a very young age in hopes of dealing with the death of her grandfather. Her grandfather was a handyman along with an old bluegrass picker that she spent a great amount of time with writing poetry and songs for until his passing when she was only 10 years old.

Bowen's career has recently included the release of her "Ella included six original songs. way.

and her future looks extremely bright in the ever so popular world of country music. Ella Mae Bowen is a name that fans will most likely be hearing about when searching for new upcoming artists in the near future.

"Ella Mae Bowen was spectacular in her performance. She was such a great person and everyone really enjoyed having her come out to perform for Monmouth University," said Matt Sheehan, Concert Chair for SAB and junior business stu-

Having Ella Mae on campus to perform live for Monmouth students' showcased young talent, along with creating a sense of motivation and inspiration for current students. Bowen exemdedicated artist chasing after her dreams and goals one step at Mae Bowen EP" in 2014, which a time in a unique and personal

"Ella Mae Bowen was spectacular in her performance. She was such a great person and everyone really enjoyed having her come out to perform for Monmouth University,"

MATT SHEEHAN SAB CONCERT CHAIR

DN CAMPUS INCEMENTS

Residence Hall Association

The Residence Hall Association (RHA) meets every Wednesday at 8:00 p.m. in the second floor lounge at New Hall. All are welcome to join! We will begin planning our annual Winter Ball and could use your creative ideas. For more information, contact Danielle St. Vincent at s0887667@monmouth.edu

The Outlook

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, and networking, If you are interested in joining, contact the Editorial Staff at outlook@monmouth.edu.

MOCC

The Monmouth Oral Communication Center invites you to 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!

Boom Roasted Productions

Boom Roasted Productions and MU's Rho Rho chapter of Alpha Psi Omega, National Theatre Honors Society will be participating in the second Annual Theatre Fest Dec. 2-Dec. 5, which will be a nightly series of student-ran music and theatre. Contact Nick Zochario and Megan Roberts for any further details.

PRSSA

PRSSA is hosting a LinkedIn workshop on Wednesday, Nov. 18. The workshop will be hosted by Jeff Mass, the Assistant Director of Career Services. Mass will be highlighting the do's and don'ts of LinkedIn, as well as critiquing students profiles. We look forward to seeing you there! Meet us at JP 235 at 3:00 p.m.





TOP RIGHT:

STUDENTS CHRISTINA ADDISION AND JACKIE SHUGARD STOOD WITH MIZZOU AND PROTESTED AGAINST RACIAL INJUSTICES OCCURING AT THE UNIVERSITY OF MISSOURI AND BEYOND (PHOTO COURTESY OF CHRISTINA ADDISON)

TOP LEFT: A BIT OF PEACE WHEN THE WORLD DOESN'T ALWAYS FEEL SO PEACEFUL. (PHOTO COURTESY OF ŚARAH LEWIS)





CENTER LEFT: STUDENTS PROTEST AGAINST RACIAL INJUSTICE. (PHOTO COURTESY OF CHRISTINA ADDISON)

BOTTOM RIGHT:

AOII PARTICIPATED IN FIRST YEAR SERVICE PROJECT'S FIRST EVER TRUNK OR TREAT LAST MONTH. (PHOTO COURTESY OF ERIN MCMULLEN)





What are you thankful for? COMPILED BY: KIERA LANNI



Monica Freshman "I'm thankful I had to opportunity to go to college."



Jason Freshman

"I"m thankful that I'll be ablet to go home and see my dog during Thanksgiving break."



Taylor Junior

"I'm thankful for my roomate and the food that I'll hopefully be able to experience on Thanksgiving."



WORDS OF WISDOM

"WHEN I WAS A BOY AND I WOULD SEE SCARY THINGS IN THE NEWS, MY MOTHER WOULD SAY TO ME, 'LOOK FOR THE HELPERS. YOU WILL AL-WAYS FIND PEOPLE WHO ARE HELPING."

- FRANK ROGERS

Shannon Sophomore "Family, friends, and my education."



Shannon Hokanson Lecturer- Dept. of Communication

"I'm thankful for my family, my students, and my wonderful dog, Theory."

Men's Basketball Splits Trips To California MU Knocks Off UCLA On Opening Day, 84-81 MU Falls To USC, 101-90

MELISSA PRAVATA CONTRIBUTING WRITER

Monmouth men's basketball team opened up their season with an 84-81 overtime win on the road at the University of California Los Angeles Friday night. The team traveled 3,000 miles across the country to become the first Hawk's to beat a PAC-12 opponent in school history

"This win is for our school, our program, our Athletic Department, our President," said a humbled Coach King Rice following the victory. "This was a momentous win for us. I really have to thank Steve (Alford) for this. We played in this tournament and I begged Steve over the summer to play us. I felt like something like this would be good for our program. I've known Steve and Coach Broussard for a very long time."

During the final 18.9 seconds in overtime, senior guard Collin Stewart grabbed the offensive rebound and went to the line making both free throws giving Monmouth an 82-81 lead over the Bruins. UCLA got the ball back down the court and freshman guard Aaron Holiday attempted a three-pointer at the buzzer to tie the game but failed.

Junior guard Je'lon Hornbeak used the miss to his advantage for the rebound and scored leaving the Hawk's with the 84-81 win out in California.

"We just basically stuck to what we know. Once they

our poise and got the win," said junior Collin Stewart.

At the start of overtime, Monmouth went down 80-75 until junior center Zac Tillman made four free throws on back to back possessions to bring the Hawks within one. Redshirtfreshman guard Michah Seaborn then drew a foul making one on the line to tie the game at 80.

During the 12:29 mark at the second half, UCLA was up 13 points at 53-40. Monmouth continued to fight until they were within seven points at the 8:53 mark. A 9-0 run then put the Hawks ahead. Another breakaway from Hornbeak left the game at 61-60 Monmouth. Hornbeack missed a threepointer later on and junior guard Josh James stole one of UCLA's inbound attempts in the last second to lead the game into overtime.

"This was a really tough opener obviously. I thought Monmouth played really well. We knew we were going to be in for a really tough game. We tried to explain it to the guys and I must have done a really poor job of getting that point across to them. Last year they played four big-time schools really tough. They have all of those guys back, plus a really good transfer in [Je'Lon] Hornbeak. They turned us over 23 times, and our guard play was atrocious. We couldn't handle the basketball, we couldn't make free-throws, and

pulled ahead of us, we just kept couldn't make lay-ups," said UCLA Head Coach Steve Alford on the game.

> Monmouth shot 37.5 percent from the field, 24.1 percent from the 3-point line and 79.3 percent from the foul line while overturning the Bruins 23 times. The Bruins shot 37.1 percent from the floor, 38.1 percent from the 3-point line and 63.6 percent from the foul line.

Following the game, MU was the number one trending topic on Twitter for a few hours, and Coach Rice was featured on WFAN sports radio show at 2:45 in the morning eastern time.

Stewart led the Hawks with 19 points on 5-13 shooting and 3-8 from the three point line and 6-6 from the foul line. Seaborn had 14 points and shot 6-14 with Robinson adding another 16 points and six steals. Hornbeak added seven points with six rebounds and four assists to bring in the majority for the Hawks victory.

"This game really doesn't prepare us yet for conference. We haven't really started thinking about conference yet," said Stewart in reference to his preparation for the season.

Last season, the Hawks had previous matches against other well-known programs such as Maryland, Southern Methodist University and West Virginia. This season the Hawks are set to play schools such as Notre Dame, Xavier, Iowa and a rematch against Rutgers after last season's 59-58 buzzer beater we loss at home.

PRESS RELEASE GOMUHAWKS.COM

The Monmouth men's basketball team battled back from a 16-point first half deficit to go in front multiple times in a game that saw the lead change 12 times, but eventually fell to Pac-12 member USC on Monday night at the Galen Center, 101-90 on Monday night in Los Angeles. Junior guard Justin Robinson scored a career-high 28 points in the loss that drops Monmouth to 1-1 on the season after splitting a pair of Pac-12 matchups in Southern California.

three in the second half when Austin Tilghman put home a hard drive through the lane to make it 63-60 with 11:07 remaining. Neither team led by more than four throughout the next four minutes, with Jordan McLaughlin scoring on two of three trips with a Nikola Jovanovic layup sandwiched in between. MU answered to tie the game at 66 when Collin knocked down a deep wing three with the shot clock expiring with 8:56 remaining.

The home team rebounded to go up five on McLaughlin's drive with 6:22 left, but a pair of Micah Seaborn The Trojans improve to 2-0 this year. free throws and a Robinson three

"The journey is just beginning and I'll be excited to get back home and get back on the floor on Wednesday."

KING RICE Head Coach

"I have to give USC a lot of credit," said head coach King Rice. "[USC head coach] Andy Enfield had his team prepared for what we do with a short time to turn it around. I'm very proud of our kids, and I probably should have helped them more by calling a few timeouts to try to get them a bucket here or there."

USC used a 17-8 run in the final 3:29 to pull away after Chris Brady corralled a weakside rebound and put it back to cut the Trojan lead to two. Back-to-back triples from Katin Reinhardt and Elijah Stewart just 35 seconds apart stretched the lead to eight, and USC made nine free throws after that point to secure the win.

ball would cut the lead to 77-76 with 5:04 to go. Robinson again made it a one-point game with 4:31 to play when his pair of free throws put him over his career-best in scoring.

Ultimately, the Hawks fell 101-90. MU shot 43.5 percent from the floor, 38.5 percent from deep and 83.3 percent from the free throw line. USC was 50.7 percent on the night, 35 percent from downtown and 68.8 percent from the charity stripe.

"I'm super proud, we have a lot to work with," added Rice. "The journey is just beginning and I'll be excited to get back home and get back on the floor on Wednesday.'

The Hawks split the California trip and head to Drexel with a 1-1 record Monmouth led by as many as next Saturday.

Women's Basketball Falls to Lehigh in OT

MICHELLE GONZALES CONTRIBUTING WRITER

The women's basketball team opened its 2015-16 season this past Friday, falling to the Lehigh University Mountain Hawks 95-88 in overtime in Stabler Arena. Senior guard Jamiyah Bethune's career-high 22 points and senior guard Sarah Olsen's five threepoint field goals were not enough to continue the programs 6-2 overall record over Lehigh.

"It was a shame we came out on the losing end. We forced 25 turnovers, got 100 shots off, matched Lehigh with points in the paint and only turned the ball over 11 times. We played Monmouth basketball..." said Head Coach Jenny Palmateer. The Blue and White came out with an early five-point lead, until Lehigh responded with a quick six points. Senior guard Jasmine Walker, junior forward Christina Mitchell and freshman gurad McKinzee Barker each made contributions for MU. In time, Lehigh took a 20-16 lead with minutes left in the quarter, but the Hawks ended the first quarter on top, 23-21. Just under a minute into the second quarter Bethune netted six points, adding to the Hawks' lead. Junior guard Tyese Purvis put up a pair of three-pointers while Bethune added 10 points for the Hawks, making it 37-25. Four fouls cost the Hawks' eight points in free-throws, closing the gap for Lehigh. But once again, MU held the lead at the halftime break, 44-37. The Mountain Hawks came out on fire as Lehigh's senior guard Amina Affini eventually

brought the game to 48-49 with along with Olsen's three-pointa pair of foul shots. The Moun- er in the ninth minute. Lehigh tain Hawks tabbed 11 of the maintained its momentum into first 16 points in the third quar- the sixth minute, when senior ter. Barker put up nine points, forward Elizabeth Sharlow's bringing life back to the Hawks, lay-up put the Mountain Hawks into overtime. raising their lead to 58. Purvis ahead 67-66. It was back and

Hawks to 79 with just seven sec- the Mountain Hawks ultimately onds left. As the clock read 0:02, Walker made a crucial steal for the Hawks. Fouled in the paint, Walker had two shots to send it

Both shots were good, as and Walker combined defensive forth for six possessions until the Hawks pushed the contest



ahead with a three-point play. Walker and senior forward Danica Dragicevic were fouled in the final minute, adding three final points for MU, but the points were not enough. Lehigh's junior guard Kayla Burton solidified the Mountain Hawk win at a final of score of 95-88.

"It [tonight] also showed that we can execute under pressure and understand time and score situations which will be a must moving forward...if we play with the same hunger and energy as tonight I believe this team can do great things," said Palmateer.

Monmouth took 100 shots during the contest, finishing 34. But Lehigh had an overall higher shot percentage (47.6) to MU's 34.0. The Mountain Hawks finished 83.3 percent on the free-throw line while MU hit only 62.5 percent. Along with Bethune and Olsen's combined 48 points, Walker contributed 13, and Mitchell 12. Barker made her first collegiate appearance for the Hawks, netting nine points, nine rebounds, and three steals. "We're all eager to get out there on Thursday and get after it like we know we can," said Bethune. "I think [tonight] was a great effort to start the season and it showed just how capable we are. Team morale is very high. It was a tough loss... but everyone played extremely well." The Blue and White return to the West Long Branch Multipurpose Activity Center when they host Robert Morris at 7 p.m. this

PHOTO COURTESY of Taylor Jackson

Freshman guard McKinzee Barker made her first collegiate appearance for the Hawks against Lehigh in their season opener where she gathered nine points, nine rebounds and three steals.

steals and points to solidify the Lehigh earned the advantage. third quarter lead, 61-56.

Lehigh again threatened the Hawks' lead in the fourth quarter, chipping away at the score-

With 1:07 left to play Lehigh's sophomore guard Quinci Mann made a jump shot, maintaining the Mountain Hawks' four-point

into overtime, tied at 81. Mann opened up scoring for Lehigh, but Mitchell answered back with a three-pointer for the Hawks, making it 84-83. With just unboard. Olsen and Barker's steals lead. Suddenly, Mitchell put der two minutes left, Lehigh's kept the Hawks in the action, in a lay-up that would pull the senior forward Kerry Kinek put Thursday.

Football Trumps Blue Hose on Senior Day

JOHN SORCE CONTRIBUTING WRITER

In the final home game of the season, the Hawks defeated Presbyterian College 21-16 on Saturday afternoon on senior day in West Long Branch.

The Blue Hose got on the board first. Redshirt-freshman quarterback Cody Williams' pass was intercepted and returned by Donelle Williams to the Monmouth 20 yard line. Freshman kicker Brett Norton converted a 34 yard field goal to give PC an early 7-0 lead.

Monmouth got on the board when Williams found freshman wide receiver Ugo Ezemma for a five yard touchdown pass to cap off a 13 play, 86 yard drive giving the Hawks a 7-3 lead with 4:06 remaining in the first half. But Presbyterian responded with a touchdown of their own; a one yard run by redshirt-freshman quarterback Ben Cheek and the score was 10-7 Blue Hose at halftime.

PC got the ball to begin the second half but turned it over when Cheek's pass was intercepted by freshman wide receiver Tymere Berry, setting up the Hawks on offense at the Blue Hose 40 yard line. MU drove 40 yards on eight plays that ended in a 13 yard touchdown run by junior wide receiver Darren Ambush off a double reverse, putting the Hawks back on top, 14-10. The Hawks scored again on their next possession as Williams found sophomore wide receiver Reggie White Jr. for 11 yards in the corner of the end zone. The play was initially ruled out of bounds, but was overturned as the sophomore made an impressive catch while dealing with pass interference and staying in bounds to bring Monmouth's lead to 21-10.

the catch," White said. "I didn't realize they threw the flag until after the play."

down pass to freshman wide receiver DaShawn Davis, but the Mike Basile, who recorded 12 two point conversion attempt tackles on the day bringing his failed and the score was 21-16. PC chose not to go for an onside kick with 5:14 remaining and got

completed an 18 yard touch- was amazing to get this win." Sophomore defensive back season total to 109, also spoke about the team's final drive.

"Coach put us in a good posi-

gained PC 352-185 on offense and picked up 208 of those yards on the ground. Junior running back Zach Welch led the ground attack as he gained 81 yards on 10 carries. Junior running back Lavon Chaney ran for 57 yards the ball back after Monmouth tion to make plays. He gave us on 23 carries and Williams



Fifth year senior defensive lineman Andrew Jurczynski had two sacks in his final home game with the Hawks this past Saturday.

to score. But the Hawks defense came up big with two sacks on the final drive. Fifth year senior defensive lineman Andrew Jurczynski sacked Cheek on third down which was followed up by junior defensive lineman Eli Brown and freshman linebacker Tre Nelson combining for the stop on fourth down, sealing the victory for the Hawks.

Jurczynski spoke after the "I was just focused on making game about what that final stop meant as a defensive unit.

"It was extremely big. I got the sack but we had been play-The Blue Hose closed the gap ing good defense all day. To fin-

to go out there and execute. We had to get off the field to win this game."

"What you saw today was a complete team effort and a team win," Monmouth head coach Kevin Callahan said. "We were happy to get our second conference win and our goal is to go out next week and finish .500 in the Big South.'

Williams finished the day 15-25 for 144 yards, two touchdowns and an interception earning him Crons Brand Freshman of the Week for the Big South, his second weekly honor of in the fourth quarter as Cheek ish the game off strong like that the campaign. The Hawks out- will be at 1:30 p.m.

went three and out with 1:54 left the coverages and we just had ran for 38 yards on seven carries. White Jr. led MU receivers by catching four passes for 44 yards and a touchdown. The Hawks defense had five sacks with Jurczynski picking up two of them.

> Monmouth improved to 4-6 (2-3) on the season. They finished 1-4 in the Big South a season ago and they have a chance to finish .500 in their second season in the conference when they wrap up the 2015 season on Saturday in Boiling Springs, NC as they take on the Bulldogs of Gardner-Webb (4-6, 2-3). Kickoff from Spangler Stadium



FOOTBALL MU quar-t e r b a c k Cody Williams has been named Big South Crons Brand Freshman of the Week league officials announced on Monday afternoon.

Williams led the Hawks to its third home win of the season and its second Big South victory of the year, defeating Presbyterian College 21-16 on senior day. The sophomore threw a pair of touch-downs for the fourth time in his career, finishing 15-of-25 for 144 yards through the air. Williams was credited with 182 yards of total offense, rushing for 38 yards in the contest.

Monmouth men's MBB basketball junior guard Justin Robinson has been named MAAC Player of the Week, conference officials announced early Monday afternoon.

Robinson helped lead Monmouth to one of the biggest wins in program history on Friday night, topping UCLA at Pauley Pavilion 84-81 in overtime. The junior scored 16 points and added three assists while playing 39 minutes against the Bruins.

On Monday night, Robinson posted a career-high 28 points in the 101-90 loss against USC.

Monmouth MBB The men's basketball team was ranked in the College Insider Mid-Major Top 25 for the first time in program history, moving into the 22nd spot in the poll.

UPCOMING GAMES

Thursday, November 19 WBB vs Robert Morris W. Long Branch, NJ 7:00 pm The MAC

Friday, November 20 BOWL at UMES Hawk Classic All Day Event

Saturdayy, November 21 CC at ECAC/IC4A Chamionships 12:00 pm

SWIM at Manhattan/Siena/LIU Riverdale, NY 1:00 pm

FBALL at Gardner-Webb Boiling Springs, NC 1:30 pm







The Monmouth men's basketball team started their 2015-2016 campaign in California this past weekend. Sophomore Justin Robinson (above) was named MAAC Player of the Week for his efforts in the 84-81 win over UCLA Friday night.

Full story on page 18

Photo Courtesy of MU Athletics