



# THE OUTLOOK

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## Students Make History in Women's March

JAMILAH MCMILLAN  
MANAGING/NEWS EDITOR

Over 40 students, faculty, and other members of the University community took to the streets in the Women's March with more than 300,000 peaceful demonstrators in a trip hosted by the Gender Studies Program and the School of Humanities and Social Sciences on Saturday, Jan. 21.

Although the original focus of the day was on the main Women's March in Washington D.C., the focus broadened as similar "sister marches" occurred simultaneously across the U.S. and around the world. Men and women of all ages, gathered in the streets of cities like Los Angeles, New York City, Chicago, Sydney, London, and Cape Town; a march was also held closer to home in Asbury Park.

According to *politicususa.com* the Women's March was the largest peaceful one-day protest in U.S. history with an estimated 2.9 million participants.

Students were invited through email to reserve bus seats to the march in New York City before, and after the winter break. The bus left the University around 9:15 a.m. Saturday morning. Upon arrival into New York City the group joined other protesters on a route that began near 45<sup>th</sup> street and ended nearly two miles away at the steps of Trump Towers, on 721 5<sup>th</sup> Avenue.

According to Corey Wrenn, Director of the Gender Studies program and organizer of the trip, the march was a pivotal moment in global history. She said, "As someone who studies inequality, it brings me an incredible feeling of hope. I saw a show of solidarity on January 21 that has never been presented in such a way before. This election has a lot of people down and a lot of people rightfully fearful for their safety and well-being."

"January 21 made it clear that those who wish to strip rights from women, people of color, (Lesbian, Gay, Bisexual, Trans, Queer/Questioning, and others) LGBT+ persons, disabled persons, immigrants, and other disenfranchised persons are in the minority. Americans stepped up on Saturday. The world stepped up," Wrenn continued.

Kayvon Paul, a sophomore political science student, was one of the few male students to attend the trip. He said, "Donald Trump's administration threatens the rights of women, and it was an incredible experience to be apart of a protest that recognizes this. I have five sisters and I went to the Women's March for them, and their future."

In New York City as well as other "sister marches", pink hats with cat ears dotted the heads of marchers as far as the eye could see. Varying signs showcased the diverse agendas of demonstrators. Some showed support for women's rights with statements like, "women's rights are human rights."

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PHOTO COURTESY of Corey Wrenn

Monmouth students and faculty attended the 2017 Women's March on Saturday to support women's rights.

## MU Hosts Final Winter Graduation

MEHDI HUSAINI  
ASSISTANT NEWS EDITOR

Approximately 430 graduate and undergraduate students were awarded degrees in the University's last winter commencement in the OceanFirst Bank Center on Friday, Jan. 13.

The end of the mid-year ceremony marked a new tradition for the University: from now on, there will be two separate commencement ceremonies for undergraduate and graduate students respectively in the spring, instead of having both a winter and spring commencement that awards degrees to both groups at the same time.

"It is keeping very much in line with our strategic plan where we also talk about creating a very distinctive graduate student experience, and commencement is a part of that. The needs of our graduate students in terms of the kind of ceremony you hold are very different. We would still continue to focus our attention on having a primary speaker for each [ceremony]," said Mary Anne Nagy, Vice President of Student life

Commencement continued on pg. 2

## Bruce Springsteen Comes to Monmouth to Announce Launch of Archives and Center for American Music

DANIELLE SCHIPANI  
EDITOR-IN-CHIEF

The University has been named the official archival cen-

ter for Bruce Springsteen's works and memorabilia with plans to launch the Bruce Springsteen Archives and Center for American Music.

The announcement was made during an event on campus "A Conversation with Bruce Springsteen" where the artist came to the University to speak with stu-

dents, faculty, and fans about his life and works in Pollak Theatre on Tuesday, Jan. 10.

"I am extremely excited about the partnership. The opportunity to enhance academic programming while also attracting widespread interest from a global audience does not happen often for any academic institution, of any size," said President Paul Brown, Ph.D.

This will benefit students and faculty, and make the University a destination for scholars studying American music. "As an incredibly popular figure, Mr. Springsteen's influence extends far beyond scholarship, and we hope to serve his many fans with access to material and programming that only will be available at Monmouth University," said Brown.

The partnership will benefit the music industry program that the University offers. "Partnering with Bruce Springsteen strengthens our foundation as an arts leader and arts business academy, and supports our ability to further route Monmouth University as an arts and cultural center," said Joseph

Rapolla, Chair of the Music & Theater Arts Department. "I look forward to working with the University team to advance its development, making this a reality for our students, alumni and community," Rapolla continued.

"It's very exciting that Bruce is now associated with Monmouth. Not only for the fans like myself, but it's a great way to gain exposure for the University and to put Monmouth on the map," said

Springsteen continued on pg. 2



PHOTO COURTESY of Danny Clinch

Bruce Springsteen in conversation with Bob Santelli, Executive Director of the GRAMMY Museum at Monmouth University's Pollak Theatre.

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# Graduate and Undergraduate Students Walk Together For the Last Time

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and Leadership Engagement.

"If I were speaking to undergrads, my message would be very different than it is to someone that is getting an advanced degree, been in their field for a number of years, maybe making a career change, maybe getting that degree to move themselves up, who did it while raising family [or] working a full-time job," Nagy continued.

The final winter commencement was a symbolic and meaningful one for students like Nicole Benis, a member of the winter graduating class. "Graduation was definitely an exciting but weird day for me since it was the end of my college career. I definitely felt sad as the Monmouth community [has] become so important to me."

Benis waited to receive her diploma after listening to a number of speeches including one by Henry D. Mercer III, Chair of the Board of Trustees. He said, "My participation in graduation is the best part of being Chair of the Board," he said. "I get to witness firsthand the smiles on the faces of all of you who are about to step up and receive your well-earned diplomas."

President Paul R. Brown, Ph.D. was among the first to congratulate the graduates and charge them with newfound responsibilities.

"You are leaders of the world," he said. "Our world needs leaders engaged in productive civil discourse, especially when good people with good intentions disagree."

Two-time Olympic gold medalist, and Class of 1999 alumna, Christie Rampone, received the University's most prominent alumni honor, the Distinguished Alumni Award.

"Christie Rampone is a shining example of an alumna who has excelled to the top of her chosen field. Her achievements and widely recognized success are an inspiration to fellow graduates and serve as a source of pride to the alumni community," said Yasmin Nielsen, the Assistant Vice President of University Engagement.

As a successful member of the US Women's Soccer team, Rampone encouraged students to stay true to themselves and persevere through life's tough times. "Believe in yourself. Be you, be who you are. And always remember what wakes you up every day to be you and what inspires you, and bring that with you into your next chapter and into your workplace. Have that positive energy that's contagious and good things will happen," she said.



IMAGE COURTESY of Lifetouch Photography

After this year there will be two separate ceremonies for undergraduate and graduate students in the Spring.

Brown then went on to award an honorary doctorate to the keynote speaker of the afternoon: John Esposito. Esposito, Chairman and CEO of Warner Music Nashville, detailed his life story, focusing on the risks he took throughout his journey. He looked back on his past and offered valuable advice

to the class of 2017. "Have ideas, but accept that the road of life is a process and one to enjoy," he said. "Change before you have to learn from failure and fail quickly."

Mallory Inselberg, another member of the winter graduating class, had an enjoyable experience at the University. She

said, "I fully and wholeheartedly believe Monmouth has prepared me for a life after undergraduate school. I am continuing my education in graduate school, however, Monmouth University really prepared me for being able to say I am moving on, and not being afraid to do so."

## Springsteen Reveals Partnership With University

Springsteen continued from pg. 1

Joey Affatato, senior music industry student. "As a fan, it's really amazing to be going to a school that now has a great affiliation with Bruce. He's one of the greatest songwriters of our time and makes me proud to go to a great school like Monmouth," he continued.

The Springsteen partnership also benefits students outside the music industry major. Professor Melissa Ziobro's Fall 2016 Intro to Public History class had the opportunity to do some work with the collection. "The class spent the semester learning about the wide variety of work done by public historians — historians 'outside the classroom' — through lecture, video content, case studies, and special projects. Some of these special projects involved the Bruce Springsteen Special Collection and Archive," explained Ziobro.

For example, the class conducted research and then transcribed and summarized oral histories of individuals like NJ Surfing Hall of Famer Carl "Tinker" West, "voice of the Stone Pony" Lee Mrowicki, and Rock n' Roll Hall of Fame drummer Vini Lopez. This semester, Ziobro's NJ History class will be using the archive to find source material for their research papers.

The process took about two years and was largely due to the University's affiliation with the GRAMMY Museum. Bob Santelli, the Executive Director of the GRAMMY Museum and an alumnus and former faculty member at Monmouth University, held a major role in arranging the connection between Monmouth and Springsteen's management. He organized a meeting with President Brown and Springsteen's manager Jon Landau. He also brought Springsteen to campus last spring semester.

Santelli explained how having



PHOTO COURTESY of Danny Clinch

the archives on campus allows students to engage in research on Springsteen and American music. "For music industry students and those interested in music in general, the archives is a resource, one that is virtually nowhere else," he said.

The University is one of nine universities associated with the GRAMMY Museum and has been an affiliate for about 40 years. "This Bruce Springsteen partnership would not have happened if Monmouth had not been a GRAMMY Museum affiliate," said Santelli.

In the past the Museum put together a concert at the White House and education programs created with former first lady, Michelle Obama. The Museum helps students establish connections and internships as well.

Santelli hopes that in the near future there will be a class based on

Springsteen's music and life which he hopes to teach. "Springsteen as a course is now essential to the curriculum whether I am teaching it or someone else is teaching it, it should become a great course offered by the University regularly."

Brown explained that as of now, students and scholars can view the current collection of about 35,000 items by appointment and that as the collection takes clearer definition, the University will continue to develop options for the best way to offer public access and location of the archives.

The University looks to continue to incorporate the materials from the Center into upcoming events and looks forward to expanding the partnership as the collection comes into clearer focus.

A future event will discuss Springsteen's album "Nebraska" hosted by the University's Tuesday Night Record Club on Apr. 25<sup>th</sup>.

## New Year: New Minimum Wage

RICH FELLICITI  
ASSOCIATE NEWS EDITOR

New Jersey workers experienced a \$0.06 minimum wage increase on Jan. 1, 2017. NJ is one of 19 states that experienced a minimum wage increase that raised the minimum wage in the state from \$8.38 to \$8.44.

NJ is implementing the increase state-wide, yet some states are taking a more regional approach. For example, New York has varied the minimum wage based on location and circumstance. The wage rose to \$11 in New York City, to \$10.50 for small businesses in the city, \$10 in its downstate suburbs and \$9.70 in certain other locations. In Connecticut, the minimum hourly wage will climb to \$0.50 cents, from \$9.60 to \$10.10.

According to Joshua Manning, senior business major, these increases have been the result of steadfast effort over previous years. Many supporters of the increase believe that the minimum wage is unlivable, and an increase is imperative for people to maintain a quality of life.

Aimee Parks, Assistant Director of Human Resources for Student Employment, said, "Even though it is only \$0.06 at the moment, the increase will certainly make people happy. While students have not been necessarily clamoring for jobs, the office has remained steady. I am sure people will be more interested in attaining a job if these rates continue to increase."

The ultimate goal of many fast-food workers and organized laborers is to increase the wage to \$15, which is commonly seen as a fair, livable wage, added Manning.

"I am not one of those people

that thinks the minimum wage should be increased to \$15. Such a drastic increase will never work, as it would simply shock the economy," said Manning. "Instead, the minimum wage should be increased incrementally to a certain point, and then tied to inflation. When President Franklin Roosevelt introduced minimum wage in 1933, I am shocked that tying it to inflation was not the first thing he thought of."

"I currently make a \$1.50 over minimum wage, and while I am fortunate enough that some of my expenses are still covered by my parents, they do not cover my day to day living with regard to expenses such as food, gas, and bills," said Emma Stowell, a junior chemistry student.

According to an article published by the *USA Today* on Sept. 13, 2014, the cost of living in New Jersey is substantially higher compared to other states. You would need \$95,000 salary to feel completely comfortable with regard to living expenses. The median value of Jersey homes is approximately \$278,600, higher than two-thirds of the United States. Homes in the northern part of the state are even more expensive, as the median list price is just under \$300K, or \$174 per square foot.

Corey Wrenn, Ph.D., a professor of MU's Sociology Department, noted that six cents is not much of an increase for people to get excited about.

"I remember I used to work minimum wage for a little over five dollars, and that was unlivable," said Wrenn. "Even though it's increasing, it still isn't enough to live off of. It definitely needs to increase more in the future."

# Students Demonstrate Peacefully in New York City

Women continued from pg. 1

Some advocated for the Black Lives Matter movement, while others targeted the newly elected president, Donald J. Trump.

Elizabeth Carmines, a junior political science and sociology student, attended the trip. She marched alongside other demonstrators in the cold for several hours, but she did not complain. “Being a part of the march was surreal; I could never have imagined what it would be like to stand among hundreds of thousands of individuals who were all passionate about the same issues. I was so impressed with how peaceful it truly was and how, despite it being a long day, the group’s spirits remained high,” Carmines said.

According to Nancy Mezey, Associate Dean of Faculty and Academic Affairs for the McMurray School of Humanities and Social Science, the protest was unique to any other historical election response. She said, “I cannot think of another election that has prompted millions of people around the world to join voices in solidarity against the policies they anticipate coming from the new presidential administration.”

Mezey also deduced that the march was a clear warning to the new administration. She said, “The fact that millions of people in every U.S. state and over 30 countries protested against the past actions and promised policies that limit the rights and future of so many groups of people, tells our new president that he has much work to do if he wants to be everyone’s president and support the United States’ democratic principles.”

Sydney Underhill, a graduate public policy student, went on the trip to the Women’s March in New York and agrees with Mezey’s assertions. She said, “This march, the largest movement in American history and an unprecedented global phenomenon, is sending a direct message to Congress, the new administration, and leaders worldwide that we, the progressive majority, refuse to comply with their oppressive politics.”

“Any actions rooted in racism, sexism, xenophobia, classism, ableism, trans/homophobia, etc. will be met with mass resistance,” Underhill continued.

Trump responded to the protests via twitter on Sunday, Jan. 22. He wrote, “Peaceful protests are a hallmark of our democracy. Even if I don’t always agree, I recognize the rights of people to express their views.”

Mezey encourages students to think about ways that they can stay involved at the University through activism so that the march isn’t just a “one and done.”

Mezey said, “Students should always care about politics and social issues. The policies of today affect the lives of tomorrow...the legacy of any legislator, but particularly the President of the United States, is long lasting. Getting involved in politics and social justice work now can help shape the future that students, their children, and even their grandchildren will inherit. None of us should ever be complacent.”

Nevertheless, some students at the University are already non-complacent. On Saturday they marched for what they believed, in the largest peaceful march in U.S. history.



A group of students, faculty, and members of the University community marched alongside thousands of demonstrators in the New York City Women’s March.

# Former Hawk Chris Hogan Sets Patriots’ Record in AFC Championship Game

JOHN SORCE  
SPORTS EDITOR

Former Monmouth wide receiver Chris Hogan set the record for most receiving yards in a post-season game in New England Patriots history in the American Football Conference (AFC) Championship Game on Sunday night against the Pittsburgh Steelers.

Hogan, who played one season of football as a graduate student for the blue and white in 2010 after playing three seasons of lacrosse at Penn State, caught nine passes for 180 yards and two touchdowns in New England’s 36-17 victory. He will become the first former Hawk to play in a Super Bowl when the Patriots play the Atlanta Falcons on Feb. 5 in Houston, Texas.

“We are very happy for Chris and all that he has accomplished,” Monmouth Head Coach Kevin Callahan said. “Although his time at Monmouth



Alumnus Chris Hogan made Patriots history for most receiving yards in a postseason game on Sunday, Jan. 22, 2017.

“It’s been a long journey, but I’ve worked really hard to get to this point, and I just couldn’t be happier that I get to be a part of this team, this whole thing.”

CHRIS HOGAN  
Patriots Wide Receiver

was limited, it was very clear that he was highly motivated to achieve big things. He is an outstanding athlete, as well as a tough, dedicated competitor.”

Hogan has spent six seasons in the National Football League (NFL). He was picked up by the San Francisco 49ers as an undrafted free agent in 2011 and spent a few weeks on their practice squad before moving on to the practice squads of the New York Giants and Miami Dolphins that same season. He signed onto the practice squad of the Buffalo Bills in 2012 and cracked their 53-man roster later that season. Hogan had his breakthrough season in 2014, when he caught 41 passes for 426 yards and four touchdowns.

On Sunday Hogan spoke to press after his team’s win against the Steelers. He said, “I’m just happy to take advantage of this opportunity, you know, to be a part of this team. This whole team has worked so hard starting in April in OTAs (Organized Team Activities). We’ve grinded throughout this entire year, this is what we worked for and this is what we wanted to get to. It’s a special moment for all of these guys in this locker room. We’ll enjoy this and get back to work, because we’ve got one more.”

“It’s been a long journey, but I’ve worked really hard to get to this point and I just couldn’t be happier that I get to be a part of this team, this whole thing,” Hogan added.

The Ramapo native played with the Bills through 2015 and signed a three-year contract as a free agent with the New England Patriots for \$12 million, with \$7.5 million guaranteed, prior to the 2016 season. In his first season working with future Hall of Fame quarterback Tom Brady, Hogan hauled in 38 passes for a career high 680 yards and four scores.

He surpassed the 100-yard mark twice in the regular season: week five against the Cleveland Browns (four catches, 114 yards) and week 14 against the Baltimore Ravens (five catches, 129 yards, and a touchdown). New England finished the season with a 14-2 record and secured the number one seed in the AFC.

In the Divisional Round of the postseason against the Houston Texans, Hogan had four receptions for 95 yards.

Hogan is one of three current former Hawks in the NFL along with tight ends Neal Sterling (Jacksonville Jaguars) and Hakeem Valles (Arizona Cardinals).

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BECOME A FAN

The “Atrium” Takes its First Beat in the 2017 Spring Semester

THE OUTLOOK STAFF

Monmouth’s campus is always under a constant strive for improvement, whether that be a change of branding logos and slogans, a revamp of our technological advancements, or construction on campus in order to improve the physical looks and functionality of our campus.

As of recent, there has been construction on the south side of campus in between Edison Hall and Howard Hall. In previous years, there had been a hallway-style link between the first floor of Edison Hall and the second floor of Howard Hall. In fall of 2015, construction started taking place that would remove the link and replace it with a new building complete with various rooms and offices, giving the School of Science more room to grow.

The construction took about two years to complete and at times the construction was a hassle for students to get around. Now that construction is complete, *The Outlook* editors discuss their views on its completion and the journey on getting to this state:

For editors who had classes and other activities regularly in Howard Hall, or simply on

the south side of campus, the construction affected their daily commute. One editor said, “Sometimes the construction was a hassle to navigate around because it would cause closures on walkways on campus which made getting to some buildings a little confusing. Overall, we don’t have that big of a campus, so going a little out of my way wasn’t so bad.”

Now that construction is done, many editors are happy to be able to travel easily to that side of campus. Another thing students are happy about is the appearance of the new building, called the “Atrium” as of now. One editor has class in the atrium and commented, “I think it’s really modern-looking and have a very business feel to it. It hardly looks like a school building once you walk in.”

The accessibility and convenience are other features of the new Atrium that positively influence the flow of the campus. One editor said, “It’s much easier for students to travel from one building to another and I’m sure when all the construction is done [fully] it will greatly improve the campus and the students’ learning experiences.”

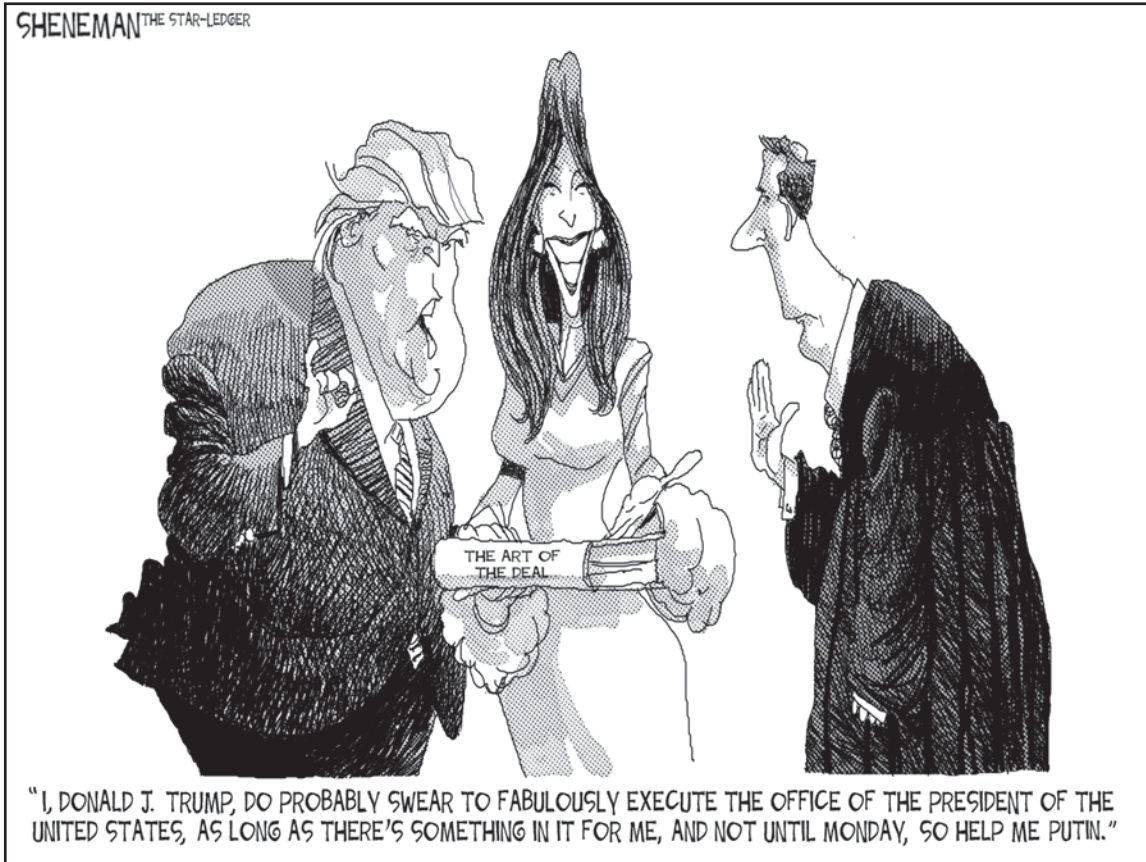
Editors agree that student satisfaction will be greatly im-

proved by the completion of this project. One editor commented on the satisfaction of students with classes that have a lab component, “I have heard that all new labs will have running water, which will make labs more productive and smooth for students, and will also provide more room and utilities for students of this major.”

Another editor observed the positive impact this completion will have on prospective students and said, “This is definitely a great thing for prospective students, especially because a more up to date science building means expanded research opportunities and adds an incentive to come to Monmouth.”

*The Outlook* editors agree that the Atrium is going to have a positive impact on the future of the university. Once the semester starts and more students are able to experience the convenience of the atrium, they will understand its positive impact as well.

Up next on the ever-changing and improving campus, is the construction of Kessler Field. Construction, while it can be a nuisance for some students, usually ends in the production of a beautiful product for all to enjoy on campus.



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# 2017: New Year, Same Stuff

NICOLE SEITZ  
STAFF WRITER

A new calendar year has started and almost everyone has been working on being a better person this year. We either join a gym, vow to be a nicer person, or promise to do better in school. Whatever it is, every year we all decide that the month of January seems like a good time to restart our lives in one way or another.

In the world of news and entertainment, 2016 was a pretty crazy year. Every person who had influenced our lives greatly, from David Bowie to Alan Rickman to Carrie Fisher, and everyone in between has been taken away from us way too soon. We also have a new president coming to power who isn't exactly conventional. We may not be able to compare him to our past presidents that we've learned about in history class or experienced ourselves. The world is changing—A LOT—and 2017 seems to be one of the most unpredictable years in our life times.

Many people are uncertain about the outcome of the most recent presidential election and what this year has in store for us under the guidance of our newly inaugurated president. People are scared, frustrated, and confused—everyone wants to start this new year off fresh and with better intentions than the year before. We saw posts everywhere about how excited our friends were that 2016 was finally over and posts about how this year is going to be a year of great change. This attitude seems to occur every year, and every year we wonder, “Has there actually been change?” How do we know if we just keeping hoping for the year to be over by the end of it every time?

The answer is, we don't (for the

most part) have actual change. A lot of the change we want and the frustration we have for the year is all just talk. How can we expect any significant change if we aren't out doing anything to make that change happen? Every year people hope that somehow the change in a calendar year is some miraculous thing that will make everything better.

There are so many opportunities to make positive waves in society and foster the change that *you* want to see. For example, here at Monmouth there are plenty of opportunities for service trips abroad or even local outreach programs. So many of our clubs and organizations are looking to make stands for what they believe it. It isn't hard to find a group that you can stand with.

While, many Facebook and many other social media feeds were flooded with posts along the lines of “Thank God 2016 is over,” we are looking ahead at what *can be* done because what is going to be different in 2017 if our attitude leads us to blaming a calendar year for all of the world's problems? This year certainly has some crazy things in store for us and it will be a year that will go down in history. But, if you're upset with something or don't like where 2017 may be going, then go out there and make a change!

Get involved with groups and issues you believe are worth fighting for! There is so much opportunity in this world, it would be a shame to sit back, complain, and watch the world spin in what you may believe is the wrong direction without having taken any kind of step in the direction you see fit. Don't let 2017 pass you by without taking a step into the future you believe in.

## OPINION

# The Reality of Global Climate Change

NICOLE RIDDLE  
CONTRIBUTING WRITER

Over the past few years, there has been a distinguishable difference in the temperature throughout each season. As the summer approaches, intense heat lingers and rarely deviates from an uncomfortably high temperature; then the familiar chill of an autumn day makes a delayed appearance in the first weeks of October, raising even more questions.

Aside from personal observations of local temperatures, news channels continually report statistics from previous years to demonstrate the drastic change in our weather patterns. Scientists have closely monitored this change, and have connected it back to one central idea: global climate change.

This issue has been watched closely by many people, from meteorologists to presidential candidates, and has become a wake-up call for many people around the world. As defined by the Oxford Dictionary, climate change is “a change in global or regional climate patterns ...attributed largely to the increased levels of atmospheric carbon dioxide produced by the use of fossil fuels.” Although there has been dispute over whether or not this phenomenon exists, the world continues to suffer its consequences.

For example, we've been seeing rising sea levels, numerous natural di-

sasters across the globe and deterioration of the ozone layer. While all of these serious issues arise, is there anything we can do to prevent any further damage?

Thankfully, there are many things you can do in order to raise awareness for the needs of our environment. For instance, reducing the fossil fuel emissions from your car can help reduce the overall amount of carbon dioxide in the air. Some ways to achieve this include carpooling and purchasing cars with sustainable gas mileage. By being conscious of carbon emissions, we can collectively reduce the

facet to the greater issue of climate change should be considered. Each contribution, whether large or small, matters in the prevention of further damage to our atmosphere.

An important task on an individual basis is to educate others that don't understand their impact on the environment. As aforementioned, the topic can be divisive for some, but the external affects on our environment continue as we attempt to settle these arguments. Climate change has a habit of being regarded as a lower priority, but with awareness and evidence rising to the surface, our generation has the ability to possibly reverse or try to mend what has already been done. Our mission for a better future must include making the earth habitable for all, including future generations that come after us. Following through with environmental protection efforts, their concern over these issues will be but a memory, as our successors will be conscious citizens that have these ideas instilled in them.

## “The United States must lead the world in reversing climate change. We can do that.”

SENATOR BERNIE SANDERS  
Former Presidential Candidate

contamination of our air quality, as well as the deterioration of the ozone layer.

In addition, purchasing items that do not include CFCs (such as hairspray) can help reduce chemicals that further contaminate the air. CFCs are chlorofluorocarbons that can break down the ozone layer that keeps the Earth at a comfortable temperature, which is vital for the Earth's survival.

Although efforts in the 1980's have prevented this from becoming an extreme concern, each

In continuing the dialogue between those who believe and those who do not, more people will observe the negative affects on our environment, perhaps before it's too late. As put in the words by Vermont senator and former presidential candidate Senator Bernie Sanders, “The United States must lead the world in reversing climate change. We can do that.”

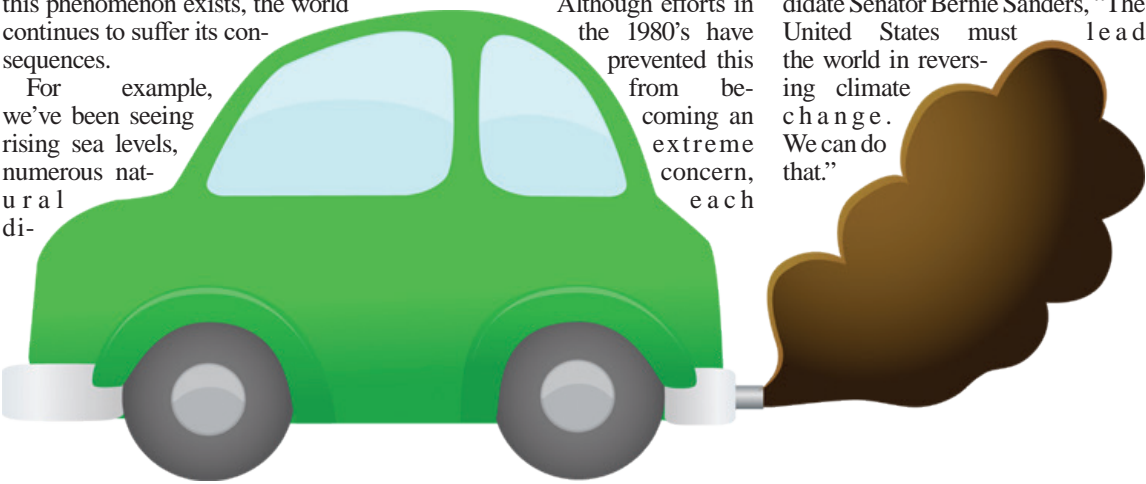


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# “There are Plenty of Fish in the Sea”

## A Look at the Effects of Breakups on Women

COURTNEY BUELL  
CLUB AND GREEK EDITOR

Ice cream and exercising—every breakup article I have ever read has included both of these activities. When I was in a committed, loving relationship I would read articles like these and wonder why women didn't just...suck it up? If all it took was mint chip and some sit-ups, heck, I was doing that already and I wasn't even single. Nobody ever really talks about the turmoil you have to go through after a breakup to find balance. Everyone handles heartache differently, and it makes sense that no one would ever really want to publicize the deeply personal trauma that arises from a really bad breakup.

However, I think that as intimate an experience as it is, it pretty much happens to everyone. What's strange is that nobody really talks about it, but everyone has an answer to it. The aftermath of a breakup is probably one of the ugliest, depressing, and mostly annoying times in one's life, and it is frustrating that, as women, we'd rather hide it than talk about it.

The aftermath is another topic that people like to just glaze over. That frustrating period between being not okay and okay gets covered up by a

whole bunch of vague, cliché blanket sentiments like, “there are other fish in the sea” or “it is better to have loved and lost, etc.” Aside from these overwhelmingly unhelpful phrases, another way people think they're being helpful is by thinking it's okay to tell you how to live your life. Nobody can solve their own problems, but when it's someone else's problem, everyone has all the answers. One of these ‘answers’ is to pursue the coveted “revenge body.”

First off, this doesn't even make sense. Eating kale every day and doing squats isn't going to magically make years of your life that you were bonded to someone just magically disappear into thin air (Although I wish it would). Another terrible piece of advice I've heard is to “pick up a hobby.” News flash—reading *Eat Pray Love* and trying new pasta recipes also does not act as a magic eraser for heartbreak.

What is so frustrating about reading things like this is that they don't encourage women to feel *okay* about what they are feeling. It is absolutely great to keep busy if that is something you enjoy. But what isn't so great is ignoring your emotions, and doing these activities because you think somehow dropping a size, learning a trade, or traveling a coun-

try is somehow going to change the way that specific person saw you.

I know this because I fell into this trap myself. I worked out, traveled, became well-read, and picked up hobbies I'd never been interested in before. But I didn't do these things because *I* wanted to. I didn't do it for me. I did it for *him*. I did it because that is what I was told to do. Instead of grieving and taking my time, I was supposed to be bettering myself—for him.

One day I stopped and asked the question, “What for?” Where did this notion come from that I needed to do more or be more? When I was in a committed relationship I was content with who I was. So why was I any different now?

The truth is, you will never be enough for that person. You can travel the world, be a size zero and speak forty languages and you will never be what they want. It took me another try with my ex to realize that after correcting all the mistakes I thought I made, after making myself basically as perfect as I possibly could, that there was a reason why the relationship ended, and that it wasn't my fault. It took me all that trouble to realize that I was never the problem in my relationship, and that he was.

Today I better myself because it is something that *I* want. I know that one day someone will come along that will appreciate all that I am. This is where that last stage of grief, acceptance comes in. From a girl who had her heart broken and lived to tell about it, ice cream isn't going to cut it. Understanding your feelings will, however, and the only real thing that will get you through it is time. With time, and maybe without even really doing anything, you become a better person, and in time

you find that balance.

Balance will come to your life when you least expect it. There will come a day when you go the whole day without thinking about him. There will come a day when you stop checking his social media, or you start listening to a song on the radio that you'd usually avoid. It comes with time.

So, while rocky road might make your day, ultimately a nice helping of time will get you where you want to be.



IMAGE TAKEN from <http://www.govtech.com/its/Tesla-Mobileye-Go-Through-Messy-Breakup.html>  
Breakups are a part of life, but they don't have to influence your decision-making and life afterwards.

# 45<sup>th</sup> President of the United States: Donald J. Trump



BANNER IMAGE TAKEN from publicdomainpictures.net  
IMAGE TAKEN from Time.com

With the nation watching, Donald Trump takes the oath of office, becoming the 45<sup>th</sup> President of the United States.

**DANIELLE FRASSETTI**  
CONTRIBUTING WRITER

**BRENDAN GREVE**  
CO-POLITICS EDITOR

After over a year and a half of hard fought political campaigning, Donald Trump was sworn in as the 45<sup>th</sup> President of the United States on Friday, Jan. 20, 2017.

The forecast called for rain. Thousands of people from across the country gathered in Washington D.C. on Friday morning, clad in rain jackets and rain boots. Vendors were selling plastic ponchos among their memorabilia inauguration merchandise. The weather did not bother the adamant supporters, who were determined to watch history – rain or shine.

Trump commented on the suspected rain the day before, welcoming the potential water-

works, “It may rain, it may not rain. It doesn’t matter. I don’t care. If it pours, that’s okay because people will realize it’s my real hair, and that’s okay. It might be a mess, but they’re going to see that it’s my real hair.”

A rather unusually warm day for the month of January, the weather seemed to hold up. During the swearing in of Vice President Mike Pence, rain drops began to drip down. The crowd didn’t seem to mind. Minutes later, Trump stepped up and then the rain suddenly began to stop.

Nicole Benis, who recently graduated Monmouth with a political science degree said, “It seemed to go smoothly and you can see the gracious attitude from both President Obama and President Trump.”

The essence of his inaugural speech was centered around American patriotism and giving

back the power of the government to the people. He insinuated that the inauguration taking place was “not a transition from one administration to the other, but from Washington, D.C. and giving it back to you, the people.”

Similar to Bernie Sanders, Trump spoke about the small group in our nation’s Capital that has reaped the rewards of government while the people have born the cost, how politicians get richer while the people grow poorer. He promised the end of career politicians “who are all talk and no action.”

Trump declared the time of empty talk is over, and now arrives the hour of action. He put that talking point in to action on Monday by signing one of three executive orders that will freeze the hiring of federal employees, except for the military, law en-

forcement, and health services.

He vowed to always put America first during his years serving as president, and that every decision on trade, taxes, immigration, and foreign affairs would be made to benefit American workers and their families.

He outlined his objectives for America to start winning again “like never before” by following two simple rules: to hire American and to buy American. He listed his intentions to “bring back our jobs, our borders, our wealth and our dreams.”

He followed up on this by signing the second of his three executive orders which withdrew American participation in the trade deal negotiated under the Obama Administration, the Trans-Pacific Partnership.

He also has expressed interest in renegotiating the North American Free Trade Agree-

ment (NAFTA), which is a trade agreement between Canada, Mexico, and the United States that was enacted in 1994.

Director of the Kislak Real Estate Institute and Specialist Professor at Monmouth, Peter Reinhart, said, “The agreement includes a provision that allows a country to withdraw from the agreement by giving six months’ notice.”

Reinhart continued, “So, President Trump could give that notice without any more consent from Congress. Whether the President will formally issue the withdrawal notice, or instead threaten to do so unless the agreement is renegotiated remains to be seen.”

Trump also focused on infrastructure, specifically stating his intentions to rebuild our nation’s roads, bridges, airports, railways and highways “with American hands and American labor.” According to multiple news sources, Trump met with union leaders on Monday and stressed the importance of keeping jobs in the country.

Trump promised for America to start winning again, in every possible aspect. He illustrated his intentions to unify the country through patriotism, proclaiming that when America is united, it will be “totally unstoppable.”

However, unifying the country may take some time. Stephen Chapman, Director of the Master’s program in Public Policy at Monmouth, said, “I think we are clearly living in a polarized time and the inauguration did not do much to quell that sentiment. In respect to Trump’s inauguration speech, the clear reaction was that it painted a dark picture of the current state of our country. This is a disappointment for any incoming president, as the intention of the inaugural speech is to begin to unify the country after a long election season.” However, only the future will tell what Trump’s Presidency will hold.”

## President Trump’s First Executive Orders in Office

**JASMINE RAMOS**  
CO-POLITICS EDITOR

Since taking office on Friday, President Donald Trump has been working hard to fulfill some of his promises to “Make America Great Again” and signed several executive orders that affect both national and world wide situations.

The first 100 days of a new president’s term is crucial to the term. What the president does, or does not do, set the standard of how they are viewed by the public. Yes, first impressions do matter.

When Franklin D. Roosevelt took office, he reshaped the decline of America’s economy, passed 76 laws and 9 executive orders. Since then, ghost of “100 days” has lingered through all presidential terms.

The first executive on Trump’s agenda was to withdraw from the Trans-Pacific Partnership free-trade negotiations, which was one of Obama’s signature trade deals. Although the trade deal had not been fully approved by Congress, the fact that President Trump scratched it off

completely suggests that his administration is staying true to taking a more aggressive stance on foreign competitors.

President Trump heavily criticized the partnership several times during his campaigns last year and claimed it was a bad deal for American workers.

According to The *New York Times*, “The president’s withdrawal from the Asian-Pacific trade pact amounted to a drastic reversal of decades of economic policy in which presidents of both parties have lowered trade barriers and expanded ties around the world. Although candidates have often criticized trade deals on the campaign trail, those who made it to the White House, including former President Barack Obama, ended up extending their reach.”

Another executive order that President Trump signed was to order a hiring freeze of federal employees, excluding the military. This executive order comes with no surprise since this was part of his campaign’s “Contract with the American Voter,” and to “drain the swamp” of corruption in D.C.

Monday during his first press briefing, White House press secretary, Sean Spicer, said “We’ve got to respect the American taxpayers.” The administration, he explained, thinks that many Americans are seeing their tax money get wasted. “Some people are working two, three jobs just to get by. And to see money get wasted in Washington on a job that is duplicative is insulting to the hard work that they do to pay their taxes.”

The third executive order that President Trump signed was an anti-abortion executive order, that prohibits giving U.S. funding to international nongovernmental organizations that offer or give advice on a wide range of family planning and reproductive health options.

The U.S spent about \$600 million a year on international assistance of family planning and reproductive health programs, according to the Guttmacher Institute. Over 27 million women and couples were able to have access to contraceptive services and supplies.

This executive order could have several implications and



IMAGE TAKEN from FiveThirtyEight.com


President Donald Trump signed three executive orders on Monday.

could be deadly to women and girls in developing countries. According to the World Health Organization, it estimates that “more than 21 million women a year have unsafe abortions in developing countries, accounting for 13 percent of all maternal deaths.”

Natorye Miller, senior communication student, said, “If these are the first things he does in office, I can only imagine what is going to take place in the

next four years. It is going to be scary to see how this man in office affects both our countries, and others around the world.”

President Trump gave the public insight into his views and promises during his Inauguration Address. “We must protect our borders from the ravages of other countries making our products, stealing our companies and destroying our jobs,” he said. “Protection will lead to great prosperity and strength.”



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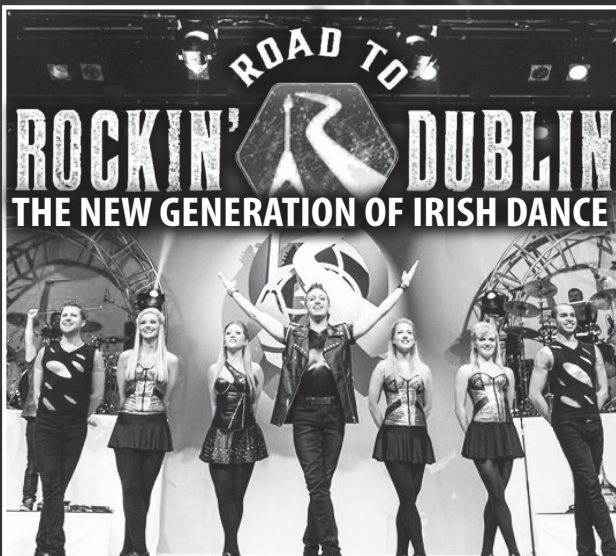
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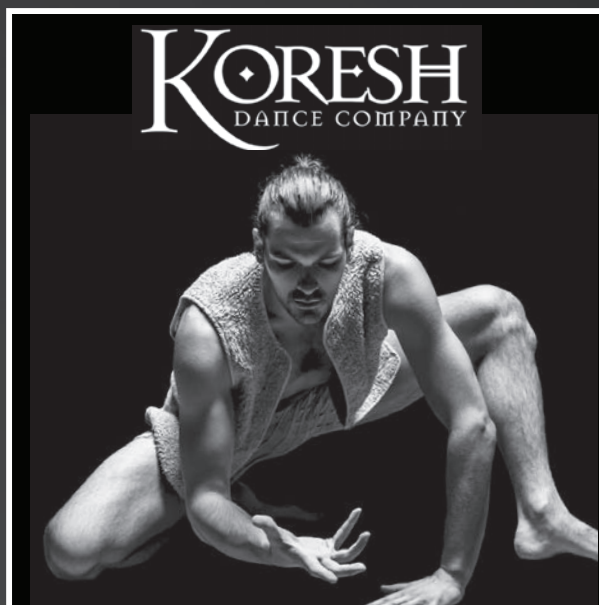
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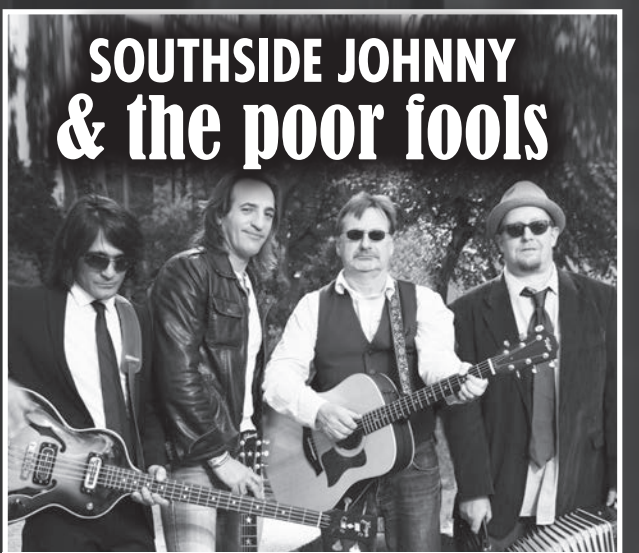
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# Millennials in Need of Life Skills 101

AMANDA GANGIDINO  
LIFESTYLES EDITOR

As Millennials, we might be experts on how to download apps or work the ‘interweb’ when compared to our grandparents or parents. More often than not, our elders might be fascinated by the tech-savvy Generation Y. But there are many basic skills that previous generations had that us twentysomethings do not.

The baby boomers might not be

as in tune to social media and how to download the latest update on their iPhone, but there are many skills they mastered by the time they were our age that we have yet to acquire.

When many students leave home to go off and live on their own in the Monmouth dorms, there were probably many gaps in our knowledge of basic skills. Nicole Gallagher, a sophomore psychology student shares her experience of leaving home for the

first time. “When I lived on campus my freshman year, I discovered that there were many basic life skills that I did not know how to do. Luckily, I had a meal plan, but if I did not I am not sure if I would have known how to cook for myself. It definitely made me realize that I need to start learning how to cook and take care of myself.”

During that first week of practicing adulthood, there are many realizations to be had.

Cooking is not as easy and fun as Emeril made it seem with his signature catchphrase, ‘BAM’. Although, many of us college students love to post photos of food on our social media accounts. According to the *Daily Mail Reporter*, in reality, 30 percent of college students cannot boil an egg, but we can ace that midterm exam. Meaghan Wheeler, a senior secondary education and history student, said, “I feel as though we were not given the foundation that we deserved in high school to learn basic skills. Instead of learning how to write a check or what taxes and a mortgagee are we were too busy doing geometry.”

According to *The Wall Street Journal*, more than half of American teens do not know how to change a tire. Isn’t that what AAA is for? Much of these basic skills are necessary for our everyday lives, but sadly as young adults, many of us are clueless when we need to perform these tasks.

This might be a result of our dependency on our parents or simple lack of interest in learning how to ‘adult.’ According to a recent Reason-Rupe Poll, 71 per-

cent of American adults think that 18 to 29-year-olds are “selfish” and “entitled.” However, these adults might be the ones to blame for our tendencies to ask mommy and daddy to clean up our messes.

The helicopter parenting style results in children becoming too dependent on their parents for support and success. Helicopter parents are controlling and over-protective. They have the best intentions, but this style of parenting might actually result in more harm than good for their children. Data has revealed that parents of millennials ask so little of their children when it comes to life skills, but so much of them in terms of academics. Although our generation might possess multiple degrees, we lack a degree of knowledge in basic life skills. It would be an overgeneralization to assume that helicopter parenting is the major factor to our lack of necessary skills while there are other factors that contribute to this generational gap.

We are less likely to know how to sew, make easy home repairs, or cook a simple meal. We question how previous generations ever lived without GPS and actually used a map to navigate to their destination. As millennials, we find the concept of going to the library to look up information in a book baffling when nowadays we can retrieve the answer to any question from Google in seconds. Technological advancements have fostered a dependency amongst people.

Penmanship, reading maps, and researching information in actual books are practices that have become obsolete because the

younger generation feels that we can always just look it up.

It is a different world that we were born into compared to our ancestors, but we still must master practical skills that are necessary to become a functioning adult within society. While some millennials’ helicopter parents were childproofing the world around them and technology was becoming our crutch, our intelligence to live has been lost.

Janice Stapley, an associate Professor of Psychology, weighs in on the Millennial generation’s defining characteristics, “Self focus is a characteristic of this period, but does not have a negative connotation (unlike selfish or self-centered). This is a time period during which young people are hopefully giving a lot of thought to how they want to structure the central parts of their lives – work, romantic relationships, friendships, philosophical and political beliefs.”

We might be giving our futures too much thought, which is leading us to neglect the present. In order for us to secure a promising future, we must learn how to become self-sufficient.

On graduation day from Monmouth University before we move our tassels from right to left, we must ensure that we can schedule our own doctors’ appointments and manage our banking. It is time for us to get a crash course in real-world skills in order to function as young adults. Many of the answers to our everyday quandaries will not be in our course syllabi or textbooks, but we must discover those answers through everyday living.

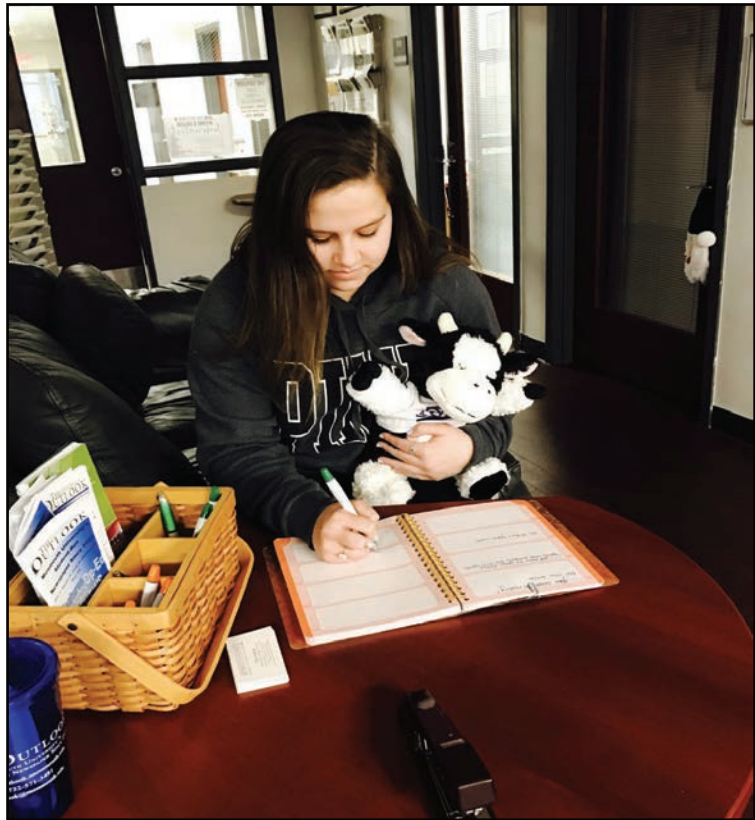


PHOTO TAKEN by Amanda Gangidino

The millennial generation might excel in the classroom but lack in the skills that are necessary to thrive as a functioning adult in society.

## De-Stress at Monmouth

MARIE SOLDO  
STAFF WRITER

Stressed spelled backward is desserts, and for some, a sweet treat can be the perfect solution to help eliminate it. Before grabbing that candy bar or a pint of ice cream, take into consideration the many ways to relieve stress right here on campus.

An extremely helpful way to relieve stress is to receive guidance from Counseling and Psychological Services, which is located on the third floor of the Rebecca Stafford Student Center. From personal experience, psychological services has helped me tremendously in the past. At times, us students just need someone to talk to whether it is our stress surrounding an 18 credit semester or balancing both our social and academic lives. There are many different tools and exercises that professionals can teach clients to help them alleviate stress.

On the Monmouth University homepage, if you navigate to resources and then click current students, you will see Counseling and Psychological Services listed under the health and wellness.

From there, you will find several different questionnaires. The wellness or the student stress questionnaire will help you to determine your stress level and if you need to seek out guidance from counseling and psychological services.

A second way to find stress relief here on campus could

be found in becoming involved in the many campus clubs and organizations that Monmouth offers. Socializing and getting to know other students who may be going through similar struggles can be helpful. Writing is a great way to take a breather from homework or studying.

Another club that helps with stress is the Outdoors Club. This club holds trips and activities, like hiking, camping, and surfing, that helps students connect with nature, which can then eliminate some of the stress you might be experiencing. For students that reside at Pier Village, walking up and down the beach is a great way to clear your mind

as well.

Brie D’ambrosia, a junior business administration student, feels the most anxious right before midterms or when she has many upcoming assignments and exams. To alleviate stress, she organizes everything and prioritizes her assignments. Also, she exercises on campus, is a member of the Student Activities Board, and she is a sister of Alpha Omicron Pi. Spending time with her friends and other SAB members help to alleviate her stress.

A junior health and physical education student, Stuart Faunce, experiences the most stress in the beginning of a semester. Faunce handles stress

by working out at the fitness center and being a member of the Outdoors and Auto Club. He believes that there are many great clubs here on campus, but unfortunately, his time on campus is limited since he is a commuter student.

In addition to the many on-campus clubs and organizations that can potentially relieve student stress, during the warmer days spent on Monmouth University’s beautiful campus, students can enjoy the therapeutic nature of the manicured lawns and architectural details of Wilson Hall. Lucia Bailey, a sophomore English student said, “I usually sit outside on a bench and listen to music to decom-

press after a stressful day of classes.”

Eleanor Novek, a Communication Professor, feels stressed at the end of spring semester because both professors and students are working their hardest. Do not forget that during finals week, Monmouth University encourages students to take a break with the De-Stress Fest, which usually involves puppies and massages.

For Professor Novek, the beginning of fall semester is the least stressful because people have had time away from campus and are excited to start again. To alleviate stress, she walks by the ocean or through trails in the woods with her husband.

Her advice to students is to stop worrying about grades, breathe deep, take the dog for a walk, smile at your loved ones, listen to music, or get outside in nature. “Nobody ever looked back on their college days and said, gee, I wish I had gotten an A instead of a B on that exam. Your family will not care, your friends will not care, and your future employers will not care,” said Novek.

With the spring semester just starting off, keep in mind all the resources that Monmouth University offers students to relieve stress. Stop worrying so much, head over to Counseling and Psychological Services when you need some guidance during the semester or to the OceanFirst Bank Center for a quick workout to get your mind off of your busy schedule. Take care of yourself



IMAGE TAKEN from Monmouth University Facebook Page

De-Stress Fest encourages students to relax and take a break from studying for finals. The fest is open to all students and usually features free massages and puppies.

# THE 74TH GOLDEN GLOBE AWARD SHOW WAS A SUCCESS

ALLISON PERRINE  
ENTERTAINMENT EDITOR

The Golden Globe Award Show first made its debut in January, 1944 and has been an annual success ever since. There are always new films and television shows that sweep the audience's attention globally, and this year's 74th Golden Globe Award Show was no exception.

One film that certainly stole the show was film director Damien Chazelle's *La La Land*. The film successfully won a total of seven Golden Globe awards, which were: Best Actor in a Motion Picture Musical or Comedy, Best Actress in a Motion Picture Musical or Comedy, Best Motion Picture of a Musical or Comedy, Best Director of a Motion Picture, Best Original Score, Best Original Song, and Best Screenplay of a Motion Picture. This was a big deal for the film, as it now holds the new record of winning seven nominations. The last picture to hold the title was *One Flew Over the Cuckoo's Nest* (1975) and *Midnight Express* (1978), both of which had the record of winning six nominations.

*La La Land* is about a struggling actress, Mia (Emma Stone) and struggling Jazz musician Sebastian (Ryan Gosling), who come together and try to pursue their big Hollywood dreams. If you're a fan of musicals, you will most likely enjoy this film. Or, if you're a fan of seeing Gosling dressed up in an old-Hollywood fashion (like me), you'll enjoy this film too.

Thanks to the film's songwriters, Benj Pasek and Justin

Paul, the soundtrack has a beautiful Jazz theme to it. There are certain songs that are repeated various times, though it is done purposefully as a way to show nostalgic memories of certain characters. This holds particularly true with the song on the soundtrack, "City of Stars," which is also my personal favorite.

Another film that was nominated several times was film director Kenneth Lonergan's, *Manchester by the Sea*. The film was nominated five times, but only ended up winning one of those categories: Best Actor in a Drama Motion Picture, of which the award went to the film's main character, Casey Affleck. The film was first premiered at the 2016 Sundance Film Festival and was a huge success with audiences.

Personally, I did not enjoy the film due to its lack of plot, but some find that this is a positive aspect of the movie. According to Jessica Porter, a senior and education student, the film's lack of a typical movie plot-line was a nice touch. "I'm so used to seeing movies with the same exact plot, the same rising tension, climax, and happy ending. I liked how this movie had drama in it, but was more realistic. Life can be dramatic, but it does not always have a happy ending, nor does everything always teach us a lesson or come full circle. *Manchester by the Sea* was a mere glimpse into the life of a struggling man and how he lived his day-to-day life based on his experiences and struggles. I liked that."

There was another aspect of the night that was highly con-



IMAGE TAKEN from www.nytimes.com

Director Damien Chazelle's hit film won all seven of the nominations that it received for *La La Land* at the 74th annual Golden Globe Award Show.

troversial and sparked a lot of conversation, but it wasn't film related, but a speech that an award recipient gave: Meryl Streep. Streep won the Cecil B. DeMille Award, which is an award granted to a person who has made outstanding contributions to the entertainment world. As she accepted this award, she mentioned recent actions of President Donald Trump.

For example, in her speech Streep said, "...It was that mo-

ment when the person asking to sit in the most respected seat in our country imitated a disabled reporter, someone he outranked in privilege and power and the capacity to fight back...When the powerful use their position to bully others, we all lose... We need the principled press to hold power to account, to call them on the carpet for every outrage."

There were many people in the audience that enjoyed this speech. It blew up all over so-

cial media. Everyone was talking about it – positively or negatively – which is exactly what she wanted. However, President Trump tweeted hours later and said, "Meryl Streep, one of the most over-rated actresses in Hollywood, doesn't know me but attacked last night at the Golden Globes." He continued to denounce her as an actress, but his tweets now seem to be positive being that he has officially entered the office (and will hopefully stay that way).

## Refn Masters *The Neon Demon*

STEPHANIE YOUNG  
CONTRIBUTING WRITER

*The Neon Demon*, directed by Nicolas Winding Refn, is not a film with an agenda that is set to please the masses. It is a film where the director knew his vision and wanted to put it screen. He embodied his directorial style to create a story that only he could tell. He purposefully did this regardless of the anticipated reactions it would get from audiences.

I love that. Create art that you are proud of and if others enjoy

it as well, that's a bonus. All that being said, *The Neon Demon* is a fantastic film that is executed brilliantly, throwing the audience into the competitive world of Los Angeles modeling through the eyes of the gorgeous new girl in town (Elle Fanning) and her extremely envious competition.

*The Neon Demon* is many things, but conventional is not one of them. Refn takes a fairly simple premise on the surface and transforms it into a psychedelic, visual masterpiece where his style is able to tell a

greater tale of obsession and frankly, survival of the fittest in the modeling world. The film creates this very 'still' feeling, moving from scene to scene with little outside noise other than dialogue, making the audience hang onto every word the characters spoke.

From beginning to end it is unnerving and disquieting, which makes it difficult to turn away. Many of us are unfamiliar with the modeling industry at its core. As a result, Refn takes it upon himself to paint us a picture and create his own interpre-

tation of this world. He presents us with this specific dimension of this unknown world to all of us and doesn't stray away from that world or try to humanize the characters into being multidimensional. He kept them all pretty flat, in a good way, which made the characters seem more animalistic, feeling the same things and instinctually acting as a group. Various scenes present these girls not as humans, but as exotic beings or 'animals.' In that, making the characters flat and not giving them distinguishing traits to make them unique works well in this film.

Although it may seem like a lot of talk regarding the style and cinematography, it cannot be stressed enough how brilliantly Refn utilizes these elements to tell the story in a way that most films rely on the plot to do. It takes a talented filmmaker to achieve this and one willing to take a number of risks at that. However, it all pays off as Refn does it with incredible style.

A number of film critics have spoken out about the film's 'underdeveloped plot' but what they have failed to see is that *The Neon Demon* clearly set itself up to obliterate any prior film 'rules' that have been subconsciously laid down by the industry. As a result, what one may say it lacks in plot is compensated by the style that fills in those holes. In other words, its style and cinematography is what does most of the talking.

The audience doesn't need to be told the modeling world is cut-throat and unsettling because they are shown through colors and visuals.

Giving nothing away, *The Neon Demon* has several shocking moments, some of which would be borderline unnecessary and disturbing in any other film. The shock value, however, wasn't forced in a way that felt like the filmmaker was saying 'hey, look how messed up we make this.' The shock of a number of the scenes were relevant in that this world we were presented with had no boundaries or rules to it. As a result, the outrageous nature of the character's actions and visuals felt like they had a right to be there.

Once you have experienced the film it is obvious how it added to the already animalistic vibe we get throughout the film and especially the end. I felt everything was in place no matter how utterly disturbing it got.

One aspect I will constantly praise Refn for is that, whether one can see the brilliance within the film through its construction and execution or not, *The Neon Demon* has and continues to evoke conversation and interpretations. It is certainly a step in the right direction for Refn and it will be great to see where he decides to direct his efforts next. In the meantime, *The Neon Demon* will be deemed one of the most intriguing films of 2016.

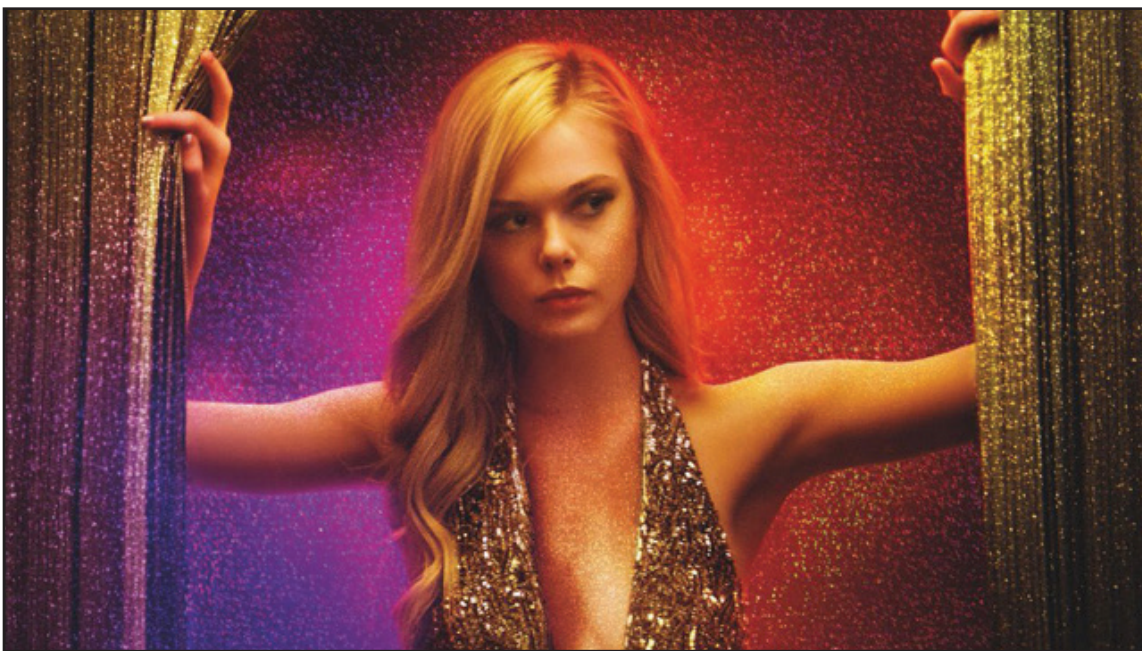


IMAGE TAKEN from www.indiewire.com

Director Nicolas Winding Refn's film gave an inside look at the modeling world in *The Neon Demon*.

# Pokémon Sun and Moon: Review and Retrospective

JOHN MORANO  
STAFF WRITER

Assuming one knows nothing about *Pokémon: Sun* and *Pokémon: Moon*, the most recent additions to the wildly popular *Pokémon* series, one might first ask, “what’s new?” Well, Pokémon gyms are gone, mega-evolutions were put on the backburner in favor of z-moves, the map is a collection of islands, the Pokémon professor is a tanned, ‘shirtless-stud’ who lets Pokémon test their attacks on him, and the new bad-guys, Team Skull, are a bunch of pun-cracking, delinquent, good-for-nothing kids who no one takes seriously. *Pokémon Sun and Moon* are certainly great games, however, I personally feel that this has little to do with any of the aforementioned changes, and more with the fact that they’re *Pokémon* titles.

Before I go into further detail about *Sun* and *Moon*, I’d like to talk a bit about my background with *Pokémon*. *Pokémon Gold* was the first video game I ever played, and

at the ripe old age of seven, I spent an excess of 300 hours on the game. Since then, I’ve played at least one version of each core title and have always played the extended editions (*Pokémon Yellow*, *Crystal*, *Emerald*, etc.) whenever they released. I’ve played every remake of these core titles and I’ve even played most of the spinoffs with the *Pokémon Colosseum* and *Pokémon XD: Gale of Darkness* titles being my favorites in the entire series. These two GameCube spinoffs, much like *Sun* and *Moon*, ditched traditional *Pokémon* game format, throwing away both gyms and wild Pokémon battles/captures.

Given that my favorite titles are spinoffs which radically changed series format, I am tolerant of such an approach, perhaps even more likely than most to appreciate it. This in mind, the question becomes, what is it about *Pokémon Sun/Moon* that makes them less appealing? In my opinion, the changes made by *Sun/Moon* are jarring enough that it doesn’t feel like a core *Pokémon*

title, yet it bears enough similarities to core titles that it doesn’t feel like a spinoff. Consider the new z-moves, which essentially replace mega-evolutions (one of the previous generation’s standout mechanics), they’re certainly cool, and they actually do a lot to balance out mega-evolution. That said, many feel that they’re a lot less interesting than mega-evolutions. Innovation is all well-and-good, but in this case, even if series patterns were altered, I wouldn’t say that there was true innovation here.

Towards the end of the game, *Pokémon Moon* grew on me substantially. This was due, in a large part, to the presence of the Elite Four at the title’s conclusion; even if the path to get there was different, the game did at least end on more-or-less the same terms as other core *Pokémon* titles. Also, though I’ve focused on *Sun* and *Moon*’s failure to innovate, these games really do have a lot going for them. The setting is at times unique and refreshing, the music nostalgic and the plot pleasantly quaint. One of the new

features, Alola forms, actually does add an innovative new element to the series. Alola forms are variations of preexisting Pokémon with different types, Alola Raichu, for example, is psychic/electric (normally this species is electric), and Alola Ninetails is ice/fairy (normally fire).

Alolan variants, although technically bearing the same name/species of their precursors, beyond differing in terms of type, also have unique stats, appearances, abilities, moves, and lore. Some of these Pokémon, such as Marowak, look both similar and different from their preexisting counterparts, and as a result seem phenomenally well-designed. Then there’s a few like Dugtrio, which, aside from a blonde surfer-hairdo, appear identical to the original. Interestingly enough, only Pokémon from the original 151 Kanto list received variants, perhaps Johto will be next.

Variants like these were actually introduced by fans into community-made *Pokémon* games such as *Pokémon Insurgence* (some of which are quite good) and this feature was very popular amongst players of said games; it would appear that Game Freak (*Pokémon*’s Developer) has caught on to this fact and gotten in on the action. It is quite likely that regional variants of existing Pokémon will appear in future series titles. Beyond these Alola forms, most of the Alolan Pokémon were well-designed and interesting, although some may feel the pokedex was a little on the light side, with only about 80 new Pokémon.

The postgame was pretty fun; players complete a number of quests relating to legendary Pokémon. That said, while the postgame was certainly satisfactory, I felt that *Omega Ruby/Alpha Sapphire*’s brought more content to the table. The game’s choice not to include mega-

evolutions hurt it here, as hunting for mega-evolutions greatly benefitted the previous two title’s end-games.

*Pokémon* games appear to be turning into an annual franchise, and after seeing what has happened to other such franchises (*Assassins Creed*, *Call of Duty*), this worries me. When a series does this, development time/resources allocated typically become more rushed for the purpose of churning out games more quickly. That said, a lot of people love *Pokémon*, and supply is simply adjusting to meet that demand.

As a whole, *Pokémon Sun* and *Moon* have enjoyed a very warm critical/popular reception, so clearly quality hasn’t suffered too much yet. Personally, I consider *Sun* and *Moon* to be great games; they’re very fun despite any dissatisfaction I’ve given voice to. If you’ve liked past *Pokémon* titles, and are trying to decide whether or not to purchase them, let me save you some trouble: yes, they are absolutely worth paying for and playing. If you liked *Pokémon X/Y* and want to play the same sort of thing again, then this newest generation is likely what you’re looking for, just don’t expect much more than that.

*Pokémon Sun* and *Moon*’s biggest failure, in my mind, is that in attempting to be original, a number of its supposed innovations were superfluous, and even the successes (Z-moves) don’t match with past features (mega-evolutions). That said, even if one refuses to call it innovative, it’s still a fully-functioning Pokémon game, and a worthy time-sink for any interested. In terms of rating, I’d give *Pokémon Sun* and *Moon* an 8.5/10, even if they’re not legendary Pokémon, they’re certainly top-tier competitors in the arena of video games.



IMAGE TAKEN from [www.ign.com](http://www.ign.com)

The newly released *Pokémon Sun* and *Moon* have been a success.

# The CW is Thriving with Superhero Hits

VICTORIA NELLI  
STAFF WRITER

The CW is ‘super’ great right now, and the man at the center of it all is writer, producer, and creator, Greg Berlanti. The mastermind is behind *The CW*’s hits, *Arrow*, *Supergirl*, *The Flash*, and *Legends of Tomorrow*.

In 2012, the birth of *The CW*’s superhero takeover began. It started with a billionaire, Oliver Queen (Stephen Amell), who was stranded on an island where he learned many different skills, which would turn him into the Arrow. After he realized he couldn’t fight off every villain who entered Star City, he enlisted a team to help him. The team consisted of John Diggle (David Ramsey), Felicity Smoak (Emily Bett Rickards), Laurel Lance (Katie Cassidy), Thea Queen (Willa Holland), as well as previous Roy Harper (Colton Haynes). The show originally focused on Queen’s struggle with letting people in, and realizing he can’t control every situation in his life. The show now relies heavily on the other characters and the relationships Queen has built over the years with these people by his side.

After the network got a glimpse of the adoration from *Arrow* fans, critics and viewers alike, *The CW* moved forward with *The Flash*, which starred the adorable, smart, super-nerd, Barry Allen (Grant Gustin). Much like superheroes before him, The Flash has a cover job

(hey, even though they’re superheroes, they still have to pay the bills!) working as a CSI (crime scene investigator), where he works with a team of investigators who uncover his secret and help him fight off crime. His speed, willingness to help, and sometimes naïve nature sets him apart from other heroes. He isn’t aggressive or a tortured soul in a way; he’s extremely kind and very ordinary. The Flash protects Central City, and sometimes joins forces to help his friends in Star City as well as National City.

It’s a bus, it’s a plane, it’s Marley from *Glee*? Yes, shy, quiet, and strange Marley from the FOX musical-comedy, *Glee* is *Supergirl*, and honestly, no one could play Kara Danvers better! Melissa Benoist plays the ‘adorkable’ Danvers, a girl who is almost too normal, who is hiding a super big secret; a secret that can no longer be contained when National City and the lives of those who occupy it, are threatened. Although she is still trying to understand her powers and wrap her head around the fact that she can do all of the things her cousin, Superman, can do, she is still trying to keep some shred of normalcy. She does this by working at CatCo, the media conglomerate, where she serves as Cat Grant’s (Calista Flockhart) personal assistant. She also has a team that helps her stop the bad guys, her sister, Alex (Chyler Leigh) and her coworkers/best friends, Winn



IMAGE TAKEN from [www.hiddenremote.com](http://www.hiddenremote.com)

The hit series that has been dominating *The CW*’s network, *Arrow*.

Schott (Jeremy Jordan) and James Olsen (Mehcad Brooks).

The CW’s latest superhero series is *Legends of Tomorrow*. While the series got off to a rocky start, it is slowly shaping up to be a promising new series from Berlanti. The series stars *Arrow* characters Ray Palmer (Brandon Routh) and Sara Lance (Caity Lotz), as well as Victor Garber and Franz Drameh. *Legends of Tomorrow* focuses on an odd group of heroes who are trying to prevent the apocalypse from happen-

ing. This season there will be a crossover between *Legends of Tomorrow*, *Arrow*, *The Flash*, and *Supergirl*, and hopefully it will bring in more viewers for *Legends*.

Overall, *The CW* expanding their demographic to superhero/comic book fans is an incredibly smart move on their part, especially moving *Supergirl* from CBS to *The CW*. The lineup is incredibly strong and holds down its timeslots pretty well, which in turn generates solid ratings. The shows are

entertaining and have proven to get better with each season. Berlanti is doing a stellar job and his efforts are not going unnoticed. The shows are ones that you can watch with your family and friends; they are suspenseful and they always keep you guessing and on the edge of your seat. Whether *Supergirl* is flying through the sky to rescue innocent people from a burning building or the Arrow is trying to find justice for his loved one’s murders, you’re bound to get hooked.

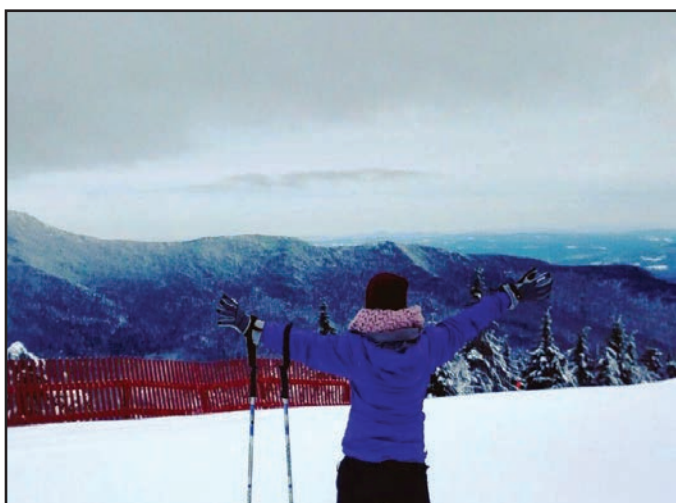


# MOMENTS AT MONMOUTH



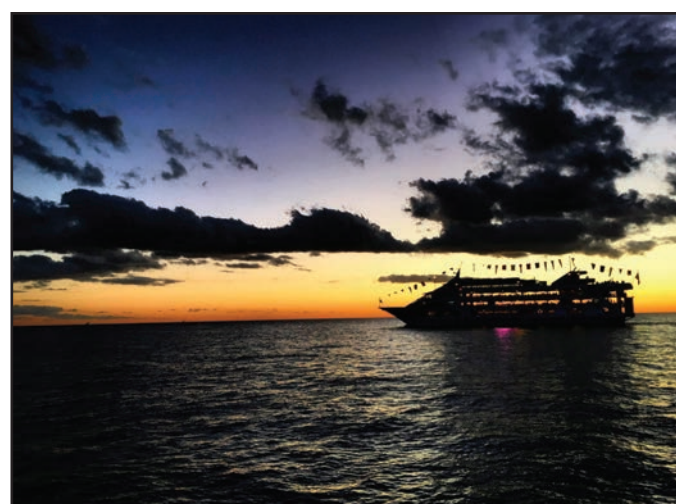
**LEFT:**  
WINTER TAKES ITS TOLL ON  
WILSON HALL.  
(PHOTO TAKEN BY MARISSA  
MENGOTTO)

**RIGHT:**  
KEMAL KANSU AND HIS  
GIRLFRIEND SKATE AT  
ROCKEFELLER CENTER.  
(PHOTO COURTESY OF KEMAL  
KANSU)



**LEFT:**  
SENIOR NICOLE SEITZ WENT  
SKIING IN VERMONT THIS  
WINTER BREAK.  
(PHOTO COURTESY OF NICOLE  
SEITZ)

**RIGHT:**  
CARA CIAVARELLA AND NICOLE  
ANDEXLER SEE SETH MEYRS IN  
NEW YORK CITY.  
(PHOTO COURTESY OF CARA  
CIAVARELLA )



**LEFT:**  
SENIOR JENNA LALLY ENJOYS  
THE VIEW IN HAWAII THIS  
BREAK .  
(PHOTO TAKEN BY JENNA  
LALLY)



## WHAT ARE YOU LOOKING FORWARD TO MOST THIS SEMESTER?

COMPILED BY: AMANDA DRENNAN



**Steph  
Junior**  
"Writing for *The Outlook*."



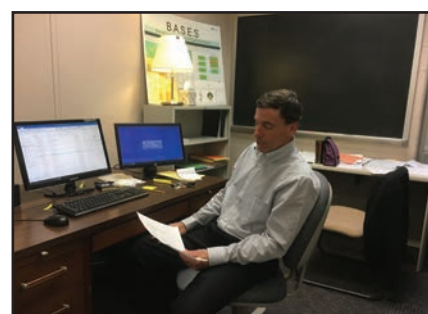
**Chris  
Senior**  
"Playing club lacrosse."



**Aditi  
Senior**  
"I'm excited for senior week."



**Janaya  
Senior**  
"Having fun with my class one last time."



**Gill Eckert**  
**Computer Science & Software  
Engineering Instructor**  
"Teaching a new course for the first time as  
a way of expanding students' capabilities in  
programming."

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# Greek Women Unite for Panhellenic Recruitment

GINA CROWELL  
CONTRIBUTING WRITER

The matching outfits, the secret passwords, the glitter-blowing and loud cheering, it sounds like it's recruitment season. While all of those things are nice, being a sorority woman is a lot more than what people see through social media and the news.

As a graduating senior and Vice President of Panhellenic Recruitment, I have been fortunate enough to learn firsthand what it truly means to be part of something bigger than yourself, and feel how rewarding it is to help other young women find their own place at Monmouth University.

The National Panhellenic Council is an umbrella organization for 26 Panhellenic sororities. NPC sororities are centered around values such as scholarship, sisterhood and philanthropy.

Most importantly, sororities are centered around the great women that founded them and their fight for women to have the right to assemble and discuss academics, make friends, and further the empowerment and collaboration of women.

So, how does a woman become a part of a Panhellenic sorority? At Monmouth Uni-

versity, Panhellenic Formal Spring Recruitment takes place a few weeks just into the spring semester. To be eligible for this process, a woman must have 12 college credits and possess a GPA of 2.5 or higher.

Potential new members are divided into groups and assigned two to three recruitment counselors.

Recruitment counselors are disaffiliated members of respected Panhellenic sororities. They give up their own letters to help young women find theirs. The idea of this council is to offer the opinions of unbiased members of Greek life, in order to aid women through the process of potentially finding their new home.

A recruitment counselor for Formal Spring Recruitment 2017, Allison Gonzales, a social work student, said, "I wanted to be a recruitment counselor because I think that everyone deserves to find their place on campus and if I could help anyone find their home like how my counselors helped me it will be a rewarding experience."

Recruitment is a formal process that lasts three days and is broken down into three themed sections: Round Robin, Philanthropy, and Preference.

Round Robin enables every potential new member to meet

each Panhellenic sorority at Monmouth in half-hour rounds.

This day's purpose is for Greek women to meet with these young women and get to know them.

Philanthropy day is dedicated to service. This day's mission is to educate potential new members on the causes and philanthropy that each sorority supports.

The conversation is mostly value-based. The intent is for these young women to find a philanthropy that they really care about and connect with.

Preference day involves connecting on a deeply emotional level. Greek women will welcome these potential new members into their chapter for a short time to really show them why their organization is special.

By the end of recruitment, these women will have developed an opinion and chosen an organization that speaks to them on an emotional as well as a practical level. These women will then vote in a mutual selection process.

The Monday after recruitment is Bid Day, where these potential new members will open an envelope that reveals the organization they got into.

Senior Recruitment Counselor and social work student, Emily Krakowski said, "My favorite

part about being in a sorority is that it brings everyone together. You are able to connect with groups of people you may not have otherwise both inside and outside of your organization."

But even after college is all over, the Greek experience does not end there. The values held and ritual learned are things one takes with them along the way, even after graduation day.

Greek life advisor at Monmouth, Michele Kaplan, said, "Being a sorority woman throughout my collegiate career enabled me to develop into a better version of myself both personally and professionally. I knew I wanted to continue my Greek journey and help other women realize their potential."

Recruitment begins this Friday Jan. 27 and runs until Sunday Jan.29.

For information contact Gina Crowell at 0947605@



PHOTO TAKEN from MU Panhellenic Council Instagram  
Greek women will select their new members this weekend during Panhellenic Recruitment.

## Meet the Greeks: Alpha Omicron Pi

NICOLE INGRAFFIA  
CONTRIBUTING WRITER

More often than not there is a stigma surrounding college students involved in Greek organizations.

While mistakes are made, as young people often do, the good Greek organizations do for their community, their philanthropy, and each other as well, far outweighs any negative information portrayed in the media. Being a Greek woman is an opportunity unlike any other, and there is something to be offered from each organization. It is so much more than having an official flower, color, or animal. It is a bond and a place of growth.

An organization that offers these opportunities for growth is Alpha Omicron Pi. The chapter was colonized in 2013 at Monmouth University, but the organization was founded in 1897 at Barnard College. They are one of the six Panhellenic sororities on campus and value what it is to be a leader as well as the importance of receiving an education. The organization's color is cardinal red, their flower is the Jaqueminot rose, and their unofficial animal is the panda. But like all other sororities, there is much more than meets the eye.

People often fear change upon entering college. It is a common misconception that being a member

of Greek life can change someone. What isn't realized with this thought is that being a member of a Greek organization can change someone, but change them for the better. Flash forward and well into my junior year, I am indeed, a sorority woman, and a member of Alpha Omicron Pi. College changed me in the areas of my life where I needed to grow the most. So while change might be scary, no one told me change could also be a good thing. Alpha Omicron Pi has changed my life in the best way possible.

Becoming a member of Alpha Omicron Pi has given me a sense of belonging I'd never known I needed. People always say you don't know what you have until it's gone, but you certainly don't know what you're missing if you've never had it. Looking back, I definitely didn't realize what I was missing, and now that I am a member of this organization, I do not want to experience this world without my sisters.

Julia Farnan, a junior biochemistry student and member of Alpha Omicron Pi, said, "I love my organization because it is a group of women who genuinely and truly care for you in so many ways, whether it be checking up on you when you're sick or surprising you with Dunkin when they know you've had a bad day. Someone is always right there

beside you, no matter what you're going through."

Alpha Omicron Pi was founded on a promise to serve not only one another, but the greater community as well. This commitment reflects a philosophy of friendship, concern, and usefulness in the world. We participate in projects that raise funds for our philanthropy, arthritis research and the American Juvenile Arthritis Organization, but this does not mean our service to the community stops here. We hold annual fundraising events such as So You Think You Can Dance, and our annual wiffle ball tournament, Strike Out Arthritis. An Education Opportunity Fund Counselor and Collegiate Chapter Advisor for Phi Kappa Si at Monmouth University, Elizabeth O'Brien said, "Whenever there is a philanthropy event on campus, let me know and I will be there to support it. I even love to bring my daughter."

Yes, we are sisters, but above all, we are friends. We genuinely care about each other and support each other with each life endeavor, inside or outside of AOII. We never have to impress each other or try too hard. It's difficult to find people you can be yourself around and relate to in college, but luckily, that wasn't the hard part for us.

Although some people may be under the impression that girls are only friends with their sorority, that is far from the truth. Raquel Rudofsky, a health and psychological education student, as well as a sister of Delta Phi Epsilon said, "Nicole and I have been best friends since freshman year and our different sororities will never interfere with our friendship."

We donate time and resources to countless local community projects and organizations as well, and have learned what it is to be a responsible woman from our Greek experience. If I was not a member of AOII, I would not realize that, with a little help from friends, you can really make a difference and change the world.



PHOTO COURTESY of Nicole Ingrassia  
The sisters of Alpha Omicron Pi are pictured at last year's recruitment.

## Club and Greek Announcements

### Cinema Club

The Cinema Club would like to announce that until the Oscars there will be a showing of musical films. They will be showing this Thursday, Jan. 25 in JP234 at 7:30 p.m. and they will be screening Popstar. The club hopes that you can make it!

### Monmouth Youth Activists

The Monmouth Youth Activists Club encourages you to get involved. Like or visit their Facebook page for Monmouth Youth Activists Group on campus. See if you're interested in joining our family We have so much planned this semester @muyouthactivist

### BoomRoasted Productions

BoomRoasted Productions will be holding auditions on Feb. 3 at 7p.m for their production of Sweeney Todd. Callbacks will be held Feb. 4 at 12 p.m. For any additional information or questions, please email Nick Zaccario at s0943525@monmouth.edu.

### The Outlook

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

If you are interested, please e-mail outlook@monmouth.edu for more information.

### Hawk TV News

Hawk TV News is looking for vibrant and interested students who want to be reporters, writers, anchors and much more. You do not need to be a communication major to be apart of this organization. If you are interested email me at s0933548@monmouth.edu or meet us on Wednesdays in JP 138 at 3:15.

# New Semester, New You: Making the Most of Spring

KAITLIN MCGUIRE  
STAFF WRITER

As you prepare for new classes by memorizing your schedule, seeing who is in the course with you, and adjusting to change, do not forget to take a deep breath. Last semester could have been a bit rocky, or maybe it was smooth sailing. Either way, it is in the past. Do not put yourself down because of the marks you earned or boast yourself if you did well. Taking college courses, each with different teaching styles and workloads, is not always an easy journey.

My freshmen year came easier for me than my friends. I enjoyed my classes, really pushed myself to achieve the grades and learning I wanted to, and I was motivated. Sophomore year I lost a bit of that fire. My courses were more difficult, and I had all new professors that I had to become accustomed to. Still,

“college experience” and growing. Once you get through a challenging course, professor, or semester, you will realize you can do anything you put your mind to.

These four years are the best years of your life, and the years that go by the quickest. Senior business student, Alison Maoli said, “I remember moving into Pinewood Hall the first day of college, and now I have about four months left. Looking back on it, I just wish I never took time for granted and learned to enjoy life more. Also, time management was a big factor and skill that I think college students need to learn.”

Time stops for no one. I, along with Maoli, will be walking on the stage at PNC Banks Art Center on May 10. Do not take Monmouth for granted and everything the university has to offer. Go to the sports games, get involved on campus, go out for a sorority or fraternity,

or projects are due. Don’t forget the importance of relaxing sometimes as well—pick that one night to relax and binge watch Netflix.

Set goals for yourself, such as earning an A on a paper, or studying a chapter a night before cramming it all in the night before your exam. Once you cross off a goal, or a step forward, you will feel much better and not as stressed.

Do not be afraid to meet with your professor, to clarify an assignment or for some guidance. Alena Graedon, an assistant professor of English, said, “Academically, I think it’s helpful for students to visit their professor’s office hours once or twice early in the semester. It established a connection, it helps professors learn a little more about individual students, and it gets students into the practice of meeting with their professors if they later on have a question, run into a problem, or just want to talk something over.”

Your professors are there to help you and be there for you every step of the way. Show them that you care, and that you want to do well. Meeting with professors goes a long way.

Kaitlyn Jones, a senior health studies student, said, “It is good to find that balance. Find that happy medium with schoolwork, classes, and hanging with friends.”

Health is something we all should focus on during our time away from our parents’ care. Jones advised, “Do not forget to take care of your body. Try and eat healthy, work out, and just be aware of the food you consume. Sugary and fatty foods will not help you stay focused. Get enough of sleep each night so you are alert in class and are ready to learn.”

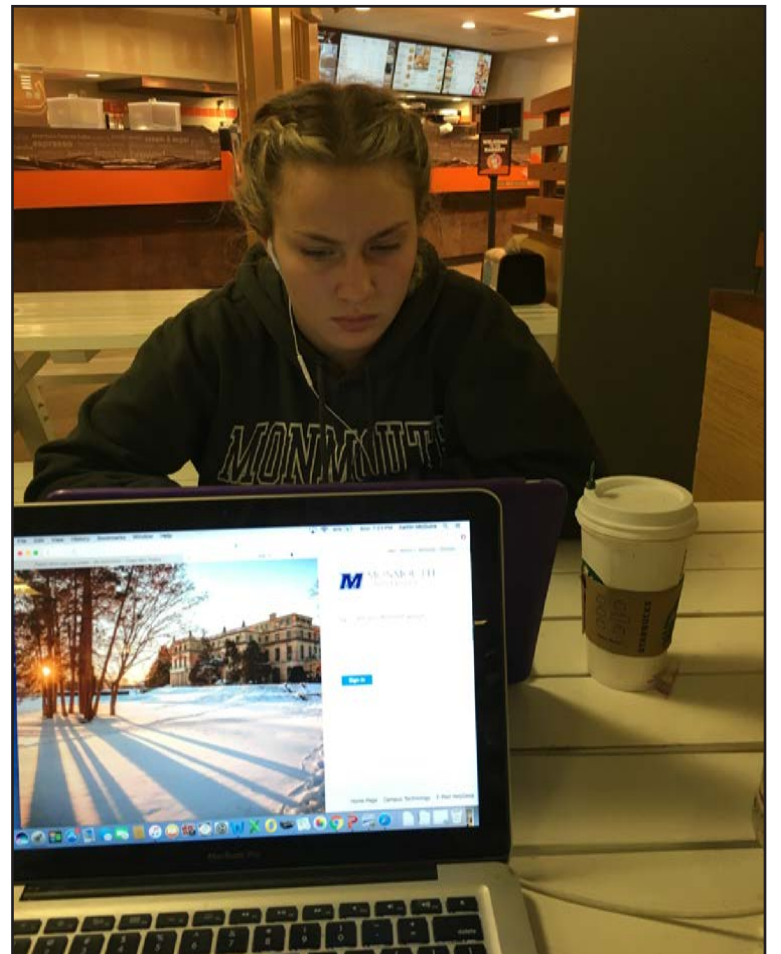


PHOTO COURTESY of Kaitlin McGuire.

Monmouth students focus on putting time aside to get work done during the new semester.

College is that time you really start to take responsibility for yourself. Your diet will change. Ramen noodles may taste amazing, but they are not the best for your body. Staying up until 4 a.m. when you have a 10:05 a.m. class is not the greatest choice, and you will be sleepy and falling asleep in a lecture, not knowing what is occurring.

All in all, enjoy your college experience at Monmouth. Take advantage of everything that comes with your new life for the next four years. Find a balance and schedule that works for you. Just know, with college comes adjustments, stress, and anxiety. It also comes with new friends, greater knowledge, and laughs.

Looking back on it, I just wish I never took time for granted and learned to enjoy life more. Also, time management was a big factor and skill that I think college students need to learn.

ALISON MAOLI  
Senior business student

I pushed myself.

In college, this happens all the time; you lose motivation and dedication. Stress and anxiety can try to take over, but do not let it. You’re not alone when you’re going through these motions. It is a part of the

and just take a step outside of your comfort zone. You never know the friends you can and will meet and make.

Time management is the key in college. Plan your week in advance, and know when certain assignments

## How Time Management Helps you Achieve Goals

KAAN JON BOZTEPE  
CONTRIBUTING WRITER

How can college students make time to focus on our goals in the midst of a busy semester? The answer is simple, but often ignored: time management. Time management is simply scheduling and pacing

yourself, from when you work out, to when you study, to what time you can hang out with your friends and family.

While this doesn’t sound too difficult, without practicing correct time management, there is the possibility of crumbling under pressure.

However, once you get into

the momentum and find a balance, it will become habitual and carry through your entire life, not just your college or career.

College is a stressful time, but life goes on and whatever seems like a big deal now will be a distant memory soon enough—so it isn’t worth the amount of anxiety we expel on current tasks.

So rather than stress over your next move, take the time and plan how you want things to go.

Travis Spencer, a fresh-

man computer science student, stated, “My time management is setting up a routine for my entire week, so I always have a task that needs to be completed to keep me motivated.”

Every day I set aside two hours for homework and have set tasks every other day of the week, from cleaning my room to doing the laundry on certain days.”

Having goals and aspirations and being passionate about them is great; however it’s important to break down each goal you have and give it a realistic timeline.

Yes, you will make mistakes, but that’s only human. Learning from your mistakes speaks volumes about your character as well as your resilience.

Spencer continued, “Man-

aging yourself is all about setting goals that are not impossible, but can also be completed quickly. I believe it is good to be ambitious, but too many tasks can hurt you more than help you.”

Carlene Santos, a freshman business student with a concentration in real estate, said, “A lot of my time management revolves around a to-do list. I write everything I should do in my planner.”

Santos explained further, “I try to take my time in each endeavor I take on, and do so in

defined. Next, understand that pursuing a goal requires dedication to achieving the goal on an almost daily basis—a consistent building of small successes and sometimes failures. Planning and time management are key components along the way.

Finally, know that it is better to modify your goals rather than abandoning them. When you achieve one goal, pat yourself on the back, then get busy defining the next one.”

That being said, celebrate others’ successes, don’t have ill wishes on anybody, and praise



IMAGE TAKEN from nursecareersuccess.com

Professor Gill Eckert explained how modifying goals instead of abandoning them leads to accomplishing more.

My time management is setting up a routine for my entire week so I always have a task that needs to be completed to keep me motivated

TRAVIS SPENCER

hopes that I can comfortably cope with everything and not overload myself.

I have my passion and want to finish what I start, but I also don’t want to overwhelm myself unnecessarily.”

College is a crucial time for young adults and is a platform for students to build their resume, personality, and level of ambition.

But with that and time management, they must also be open-minded. Focus on your health, remember that one test grade does not define you, nor will it leave a blemish on your future.

Gill Eckert, an instructor in the computer science and software engineering department, said, “First, I think that your goals need to be clearly

people and share your happiness with others.

A positive outlook will not only favor you in the business world, but also in your everyday life.

In a world filled with negativity, it is our job to encourage positivity and balance in the lives of our younger generation in hopes that they pass it onto further generations.

Have self-confidence, and continuously reflect on yourself and celebrate your achievements.

Find a healthy balance of your school life as well as your family, friends, and work life. Continue to ward off any negative people or thoughts that bring any unconstructive energy into your life, and before you know it, success will prevail.

# Following Through with New Years Resolutions

**CLAUDIA LAMARCA**  
STAFF WRITER

The idea of reinventing yourself completely might be one of the biggest clichés that ringing in the new year brings. Gym memberships are purchased, diets are started, and with each new year, resolutions are made in hopes of keeping.

There’s nothing like Jan. 1 at the gym: all the machines are taken, people come out of the woodwork just to fulfill their resolutions, when in reality the regulars know it’ll only last a week.

Making realistic resolutions seems to be the issue for most of society, because keeping them is the tough part.

Casey Hanna, a senior history and secondary education student, shared her resolution for 2017. “With field hockey, taking care of body and my health became less of a priority then it should be. For the new year I’m prioritizing myself and my needs.

With field hockey ending for me, I’m able to take care of my body, and do yoga or exercises that make me feel good.”

Hanna continued, “Eating healthy is another one of my major resolutions. Sure, everyone says they want to ‘eat healthy,’ but then give up soon

after. I want to have healthy weeks, and then indulge in things I like on the weekends. Meal prepping is also becoming such a big part of my weekly routine already, and its definitely making a difference.”

By preparing a week’s amount of lunches and dinners, you’ll have more time in the week for working out or getting work done, and you’ll be less tempted to order take out when

you know you have food waiting for you at home.

Rachel Konowal, a junior communication student, has a more academically oriented resolution for the semester. “I need to become more organized, so my resolution for this year is to plan and start everything in advance. I felt like last semester I got so caught up with school that I was leaving homework assignments until

the last minute, when in reality I had the whole semester.”

Konowal said she aims to do her homework when it is assigned, rather than the night before it is due. “Staying organized and on top of work is so important and so far, with the first week of school out of the way, I already feel more prepared and ready for the semester.”

Amanda Kuperavage, the As-

sociate Athletics Director for Student-Athlete Performance, explained that her resolution is to be more present. “Whether it’s a conversation, a relationship or friendship, a workout, or even just sitting on the beach, I want to be more engaged in what is happening around me. I want to be able to give full attention to things I’m doing instead of always feeling like I have to multitask,” she said.

Being more ‘in the moment’ is not the only facet of Kuperavage’s resolution. She said, “Another huge part of my resolution is to not allow past occurrences or future worries to take away from the present situation I’m in.

It’s easy to worry about things that haven’t happened yet, or go into situations with a preconceived idea on how things are going to go, but they inhibit what’s happening at that moment.”

It is easy to take relationships and interactions for granted, but it’s most important to be present.

We all have things that we could do better, and the new ringing in of the new year is just a small reminder to start the fresh 365 on a good note. The Monmouth community, so far, is starting 2017 on the best note possible.



New years resolutions are a common tradition for people looking to start fresh.

IMAGE TAKEN from pexels.com

## Leave Our Beaches Alone

**RYAN GALLAGHER**  
STAFF WRITER

At Monmouth University and within the surrounding community, we have a responsibility towards something much bigger than ourselves. Living where we do in New Jersey, we have an obligation to protect the ocean and the local beaches that surround us. When summer ends and tourists leave, the local community members must stand up for the rights and protection of our beloved beaches.

Living less than two miles from the coast, it is hard to believe that Monmouth students can forget about the wellbeing of our beaches. Yet as usual, winter drives us from the beaches to the warmth of our homes. Again, we prove the saying is true: out of sight and out of mind.

At the end of last semester, members of the Monmouth University Surf Club were able to leave the comfort of their homes and get back to the beach. An organization called the Surfer’s Environmental Alliance (SEA) hosted a beach grass planting event along the beaches of Long Branch.

“For the beach grass planting we walked along the Long Branch boardwalk putting in new bundles of sea grass in the many empty spaces that were left after construction of the boardwalk finished up,” said senior Surf Club member Zack Karvelas.

Karvelas continued, “I want to make more of an effort to participate in the preservation and protection of our precious ocean. It’s important to be aware of the issues surrounding our ocean and beaches, especially for us Monmouth students who go to school at the beach.”

The SEA is a great local organization to support because they always have the latest information about what is happening to the beaches. In this case, the beach grass planting event was just one way that the SEA can contribute to beach conservation. In other

cases, the SEA works with the government on beach replenishment projects. However, the government-funded projects usually involve cranes and dump trucks rather than just a shovel and bale of beach grass.

In the last year, local towns like Long Branch and Deal have been going through the beach replenishment process. Beach replenishment starts with the transfer of foreign sand or sediment to a new location. In this case, the state of New Jersey has authorized sand to be pumped onto beaches stretching from Deal and into Long Branch.

Of course, this is not the first we are hearing of these projects. According to NJ.com, “More than \$1 billion has been spent on beach replenishment efforts in New Jersey over the last three decades... That money has paid for the placement of roughly 120 million cubic yards of sand on the state’s beaches, an amount that could fill...MetLife Stadium 60 times.”

The projects stack up and are seemingly never ending for locals of a beach community. However, local organizations like the SEA exist to keep track of these projects and help to rework their efficiency. Richard Lee, Executive Director of the SEA, has followed replenishment procedures closely since the inception of his organization.

In many cases, the state will authorize these projects, get funding and after they are done, a storm will come up the coast. Within a year, many of these ‘replenished’ beaches are back to the way they looked in the first place.

Lee states, “Sand is always going to travel. So, it is really not a sustainable practice that has long lasting results, it’s all more short term.”

The SEA has served as the mediator between angry community members and The Army Corps of Engineers. Both parties are interested in beach preservation, but have clashing views.

Richard Lee added, “[The SEA] had a major impact on how

the [most recent] project was done. We had [The Army Corps of Engineers] change the profile of the project.”

Lee along with the SEA compromised with The Army Corps of Engineers. The project profile stated that every 20 feet of additional sand pumped, the workers would have to implement a 1-foot drop off. This was an idea that the SEA brought to the table as the project was planned. The goal is to allow the beaches to naturally decline, rather than drop right off.

“This was a more natural way for them to work and this is how the waves and beaches come back,” said Lee.

Professor John Tiedemann has been an Ocean County local for more than 40 years. He is the head of the Marine Biology department at Monmouth University and has witnessed change along our coasts firsthand.

According to Tiedemann, “The biggest issue with dredging [beach replenishment] is finding an appropriate location for disposal of the dredged material. If the material is clean it should be considered for beneficial use; if it is contaminated, it must be handled as a waste material and disposed of in an environmentally acceptable manner.”

Coincidentally, this issue reared its ugly head as Deal began beach replenishment on Roosevelt Avenue nearly one year ago. According to *CBS New York*, “Residents have taken action in Monmouth County, New Jersey after witnessing unauthorized dumping on their beach.”

A member of a local beach watchdog group first spotted the dump truck on Roosevelt and posted pictures to social media sites. Almost immediately community members responded and questioned Agate Construction Company who was contracted for the project.

On Feb. 22<sup>nd</sup>, Lee received a call from a local community representative about the illegal sediment dumping on Roosevelt Avenue. Lee stated that he im-

mediately called his associate at the Army Corps of Engineers, “Within an hour or two they sent the dump truck back down and removed the sediment on Roosevelt.”

*CBS New York* also included a statement from The Army Corps of Engineers: “The contractor was ordered immediately to stop work and begin removing the material out of the surf zone and relocating it upland until it could be properly disposed as is required.”

Lee and the SEA have had a very productive relationship with the Army Corps of Engineers and the state of New Jersey officials. “You have to be persistent. Obviously, we don’t want the project [to occur], but we have to work to save as much as we can,” said Lee.

Even with the SEA’s impact on this current project they still need help. “People who don’t know, see us win one battle, but forget about the whole war,” said Lee. The government has fully funded this last project and judging from years passed, this seems to be the trend.

Lee, the SEA, and New Jersey taxpayers especially are wondering where all the money is coming from. “There have been serious cost overruns. So, when the money runs out, maybe we win the battle through attrition. Until

then, we need to expand our influence, gain membership and keep up with the outside the box solutions,” said Lee.

Membership is key. Currently, the SEA is planning more events like the beach grass planting in Long Branch. In addition, Lee has recorded rangefinder data in regard to sand movement along recently replenished beaches. These events give community members ways to help out and gain firsthand knowledge about the situation. Also, the events provide the SEA with crucial data to bring to the Army Corps of Engineers before they start a project.

Locals, students, surfers and visitors alike must simply be aware of the environment around them. There is a disconnection between how we feel about nature and how we look at and treat our beaches. To make sure we get the best out of our tax dollars and to get the best out of our beaches, we must be support organizations like the SEA.

Helping can mean attending an event, giving a suggestion, donating money or simply being aware. If one battle can be won after a conscious observer calls in wrongdoing, then we are that much closer to finding a sustainable solution to keep our beaches strong for the future.



Planting beach grass is just one way Monmouth students can help their ocean, and their beaches.

IMAGE TAKEN from pexels.com

# Football's Miles Austin, Baseball's Brad Brach Inducted into Athletics Hall of Fame

JOHN SORCE  
SPORTS EDITOR

Football's Miles Austin III and baseball's Brad Brach '08 are two of the University's most iconic athletes and they were inducted into the Athletics Hall of Fame on Dec. 9 as the Class of 2016.

Austin left West Long Branch as the all-time leader in receptions (150), yards (2,867), touchdowns (33), and scoring (216 points). He led the blue and white to back-to-back NEC (Northeast Conference) Championships in 2003 and 2004 and was a three-time First Team All-Conference selection.

Austin became the first Hawk to sign with a National Football league (NFL) team when he signed with the Dallas Cowboys in 2006 and became a two-time Pro Bowler (2009-10). He hauled in 361 passes for 5,273 yards and 37 touchdowns over his 10-year NFL career with the Cowboys, Cleveland Browns and Philadelphia Eagles.

Austin mentioned that Bill Parcells, who was the head coach at Dallas at the time, found out about him through his connections in New Jersey.

"He had a scout come here and check me out in like 40 degree weather and my tight ends coach was throwing to me," Austin said. "It was basically like what resembled a pro day, I guess it was the first of its kind here. I was just running routes and catching passes and I ran my 40-yard dash in the old basketball gym. I eventually got picked up by Dallas and the rest is history."

It took Austin until the middle

of the 2009 season to become a viable contributor on offense. But he took that opportunity and never looked back. He got his first start on Oct. 11 of that season and broke the franchise record for receiving yards in a single game (250) that still stands today.

Austin started every game from that point on and caught 81 passes for an NFL leading 1,320 yards and 11 touchdowns and made his first of two consecutive Pro Bowls. He started all 16 games the following season and hauled in 69 passes for 1,041 yards and seven touchdowns.

"Those were great experiences," Austin said when asked about playing in the Pro Bowl. "The first one was in Hawaii and the second one was in Miami and my family was able to come to both. To be able to share those experiences with your loved ones and to compete against those guys at a high level was great and something that you never forget."

Monmouth Football Head Coach Kevin Callahan remains the only head coach in program history, and he has nothing but praise for the guy who put Monmouth football on the map.

"Miles' induction to the Monmouth Athletic Hall of Fame is a testament to all that he accomplished in his standout career," Callahan said. "He has always represented himself and Monmouth at the highest level, and we are proud to say that he is an alumnus of the Monmouth Football Program."

While Austin shined on the gridiron, Brach found his success on the diamond. He came



PHOTO COURTESY of Monmouth University Athletics

Brad Brach (left) and Miles Austin pose for a photo at the Monmouth University Athletics Hall of Fame Induction Dinner on Dec. 9 at Wilson Hall.

"I was just running routes and catching passes and I ran my 40-yard dash in the old basketball gym. I eventually got picked up by Dallas and the rest is history."

MILES AUSTIN  
Former NFL Wide Receiver

"This is like being inducted to Cooperstown to me."

BRAD BRACH  
Baltimore Orioles Relief Pitcher



TOP PHOTO TAKEN from cbsbaltimore.com  
BOTTOM PHOTO TAKEN from fansided.com

(Top photo) Brad Brach pitched in the postseason for the Orioles in 2014 and 2016. (Bottom photo) Miles Austin holds the record for most receiving yards in a game in Dallas Cowboys history.

to West Long Branch after a career at Freehold Township High School. At Monmouth, Brach was the NEC Pitcher of the Year in 2007, was named First Team All-NEC twice and remains the program's all-time leader in wins (29), strikeouts (277) and innings pitched (324.1). He threw a no-hitter on April 13, 2007 against Long Island University – the first Monmouth no-hitter in 17 years at the time – and finished his four year career in blue and white with a 2.44 earned run average (ERA).

"My most memorable moment at Monmouth was winning the 2007 conference championship, when we got to play a regional at ASU (Arizona State)," Brach said. "We had my best friends and my brother (Brett) on that team and to go out there with them and play a team like that was an experience unlike any other."

Brach was drafted by the San Diego Padres in the 42<sup>nd</sup> round of the 2008 Major League Baseball First-Year Player Draft and made his major league debut in August 2011. He appeared in 67 games out of the bullpen for San Diego in 2012 and bounced back and forth between San Diego and Triple-A Tucson in 2013 before being traded to the Baltimore Orioles before the 2014 season.

"The fans (in Baltimore) have been great," Brach said. "Growing up in the northeast, I know how passionate the fans are. They really love you and live and die by every game. Baltimore is a very blue-collar city and they really enjoy watching us go out and play all 162 games. They have been better than you can really ask for."

Brach has become one of the better relief pitchers in baseball since then. He went 7-1 with a 3.18 ERA in 2014 and posted a 2.72 ERA over 79.1 innings in 2015.

"I think the biggest thing has

been the development and his confidence to use his change-up. It has become a very effective swing-and-miss pitch for him and it keeps the timing of the hitters off balance," said Jim Hunter, who has been a member of the Orioles' broadcast team since 1997.

"The other thing is that he's actually added velocity since he's gotten here," Hunter added. "When they acquired him, they acquired potential and he has developed into a tremendous back-end of the bullpen arm. This was a really good trade by (Orioles General Manager) Dan Duquette because the guy they traded is not even in baseball anymore."

Brach put himself on the radar with an excellent 2016 campaign. He went 10-4 with a 2.05 ERA and was named an American League All-Star, becoming the first Hawk to be named to a Major League Baseball All-Star Game.

The game was at Petco Park in San Diego – the home of the team that drafted Brach out of Monmouth in 2008.

"It was really cool to go back there. I have a brother who lives in San Diego now and I couldn't have asked for a better scenario," Brach said. "To get to experience that in the stadium where I played my first Major League games in was incredible."

"Everything went really quick. It was a little overwhelming, just because there is so much to do in a short amount of time. It was definitely well worth it and I hope I get another chance to do it," Brach added.

Brach struck out 92 batters in 79 innings in 2016 and held opposing hitters to a .201 batting average. He will return to the Orioles' bullpen in 2017 and remain a key cog in one of the best bullpens in all of baseball.

"Brad exemplifies what it takes to wear the uniform at Monmouth," Monmouth Base-

ball Head Coach Dean Eehalt said. "I know he felt it was an honor to be inducted. I can't say enough positive things about Brad Brach and the Brach Family. His induction was very deserving and I know he was proud of the honor as he is an incredibly classy individual."

Since Brach graduated, Monmouth Athletics has switched from the NEC to the Metro Atlantic Athletic Conference (MAAC). But he is excited to see where the program has come since then and what the future has in store.

"It has been incredible to watch," Brach said. "I like to watch Friday night basketball games on ESPN3 and it's great to see our teams move into a bigger conference. Hopefully they can keep growing the program."

While both Austin and Brach have gone onto shine in the national spotlight, they will never forget where they came from.

"It means a lot to know that the University would be so kind to invite me into their Hall of Fame and to be amongst the others who were already inducted," Austin said. "This will also keep me connected with the University in another way and I am honored to be a part of it."

"This is a huge honor. This might be the biggest honor I get athletically," Brach said. "The All Star Game is great but for me, this is more of a team accomplishment. Getting to play with these guys and to be inducted here is something that I will cherish forever."

"This place means so much to me," Brach added, "that I can't even begin to describe and I don't want to take all the time to describe just how much Monmouth means to me. This is where I learned how to pitch at a high level, where I learned how to be a professional and basically how to be a man, because this is where I grew up."

# Emotional Homecoming for Rice as Men’s Basketball Plays North Carolina

JOHN SORCE  
SPORTS EDITOR

When college basketball fans think about the most iconic venues in the country, Dean Smith Center is near the top of many lists.

Monmouth men’s basketball Head Coach King Rice played collegiate basketball at North Carolina under legendary coach Dean Smith from 1988-91 and was the starting point guard on their 1991 final four team. Rice finished his career at North Carolina third on the Tar Heels’ all-time assist list with 629.

Rice returned to Chapel Hill on Dec. 28 when Monmouth fell to the university of North Carolina 102-74 in front of 20,064 fans. But the experience was so much more than just a game for Rice and the Hawks.

“I want to start out by saying thank you to (Current North Carolina) Coach (Roy) Williams,” an emotional Rice said after the game. “He treats me like I’m one of his sons. He always tries to take care of me since I was a kid. I’m the luckiest guy that in 1987, Coach Smith gave me a scholarship and it’s made me have a great, great, great life.”

“The relationships I have, tonight I had (UNC standout) Jimmy Black sitting with me. J.R. Reid, Coach (Phil) Ford, and many, many more came today because I was here with my team,” Rice added. “And I’m thankful to all the coaches - Coach Ford, Coach (Randy) Weil, Coach (Dick) Harp, Coach Gut (Bill Guthridge). They took a hard-headed young kid and turned him into a man. Took me a little longer than some other

people.”

The two teams were close early on before North Carolina went to work. Junior forward Justin Jackson scored 17 points, including five three-pointers, in the first half. But the Hawks ended the first half on a 12-2 run, capped by a three-pointer from half court at the buzzer by redshirt sophomore guard Micah Seaborn, that cut the deficit to single digits going into the locker room.

But Monmouth had three technical fouls in under a minute early in the second half, which enabled North Carolina to gain momentum.

“It was a nine point game and then we get three techs and give up a couple baskets and all of a sudden, we’re down by 17 before the first media timeout in not just any ACC (Atlantic Coast Conference) building, but probably the ACC building,” senior point

guard Justin Robinson said, who scored all of his 16 points in the first half. “It’s going to be almost impossible for any mid major team to come back from that.”

The Tar Heels outscored the blue and white 52-33 in the second half, extending their lead to as much as 25 points. Jackson led all scorers with 28 points while Seaborn led the Hawks with 19.

This was the second time that Rice took his team to Chapel Hill since becoming the head coach for the Hawks in 2011 – the first coming on New Year’s Day 2012. The Tar Heels were ranked sixth in the country at that time and were ranked ninth when they played the Hawks in December.

Williams recruited Rice while he was an assistant under Smith. Williams left North Carolina to accept the head coaching position at Kansas in 1988 – just be-

fore Rice got to North Carolina, but their relationship is undeniable.

“He’s a great kid. He’s still a kid to me,” Williams said after the game. “I remember recruiting him years ago and thought he was one of the toughest kids I’ve ever been around. We’ve had some good heart-to-heart talks. My first year back here he was in town and he came to play pick-up with our guys almost every day and that really set the tone for my entire 14 years here. They had more road wins than anybody in college basketball last year and it’s just the way the system is set up that they didn’t make the (NCAA) Tournament. They’ve won 38 games up to this point since last year. He’s a great, great guy and I’m extremely proud of him.”

Rice has nothing but praise for the man that opened the door for him to play at North Carolina, which opened up so many other doors after his collegiate career.

“Coach Williams was the lead recruiter on me when I was a kid so I’m very close to him and when I first became a head coach, he was the first guy to tell me that he was going to play me,” Rice said.

“What he has done with the program here has been top notch,” Rice added. “He’s a Hall of Famer and I hope he’s doing this for 20 more years. I hope people appreciate what they have in him because sometimes people don’t understand how lucky they are to have a man like Roy Williams run their program. He is top notch as a man, a coach and a mentor and we are lucky that he is the coach at North Carolina.”



PHOTO COURTESY of Andy Mead/YCJ Photos  
King Rice and Roy Williams share a laugh before Monmouth’s game against North Carolina on Dec. 28.

# Women’s Basketball Downs Quinnipiac

MATT DELUCA  
STAFF WRITER

In front of a crowd of over 2,900, the women’s basketball team defeated Quinnipiac 61-58 Thursday afternoon at the OceanFirst Bank Center.

The Hawks received key points late, as freshman guard Rosa Graham hit six consecutive free throws in the final 1:15 of the game.

“I just knew that’s what my team needed me for as their point guard, because I’m who they go after at the end,” Graham said after the game. “We know Quinnipiac is a top team in the conference so it gives us more confidence heading into the tournament.”

Freshman guard Kayla Shaw led all scorers with 20 points, making four out of eight 3-point attempts. Graham finished with eight points and five rebounds, and freshman guard Alaina Jarnot finished with seven points.

The teams were tied at 17 after the first quarter, but Quinnipiac used a 7-0 run towards the end of the second quarter to take a 35-28 lead into half-time. The Hawks outscored the Bobcats 33-23 in the final 20 minutes, including a five-point margin in both the third and fourth quarters.

Monmouth took its first lead since the second quarter with a free throw from freshman forward Alexa Middleton, who made the score 49-48 with 8:54 remaining. Quinnipiac responded with a three-point shot,

and Monmouth came back with a layup from senior guard Helena Kurt to give the Hawks a 53-51 lead with 6:13 remaining.

The Hawks received the six points from Graham in the final 1:15, and came away with two big defensive stops late to seal the huge conference victory.

“She’s great from the foul line,” Monmouth Head Coach Jenny Palmateer said after the game. “I’d put her there ten out of ten times. I have all the confidence in the world in her.”

The victory was the fourth in conference play for the Hawks, who earned their ninth overall victory on the season. The victory also handed Quinnipiac its first loss in conference play, as they entered the game 8-0 in the MAAC.

“I’m so excited for these guys, I can’t even catch my breath,” Palmateer said. “Quinnipiac is one of the toughest teams in the conference for a lot of reasons. I was just so proud of our girls that we were able to match that and execute down the stretch and pull this one out.”

For the game, Monmouth held Quinnipiac to 25.3 percent shooting from the floor, and 27.3 percent from three. The Hawks were outrebounded by the Bobcats 58-46, the most given up by the Hawks all season. The final attendance of 2,983 was the largest of the season for the Monmouth women’s team.

The Hawks then traveled to New Rochelle, NY Sunday afternoon, as they fell 60-54 to

Iona at the Hynes Center. The Hawks trailed by only one point with 1:36 remaining in the game, but they were unable to score again, as Iona hit five free throws to seal their victory.

Freshman forward Taylor Nason led the Hawks with 12 points and seven rebounds, with Shaw, Jarnot, and junior guard Kayla Quintana all scoring eight points.

Monmouth led for a majority of the first quarter, but trailed for the remaining portion of the game. The Hawks had a chance to tie the game at 56 with 28 seconds remaining, but a layup from Quintana rolled around

the rim and the rebound was grabbed by Iona.

“We started out a little flat today and didn’t come out with our A-game, so we were battling back for the entire first half,” Palmateer said after the game, “We had better energy in the third quarter, but just couldn’t get over the hump.”

The loss dropped the Hawks’ record to 9-9 on the season, and 4-5 in conference play. Monmouth will look to bounce back Thursday night, as they travel to face Fairfield University. Tip-off is scheduled for 7:00 pm, and the game can be found on WMCX 88.9 FM.



PHOTO COURTESY of Monmouth University Athletics  
Freshman guard Kayla Shaw was named MAAC Rookie of the Week, averaging 14 points per game.

# SIDE LINES

**Men’s Basketball:** The men’s basketball team picked up two conference wins over the weekend, defeating Manhattan 82-71 on Friday night and Fairfield 91-49 on Sunday afternoon. The Hawks improved to 16-5 overall and 8-2 in the Metro Atlantic Athletic Conference (MAAC).

“That might have been our best defensive effort since I’ve been here,” Rice said after the Fairfield game. “Defensively we’ve had some pretty good efforts, but that was pretty incredible today.”

Senior point guard Justin Robinson was named MAAC Players of the Week for the first time this season, scoring 22.7 points per game with 14 assists, 11 rebounds and six steals over three games. Robinson became just the third Hawk in the D1 era to reach 1,700 career points. He is just 33 points away from the Monmouth D1 all-time scoring record of 1,749 points. The Hawks return to action on Friday, Jan. 27 when they welcome Quinnipiac to the OceanFirst Bank Center. Tip-off will be at 7:00 p.m. and the game will air on *ESPNU*.

# UPCOMING GAMES

- Thursday, Jan. 26**  
*WBB at Fairfield\**  
Alumni Hall  
Fairfield, CT 7:00 pm
- Friday, Jan. 27**  
Men’s & Women’s Indoor Track  
Villanova Open  
Staten Island, NY 12:00 pm
- Women’s Swimming  
Sacred Heart  
West Long Branch, NJ 4:30 pm
- MBB vs. Quinnipiac\**  
OceanFirst Bank Center  
West Long Branch, NJ 9:00 pm
- Saturday, Jan. 28**  
Men’s and Women’s Indoor Track  
Bison Open  
Lewisburg, PA
- Men’s Tennis  
NJIT Winter Invitational  
Newark, NJ
- Men’s Swimming  
NJIT  
West Long Branch, NJ
- WBB vs. Siena\**  
OceanFirst Bank Center  
West Long Branch, NJ 2:00 pm
- Sunday, Jan. 29**  
Men’s and Women’s Indoor Track  
Bison Open  
Lewisburg, PA
- Men’s Tennis  
NJIT Winter Invitational  
Newark, NJ
- Monday, Jan. 30**  
*MBB at Marist\**  
McCann Arena  
Poughkeepsie, NY 7:00 pm

\*conference games



Former Monmouth athletes Brad Brach (left) and Miles Austin were inducted into the Monmouth Athletics Hall of Fame on Friday, Dec. 9.