



THE OUTLOOK

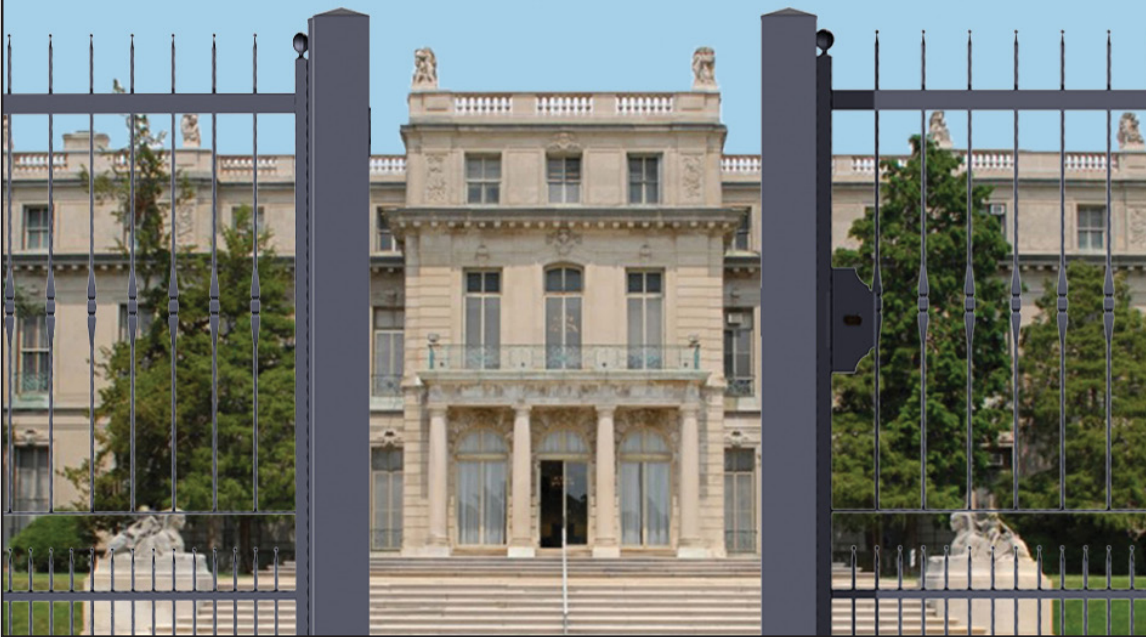
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University Community Reacts to Recent Travel Ban



IMAGED COMPILED by Jamilah McMillan

In response to President Donald Trump's travel ban, the University plans to continue keeping the gates open in an effort to remain inclusive to all qualified students regardless of their nationality.

JAMILAH MCMILLAN
MANAGING/NEWS EDITOR

JASMINE RAMOS
CO-POLITICS EDITOR

University President Paul R. Brown Ph.D. released a statement to students and faculty on Jan. 30 in response to President Donald Trump's travel ban. According to Brown, the University is committed towards maintaining a climate of inclusiveness despite the exclusive nature of the ban.

"In this period of immigration uncertainty, by far my biggest concern is the support and safety of our community members. Monmouth University will do everything possible within the limits of the law to protect those who will be affected by this order and to support our current stu-

dents, faculty and staff regarding their immigration concerns," said Brown.

The ban was established through an executive order on Jan. 27. It suspended the entire U.S. refugee admissions system for 120 days, Syrian refugees indefinitely, and banned entry from seven majority-Muslim countries – Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen – for 90 days following the signing of the order.

The ban has affected the travel of international students and professors at universities across the nation, including Monmouth. An Iranian student, who would like to remain anonymous given the current political situation, was unsettled when they saw their country's name on the list. "Trump is not like (former President Barack) Obama; nobody can forecast what he is going to do next," they said.

"The ban might end up being longer than he says. It is confusing, because I can't plan my life. I don't know if after I graduate school if any employers will want someone like me. They might have this bad impression about hiring someone who was on the ban list, so they might decide to hire somebody normal."

Originally the ban included all visa holders, including permanent residents, but was updated by the White House to include green card holders. According to various news outlets such as the *New York Times* and the *Boston Globe*, the order has caused unending confusion for many foreigners trying to reach the United States, prompted protests across the United States, and led to multiple court challenges.

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Students Notice Decrease in Black History Month Events on Campus

MEHDI HUSAINI
ASSISTANT NEWS EDITOR

The annual commemoration of Black History Month has commenced with a noticeable decrease in events co-hosted by the African American Student Union (AASU), the National Council of Negro Women (NCNW), and the Office of Student Activities in comparison to past years.

According to a flyer released to the student body on Jan. 26, there will be four main events throughout the month of February: a flag ceremony, a forum, a trivia night, and a jeopardy game.

Comparing emails from past years, events for Black History month established with the sponsorship of the Office of Student Activities have dwindled significantly. In 2015 for example, an email was sent to all students and faculty by the Office of Student Activities, detailing more than a dozen events ranging from speeches by activists, film screenings, and more. Another email sent by Student Activities in 2016, listed eight events that they co-sponsored for the month. This Black History Month, however, the office co-sponsored only one event.

According to Joseph Johnson, a junior criminal justice student and Vice President of AASU, the University hosted two events for Martin Luther King, Jr. Day, but left the ma-

jority of February's planning to AASU and NCNW.

"As an African American who goes to a predominantly white institution, Black History Month should be a main priority for the University. Due to the lack of diversity and minority clubs on campus, it becomes difficult for members of clubs like the African American Student Union to organize events, plan gatherings and prepare forums with little to no assistance from the University," said Johnson.

According to Mary Anne Nagy, Vice President of Student Life and Leadership, a committee had existed around the time of the "more organized emails" that oversaw the larger-scale events for the commemoration of Black History Month. According to her, the committee has since dissolved. This may be a contributing factor to the decrease in reported centralized programming.

She said, "I don't think there's any particular reason [for the organizing committee dissolving]," said Nagy, citing that time and personnel fluctuations may have caused it. She advocated for a more widespread approach that integrates diversity and racial integration into all parts of the Monmouth community, both academic and extracurricular.

"In order for us to be the best version of ourselves as a Uni-

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The Impact of Growing up Exposed to Disability

LAUREN NIESZ
SENIOR/OPINION EDITOR

"That's so retarded."

Every time I hear the word 'retarded,' I cringe; what do people really know about the use of the word and why is it used as an insult so frequently?

Growing up with a mother who worked with special needs high school students and growing up with a cousin that had severe cerebral palsy, I knew that the use of the word 'retarded' was completely inappropriate.

However, the word is still spewed from mouths of those who just don't understand the connotation of it or why it is so inappropriate.

For many, disability isn't something that is prevalent in everyday life. Furthermore, many people didn't grow up with a stark exposure to dis-

ability and therefore, don't know the proper way to act around those who have disabilities.

The exposure to disability at a young age, whether it is mental or physical, affects children positively because they see people with disability as equal to themselves. To them, there is no disability at all, just another possible friend.

Skip Carey, Director of Disability Services, stated, "Such exposure [at a young age] allows for an opportunity to 'see ability, not disability' in an atmosphere of understanding and acceptance."

If one grows up with an understanding of disability, it makes it easier to have a more open mind to acceptance for those who are different than us.

"Living and working with people with disabilities promotes a sense of inclusion rather than isolation, and helps to level the playing field when it comes to



IMAGE COMPILED by Courtney Buell

Early exposure to disability allows for the opportunity to 'see ability, not disability', according to Skip Carey, Director of Disability Services.

equal access to opportunities that should be available to everyone – including people with disabilities," Carey continued.

Many people gawk at those with disabilities—not necessarily in a negative view, but in confusion. They don't know how to treat them or how to speak to them, when, in reality,

they should be treated with the same courtesy and in the same way as you would treat anyone else.

Nowadays, it seems that working with disability is more integrated in the classroom. Carey commented, "Classrooms have become more inclusive, and students with dis-

abilities are being educated in mainstream settings. That has resulted in early exposure and opportunities for children of all ages and abilities to interact with each other, both in and out of the classroom."

Brittany Cote, a junior Eng-

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Members of the MU Community Call For More Black History During Black History Month

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version of ourselves as a University, we need to centralize [the programming]," said Claude Taylor, Advisor-in-Residence for Academic Transition and Inclusion. "In conversation, people are talking about proposals to institute a kind of multicultural center or an office that is the engine behind all the programming so that it is consistently produced year in and year out."

"I remember when my sister attended Monmouth, she used to tell me that the events of [Black History Month] were the talk of the town," said Akintunde Obafemi, a senior health studies stu-

dent. "I couldn't tell you what the source of the problem is but it is unfortunate and downright concerning that people either do not know or simply do not care."

"Events that are racially-oriented are almost always hosted by the clubs that cater toward that specific race. Sometimes it feels like if we don't do it then no one will, which of course is horrible," said Obafemi, referring to the recent effects of decentralized programming. According to him, minority groups, like AASU, are left to bear the burden of hosting a month's worth of events due to the lack of support.

According to Johanna Foster, Director of the Sociology Pro-



IMAGE TAKEN from <http://cdn.history.com/sites/2/2013/12/black-history-month-hero-H.jpeg>
The number of events for Black History Month have decreased over recent years according to records of emails released by the Office of Student Activities.

"Events that are racially-oriented are almost always hosted by the clubs that cater toward that specific race. Sometimes it feels like if we don't do it then no one will, which of course is horrible,"

AKINTUNDE OBAFEMI
Student

gram, it is important that the University properly commemorate Black History Month.

"Most folks have quite a number of blind spots [around] the extent to which African American history is American history," she said. "The marginalization of African American

history is part of the continuation of racism in the United States."

Foster further explained how productive forums for discussion about race and diversity in American history are essential to the resolution of issues of race on campus.

Taylor asserts that there is much to be done. "All of us here [at Monmouth] are so focused on the education...that we don't necessarily open up time and space for the other parts of what we do in the community to nurture our time together," said Taylor, "We have work to do."

Feds Sue Nations Largest Student Loan Company

RICH FELICETTI
ASSOCIATE NEWS EDITOR

Navient, America's largest student loan company, is currently embroiled in a federal lawsuit that was filed by the Consumer Financial Protection Bureau (CFPB) on Jan. 18. According to the lawsuit Navient, misallocated payments, steered people into costly plans, supplied the wrong information, and ignored borrowers' plea for help.

"For years, Navient failed consumers who counted on the company to help give them a fair chance to pay back their student loans," said CFPB Director Richard Cordray in a statement. "At every stage of repayment, Navient chose to shortcut and deceive consumers to save on operating costs. Too many borrowers paid more for their loans because Navient illegally cheated them and today's action seeks to hold them accountable."

Navient, formerly part of Sallie Mae, has more than 12 million customers and services more than \$300 billion government and pri-

vate student loans. In response to the lawsuit, Navient released a statement that same day denying all of the alleged claims and asserted that these actions were politically motivated.

Claire Alasio, Director of Financial Aid at the University, explained what would happen if Navient lost the suit. "First, this is a civil lawsuit and not a criminal case, so Navient can't be found 'guilty.' That said, the courts may find Navient to be negligent or to have harmed student loan borrowers. If that were to take place, my guess is that the court would assign some sort of penalty to Navient and direct them to make any affected borrowers financially whole. Without knowing the outcome of the case, it is hard to predict the impact to students."

According to Patrick L. O'Halloran, an associate professor of economics, finance, and real estate, such a situation can easily occur when student loan companies act deceptively. "This can easily happen when the lender knows more than the borrower about the terms of the loan. I doubt many of us, myself included, bother to read every detail of every agreement we sign,"



IMAGE TAKEN from <http://specials-images.forbesimg.com/imageserve/d5988>
Navient responded to a civil suit filed against them by denying all allegations. They assert that all of the allegations made against them are politically motivated.

said O'Halloran. "Consequently, it is rather easy to bury the hidden clauses in the fine detail and then use it against the customer's best interests. It may not necessarily be illegal, but I feel it is unethical at best."

"I think nowadays it's hard to trust many different things now that technology is way more advanced," said Ava McClendon, a junior art student. "I think students are going to be under more pressure and stress when it comes to trying to find the funds. It's hard to find the resources that will cover everything."

O'Halloran noted that conflicting goals between the borrowers and the loaners can often result in similar scenarios. "This is a typical principle-agent problem whereby borrowers expect the agent (loaners) to behave in the borrower's best interest, however, the lenders may have other goals such as higher interest on the loans. That is why financial markets require oversight, just like medical markets."

Other accusations claim that Navient deceived private student loan borrowers about requirements to release co-signers from their loans and harmed their credit.

Connor Orr, a junior psychology student, said this case will definitely

have a negative impact on students' trust with loan companies because they do not want to be the next ones getting scammed. However, he asserts that students might be more careful now in choosing a company to take loans from.

Peter Reinhart, Director of the Kislak Real Estate Institute, said that it is imperative for borrowers to beware of the particularities of loans. "Students and parents should be diligent in repaying the loans and being aware of their rights and obligations. This government action to correct improper practices should help to level the field. But the litigation does not remove the responsibility of the students and families to be diligent in repaying and monitoring their accounts," said Reinhart.

"Besides the potential legal issues with a delinquent loan, the impact of a bad loan on a student's credit report is just as bad as a bad credit report impacts other parts of life, including the ability to get a job. Employers will look negatively upon a prospective applicant with a negative credit report," Reinhart continued.

Alasio explained how the suit could impact students at the University using Navient as their loan

company. She said, "As I understand the basis for the suit mostly concerns student loan borrowers who have graduated or left school and who are in repayment on their loans. It could, however, impact students who are still in school and who have made prepayments on their loans, since one of the allegations is that Navient "...failed to correctly apply or allocate borrower payments to their accounts..."

"If students have made payments and are concerned, they should review their student loan account and their bank records to ascertain that any payments made have been properly credited to their account. Honestly, students should do this for *any* account they are making payments on – that is just good money management," Alasio said.

According to an article published by *Forbes* on Jan. 20, if a student feels that they have been wronged by their student loan lender or their student loan servicer, they can make their voice heard by sending a formal complaint to the U.S. Department of Education, Consumer Financial Protection Bureau, their lender, or their service.

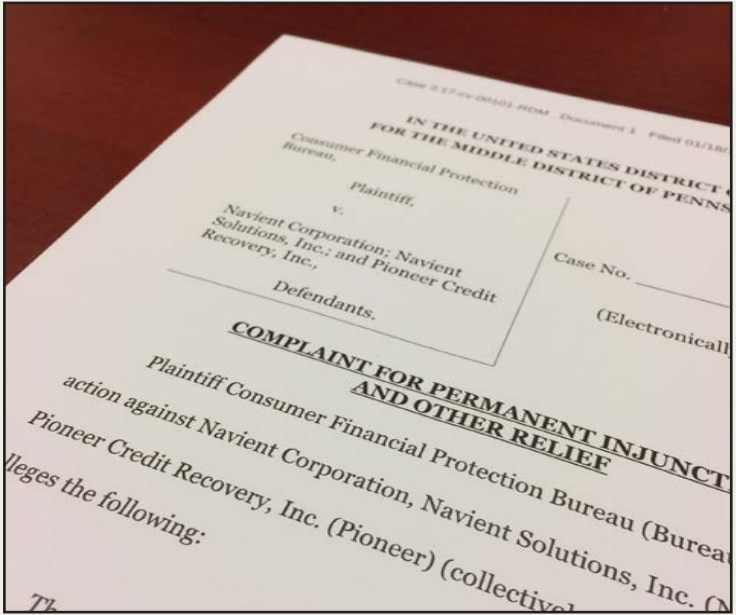


IMAGE TAKEN by Alexandria Afanador
According to the CFBP, Navient has been participating in a number of crimes directly impacting student borrowers.

The Travel Ban Lies in Hands of the Courts

Ban continued from pg. 1

“The full scope and legal ramifications of the Executive Order continue to evolve in the face of legal challenges,” said Brown. “While we continue to study the most appropriate recommendations for our students and faculty who may be impacted by the Order, please know that Monmouth University remains committed to our core values of integrity and diversity, characterized by cultural understanding and respect for others.”

The legality of the ban was tested this weekend in a lawsuit that reached the United States Court of Appeals for the Ninth Circuit in San Francisco late Saturday. Lawyers for the federal government asked the appeals court to retract a temporary restraining order on the ban issued Friday by Judge James Robart of the Federal District Court in Seattle. The Ninth U.S. Circuit Court of Appeals denied the administration’s request to set aside the Seattle judge’s ruling that put a temporary hold on the ban nationwide. If appealed the case may be brought to the Supreme Court.

Not only was the Iranian student affected but his/her family was as well. He/she commented, “When we found out about the ban my family was pretty sad, because my sister was supposed to go the university next semester, but they canceled her interview at the embassy. They canceled all the interviews of Iranian

people from all over the world.” After the temporary halt of the ban, the State Department was able to reinstate 60,000 visas of previously banned travelers. Therefore, the Iranians students’ sibling may still become a Hawk in the near future.

According to Jon Stauff, Ph.D., Vice Provost for Global Education, the University will not deny a student admittance for being on the list. He said, “Monmouth University remains committed to its mission to prepare students ‘to become engaged citizens in a diverse and increasingly interdependent world...Students from the seven countries included in last week’s executive order will continue to have their applications processed as they were before the order was signed.”

“We need to remember that the current restrictions have been designed as temporary measures to be used only until the Trump Administration has reviewed pertinent regulatory practices...The University will continue to monitor the situation, but there are no plans to prevent students from any country from submitting an application to attend MU,” Stauff continued.

Rekha Datta Ph.D, a professor of political science, explained that similar bans have been in place before by other administrations. She said, that in the 1920’s, the ‘national origins system’ favored immigration from mostly Western European ones, and in 1965 the Immigration and Nationality Act banned immigration on the basis of national origin.

She said, “A 1952 law allows

the president to issue temporary bans to protect national interest. President Carter issued a temporary ban on students and tourists during the Iran hostage crisis leaving open immigration on humanitarian grounds.”

Nicole Benis, a Monmouth Alum, agrees with the ban. “I can see why people would be against the ban. However, people need to see that this was done for the safety of Americans and not to discriminate against anyone. He wants to hold off on immigration from these countries that President Obama listed as area’s of concern, until he implements policies that he feels comfortable with.”

However, other students like Zareen Shueib, a senior accounting student and Vice President of the Muslim Student Association, are disappointed by the ban. “At first, it was hard to believe because America is always referred to as the country of immigrants where everyone is welcome. Then when it really hit, it felt awful; the rest of the world looks to see how we (Americans) are going to react to something and I think this time we have let down the people who really had hope from us,” she said.

Although the future of the ban is presently unclear, Brown asserts that diversity is a perma-

nent part of the University’s framework. He said, “A cornerstone of our strategic plan is to foster opportunities for global and cultural literacy through our curriculum and programming. An important part of that commitment is embracing the diversity of cultures, languages, ethnicities, and faiths that form the Monmouth University community of students, scholars, and staff.”

“We will continue to keep the community apprised of further federal actions that impact our students, faculty, and staff,” said Brown.



IMAGE TAKEN from [Jhttp://s79f012693v3ecoes3yyjsg1.wpengine.netdna-cdn.com](http://s79f012693v3ecoes3yyjsg1.wpengine.netdna-cdn.com)
Protests across the nation erupted at airports and other locales following the executive order that temporarily banned the entry of persons from certain Muslim-majority countries.

Flu Spike May Be Decreasing Amongst Students

JEREMY MANCINO
CONTRIBUTING WRITER

According to a report released by the New Jersey Department of Health and Care, there were high levels of influenza activity throughout the state in January. Monmouth County is the highest flu-infected county within New Jersey with a total of 135 cases thus far.

Last year’s flu reported cases were nearly two times less with only 82 cases around this time last year according to an Influenza Laboratory Report by the New Jersey Department of Health Communicable Disease Service.

“The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year,” according to the Centers for Disease Control and Prevention (CDC) website.

The University Health Center and their healthcare providers sponsored two flu vaccination clinics--one in early October and another in early November. The clinics vaccinated a total of about 600 students and employees.

“Quite simply, a lot of folks have the flu,” said Kathy Maloney, Director of Health Services. Ever since the semester began, she and fellow doctors have been inundated with students afflicted with influenza and ‘influenza-like illnesses’--a term that describes possible cases not confirmed by tests.

When the outbreak began, Maloney, and her fellow staff were tasked with measuring its full extent. “As

a Sentinel Provider [any group or office tasked with monitoring flu outbreaks] for both the CDC and the New Jersey Department of Health, we were given three rapid flu kits, together consisting of 66 tests. These were meant to detect initial cases; since then every single one has been used. So now we are treating based on symptoms,” she said.

“My roommate had the flu a week ago,” said Chris Laspina, a sophomore commercial real estate student. “He was out for around five days, and he had to go home because he wasn’t able to go to class. I’ve also noticed that lots of people on Facebook have been mentioning that they’ve come down with the

flu. Last year, I heard nothing.”

In a letter to parents about seasonal influenza preparedness, Mary Anne Nagy, Vice President for Student Services wrote, “In order to maintain a healthy campus environment and to prevent influenza and its complications, we urge you to discuss with your student the value of receiving an annual flu shot. By taking this proactive step, your student can prevent needless time away from academic studies and work.”

Symptoms of the virus are varied, and are often different from person to person. “We’ve typically seen people who come in with high fevers, sore throats, lots of congestion, and some coming with all

these plus vomiting and nausea,” said Maloney.

The CDC’s website also mentioned that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouth or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

There are a number of ways everyone is able to prevent or deter the flu virus from attacking their immune system. According to Maloney students can attempt to prevent the flu by getting plenty of sleep, maintaining good nutrition,

good handwashing, and proper disposal of used tissues.

A factor that affects the spread of the flu is how many students are vaccinated, as well as how effective the vaccination is. A flu vaccine is created yearly to deal with the strains that doctors believe will be the most common and troublesome in any given season.

Dr. Kathryn Lionetti, a professor of biology, explained how these vaccines work. “A vaccine is meant to prime the immune system, allowing it to raise the number of antibodies and sensitized T-cells which are able to fight off foreign bodies. Anything foreign that’s not normally found in our bodies, we call an antigen (antibody generator). Before we’re born, our bodies take stock of what does and doesn’t belong to us. The body is able to recognize what is ours and what is foreign.”

Many can attest to the effectiveness of vaccines including Carly Trill, a senior social work student. “This was the first year I got a flu shot,” she said. “A couple of my friends said they’d gotten really sick, but I’m doing quite well so far.”

Maloney is optimistic that the worst has passed and has seen a decrease in cases over the last few weeks. “There will still be a few cases until spring break; but afterwards the viral pattern should be broken,” she said.

However, both Lionetti and Maloney agree that there will surely be another epidemic next year, and in order to minimize your odds of the flu, they encourage students to get their flu shots. According to them, prevention is the best medicine.



IMAGE TAKEN by Alexandria Afanador
An uptick in flu cases occurred across NJ near the end of January. Fortunately, cases around the state and at the University are beginning to decrease.

THE OUTLOOK

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Pressing Issues of the Press

THE OUTLOOK STAFF

We, as journalists, have studied the famous case of the Watergate scandal that happened in Richard Nixon's time in the White House. The editorial staff has learned about the importance of checking in on government, and most obviously, the powerful role of the Press. It has been engrained into the minds of journalism students that the press would do their best to warn and protect the people if there is any form of wrongdoing in any of the branches. This goes for positive things as well – the Press is an overall information source for people everywhere.

Now, President Donald Trump is in office and has been making some waves with the media, something that he has had ups and downs with his entire campaign. Trump's Chief Strategist, Steve Bannon, said in a press conference, "The media should be embarrassed and humiliated and keep its mouth shut and just listen for awhile."

This begs the question, should the press do such a thing?

It's no surprise that the President would like his privacy. For instance, one editor brought the issue of misrepresentation to light in explaining his relationship with the media. This editor said, "As Ben Parker in *Spiderman* would say, 'With great power comes great responsibility.' We, as journalists, have the power to investigate. We have the power to share stories in an unbiased manner and inform the public of key issues. But, when agendas are prevalent, we have the power to influence and wrongfully mislead, and that counteracts the core values that we as journalists should preserve. I think that is what Trump – or any appointed person in power – fears: skewed news and misrepresentation."

With millions of users on social media sites, it's not uncommon to come across the "fake news" that makes widespread, inaccurate news so accessible. Essentially, this is the type of news that anyone can create – news without fact checks or credible sources. It is a piece of persuasion that a person is trying to get a crowd to agree with. This is dangerous because anyone can post anything on a blog page or social media outlet, and people will believe it.

Fake news is certainly something that we could do without. However, it is undoubtedly a First Amendment right to be able to express yourself and say what'd you'd like to, so we can't stop this from happening. It's important to remember that we can freely express ourselves under our First Amendment right, and so can the Press. In fact, it's crucial to our functioning government.

"I would argue that it is the mandate of the Press to deeply scrutinize the administration," said Professor of Journalism, John Morano. "The reason 'freedom of the Press' is granted in the First Amendment is not to encourage the Press to stay on the sidelines. To the contrary, it is granted so that the Press can examine those in power, fulfilling their Fourth Estate role, without fear of government retribution or restriction so that we might have an informed public."

"The role of the Press in government, in my opinion, is really important because it helps draw the attention of the public," one editor said. "The Press and news outlets and media in general are a few of the only ways that civilians can get their hands on what is happening not only in the world but right here in our own towns, states, country, and world."

Without the Press, we would

have an extremely hard time finding out exactly what's going on in our world. As average citizens, we would never be able to check on government the way that the Press does, and we'd never know if there was wrongdoing happening.

There are so many countries whose Press outlets don't have nearly as much freedom as we do in the United States, and we should keep this in mind. It's a privilege to live in a country where citizens can be as involved and informed in government decisions as we are. This aspect can't go to waste out of the fear of misinformation spreading.

There is no way to please everyone out there because of the many opposing viewpoints when it comes to politics. One thing that Trump should keep in mind is that he makes himself an easy target to the media through his reactions to certain situations. One editor commented, "Trump is an extremely outspoken person to say the least. The Press runs with people like this. He is an easy target for negative Press."

As time in office passes, *The Outlook* believes that Trump will learn better ways to handle the media and ways to deal with it. This is the beginning of his administration, so with time, his experience with bad Press and fake news will hopefully decrease.

And as for young, aspiring journalists, your journey does not end here. According to Morano, his advice is quite simple: "Tell the truth and be fair. It's awfully difficult for someone to get into real trouble ethically or legally if they are being fair, to all parties, and telling as complete a truth as possible. If you're doing that, then most other things will work themselves out naturally."

SHE NEMAN TRIBUNE CONTENT AGENCY



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Valentine's Day:
A Classic Hallmark Holiday

Valentine's Day:
A Day of Romantic Love

JANAYA LEWINSKI
CONTRIBUTING WRITER

As Valentine's Day draws closer, the palpable urge of people who do not have a significant other to splurge on them becomes the center of many conversations and social media feeds. Around this time of year, we all hear that one friend saying stuff like, "the only person I have a date with tonight is Don Draper from Mad Men."

Realistically, that is the only date that anyone should be looking for because Valentine's Day sucks for so many reasons.

First, this Hallmark Holiday is a self-esteem steamroller for so many girls and boys, and it is so problematic. Unfortunately, the society we live in places a lot of value on a picturesque Valentine's Day.

Watching people place their worth into overpriced boxes of chocolate as a result is kind of heartbreaking, but more than anything – unnecessary.

Also, the average college student is pretty strapped for cash. According to a 2016 *Time Magazine* article, the 55 percent of Americans that acknowledge the holiday spend about \$146 on average. Just to put that cost into perspective, a textbook can cost around that much.

It would be so beneficial to take the focus off this holiday that only exists to pad the pockets of the candy, jewelry, and flower industry.

But honestly, can someone please explain to me why we are letting this day get us down? Realistically, this day is a pink and red capitalist scheme to dictate how you should feel about yourself.

Do not let the prerogative of an in-

dustry made to sell material things tell you about your romantic life; let your actions, heart, and beautiful self do that.

On a completely less deep, mildly related note – if those boxes of chocolate do not come with a map that indicates flavor for each piece I, and many others, reserve the right to press our fingers in the bottom of each one to determine if it is edible by our chocolate standards.

Chances are, that I, and many others, will only eat two from the box whoever literally spent fifteen bucks on. I am sincerely sorry if you enjoy that creamy pink stuff wrapped in the deceptive delicious dark chocolate shell, but the rest of us feel misled.

I also feel like whoever is profiting from Valentine's Day is best friends with a dentist because that some of those candies could actually pull out a filling.

In the spirit of being the hater you all love, there is one poignant thing that goes above everything else: If you *are* in a relationship, why is Valentine's Day the only special day? You and your partner should be constantly showering one another with love and affection.

The main reason I hate this day is because for some, unluckily this is the only time that their intimate partner displays love that they should be getting every single day.

Maintaining a relationship involves work, time, patience and a million special days, not just one.

For everyone—enjoy the company of those who you love and those who love you every single day. Don't let the hype of this Hallmark holiday engulf your thoughts and wallet.

NICOLE RIDDLE
CONTRIBUTING WRITER

As we enter the second month of the year, the chaos and busyness of everyday life have already begun. Now that a majority of secular holidays have come and gone, the festivities have come to a close and everyone has acclimated back to work and school.

However, February still gives us the opportunity to decorate, be with our loved ones, and celebrate with one special holiday: Valentine's Day!

Valentine's Day is a day to reflect on the important relationships we have in our lives. It allows us to take away the fanfare of the past holiday season, and continue to focus on those that bring us joy and remind us that we are loved.

Although Feb. 14 is a day that is targeted toward celebrating *romantic* relationships, making plans to hang out with friends also reminds us of the shared love we have with people who truly understand us. If any of your friends feel down on being single this Valentine's Day, cheer them up with some quality time together! It's the perfect occasion to reminisce on all of the laughs, tears, and beautiful memories, all while creating new ones.

Also, it's a great excuse to dress up in red and pink themed clothes and decorate your space to your heart's content. While playing up the theme, a fun night in watching friendship-themed films (hello, *Beaches* remake!) with tasty treats can make for a gathering that's the perfect substitute for a solo pity-party.

However, if you are spending the holiday with your significant other, organize the perfect day that centers on a common interest. For example, making a reservation at that restaurant where you first bonded over a favorite meal can be a trip

down memory lane, and an easy compromise for a plan. Scheduling a night of exciting events such as going to see your favorite artist in concert, attending a friend's party, or even binge watching Netflix together are all great ways to bring people together in celebrating what makes them compatible.

Depending on if it's a collaborative plan or a plan to surprise your partner, making sure those special details shine through is what will let them know how much they mean to you. The day should celebrate the heartfelt memories that have been a backbone of a long relationship, or if the relationship is fairly new, spending quality time getting to truly understand one another and strengthen a relationship. After all, this day is designated to celebrate all of the love that surrounds us, including the unique and wonderful companionship romantic partners can provide us.

Valentine's Day is advertised as a day to appreciate the ones we know and love, but can also be a great opportunity to give love to those who many not always receive it. In a divisive time such as this, small acts of kindness can add up to a positive impact on the world around us. Smiling when another person crosses your path, holding the door for that last person to go through, or even saying hi to someone new can help to spread some much needed compassion.

In doing so, these thoughtful actions can help instill the idea that love can be found even in places where we least expect it.

However you choose to celebrate this year, remember that Valentine's Day can be made to rejoice in all kinds of love, from all kinds of people and can help spread love that we all could use some more of.

“The Keys to Success are Hard Work and *Luck*”
Is There Any Truth Behind This Outdated Adage?

KAAN JON BOZTEPE
CONTRIBUTING WRITER

If all you trust with your success is luck, you're living in a sense of falsehood. The key to success is blatant and very straightforward: work hard, keep your head down, and keep pushing through while staying positive.

It is impossible to start your career if you're lacking knowledge, and the only thing you can do is educate yourself for the position and work to qualify for it. We can't just roll some dice and say whatever happens happens; we need to provide actions towards achieving our goals.

The harder one works, the more opportunities may rise, but that isn't sheer luck, that is strictly dedication and hard work. This does not mean that people are never born with any special talents, but for people who don't necessarily have a special talent, they can still reach the same level of success than those that do. Furthermore, they can exceed expectations with hard work.

People often have a misconstrued conception on luck; to some, luck is seen in people who are born rich, or the people who are born fit and healthy. This, however, is not luck. They are simply excuses that unsuccessful, lazy people use to feel sorry for themselves. But that is utter illogical nonsense.

The people who are 'born rich' had parents or grandparents who

worked extremely hard to create that legacy. Those corporations and large estates didn't just happen because of luck. And those who say some people are just lucky to be 'healthy and fit' are those who assume you just have no control over your body, so it isn't worth even trying. Which of course, is not true; those people who are healthy and fit have the patience for progress, have a correct mindset on eating nutritious food, exercising rigorously, and constrain the amount of unhealthy food they consume.

Brianna Cicerelle, a freshman accounting student, stated, "Luck does not play a role in becoming successful. To be successful, you must work hard. Unlike with luck, you are not guaranteed to be successful because you have never worked towards it."

She continued, "People need to work hard because if they wait for luck to come around,

they will never be successful. You cannot go on with life simply hoping for a better position or a higher paying job, you must exert effort for it."

Jacklyn Matkowski, a freshman history and education student, added, "There is no correlation between luck and being successful. If you spend your life believing that luck will make you successful, not only will you be unsuccessful, but you will probably also be unhappy."

"There is something fulfilling about achieving success through hard work. As a student, we can see the rift between those who trust their luck to get them by and those who believe hard work is the only way to succeed. The results speak for themselves," she elaborated.

Frank Cipriani, world languages and cultures instructor, stated, "I can offer the example of my father. He has tremendous luck. Lotteries, life situations, you name it. Each time something lucky happens, he knows how to take advantage of his luck. Success isn't so much a matter of luck, but if luck comes your way, a successful person never squanders his/her luck."

Cipriani's view might seem different than mine, but once you read carefully you see it's quite similar. He spoke about how his father knows how to take advantage of luck, meaning that that luck was not present until he took advantage of a situation, which takes dedication and analyzation.

There is a huge importance and emphasis on hard work and dedication in order for one to be successful, especially in the long term. Many people give up on a lot of their goals due to how rigorous it may be to achieve that goal. But next time you decide to just roll the dice and hope for the best, make sure you master your roll.



IMAGE TAKEN from <https://www.pexels.com/photo/addiction-bet-betting-casino-5258/>

Many people associate luck with success, but there should really be a true emphasis on the hard work that people put into their successful futures.

President Trump Introduces Neil Gorsuch as Nominee for Supreme Court Vacancy



PHOTO TAKEN from theatlantic.com

President Donald Trump shakes hands with Neil Gorsuch, as he introduces the latest Supreme Court nominee.

BRENDAN GREVE
CO-POLITICS EDITOR

President Donald Trump announced on Tuesday, Jan. 31, that he will nominate Neil Gorsuch, Judge from the United States Court of Appeals for the Tenth Circuit, to be the newest Associate Justice to the United States Supreme Court.

The vacancy in the nation's highest court came almost a year ago when Justice Antonin Scalia passed away on Feb. 13, 2016. Scalia, a conservative and strict constitutionalist, was a very consequential loss because it threatened the conservative tilt of the Supreme Court. Gorsuch, the 49 year-old Harvard and Columbia alumnus, has similar conservative leanings in his jurispru-

dence as Justice Scalia. Johanna Foster, Director of the Sociology Program, considers him to be "extremely qualified, with exceptional credentials."

Trump's nomination of a conservative like Scalia to the Court was a crucial issue to many conservatives during the election season. Trump said while introducing his pick, "Millions of voters said this was the single most important issue for them when they voted for me for president" and "I am a man of my word."

Chair of the Kislak Real Estate Institute and Specialist Professor at Monmouth, Peter Reinhart said, "His jurisprudence from all accounts seems to be quite conservative and is considered an 'originalist,' meaning he favors a more literal interpretation of the Constitution. He is basically

very similar to former Justice Scalia who he would replace."

Gorsuch showed his admiration towards Justice Scalia, by saying, "Justice Scalia was a lion of the law" in his speech accepting his nomination. He sided with the conservative justices of the court on many hot button issues. He consistently takes the side of religious liberty in his decisions.

He continued, "For example, he fought against the contraception mandate of the Affordable Care Act in controversial Supreme Court case, *Hobby Lobby Stores v. Sebelius*. He said that the government should not force people with "sincerely held religious beliefs" into "conduct their religion teaches them to be gravely wrong."

He also made his displeasure

toward euthanasia known in his 2006 book, *The Future of Assisted Suicide and Euthanasia*.

The political turmoil over the vacancy has been present for the past year, starting with the Republican members of the Senate's refusal to hold a vote on President Barack Obama's appointee to the court, Merrick Garland. That fight is likely to continue.

Reinhart said, "I believe that had this nomination been made a few years ago before the bitter partisanship battles that now seem to be the norm in Congress and between the President and the Congress that Judge Gorsuch's nomination would have been a battle, but that he would have been confirmed."

He continued "But now with the partisan treatment given President Obama's nomination last year of Judge Merrick Garland, the Democrats are not going to make the Gorsuch confirmation hearing easy."

According to a *CNN* article written on Feb. 1 by Tom LoBianco, Senate Democratic leader, Chuck Schumer, said, "Make no mistake, Senate Democrats will not simply allow but require an exhaustive, robust, and comprehensive debate on Judge Gorsuch's fitness to be a Supreme Court Justice."

House Democratic leader, Nancy Pelosi, expressed her opposition to Trump's pick in a *CNN* town hall the same night it was announced saying, "If you breathe air, drink water or eat food, take medicine or in any other way interact with the courts, this is a very bad decision—well outside the mainstream of American legal thought."

The Republicans hold a slim

majority in the Senate, 52-48. This could give the Democrats some hope at blocking Trump's pick. However, there are dangerous political ramifications if they gamble and lose.

Associate Professor of Political Science, Dr. Joseph Patten, said, "There's a growing sense that Democrats might keep their powder dry and not filibuster the Supreme Court confirmation vote in part because Senate Republicans are threatening to use the "nuclear option" (get rid of the filibuster) if they do." Patten said that this could handicap the Democrats in other key issues.

He said, "If the Republicans did away with the filibuster Democrats would be virtually powerless to stop Republicans from repealing and replacing Obamacare."

It is a difficult situation because the pick can have a long lasting influence on the Court. Reinhart said, "It's an important nomination not only because he becomes the ninth justice, but because he is only 49 years old. Supreme Court Justices are appointed for life, so it is quite possible that he could sit on the Court for over 30 years."

He also added, "Since there are three other sitting Justices 80 or older, there is a distinct possibility that President Trump may have more nominations to make in his term. Both political parties are no doubt factoring that possibility into their strategies on the Gorsuch nomination."

Additional reporting was done by Yendelli Bello, Contributing Writer

A Deeper Look Into the Travel Ban

GARBRIELLE IENTILE
CONTRIBUTING WRITER

President Trump signed an executive order on immigration, banning Syrian refugees from entering the United States as well as citizens from seven Muslim majority countries, on Friday, Jan. 27.

The order prevented Syrian refugees from seeking asylum in the U.S. indefinitely. It also bans travelers from Iran, Iraq, Libya, Somalia, Sudan, Syria, and Yemen, and withheld all refugee admissions for 120 days, according to the *New York Times*.

As a result of the ban, those traveling to the U.S. were stopped in airports both in the United States and abroad—legal residents as well as visitors and students in Cairo, Dubai, and Istanbul were blocked; others were sent back after arriving.

President Trump considers the immigration ban a success: "It's working out very nicely" Trump said the Saturday following the executive order's signing, reported *CNN*. "You see it at airports. You see it all over. It's working out very nicely and we're going to have a very, very strict ban."

The Department of Homeland Security also agreed to impose the president's executive order. White House chief of staff Reince Priebus assured green-card holders from the seven banned countries that they would be able to return to the United States.

However, there has been widespread opposition what many are calling a "Muslim ban." Citizens have expressed their discontent by protesting in airports, where lawyers offered legal advice to those being detained.

There have been demonstrations throughout the country—people in New York, Atlanta, Chicago, Los Angeles, Houston, Seattle, Washington D.C., Dallas, Boston, Detroit, and Philadelphia, among others, have taken to the streets voicing their concerns.

Former President Barack Obama also criticized the immigration and travel ban on Monday, Jan. 30. He commended citizens for "exercising their Constitutional right to assemble, organize, and have their voices heard...when American values are at stake," reported *The New York Times*.

Former Acting Attorney General, Sally Yates, spoke out against the executive order. She told the Justice Department not to support the order, and deemed it unlawful. President Trump fired Ms. Yates only hours later for not following the policy of his administration.

On the day of the signing, President Trump said the immigration ban would "keep Islamic terrorists out of the U.S."

Officials from his administration defended Trump's executive order, saying that his actions would help the U.S. improve its vetting procedures. Officials

also said that the legislation was thoughtfully created during Trump's transition to the presidency.

Some speculate that the immigration ban could be used to the advantage of terrorist groups, such as ISIS.

Associate professor of Political Science Kevin Dooley said these groups "will be able to use this travel ban as a recruitment tool." He continued that "misinformation about the United States has always been used by anti-American groups to recruit those who would do us harm."

Rekha Datta, a professor in the school of Political Science, said there are studies that found the ban could have dangerous consequences, which depend on a host of factors, including "religious, personal, social, economic, and policy causalities."

She said that "some analysts think that as a result of this policy moderate Muslims will mobilize and become radical. Others think that it is an affront to millions of peace loving Muslims if we paint every member of the community that way."

Abby Finn, a sophomore English student at Monmouth, is worried about her friends, many of whom she said could be affected by the ban. "It makes me feel bad that this is happening to them" she said. "Especially since we're the country of freedom and it just doesn't seem like the correct way to go."

Many also fear that President

Trump's immigration ban may perpetuate Islamophobia in the U.S. "Islamophobia is a by-product of misunderstanding and fear" Dooley said.

However, the executive order signed by the President is not yet final and legal battles are set to begin. According to the *Wall Street Journal*, more than two dozen petitions and lawsuits have been filed over the order.

The most notable lawsuit was filed in the state of Washington in which the state of Minnesota also joined. On Friday, Feb. 3, Judge James Robart of the U.S. District Court for the Western District ordered a temporary restraining order on the ban and travel has resumed from the targeted countries.

The legal arguments on behalf of the two states according to the *Wall Street Journal* is that the ban strips their states of tax revenue, interferes with its businesses, and separates families and stranded some college faculty and students abroad.

Justice Department lawyers countered saying that the states arguments are "hypothetical and speculative" in papers filed over the weekend. President Trump tweeted that the decision is "ridiculous and will be overturned!"

The White House has appealed Judge Robart's order. Oral arguments were made on Tuesday, Febr. 7, in front of the U.S. Ninth Circuit Court of Appeals.

Legal experts have said that

the decision of the appeals court may decide the fate of the executive order because of the vacancy in the Supreme Court. The Supreme Court would need five judges to overturn the decision one way or another. Since the Court is currently split 4-4, the decision of the appeals court would stand a Supreme Court decision was split down the middle.

As a college community, there are many ways to combat islamophobia on campuses, such as "through education and pursuing an open-dialogue among groups who feel passionately about their differences" said Dr. Dooley.

He continued, "free speech is what separates the U.S. from practically every other country on earth and it seems to be in the best interest of colleges and universities to promote a safe venue for all viewpoints."

Datta commended Monmouth for its action taken on islamophobia. She cites "World Hijab Day" and "Meet a Muslim" program as the campus's successes in celebrating diversity.

"I am proud of our students, our next generation, who stand against prejudice and bias," Datta said. "President Brown's letter to the campus community last week is a testament to how the University welcomes diversity and cherishes American values that stand on it."

Additional reporting was done by Brendan Greve, Co-Politics Editor

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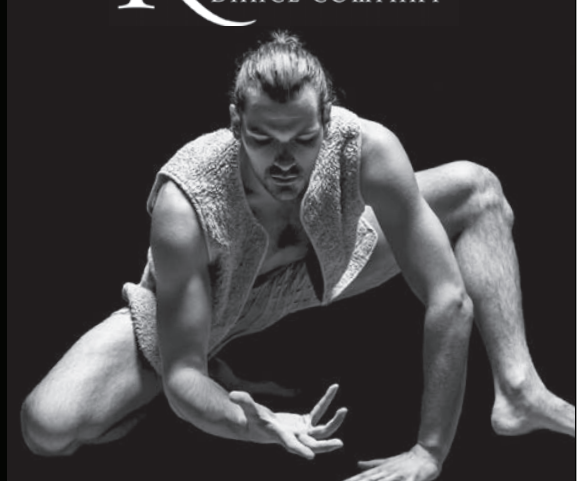
FEBRUARY 9 AT 7:30 PM

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CELE[RY]BRATE VEGANISM

ZACHARY KARVELAS
STAFF WRITER

Veganism has become an increasingly popular lifestyle throughout the younger generations. In the past five years, the number of vegans and vegetarians in the country has more than doubled surpassing sixteen million according to therawfoodworld.com. The vegan diet cuts out all animal products whether it be dairy, meat, eggs and even clothing products that use wool or leather.

There are many that do it for health purposes to help high cholesterol or digestive issues and others that do it to support animal rights. What people don't realize is that high cholesterol and heart disease are way more prevalent among people eating the American Standard Diet, which typically consists of meat, dairy, fat, and sugar, than among those following a vegan or even vegetarian diet.

Studies from the Harvard School of Public Health have shown that less red-meat consumption can lead to lower cholesterol, lower blood pressure, and a lower risk of diabetes and heart disease. Mary Harris, a Specialist Professor of Public Relations, switched to a vegan diet seven years ago, and even after having a vegan pregnancy she managed to lose weight and lower her cholesterol.

Harris works alongside chair and associate professor of the health and physical education Dr. Christopher Hirschler, running a vegan organization at Monmouth University called Plants for Peace. They host vegan potlucks on campus that are always open to the public and feature notable authors and vegan restaurant owners as speakers.

Senior music industry student, Huascar Holguin, has been vegan for about two years without ever looking back. He attended the vegan potluck and roundtable discussion this past Sunday and thought it was an amazing experience. "It was a very welcoming environment and exciting to be surrounded by others who share similar values. It is important to vegans and non-vegans alike to be exposed to this growing community and to show the world veganism isn't just a phase, but an increasingly popular lifestyle," said Holguin.

Aside from the health benefits, a more compassionate reason people go vegan is for the support of animal rights, to take a stand against the inhumane treatment of other living creatures we share this planet with. The meat and dairy industry are based on the unethical and inhumane treatment of the animals that are raised and slaughtered for human consumption. Organizations like PETA, People for the Ethical Treatment of Animals, are one



PHOTO COURTESY of Ayse Yasas

Monmouth hosted Try Vegan which is a local business that specializes in delivering vegan cuisine to those that are unfamiliar with the diet.

of the loudest voices in the animal rights world and have taken a large stance against the animal industry. They are responsible for a large number of the graphic videos of life on an animal farm or slaughterhouse exposing the practices of major corporations like Tyson.

There is also an extreme amount of damage being done to the environment from meat production. One of the biggest contributors to greenhouse gas emissions is animal agriculture like animal farms and slaughterhouses. A 2006 study conducted by the United Nation's Food and Agriculture Organization (FAO) found that 18 percent of global greenhouse gas emissions are directly attributable to livestock production, which is more than the

of life. Ayse Yasas, a senior communication student, said, "I noticed that they're definitely trying to add a few more options which have helped a lot. Last semester, a vegan food truck came to campus and that was really cool. It was nice to meet people who were also vegans because they understand what you go through. There's definitely a lot more that can be done at Monmouth, but there is a start."

By going vegan or vegetarian or even pescatarian you're not conforming, you're adapting. It isn't a trend or a phase, it's a way of life. It's a choice to not participate in the surplus of violence going on in this world. We as humans do not need to eat animals to thrive or to live.

"Most people haven't thoroughly researched the topic to know how their diet is contributing to violence inflicted on animals who are capable of the same range of emotions as their dog or cat, environmental degradation, and the physical and emotional suffering of workers who are paid to kill all day long on the kill floor of a slaughterhouse," said Hirschler.

So, clear your conscious, practice nonviolence, and make a difference. Try to limit your use and consumption of animal products or at the very least be aware of what is going on and know where your food is coming from.

Forever Young: Life Lessons from Teen Years

MARIE SOLDÓ
STAFF WRITER

The drama, heartbreak, and struggles that occur during one's teenage years all contribute to valuable life lessons. Later in life, an individual will find that what they learned during their adolescents will aid them in adulthood.

A valuable life lesson that many learn as a teen that is valuable to twenty-somethings is that your opinion of yourself is the only one that matters. It does not matter what others think about you. Many spend years of their lives worrying about what others think of them. The opinion of others does not matter; what matters is how you perceive yourself. Along with that, never let the opinions of others alter your view of yourself.

Kait Gravatt, a sophomore communication student, shared the valuable life lesson that life does go on. "That bad exam grade will be okay, that friendship ending will be okay, that relationship ending will be okay. Do not dwell on your bad days too much because they will get better," said Gravatt. Just as Rhiann Ellis quoted in her evocative book "After Life", "The worst thing in the world can happen, but the next day the sun will come up. And you will eat your toast. And you will drink your tea." In trying situations, it is necessary to remember that life goes on and tomorrow is a new day.

Natalie Toro, a junior biology student has learned that self-love and self-respect are everything. Having self-love and self-respect enables her to realize that she deserves the best and therefore, she will never settle when it comes to her education, career, or love life. Self-love is the key to both confidence and success. The idea of self-love

ties into a life lesson that senior Communication student Kayla Cardona has learned as a teen, which is that others cannot define who you are and it is always important to put your mental, physical, and spiritual health first. No matter where life takes us or what challenges we face, it is crucial to take care of ourselves and keep in mind what we deserve.

Claude Taylor, a communication professor and advisor-in-residence for academic transition and Inclusion, mentioned the life lesson of taking risks. When Taylor was a teen, he was extremely risk averse and always played it safe. Looking back, he wishes he had taken more risks because he faces difficulty in making high-risk decisions. It is important to take chances during every phase of one's life to continue both emotional and intellectual growth.

Associate Athletics Director Eddie Occhipinti, shared something that his father always told him during his teenage years. "Every day, someone could meet you for the very first time, so always try to look your best, be respectful, be kind, and always make a good first impression," said Occhipinti.

The lessons that one acquires during their adolescents will aid them in future situations throughout their lives. An individual's teenage years are filled with many firsts. One's first failure, first job, first kiss, or maybe a first love. These initial experiences provide one with further insight on how to handle these situations in the future. Regardless of age, one can always refer back to the memories from their youth to find answers to the many challenges one might face in the future.

Health Food Myths Debunked

KELLI GALAYDA
STAFF WRITER

Healthy eating has made its way to the forefront of popular culture – organic produce lines grocery store shelves, avocado appears on any modern restaurant menu, every junk food has a fat-free alternative, and greens are cool enough to inspire Beyoncé to rock a "Kale" sweater in her "7/11" music video.

The media has jumped on this bandwagon as well, advertising various products as "superfoods" and switching the focus of dieting from weight-loss to obtaining a healthier lifestyle. However, much of what the media claims are nutritious goldmines that will solve all your dietary problems, may not actually be the key that will unlock the door to a healthier you.

Barbara Baron, MS, RDN, CDN, a healthy eating consultant and adjunct nutrition professor, broke down the superfood phenomenon. She said, "So many foods are frequently touted as 'superfoods' – because they may be loaded with vitamins, minerals, and phytonutrients that may help promote health and reduce the risk of certain chronic diseases. This 'superfood' title may frequently be used by media because it sounds attractive, yet it is meaningless when we ignore the other food choices and overall lifestyle of an individual."

True healthy eating requires a healthy lifestyle, not just the occasional superfood. Baron believes, rather than filling your fridge with kale and your cabinets with avocado, "It is better to build a superb eating plan with nutrient-rich foods and mindful eating habits. One that includes eating more fruits and vegetables, lean protein, whole grains, more fiber, and low-fat dairy foods, and being physically active daily."

Another important aspect of healthy eating is portion control.



IMAGE TAKEN from Pexels

Get your daily dose of nutrients on the go with a smoothie that contains a variety of fruits and vegetables.

No matter how nutritious a certain food can be, it loses its value when not consumed in moderation. Baron explained, "Avocados, while rich in key nutrients are concentrated with calories. One cup cubed is about 240 calories, as per USDA National Nutrient Database for Standard Reference – therefore adding too much of this food can unknowingly also increase calorie intake."

To help with the upkeep of moderation, it is essential to eat a variety of foods to "optimize your nutrient intake", said Baron. Consuming foods from each food group daily increases the variety of nutrients you take in, ultimately improving your body's well-being.

Nevertheless, healthy eating as a college student can be a challenge. Between tight budgets and even tighter schedules, finding the time and the funds for a healthy meal may seem impossible. But, a nutritious diet is much more tangible than it seems; it just requires paying a little extra attention at the grocery store.

Ayse Yasas, a senior communication student and founder of the blog "Thrifty Glam Vegan," shared some of her go-to foods for maintaining a healthy, plant-based diet. She said, "I love quinoa, rice, lentils, beans and frozen vegetables. I can be really lazy, but Wegmans has really awesome quinoa and

rice microwaveable pouches, which is super easy for college kids, and frozen vegetables are the same way. I also love buying microwaveable pouches filled with lentils, potatoes, and eggplants that you can eat with rice or quinoa, too."

Another quick and simple healthy option, that happens to be popular in today's media, is a smoothie. Emily-Rose Touw, a senior health studies student, said, "College students are always busy and there's usually not enough time between classes to stop for a meal. Bringing a fresh smoothie from home is a perfect solution because it's easy to drink during class and can help ensure that students get the nutrients they need throughout the day."

Touw recommends making smoothies over buying them to avoid unnecessary ingredients like added sugars or sweeteners. Also, you have the ability to customize your smoothie to your individual needs and tastes, which vary based on your level of activity and health.

No single food holds the key to a healthy body. So, when making a grocery list, skip over the media's favorite superfoods. Instead, opt for a variety of fruits, vegetables, grains, fats, and proteins, and be sure to maintain an active lifestyle. Variety and moderation are the essential tools for building and sustaining a healthier you.

The Merry Wives of Windsor Visits Red Bank

ANNA BLAINE
STAFF WRITER

Shakespeare's farcical comedy *The Merry Wives of Windsor* will be coming to Two River Theater in Red Bank, and what better way to introduce this production than with free play readings? On Feb. 13 at 7 p.m., the cast of *The Merry Wives of Windsor* will be doing an open rehearsal for the upcoming play. Along with that, there will be a play reading group led by Two River Theater's artistic director, John Dias, on the nights of Feb. 27 and March 6 at 7 p.m.

If you attend, you will receive a sneak peek of what is happening behind the scenes of this delightful comedy; scheduled performances this season begin Feb. 25. These free events that will usher in *The Merry Wives of Windsor* production would be beneficial to high school or college students, adults and children alike, and here is why:

Shakespeare is credited with many things like perfecting the English sonnet and writing about passionate love. However, I give him more credit for the way in which his work translates and often concep-

tualizes the modern day 21st century woman. Shakespeare was advocating for women long before the feminist movement and while I know that everyone is not a fan of feminism, I'd like to believe that we do live in a progressive world. There are valuable life lessons that can be learned by reading or watching a Shakespeare play. For instance, lessons about the way we as people regard the opinions of women versus men in society. *The Merry Wives of Windsor* is about the way women feel in a patriarchal society and Shakespeare allowed his

female characters to voice the way they feel. At the end of the play, the opinions that Mistress Ford, Mistress Page and Anne Page had truly mattered and they brought back a semblance of reality to the absurdness of everything in Windsor.

The Merry Wives of Windsor has had numerous stage productions since it was first written between 1597 and 1601. Rumor has it that Queen Elizabeth requested William Shakespeare to write a comedic spin-off to *Henry IV* featuring one of the characters named John Falstaff. Little did she know, Shakespeare would write one of the most beloved comedies that appeal to audiences to this day. Written in prose, the common thread of hilarity throughout the play is that many of the male characters are completely unaware that they are the brunt of a joke. Characters such as Falstaff, who seek to woo Mistress Ford and Mistress Page for money; Mister Ford also does not trust his wife and believes she is committing adultery. Many of the men are so consumed by their own foolish agendas whereas the women of Windsor turn out to be the real intellectuals and players of the game. With its preposterous situations and non-conformity during a time where women held very little power, especially in marriage, *The Merry Wives of Windsor* is a testament to Shakespeare's artistry.

As a student at Monmouth University, I think this will be a great opportunity for college students seeking to gain extra credit in a Shakespeare or Brit-

"I know not which pleases me better; that my husband is deceived, or Sir John."

MISTRESS FORD
The Merry Wives of Windsor



IMAGE COURTESY of Two River Theater Staff

On Feb. 13, Two River Theater will introduce the production, *The Merry Wives of Windsor*.

ish Literature class. Maybe this can offer students an alternative to understanding Shakespeare as well because it can be a more rewarding experience than having to read from a textbook or listen to a lecture. In addition to these free readings, children will be performing their own version of this play in "A Little Shakespeare."

On behalf of Two River Theater, everyone is welcomed to attend the free play reading events. There will be coffee and dessert served in the lobby afterwards. However, reservations are strongly suggested. TO RSVP to either or both of these events, please visit tworivertheater.org or call 732.345.1400. Two River Theater is easily accessible by car, train, or bus, with great restaurants, shopping and hotels within walking distance of the theater. NJ Transit Red Bank station is 1 1/2 blocks from the theater.

Girl Power At It's Finest: SweetSexySavage

AYSE YASAS
CONTRIBUTING WRITER

On Jan. 27, Kehlani Parrish dropped her first full length studio album. For fans that have been following her since her appearance on America's Got Talent in 2011 with girl group, PopLyfe, they know that this has been a long time coming. A lot has been accomplished since then and Kehlani was even nominated for a Grammy for her mixtape "You Should Be Here," despite the fact that it was a free mixtape on SoundCloud. She was also featured on the Emmy-nominated *Suicide Squad* soundtrack with her song, "Gangsta." So it's incredible to see how much she accomplished before she even had an album out.

If this album isn't beautifully feminine, honest, nostalgic, empowering, old school and real R&B, then I don't know what is. As a female listening to these songs, they make me unapologetically proud to be a woman. "Intro" is a poem read by Reyna Biddy and she refers to herself as a "superwoman," "angry woman" and "crazy woman." Perfectly describing the several layers that comes with being a woman which is what this record is all about.

Other songs like "Keep On" and "Too Much" completely go against the female stereotype. They're all about being a heartbreaker and being too strong and powerful for someone to handle.

If you're a lady and a player, "Do U Dirty" might be your new anthem. Instead of only songs about heartbreak and sadness after a breakup that you're used to hearing a woman sing, Kehlani's lyrics give you the sense that she's the

that this boss lady still has a soft side. "Everything is Yours" is so raw and about giving up and giving yourself completely to another person, showing the different levels that come with being a powerful woman with a loving heart.

can't help but want to dance in your seat because you can't help but have fun. These tunes are catchy and the feel good vibes you get from the songs are infectious.

If you watched the music video to "Distraction", it's pretty obvi-

of TLC's album, *CrazySexyCool*. And of course, this album wouldn't have felt complete without a little touch of Aaliyah. The beginning of "Advice" reminds you of "Try Again" and makes your heart happy.

One of the last songs on the album is "Thank You." It's a letter to everyone who has supported her and her career. She wrote and released her music in times of depression and homelessness which makes her successes all the more special. In this song, she's honest and genuine about her growth and strength that she found on her journey. It's heartwarming to see an artist show such gratitude to the fans, and Kehlani definitely makes her supporters know how much she appreciates them.

Overall, this album is a wonderful work of art that shows a sweet and fun side to miss Kehlani Parrish. This is the album you listen to you when you're lounging at home, blasting it as you casually dance around your room. It's the perfect record to chill out and have a good time and also makes for a great sing-along.

Looking at all of Kehlani's releases, *Cloud 19* being her first mixtape that put her on the map and showed her vocal talent. "You Should Be Here" was poetic and showed the R&B world that she knew how to write. Now we have *SweetSexySavage* that shows where she lets loose and has fun all while still being a boss.



IMAGE TAKEN from www.billboard.com

Kehlani Parrish released her new album, *SweetSexySavage*, on Jan. 27.

one that's causing the heartbreak. She's the one in control because she's 'too much of a woman/too much of a boss.'

Although, "Piece of Mind" and "Hold Me by the Heart" shows

If you thought there weren't any more sides to Kehlani, think again. "Get Like" makes you smile and shows the cute and sexy side to this superwoman. When you listen to "Undercover" you

ous that Kehlani pays homage to Destiny's Child "Say My Name." Throughout this whole album, the 90's and early 2000's R&B influence is very prevalent. The title of the album is also reminiscent

Lady Gaga Steals the Halftime Show

NICOLE SEITZ
STAFF WRITER

On Sunday, Feb. 5, something epic happened, and I'm not talking about the close game between the Patriots and Falcons. Lady Gaga had one of the best halftime shows in

a while. Jeffrey from the *102.7 Morning Show* said on Monday morning, "The best moment in history happened for 13 minutes at the halftime show last night!" Lady Gaga is the first solo act to perform at the Super Bowl halftime show since Paul McCartney in 2005.



IMAGE TAKEN from www.businessinsider.com

Lady Gaga rocked the halftime performance at this year's Super-bowl.

Lady Gaga began her performance on top of NRG Stadium in Houston, Texas, with a patriotic medley that consisted of "God Bless America" and Woody Guthrie's popular protest song, "This Land is Your Land." Then, Gaga uttered the words, "...and justice for all" from our pledge of allegiance with such genuineness and grace.

This whole segment of her performance was a precise subtle message to America saying that we need to remember who and what America really is – a nation made by all people and for ALL of us, not just a select few. Her message here has been compared to, and seems to be more well received by the public, Beyonce's performance with Coldplay last year during Super Bowl 50 (L).

People loved Gaga's shout out to America in her performance with tweets going on about how cool it was that she jumped down from the top of the stadium with hundreds of drones behind her, forming the American flag.

Her halftime show was noted as one of the most tweeted about, and also included her flipping in the air as she descended onto the stage to begin her medley of hits from over the years. All of that was only the first 90 seconds of her thirteen-minute long performance.

Her show began with a little bit of "Edge of Glory" and went right into "Pokerface." Next was Gaga's subtle reminder that we should love everyone for

who they are and that we were all "Born This Way." This was followed by some more of her classics such as "Telephone" and "Just Dance," which had the whole crowd dancing!

The halftime show drifted in a different direction when Gaga played "Million Reasons" off of her new album, *Joanne*. Her hair was completely down and she had removed the gem mask from around her eyes. By this point in the show, we were able to literally see the transformation that she has been making with her career over the past few years, right on stage. Her heart wrenching performance of "Million Reasons" paired with her entrance into the crowd to hug her fans brought some tears to my eyes.

Lady Gaga's performance did not just end there. She closed out the halftime show with a highly theatrical and 'athletic' performance of her hit, "Bad Romance." She changed her outfit to a white top that was made to resemble a jersey with shoulder pads and silver sequined bottoms with her matching boots. She even ended the performance by jumping off the stage and catching a football.

Aja Armstrong, a sophomore Music Industry student, described the performance as simply "iconic."

Mike Grant, a junior music industry student, reflected on Lady Gaga's performance and said that he was, "someone who never got the hype of Lady Gaga," and thought he didn't like her, but this turned him

into a huge fan.

Grant continued to describe Gaga's halftime performance as, "a performance that is only (debatable) rivaled by Beyoncé's memorable 2016 VMAs performance and did exactly what the halftime show is for—to entertain and excite."

Overall, her performance was amazing and was loved across generations. Facebook feeds were dominated by parents raving about what a class act Gaga is and her tremendous talent.

However, this halftime performance was not the only big surprise Lady Gaga had for her fans. Gaga also announced a world tour for her newest album, *Joanne*, for later this year. The tour will be stopping in this area at PPG Paints Arena in Pittsburgh, PA on Nov. 20 and at Citi Field in Flushing, NY on Aug. 28.

America has been graced with Super Bowl halftime shows for 51 years now. For the first 20 years of Super Bowl history, the halftime performances were usually high school and college marching bands. By the 90s, we began to see acts like N*SYNC and Mary J. Blige take the stage. During this year's Super Bowl, some reminisced on Prince's super Bowl performance in 2007 to honor him. Throughout the 51 years of performances, there have been some amazing and then not so amazing moments. Lady Gaga's performance was more than amazing, it was spectacular!

A Monster Calls is a Must See

STEPHANIE YOUNG
CONTRIBUTING WRITER

Let's just get right down to it. *A Monster Calls*, directed by J. A. Bayona, was the most under-looked, under-discussed hidden gem of the year. It is the one of the most beautiful and heart-wrenching films that has been released in the last decade. Yes, this is a fairly heavy statement, but to me, there is nothing about this film that was less than absolutely stunning. From the production, acting, and animation, to the genuine emotions it evokes from audiences all across the nation, *A Monster Calls* is the film you may never have heard of, but is certainly one that you should watch immediately. Without a doubt in my mind, it is going to hold a prime position in the coming of age genre for years to come.

A Monster Calls is not just a coming of age story. There are surprising themes that are touched on – possibly due to the dark and mature subject matter that it presents to a younger audience. It follows young Connor O'Malley (Lewis MacDougall) as he must come to terms with his mother's progressing illness. A monster visits him one night and informs him that he has three stories to share. However, once he is finished with his stories, O'Malley must tell the monster one of his own stories.

It is difficult to convey the depths of which this film was able to display in regards to topics of grief, loss, love, and truth. At first glance, it is targeted for younger children, but I can tell you *A Monster Calls* will hit adults even harder. When the screen goes black and the credits start to roll, audiences will be taken back

by this masterpiece, never imagining the impact it will likely leave on them.

While a majority of *A Monster Calls* is live action film with the use of CGI (Computer Generated Imagery) for the monster, it also incorporates animation to present the stories the monster shares with Connor. The visuals are absolutely gorgeous and the way the film tells the primary story and the sub-stories using two different mediums makes the audience feel as if they are a child again, which can conjure up their own visions to go along with the monster's narrations of each story. The film did an excellent job embodying each lesson the story presented to Connor while visually representing the sometimes disturbing realities through its use of watercolors and artistic drawings. The animation did not take the audience out of the story; it enhanced the understanding of Connor's imagination and internal struggles.

In a world where the Oscars are unfortunately highly political in choosing what is nominated for its award ceremony, it is disappointing that MacDougall did not receive an Oscar nomination for his performance. As a child actor, the incredible talent he showed on screen is one that is rarely seen by actors of his age, let alone of actors in general; he handled the role with poise and maturity. This film in particular rides on the main character of Connor, so needless to say his role would have been the make-or-break of the film. Luckily, MacDougall brought everything he possibly could to this character and every



IMAGE TAKEN from <http://www.independent.co.uk/>

The underrated movie directed by J. A. Bayona, *A Monster Calls*, is a must-see.

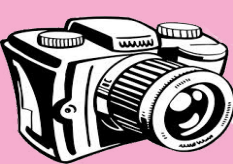
minute of it paid off.

After watching it the first time one can begin to see how smart it is and how it utilizes its own story elements and morals and applies them to various parts of the film. For example, one aspect of the film focuses on the idea that humans are complex creatures. As a result, the presentation of a number of the characters show this idea, but not in a painfully obvious way. The subtle manner in which Connor's father and grandmother are portrayed confirms this idea by breaking away from the conventions associated with each position they held. Connor's father, who was revealed

to have divorced Connor's mother in the beginning of the film, is not shown as a typical absent father. Instead, he is one of the most lovable and genuine characters. The way the film gives each character multiple layers confirms its own ideas it presents to the audience and brings them to life.

With all that said, *A Monster Calls* simply reminds me why I love film in general. Rarely does a film affect me on so many levels where it causes me to think about it for an extended period of time afterwards. It cannot be stressed enough the amount of heart this film possesses. It evokes intense emotion from

the audience but it is not done in a forced manner. It remains true and presents its themes in a unique storytelling method, which although would seem like it is for a child, resonates with adults as well. The concept as to why the monster visits Connor and the personal journey he guides Connor down can only be fully understood and felt by experiencing this film for oneself. It continues to stick with me and remains on my personal list as one of the most beautiful and heartbreaking film that everyone should see. Be prepared because once you embark on this journey with Connor, it will stick with you.



MOMENTS AT MONMOUTH



LEFT:
STUDENTS GATHER AFTER THE MEN'S BASKETBALL GAME TO RECOGNIZE JUSTIN ROBINSON AS THE ALL-TIME LEADING SCORER FOR MONMOUTH. (PHOTO COURTESY OF NATORYE MILLER)



RIGHT:
STUDENTS TRAVEL TO THE CAMDEN ADVENTURE AQUARIUM FOR A STUDENT ACTIVITIES BOARD (SAB) TRIP. (PHOTO TAKEN BY AMANDA DRENNAN)



LEFT:
STUDENTS CELEBRATE WORLD HIJAB DAY HOSTED BY THE MUSLIM STUDENT ASSOCIATION AND LAMBDA THETA ALPHA. (PHOTO COURTESY OF JAMILAH MCMILLAN)

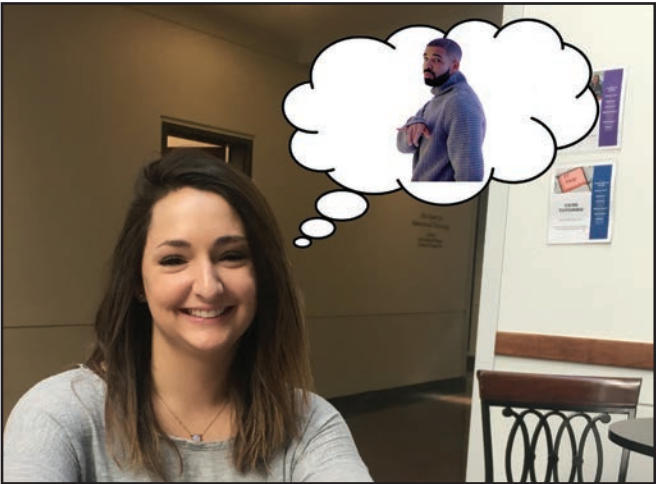


RIGHT:
STUDENTS WATCH LEVI STEPHENS IN THE STUDENT CENTER. (PHOTO COURTESY OF SAB)



WHO IS YOUR DREAM CELEBRITY VALENTINE?

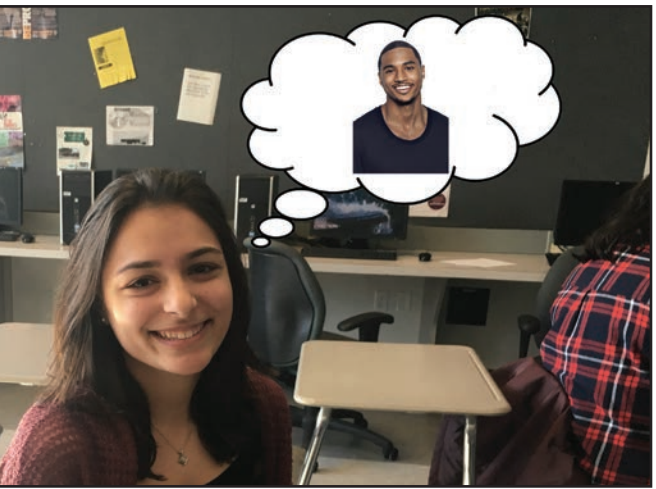
COMPILED BY: AMANDA DRENNAN



Stephanie
Senior
"Drake."



Chris
Senior
"Emma Watson."



Natalie
Senior
"Trey Songz."



Nicholas Messina
Communication Instructor
"Samantha Bee."

PWR APP!

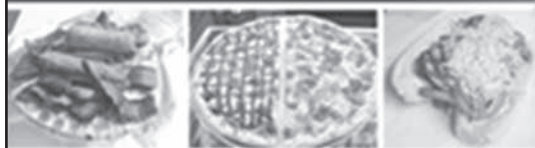


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Boom Roasted Productions Announces Spring Production of Sweeney Todd

KAYLA CARDONA
CONTRIBUTING WRITER

Monmouth University’s student-run theatre company, Boom Roasted Productions, will be performing the musical, *Sweeney Todd: The Demon Barber of Fleet Street*, this coming April in the Lauren K. Woods Theatre.

The production will have a total of four performances, premiering on Friday, Apr. 14 at 8 p.m. The show will have additional performances Saturday, Apr. 15 and Monday, Apr. 17 at 8 p.m., with a special matinee performance at 12 p.m. on Saturday. Tickets will be available mid-March and will cost \$5 for all students, faculty and community members.

Sheri Anderson, a specialist professor of Theatre Arts at Monmouth University and advisor of Boom Roasted Productions said, “This will be a spectacular event and I cannot wait for everyone to see what our students have to bring to the stage.”

Boom Roasted Productions broke the news via their Facebook, Instagram and Twitter accounts on Dec. 5, unveiling that the Spring musical choice would be *Sweeney Todd*, the Tony award-winning Broadway musical by Stephen Sondheim. On

Jan. 18, the first production meeting occurred to discuss the details of assembling the production.

According to Anderson, the complexity of the Sondheim musical is what really what drove the decision. She said, “During Theatre Fest last semester, the company really excelled during their performance of Spring Awakening. In that moment, I knew the students would be able to conquer the challenge of a Sondheim musical.”

Auditions for the production took place on Feb. 3 and 4 in the Lauren K. Woods Theater and the group encouraged all students to participate. Molly Huber, junior history and theater student, and President of Boom Roasted Productions said, “The audition turnout was much better than expected. We had a record amount of people come out to audition. We now have a cast of about 27 people, which is phenomenal.”

Within the musical rendition, the main character, *Sweeney Todd* is a barber who relentlessly murders his victims in his barber shop. After Todd robbed his dead victims of their possessions, Mrs. Lovett, his partner in crime and lover assists him in disposing of the bodies by baking their flesh into meat pies and selling them to the unsuspecting customers in her pie shop.

The musical consists of a series of melancholy melodies and dramatic plot twists to create a story unlike

any told before. Bryan Jenner, professor of music appreciation and Director of Instrumental Ensemble at Monmouth University will be conducting the orchestra for the production. Jenner said, “My vision is to have the orchestra do what they can to enhance the production and be there to showcase even more student talent. I look forward to having the students present a top quality and strong musical product.”

More recently, *Sweeney Todd* was made into film directed by Tim Burton, starring Johnny Depp as Sweeney Todd and Helena Bonham Carter as Mrs. Lovett.

The film received two Golden Globe Awards – one for Best Actor in a Comedy or Musical (Johnny Depp) and one for Best Picture, Comedy or Musical, according to imdb.com. However, Anderson stressed the distinction between the movie and the production. She said, “Burton really cut out the special musical numbers that the original play had, and therefore the movie lost a lot. Our production will ensure to bring those moments back to the stage.”

Trevon James, a sophomore sports communication student, said, “I would definitely go see it. I have seen bits and pieces of the movie, so it would be interesting to see how the students will portray this play in their own style.”

Boom Roasted Productions is the

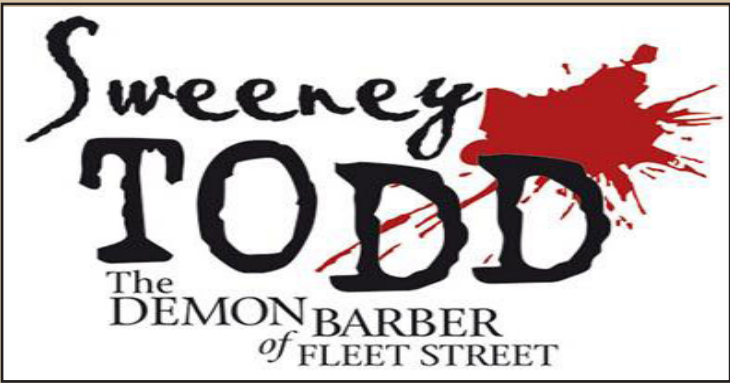


PHOTO TAKEN from Boom Roasted Facebook Page

Boom Roasted Productions held auditions for Sweeney Todd last Friday and Saturday.

newest and only student-run theatre company at Monmouth University. Since the theatre department only organizes two shows during the academic year, the club’s mission was to do more than that.

Instead of a limited number of big productions, Boom Roasted Productions puts on various shows and events throughout the semester – such as, musicals, karaoke, and cabaret.

“Boom Roasted Productions is the ultimate expression of real life,” Huber said. “We have a familial quality that is all about creating something unique and beautiful. I do not know where I would be without my theatre family.”

In the past, Boom Roasted has produced many successful musicals at Monmouth University, includ-

ing *Spring Awakening*, *Rent* and *The Adamms Family*. Their positive feedback from students and faculty has encouraged them to provide abundant and exclusive entertainment on campus.

According to Anderson, the last two events sold out of tickets long before the event took place. She said, “We are very pleased with the success of the company and we cannot wait for more events to come.”

For tickets, call 732-263-6883, visit www.monmouth.edu/arts or go to the Monmouth University Box Office. Boom Roasted Productions welcomes all majors and all levels of experience. If you want to get involved email, contact Molly Huber s0993498@monmouth.edu.

SAB Screens 13th and Leads Panel Discussion

ELYSIA WHRITENOUR
CONTRIBUTING WRITER

On Tuesday, Jan. 31 the Student Activities Board hosted the screening of the Academy Award nominated documentary *13th*, directed by Ava DuVernay. A panel discussion, consisting of two formerly incarcerated individuals, Mike Satterfield and Charita Easter-Fetor, followed the film.

Centered on race in the United States criminal justice system, *13th* is titled after the Thirteenth Amendment which outlawed slavery, unless as punishment for a crime. Home to 25 percent of the world’s prisoners, the United States has the highest rate of incarceration.

The film gives an in depth look at the prison system in the United States and how it reveals the nation’s history of racial inequality. DuVernay’s documentary argues that slavery is being effectively perpetuated through mass incarceration.

The Student Activities Board has a section devoted to diversity, and the primary goal is to execute events that bring cultural awareness to the Monmouth community.

For this event the goal was to expose students to the racial injustices taking place in our prison systems and make them aware that not all criminals are the bad people the media portrays them to be. *13th* was released in 2016, making this a hot topic right now in the United States.

Dr. Novek, Ph.D. from the Department of Communication, has been actively involved in bringing this topic to campus and letting students hear from individuals who were formerly incarcerated.

When asked about the importance of having conversations like this within the Monmouth community Crystalyn Espinal, Assistant Director of Student Activities, said, “I strongly believe college is the perfect time to attend programs that you might not otherwise have gone to. It’s an opportunity to challenge yourself and sometimes challenge



PHOTO COURTESY of Alicia Torello

Members of the Student Activities Board screen the film *13th* to lead a panel discussion on race and incarceration.

your own worldviews. My hope is that students to learn, grow, challenge norms, and most importantly feel comfortable asking questions that may often make others uncomfortable so that they can form their own viewpoints and opinions.”

Being able to sit and listen to the experiences of Mike and Charita was an incredible opportunity and an eye opening experience. Both speakers spoke on their feelings towards the film. Charita commented that it “nearly brought her to tears”.

Alicia Torello, senior communications student, said, “*13th* was a fantastic event that I am extremely proud to have been a part of and able to attend. The panel discussion following the film was able to humanize and personalize the crooked prison system. The speakers gave a face and voice to the people the film talked about.”

Those who attended the event had the chance to ask the guest speak-

ers questions during the discussion. David Glass, junior history student, said, “The most powerful part was to understand the fact that many incarcerated individuals are not bad people and only did what they did because they felt as though they had no other choice. The criminal justice system is much larger than mere crime and punishment; there are underlying systems and reasons that bring individuals to make the choices they make.”

The guest speakers gave their closing remarks and thanked the Student Activities Board for this opportunity. Executive board members had the honor of chatting with Charita and Mike following the event.

Both expressed great appreciation for being able to share their stories on our campus. They were so happy to see college students participating in conversations like this and finding ways to educate others.

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, Feb. 9 in JP234 at 7:30 p.m. and they will be screening *The Umbrellas of Cherbourg*. The club hopes that you can make it!

CommWorks

Interested in poetry slams, stand up comedy, creative writing, original group and solo performances? Want to work with a group of dynamic students who are committed to having fun and creating performances of social relevance for college students? Join CommWorks! We meet Wednesday at 2:45 in JP 235.

Intramural Volleyball

6v6 Indoor Intramural Volleyball Registration closes next week on Tuesday, Feb. 14. We are offering Competitive, CoRec, and Women’s Divisions! CoRec and Women’s teams can play in Competitive, as well as their respective divisions. Sign up as soon as possible to join in the fun!

The Outlook

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

Outdoors Club

Monmouth University’s Outdoors Club is having a trip to go snow tubing at Blue Mountain Resort on Sunday, Feb. 19. We will be taking a bus and the price is only \$25! We will meet on February 19 at 8am. Sign ups for this trip will begin on Wednesday, February 8th at 3:30pm in Bey Hall 134. Students must sign two waivers and have their money.

Can Hashtags Really Make A Difference?

KAITLIN MCGUIRE
STAFF WRITER

Everyone is guilty of taking time out of their day to refresh their social media feed. Lately, one of the topics of conversation is about the decisions President Donald Trump is making and how they affect every citizen. Other posts consist of cooking videos, funny memes, song lyrics, or just someone complaining about their day.

What some people fail to realize is the power that social media and all these seemingly unnecessary posts have.

People share articles, make comments and use hashtags to either get a topic trending or create attention around it so everyone can be involved.

Assistant Professor of English and Creative Writing, Alex Gilvarry, said, “The hashtag

compiles posts by people of like minds and a quick search could bring you in touch with those in your area who care about similar things.”

Whether you know it or not, you have probably seen and used some yourself. For example, #NoBanNoWall, #feminism, #tbt, #beatcancer, #love, the list goes on. Hashtags are a great way to get a situation trending and people’s opinions heard.

Do hashtags really make more of an impact than someone who is actively trying to make a change or speaking about an issue? Are hashtags enough for citizens to make a change?

Depending on the subject matter, and how far an individual is willing to go: yes! The help of social media does let people have a voice, and pulls people together, but sometimes,

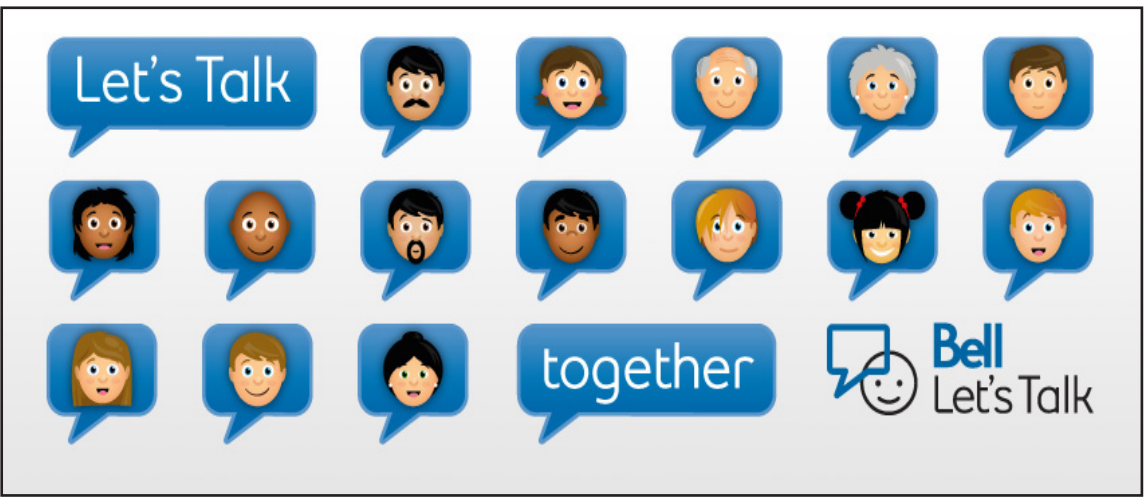


IMAGE TAKEN from HerCampus.com.

Hashtag movements like #BellLetsTalk allow people to spread awareness on mental illness-- but do these hashtags lead to real change?

an individual behind a screen can cause more havoc than peace. It is all about how people approach an issue or discussion, and how people react.

Coral Cooper, a senior English and creative writing student, said, “#BellLetstTalk is to help spread awareness about mental illnesses. In that sense, the hashtag could offer emotional support for some and financial support if the movement behind the hashtag is sponsored. It offers connectivity to people across the globe.”

Cooper continued, “However, when the hashtag is used to directly hurt someone through cyber bullying, it is not worth it. Some people have the online world as the only way of communicating with others--it can become very personal to them and make them feel attacked. The hashtag trend has the ability to link anyone with access to the Internet, but we can’t forget we’re people first and not just pixels on a screen.”

With #BellLetsTalk, the

hashtag is used to create a support system for those who are struggling with mental illnesses. It was created to aid others, give hope, guidance, and positivity. Yet, cyber bullies can use the hashtag and use it as a vessel to make fun of and taunt others. That is a common pattern that seems to stem from hashtags and social media; people can make a good thing go sour.

Maryam Srouji, a senior psychology student, said, “I think that the hashtags that have meaning do actually count. Like it’s what the significance is behind it that makes or breaks it.”

Srouji added, “For example, #gloup was stupid or #tbt is so overused. But, #NoBanNoWall has a social movement behind it, so when people actually spread it, it shows what they stand for and encourages other people to do it as well.”

Srouji concluded, “Using a specific hashtag when there is negativity in our country

to bring everyone back on the same page has a great effect. Individuals want to feel safe, and not alone. Using a simple symbol creates a sense of family and a support system.”

Students and faculty at Monmouth University, along with others around the globe, have the power to speak out about anything they wish--we have the ability and power at our fingertips.

We can’t just abuse social media, and we have to use hashtags in a positive light. There is so much more that could be done than using a site to get an opinion or a following. Get out there, get involved, don’t stop at any limit to do what you think is right and advocate.

There is so much a few buttons on a keyboard can do. Getting a situation trending is a start, but take it to the next level. The possibilities are endless when we get off our devices and get involved. Be the change you want to see, go after it, and complete your goal.



IMAGE TAKEN from thecrimson.com.

Sometimes, what starts as a hashtag can lead to a real protest, as seen here with #NoBanNoWall.

Ready, Set, Routine! *Get the Most Out of Your Mornings*

SUSIE MOORE
MCTCAMPUS

What’s the first thing you reach for the instant your eyes open in the morning? I bet it’s your smartphone. And within 105 seconds, you’ve check your inboxes, Instagram, Facebook and everything else in the digital world, right?

I used to do this too. And before 7:05 a.m., I’d already feel stressed out. My heart would race at the touch of a mailbox icon, which flooded requests, questions, comments and calendar invites into my brain all at once.

This still happens whenever I let it, but those first 10 minutes after waking are the most potent for setting the tone for your entire day. What if you spent those 10 minutes differently? Here’s how, on my best days, I set up for a badass 24 hours, feeling like a total boss:

Layout Your Clothes Before Your Shower.

I got this advice from a friend, and it feels totally glam without costing a thing. Often on my commute home the night before, I consider my plans for the next day and what I’m going to wear. This is a massive time-saver!

Then, before I hop in the shower, I lay my outfit for the day out on the bed — accessories included. I pretend a personal stylist did it for me.

Awake With Intention.

Ever since a friend gifted me the 5 Minute Journal, my days have never been the same. Each morning, instead of fishing for my phone on the nightstand with one eye open, I allow myself to enjoy a moment of sitting up, fully wak-

ing, and reaching for my journal and pen.

In those five minutes, you get the opportunity to ...

— Be inspired by a motivational quote or weekly challenge.

— State three things you’re grateful for. Today, mine were lunch with a beloved friend, a new jacket

ways fun.”

What a good morning already! Take Comfort in Routines.

Every morning on my way to the office, I used to grab a large iced coffee and whatever was hot at Dunkin Donuts. I was always starving and in a mad rush.

Now I think that making break-

field, or if I’ve been barraged with texts overnight, I’ll just take a few minutes to read my latest self-help book instead. Right now, I’m reading “How to Fail at Almost Everything and Still Win Big” by Scott Adams. It’s hilarious, and giving yourself the opportunity to laugh in the morning is totally underrated.

can — you don’t have to sit and listen to a whole lecture. I will always — without fail — get a golden nugget that sets me up to feel rockin’ that day. This morning, Louise Hay said, “Your only job in this world is to love yourself; everything else works out after that.” Boom! Thanks, Louise.

Get on with Your Day Feeling Revitalized and Ready.

Only then do I check my phone, en route to meetings, to the spin studio, to the office. There’s no rush to check all of your apps; think of the time you wait for the elevator, stand on a subway platform or sit in traffic. The external world can wait! Plus, after an invigorating morning routine, you’re in a way better mental space to handle anything that pops up. And don’t feel anxious about a delay — I promise the Queen of England did not call you overnight.

Some days, I totally need the extra sleep, scramble to leave the house in 20 minutes, grab a peanut butter bagel and bad coffee at the nearest deli, and run toward the first empty cab in sight.

But my little routine happens as much as I allow it to (an earlier night in bed helps). So if you only do one thing for yourself, just keep your paws off your phone first thing, will you? Invest in a \$10 alarm clock if you need that to make it happen.

This way, you get a chance to think, and you choose how to set the tone for your day, not the outside world. Everyone else will get the next 16 hours of your attention ... and life is too damn important to live from the inbox out!



IMAGE TAKEN from pexels.com.

Instead of hitting the snooze button, try following these tips for a productive morning.

I’m excited to wear for the first time and the ideas that are flowing to me for my next book.

— Write down three things that would make today great (that you can control). This morning, I chose walking my dog in the park, finishing a blogging project I’ve been working on and ditching dessert at dinner.

— Make two positive daily affirmations. Mine were: “I am vibrant and healthy,” and “I am always, al-

fast can be a lovely ritual. When you stock your kitchen with food you enjoy, take a couple of minutes to prepare it, and sit down to drink and eat, you start the day satisfied and focused. In the winter, I even like to bring mine to bed!

Leave Room for Head Space.

If I have time, I like to sit with a second cup of tea (you can take the girl out of England!) and listen to my Headspace or Abraham Hicks app. If I think my phone is a mine-

Take Your Time Getting Ready.

When I’m getting dressed, putting on makeup, preparing my bag, etc., I power up a motivational YouTube video on my iPad (which I keep push-notification free). This can be some Wayne Dyer, Louise Hay affirmations... and on the mornings I’m feeling feisty, Tony Robbins.

This is how I always squeeze in a little self-help. I flit from room to room and listen, catching what I

Women *Can* Do it!: Making Waves in the Music Industry

NICOLE SEITZ
STAFF WRITER

The music industry is always changing and evolving; the women involved in the music world are seeking a greater change and overall acceptance. While women have come a long way since the beginning of the 20th century, the amount of women involved in music compared to men is nowhere near the same--and it's not because women have no interest.

Though there are a number of people that feel as though there is an equal playing ground for everyone. The industry, though it may seem like many other 'businesses' in the sense that it is or is not equal, provides society with the opportunity to see musicians under a different light.

Marc Muller, adjunct professor in the music department and professional song writer and musician who has played with big acts in the industry from Rush to Taylor and Shania Twain, said explained women in the industry, painting them as role models to look up to.

Muller said, "Ever since Bessie Smith sang out and signed with Columbia Records in the 20s as a black woman in segregated America to Lady Gaga leaping into the Super Bowl Halftime show with Woody Guthrie's protest song, women have earned their place in a male dominated business without question."

At Monmouth University, there are many students who

spend a lot of their time over at Lauren K. Woods Theatre learning music and skills to prepare them for the industry.

Most of the time, you'll see women practicing dance, theatre, or singing, while men strum away on guitars and bang on the drums. It's as if women aren't allowed to enter the man world of 'real' hard rock.

Kelli Misenheimer, a sophomore music industry student, explained how she grew up and wanted to pursue music: people thought she was crazy, irresponsible, and everyone discouraged her from learning an instrument.

Taylor Coigne, a sophomore music industry student, talked about her experiences as a bassist looking for members to play with.

Coigne shared, "I remember I asked to be in a band with other guys and was told 'sorry, but we don't really want a girl member. We want to steer clear of becoming a novelty act.'"

She continued, "It's really insulting how I can spend so much time and effort on music and yet some people will still be so quick to reduce me to a 'novelty' instead of, a musician."

Muller also weighed in on this topic saying, "Artists of all eras have become role models to women of all ages, showing that not only a strong woman'd voice, but a strong woman'd actions can have a huge impact on America, musically, politically and socially."

At the university, the numbers



PHOTO COURTESY of Emily Minieri.
Nicole Govel, Joy Morgan, and Kelli Misenheimer perform with the Subway Babes at the SAGE show in November.

in the Music and Theatre Arts Department faculty can show an imbalance between men and women. There are only eight female faculty members out of 22 total in the department. Rashida Cruz, an adjunct professor of music and theatre arts, is the only female who teaches music industry courses.

How can it be that there are so many men running the business of music industry and women are the minority? The disregard and disrespect of women in the industry and how society lets it happen everyday is the answer.

There are age old double standards and 'societal norms' that continue to discourage women from being involved in music, the business aspect particularly.

Another statistic from the Department of Music and Theatre is that of the graduating classes of 2003 through 2013, there were only 126 women of about 300 total graduates from the department; most of these women who graduated were music education and theatre students.

Women in the music industry are still fewer than men. In an article from the *Huffington Post*, the author writes about the low statistics of women in high paying positions within music and industry and the lack of raises and opportunities for women compared to those of men.

The author said, "Statistics

consistently show that women in music earn less than their male counterparts." Hardworking women doing just as well as (maybe even better than) men are still fighting their way to simply being respected in this industry.

Meredith Graves from the band Perfect Pussy has said, "You're never considered 'real,' you'll never meet their idea of what a real musician or real music fan should be, because the standard is male."

An article from mic.com continues to explain how female musicians are constantly used as a sexualized image or are tested for their knowledge of music. Men would never be put through this because they have dominated the industry for so long.

Gabi Soroka, a sophomore music industry student, shared a statistic on her radio show "Blue Hawk Live" last semester that was, "From 1997-2007, male vocalists accounted for 61.6% of radio airplay, whereas female vocalists accounted for only 34.3% of airplay."

Soroka also commented, "It's crazy how successful Taylor Swift's 1989 album was and all the work she put into it and people can still sit there and say that she isn't responsible for her own music, which is absolutely false."

A recent graduate of

Monmouth University, Brittany Cannarozzi, has moved down to Nashville to begin her musical journey.

Cannarozzi shared, "In the past, whether it be in New York City or Los Angeles, I had been ostracized for being a woman in this field of work."

Cannarozzi continued, "Men didn't seem to have any kind of desire to write with me, blaming their disinterest on a 'busy schedule' or their inability to focus on a creative relationship with me, rather than a romantic one."

"I had felt that disconnect, that disrespect before, but not here, or at least, not yet. Here, everyone wants to write, and apparently, it doesn't matter who you are," Cannarozzi added.

"What I'm learning, day by day, is that the people living here are not put off by female creatives in the industry. Little by little, it feels like the music world is changing. And that has to be the coolest thing ever," Cannarozzi concluded.

Muller added, "With many of today's top artists being women, I see no change in this pattern, and look forward to a country where all avenues are as equal to all in America, regardless of gender, religion or nationality."

Though it may be risky, the music industry is sure to be a whirlwind.



PHOTO COURTESY of Anthony Vito Cosentino and Eva Michaylin.
Students performed at the Light of Day festival co-sponsored by Blue Hawk Records in early January.

The Impact of Growing up Exposed to Disability

Disability continued from pg. 1

lish student, said, "I personally have noticed that at Monmouth University, every professor I've had always lets students know that if they have a disability they can always have accommodations made for them. It's great to know that Monmouth is taking that step to help every student here succeed and not just a select few."

Fortunately, this mainstreaming that Carey mentioned is being implemented more and more in public education and because of it, children engage in more contact with peers who have disabilities.

While growing up in an environment that contains a person with a disability or with a parent/relative that works with those who have disabilities makes it easier for children to grow a quicker understanding of the concept, it does not mean that growing up

around it is a necessity in order to be respectful and cognizant of disability.

Carey stated, "If the environment in which children are raised promotes understanding, acceptance and respect for diversity of all types, then they will learn at a young age how to treat others with respect and interact appropriately with them, no matter what the difference(s) may be."

Our upbringings and socialization have a lot to do with how we view others, but ultimately, we control our own outlooks and choose our own environments. Our campus environment is a choice, and this environment of choice promotes equality and understanding. Students are not judged if they visit Disability Services, nor are they judged if they visit Psychological Counseling.

Katherine Rizman, a psychological counselor of Counseling & Psychological Services, stated,

"As humans, we often react to things that are new to us in different ways. These reactions are often responses to our own anxieties due to something being unfamiliar or new. Some people may react to something new with fear or judgment, while others may react with acceptance and kindness. However, a greater knowledge and familiarity of something often positively coincides with a better sense of understanding and empathy for others."

All in all, the way we interact to those with disabilities is dependent upon ourselves. Yes, socialization and exposure may help with things like acceptance and understanding, but it really depends on us.

As Carey said previously, we must learn to "see ability, not disability"—we are all special in our own unique ways. Whenever we decide to accept that, whether it is during childhood or even now, it



IMAGE TAKEN from billingsgazette.com.
Early exposure to disability allows for the opportunity to 'see ability, not disability,' according to Skip Carey, Director of Disability Services.

is never too late to switch up our outlooks and learn more about those with disabilities to gain a better understanding of how they really aren't different than you and I.

Track & Field Prepares for MAAC Championships

JOHN SORCE
SPORTS EDITOR

The men and women's indoor track teams are only a few weeks away from competing in the Metro Atlantic Athletic Conference (MAAC) Championships.

"We have gotten off to a slow start, but I feel like we have gotten better every week the last few weeks," Head Coach Joe Compagni said. "That's crucial because the end of the season is what matters the most for us. We are building in a good direction toward the end of the season, but we are not where we want to be yet."

"Nobody on our active roster right now has lost a conference title. We don't want to be the group that ends that streak."

TIM WILSON
Redshirt junior Thrower

Redshirt junior thrower Tim Wilson has been one of the top throwers in the conference this season. He has won the weight throw in five of six events this year, and he credits that success to his coaches.

"We've had some unbelievable success so far. Abe (Throws Coach Abraham Flores) and I have a plan and we've been sticking to it," Wilson said. "It's been paying off and right now I'm just trying to hit that mark to get to Nationals. We are just going to take it week by week and

we will get there eventually. We just have to trust the process."

Wilson suffered a setback a few summers ago that caused him to miss his sophomore season, but he has come back and become a better athlete because of it.

"I tore my ACL two years ago playing basketball and I had to redshirt my sophomore season," said Wilson, who credited Elite Sports Physical Therapy in Tinton Falls for getting him back. "Going through that pushed me more to come back and be a better athlete."

"He's a good example of how important is it to be passionate

compared to others because we compete as individuals, but we are a team," Wilson said. "If it wasn't for my teammates, I wouldn't be as successful as I've been. Without them, none of this would be possible. Every day in practice whether it be in the circle, weight room or on the track, we are all pushing each other to get better."

Wilson, along with freshman thrower Jordan Wildermuth, were named MAAC Field Athletes of the Week as announced by the conference on Jan. 31. Wildermuth took third in the shotput (45' 1") and fourth in the weight toss with a distance of 52' 5 1/2".

"All of our freshmen have to go through adjusting to everything that's new to them and Jordan has adjusted very well. She has made great progress the last few weeks especially," Compagni said.

The track programs at Monmouth have a winning tradition, and Wilson intends to keep that going when they compete in the MAAC Championships at The Armory Track & Field Center in New York, NY on Saturday, Feb.18-Sunday, Feb. 19.

"This is my fourth year here and I haven't lost a conference title," Wilson said. "In fact, nobody on our active roster right now has lost a conference title in track. The legacy that has been left by the people who have graduated the last few years, we want to continue that because we don't want to be the group that ends that streak."



PHOTOS COURTESY of Monmouth Athletics

Redshirt junior thrower Tim Wilson (top) and freshman thrower Jordan Wildermuth were named MAAC Field Athletes of the Week.

Women's Basketball Drops Games to Quinnipiac, Rider

MATT DELUCA
STAFF WRITER

The women's basketball team fell to Quinnipiac University 74-54 Saturday afternoon in Hamden, CT.

Senior guard Tyese Purvis led the Hawks with eight points, and sophomore center Erica Balman added six. The Hawks had four players score five in the game, but no one reached double figures.

Monmouth had a two-point lead with 5:35 remaining in the opening quarter, but a three-point basket from Quinnipiac gave them the lead, one that they never relinquished.

"It was just one of those games where it seemed like we couldn't get anything going on the offensive end," Monmouth Head Coach Jenny Palmateer said, "They really shot the ball well, especially from the three-point line and we couldn't withstand that. We didn't adjust very well to the physicality and the way the game was being called, especially in the first half."

The Hawks were outscored 39-22 in the first half, only scoring nine points in the first quarter. For the game, the Hawks shot 33.3 percent from the field and 26.7 percent from three. The Monmouth bench outscored its opponent for the 20th time out of 22 games this season.

Freshman guard Kayla Shaw scored her 66th three-point shot this season, making a three in 20 of the 22 games this year.

The loss was the third straight for the Hawks, who were looking to rebound from a 71-69 loss to Rider Thursday night at the OceanFirst Bank Center.

Purvis led the Hawks in scoring with 17 points, with Shaw scoring 11, connecting on three



PHOTO COURTESY of Monmouth University Athletics

Freshman guard Kayla Shaw has 65 three-pointers this season. She is 15 away from the program record with eight games to play.

shots from beyond the arch.

Monmouth started out hot, using a 12-0 run to bolster a 20-13 lead after the opening 10 minutes. Junior guard Kayla Quintana scored nine points in the first quarter to lead the Hawks. Rider slowly crawled

back into the game, utilizing a 2:15 Monmouth scoring drought to cut the deficit to two points, 35-33, at halftime.

The Hawks would get hot again though, using another 12-0 run to open their lead to 47-35 halfway through the third

quarter. Once again, Rider was able to claw back into the game, making the margin five late in the quarter. Shaw hit a three to end the quarter, making the score 54-46 going into the fourth.

Monmouth built another

double-digit lead, as a three from Purvis made the score 62-52 with 6:25 remaining in the game. One final time, Rider battled back, using a 15-5 run spanning close to six minutes to take their first lead of the game with 28.1 seconds remaining. Freshman guard Rosa Graham drove to the basket, converting on a layup to tie the game at 69. Rider responded one final time, drawing a foul and converting on two free throws with 3.1 seconds left. Monmouth could not score on the final possession, making the final score 71-69.

"We were working hard in the beginning, having a large lead," Purvis said after the game, "but we just couldn't come out on top tonight. We had some turnovers and didn't box out as much, but we worked hard tonight and we have to learn from this loss."

The Hawks turned the ball over 29 times in the game, leading to 33 points for Rider. Monmouth shot 50 percent from the field, which was a season-high, and 64.7 percent from three, while out-rebounding the Hawks by seven. The Monmouth bench outscored Rider's 40-7 Thursday night.

"Our team showed some fight in the second half, but unfortunately there were two things that did us in," Palmateer said after the game. "The first was we put them on the foul line way too much, and the second was turning the ball over way too much."

With the loss on Saturday, the Hawks dropped to 10-12 on the season, with a 5-8 record in Metro Atlantic Athletic Conference (MAAC) play. Monmouth hopes to respond Friday night, as they travel to face HOURS-glass rival Saint Peter's. Tip-off from the Yanitelli Center is set for 7:00.

Men's Basketball Picks up Two Conference Wins

JOHN SORCE
SPORTS EDITOR

In his first game since becoming the men's basketball D1 scoring leader, senior point guard Justin Robinson stepped up again when his team needed him and led the Hawks to a 71-70 overtime victory over Saint Peter's on Friday night at OceanFirst Bank Center.

The two teams were tied at 29 at halftime and at 60 at the end of regulation. After scoring only three points in the first half, Robinson, who was named Metro Atlantic Athletic Conference (MAAC) Player of the Week for the second time in three weeks on Monday afternoon, took matters into his own hands as he scored 26 from that point on. He scored 22 of the Hawks' 31 points in the second half, including their final 14 to send the game into overtime.

"Justin has been everything for our program," Monmouth Head Coach King Rice said. "He represents us with the energy that he walks around campus with and the smile he always has on his face. He keeps overcoming everything and he means the world to me."

"My team looks for me to lead and tonight (Redshirt sophomore guard) Micah (Seaborn) went down, (senior guard) Je'lon (Hornbeak) had foul trouble, and (senior center) Chris (Brady) was a little slow," Robinson said. "They looked to me to carry the load offensively and they've had the confidence in me to do that all season long."

The Hawks never trailed in overtime and led by as much as four points. Senior guard Collin Stewart hit two free throws that proved to be the difference as Saint Peter's cut the deficit to one on a three-pointer by senior guard Trevis Wyche with 0.6 seconds remaining, but there was not enough time for them to get the ball back as the blue and white avenged their loss to the Peacocks on Jan. 2.

It was fitting that Robinson led the Hawks on this night, where he was honored in front of a season-high crowd of 3,878 for becoming the program's all-time leading D1 scorer in the team's previous game at Marist on Monday, Jan. 30. Robinson passed Alex Blackwell (1989-92) and John Giraldo (1992-96), who were tied at 1,749 points and also in attendance for the



PHOTO COURTESY of Monmouth Athletics
Senior point guard Justin Robinson poses with Alex Blackwell (1989-92), John Giraldo (1992-96) and Ron Kornegay (1966-69) after the game against Saint Peter's on Friday night.

"I have a lot of great players, but I don't know if I'll ever have a kid like this kid ever again."

KING RICE
Men's Basketball Head Coach

postgame festivities.

"It was special to get (the record) near my hometown and a lot of them came down for the ceremony so I want to thank them," Robinson said. "I just love Monmouth and I'm glad everybody is here to support me."

"I thought that tonight was the coolest night since I've been the head coach at Monmouth," Rice said. "I have a lot of great players, but I don't know if I'll ever have a kid like this kid ever again."

The Hawks won their 10th game in a row for the first time in D1 program history with their 74-69 win over Rider at Alumni Gym on Monday night.

The Broncs had a three-point lead with 1:44 to go, but the Hawks closed the game on an 8-0 run that started with a put back by Brady. Robinson followed with a lay-up to give the Hawks a one-point advantage. MU closed the game with a bucket by junior guard Austin Tilghman and two free throws from Robinson, who led all scorers with 25 points.

"When you win in college basketball, there's always a sense of relief," Rice said. "It doesn't matter if you win by 50, one or two, and if it's a blowout or a tight game."

The blue and white have now won 20 games in consecutive seasons for the first time ever. They have avenged losses from earlier in the season in their last two games. The next victory will be the 100th in the head coaching career of Rice.

The road trip for the Hawks (20-5, 12-2 MAAC) continues on Friday, Feb. 10 when they go to Draddy Gymnasium in Riverdale, NY to take on Manhattan for a 9 p.m. tip that will air on *ESPN*. That will be followed on Monday, Feb. 13 as the Hawks take on Siena for the first time this season at Times Union Center in Albany, NY for a 7 p.m. tip.



PHOTO COURTESY of Monmouth Athletics
Senior point guard Justin Robinson hugs his brother Tyler during the ceremony after the game against Saint Peter's on Friday night.

Swimming Update

JOHN SORCE
SPORTS EDITOR

The men's and women's swimming teams are gearing up for the MAAC Championships, which will take place on Wednesday morning at 8 a.m. in Buffalo, NY.

The women kicked off their season with a victory against Saint Peter's on Saturday, Jan. 21, finishing ahead of the Peacocks in 11 of the 13 events. It was the second season in a row in which the women defeated Saint Peter's.

"It was exciting to see the women's team get their first win of the season," Monmouth Head Coach Matt Nunnally said. "Coming off of winter training is always a challenge. The team raced well and is heading in the right direction with the MAAC Championships only a few weeks away."

While the men fell to Saint Peter's, they did claim the top three spots in the men's 50-yard freestyle. Sophomore Billy Lyons, junior Michael Lanigan and freshman Frank Nicola finished in that order.

The top women's performer this season has been Junior Anne Skimmons, who was victorious in the women's 200-yard IM also won the 100-yard butterfly against Sacred Heart on Friday, Jan. 27.

"[There were] strong performances by Anne Skimmons today in both of her individual events and the medley relay," Nunnally said. "It was good to see the team trending in the right direction and the outlook is positive heading towards the MAAC Championships."

Another junior has paced the men heading into the conference championships in Mitch Simmer, who won the 100-yard butterfly against New Jersey Institute of Technology on Saturday, Jan. 28.

This is the second year for both swimming programs after they were revitalized last year after a 32-year hiatus. Both teams finished ninth in 2016 and were also picked to finish ninth in the preseason coaches' poll.

Former Hawk Soars



PHOTO COURTESY of Mark J. Rebillas/USA TODAY Sports
Former Monmouth wide receiver/defensive back Chris Hogan celebrates with quarterback Tom Brady after the New England Patriots' 34-28 victory over the Atlanta Falcons in Super Bowl LI (51). Hogan became the first Hawk to win a major pro championship.

SIDE LINES

Men's Tennis: The University men's tennis team dropped two matches against DePaul (6-1) and Notre Dame (7-0) over the weekend. Senior Przemyslaw Filipek picked up the lone win for the Hawks on the weekend, a singles matchup against DePaul's Alex Galoustian, 6-4 and 7-6. Senior Christian Viera (1-6, 6-2, 6-3) and freshman Vikrant Dahiya (3-6, 6-2, 7-5) went to a third set after winning the first, but both came up short. Monmouth dropped all six of the doubles matches on the weekend. The blue and white will head to Washington, DC for a pair of matches against Georgetown on Saturday and George Washington on Sunday. Saturday's match is scheduled for a 4:00 p.m. start, while Sunday's match will begin at noon.

UPCOMING GAMES

- Wednesday, Feb. 8**
*Men's & Women's Swimming**
MAAC Championship
Buffalo, NY 8:00 a.m.
- Friday, Feb. 10**
Indoor Track & Field
Winter Collegiate Invitational
OceanFirst Bank Center
West Long Branch, NJ
- WBB at Saint Peter's**
Yanitelli Center
Jersey City, NJ 7:00 p.m.
- MBB at Manhattan**
Draddy Gymnasium
Riverdale, NY 9:00 p.m.
- Saturday, Feb. 11**
Indoor Track & Field
Winter Collegiate Invitational
OceanFirst Bank Center
West Long Branch, NJ
- MLax at Villanova
Villanova Stadium
Villanova, PA 12:00 p.m.
- Indoor Track & Field
110th NYRR Millrose Games
New York, NY 12:00 p.m.
- WLax at George Washington
Washington, DC 1:00 p.m.
- M Tennis at Georgetown
Washington, DC 4:00 p.m.
- Sunday, Feb. 12**
M Tennis at George Washington
Washington, DC 12:00 p.m.
- WBB vs. Iona**
OceanFirst Bank Center
West Long Branch, NJ 2:00 p.m.
- Monday, Feb. 13**
W. Golf
Battle at Boulder Creek
First and Second Round
Las Vegas, NV 8:00 a.m.
- MBB at Siena**
Times Union Center
Albany, NY 7:00 p.m.
- Tuesday, Feb. 14**
W. Golf
Battle at Boulder Creek
Third Round
Las Vegas, NV 8:00 a.m.

*Conference games



Redshirt junior thrower Tim Wilson won the weight throw at the Villanova Open on Saturday, Feb. 4. He has won the weight throw in five of six events this year as the Hawks prepare for the Metro Atlantic Athletic Conference (MAAC) Championships on Saturday, Feb. 18.